

Pacifica Parks, Beaches & Recreation

Fall 2016

PLAY

Activity Guide

Registration
begins on
August 15th!



#PACIFICARECREATION



Join us for the

13TH Annual

Halloween Spooktacular

Haunted House and Carnival Games

Saturday, October 15th 2016 4:30-8:30 pm

Sunday, October 16th 2016 5:00-7:00 pm

(Sunday's House will be less scary for younger children)

Pacifica Community Center

540 Crespi Dr.

Admission to event \$6 in advance, \$10 at the door



Fun for all ages



Something for everyone

Contact Michael Moran for more information
at moranm@ci.pacifica.ca.us

Welcome to our Fall 2016 Activity Brochure



Coming up in Fall 2016:

- All registration begins-August 15
- Pacifica Fog Fest September 24-25
- Family Fun Fest September 25
- Fog Jog September 25
- Spooktacular October 15-16
- Fall Mini Swim registration - November 2
- Holiday Lighting December 2
- Holiday Extravaganza December 2-3

DIRECTOR'S MESSAGE

On behalf of the Parks, Beaches and Recreation Department, I would like to invite you to take part in the many recreational opportunities offered by our department. The fun doesn't have to end with summer. Consider staying active by signing up for a class, learning a new skill or sharpening an old one. There are many wonderful opportunities including swim programs, child Care and senior programs.

We would love to see you at our signature events this fall, including the Family Fun Fest, Halloween Spooktacular, and the Holiday Extravaganza. You can also always head outside for some self-directed opportunities by taking a scenic walk, hike, jog or bike-ride at a park, beach or trail near you, and enjoy Pacifica's natural beauty.

I want to thank our hard working and dedicated staff for all their efforts in planning and preparing for our winter programs and activities.

We believe that Parks, Beaches and Recreation are an important part of people's lives and that Parks do Make Life Better!

-Michael Perez
Director
Parks, Beaches & Recreation

PLAY BROCHURE TABLE OF CONTENTS

Spooktacular Information	2
Table of Contents, Community Info	3
Preschool & Toddler Classes	4-6
Youth Classes	6-7
Teen Classes	8
Teens & Adults	9-12
Adults	13-14
Seniors	15-18
Childcare	19
Aquatics	20-23
Parks, Beaches & Trail Information	24-25
Community Center Rental Information	26-27
Registration Information	28-29
Holiday Extravaganza Information	30
Fog Fest Weekend Information	31-32

Pacifica City Council

The Pacifica City Council meets on the 2nd and 4th Monday of the month at 7 PM in the City Council Chambers
2212 Beach Boulevard

Mayor Sue Digre
Mayor Pro Tem Mike O'Neill
Councilmember Mary Ann Nihart
Councilmember Karen Ervin
Councilmember John Keener

City Manager

Lorie D. Tinfow

Parks, Beaches & Recreation Staff

Main Number		738-7381
Michael Perez	PB&R Director	738-7381
Beth Phipps	Rec Specialist, PLAY Editor-in-Chief	738-7381
Scott Leslie	Rec & Child Care Supervisor	738-7386
Anthony Schriver	Recreation Coordinator/Aquatics	738-7461
Michael Moran	Recreation Coordinator	738-7376
Jim Lange	Senior Services Supervisor	738-7352
Janis Haynes	Senior Services Coordinator	738-7384
Cindy Fuentes	Food Services Coordinator	738-7351
Karen Parque	Information & Referral	738-7353
Ann Cooney	Transportation/Meals on Wheels	738-7350
Tracy Gilbert	Child Care Srvs. Asst. Supervisor	738-7388
Mindy Tiet	Child Care Srvs. Asst. Supervisor	738-7354
Shirley Rose	Child Care Services Technician	738-7387

PB&R Department Office Counter Hours
1810 Francisco Blvd. 650-738-7381
Monday-Tuesday-Thursday 8:30 AM—5 PM
Wednesday 8:30 AM—7:30 PM
Friday 8:30 AM—1:30 PM
Office closed for lunch, Mon.—Thurs. 12:30—1:30 PM

Parks, Beaches & Recreation Commission

The PB&R Commission meets on the 4th Wed. of the month at 7 PM in the City Council Chambers
2212 Beach Blvd.

Commissioners

Chair	Michael Mau	maum@ci.pacifica.ca.us
Chair Pro Tem	Mary K. Bier	bierm@ci.pacifica.ca.us
Commissioner	Cindy Abbott	abbottc@ci.pacifica.ca.us
Commissioner	Deirdre Finnegan	finnegand@ci.pacifica.ca.us
Commissioner	Greg Cochran	cochrang@ci.pacifica.ca.us
Commissioner	August Murphy	murphyha@ci.pacifica.ca.us
Commissioner	Christopher Yakabe	yakabec@ci.pacifica.ca.us

TODDLER/PRESCHOOL



BRIGHT BEGINNINGS PRESCHOOL **

Ages: 3½ - 5 yrs

Instructors: Miss Vicki and Miss Shannon

Location: Pacifica Community Center, 540 Crespi Dr.

MUST BE POTTY TRAINED Diapers/pull-ups NOT accepted.

Provides arts, crafts, music, painting, drama, outdoor

exploration, field trips and guest speakers. Class max is 12.

No Class 9/5, 11/11, 21, 22, 23, 24 & 25.

CLASS #	DAY	TIME	DATES	RES/N-R
Session 1				
10.405	M	9:00-11:30 AM	8/29-10/10	\$106/\$111
10.406	T	9:00-11:30 AM	8/30-10/11	\$106/\$111
10.407	W	9:00-11:30 AM	8/31-10/12	\$106/\$111
10.408	Th	9:00-11:30 AM	9/01-10/13	\$106/\$111
10.409	F	9:00-11:30 AM	9/02-10/14	\$106/\$111
10.410	M-F	9:00-11:30 AM	8/29-10/14	\$447/\$452
Session 2				
10.420	M	9:00-11:30 AM	10/24-12/12	\$106/\$111
10.421	T	9:00-11:30 AM	10/25-12/13	\$106/\$111
10.422	W	9:00-11:30 AM	10/26-12/14	\$106/\$111
10.423	Th	9:00-11:30 AM	10/27-12/15	\$106/\$111
10.424	F	9:00-11:30 AM	10/28-12/16	\$106/\$111
10.425	M-F	9:00-11:30 AM	10/24-12/16	\$447/\$452

PRE-KINDERGARTEN**

Ages: 4-5 yrs

Instructor: Miss Vicki

Location: Pacifica Community Center, 540 Crespi Dr.

MUST BE POTTY TRAINED Diapers/pull-ups NOT accepted.

Prepares children who are entering kindergarten in Sept. 2015.

Provides music, painting, singing, dramatic play, small and large

motor development, outdoor exploration and field trips or guest

speakers on the session theme. **No Class 9/5, 11/21, 22, 23, & 24**

Session #1 (Mon-Wed)

CLASS #	DAY	TIME	DATES	RES/N-R
Session 1				
10.411	M	12:30-3:00 PM	8/29-10/10	\$106/\$111
10.412	T	12:30-3:00 PM	8/30-10/11	\$106/\$111
10.413	W	12:30-3:00 PM	8/31-10/12	\$106/\$111
10.414	Th	12:30-3:00 PM	9/01-10/13	\$106/\$111
10.415	M-TH	12:30-3:00 PM	8/29-10/13	\$358/\$363

LITTLE SPROUTS

Ages: 1½ - 2½ yrs

Instructor: Staff

Location: Pacifica Community Center, 540 Crespi Dr.

This is a parent participation class for young children to explore new group activities. **NEED NOT BE POTTY-TRAINED.**

No Class 9/7, 11/21 & 23

CLASS#	DAY	TIME	DATES	RES/N-R
Session 1				
10.401	M	9:00-10:30 AM	8/29-10/10	\$71/\$76
10.402	W	9:00-10:30 AM	8/31-10/12	\$71/\$76
Session 2				
10.416	M	9:00-10:30 AM	10/24-12/12	\$71/\$76
10.417	W	9:00-10:30 AM	10/26-12/14	\$71/\$76

SUPER TOTS

Ages: 2½ - 3½ yrs

Instructor: Staff

Location: Pacifica Community Center, 540 Crespi Dr

Need not be potty trained if parents stays. This is a parent/volunteer playgroup for toddlers. Time to meet friends and play games, make music, explore, listen to stories and more.

No Class 11/22 & 24

CLASS#	DAY	TIME	DATES	RES/N-R
Session 1				
10.403	T	9:00-10:30 AM	8/30-10/11	\$71/\$76
10.404	Th	9:00-10:30 AM	9/01-10/13	\$71/\$76
Session 2				
10.418	T	9:00-10:30 AM	10/25-12/13	\$71/\$76
10.419	Th	9:00-10:30 AM	10/27-12/15	\$71/\$76

**Important: Copy of birth certificate or health card must accompany registration to verify child's age for Bright Beginnings Preschool and Pre-Kindergarten, if new to our program. If you have already participated in our programs, we will have verification of birth date on file and you may simply complete the registration form.

TODDLER/PRESCHOOL

Session 2

10.426	M	12:30-3:00 PM	10/24-12/12	\$106/\$111
10.427	T	12:30-3:00 PM	10/25-12/13	\$106/\$111
10.428	W	12:30-3:00 PM	10/26-12/14	\$105/\$111
10.429	Th	12:30-3:00 PM	10/27-12/15	\$105/\$111
10.430	M-TH	12:30-3:00 PM	10/24-12/15	\$358/\$363

Special Rules:

- Children must be picked up on time, please call if you are running late (738-7457).
- Have children wear play clothes to class and label all outer-wear with child's name.

For safety reasons and to give the instructors the opportunity to talk with you, we are requesting that you take your child to the preschool room to drop them off and come to the preschool room when you pick them up. Please make sure the instructor knows your child has arrived. The children will not be allowed to go out to the parking lot without you. Preschool bathrooms are located in preschool room 1, please make sure your child knows where they are located.

INCLUSIVE SPEECH-LANGUAGE PLAYGROUP

Ages: 18 months - 3 yrs

Instructor: Jasna Cowan

Director of Speech Goals & Speech Therapy, Inc.

Location: Pacifica Community Center, 540 Crespi Dr.

This inclusive playgroup is a parent participation interactive class for toddlers, taught by a speech and language specialist. The class will focus on cooperative play, and will enrich language through play and structured activities. This is a great introduction to circle time, and other pre-classroom experiences. The specialist will also focus on parent education in the area of language and pre-literacy. For more information go to Info@speechgoals.com or contact Jasna at 650-583-3797. **No Class 11/23**

CLASS#	DAY	TIME	DATES	RES/N-R
10.431	M	3:30-5:10 PM	9/12-12/12	\$210/\$162
10.432	W	3:30-5:10 PM	9/07-12/14	\$210/\$162



GOULISH GOURMET

Ages: 3½ - 7 yrs

Instructor: Pauletta Cravotto

Location: Pacifica Community Center, 540 Crespi Dr.

Come join us for some pre-Halloween fun. Children will prepare Halloween treats and crafts. Come and let's have some fun together \$5 fee to instructor at first class.

CLASS#	DAY	TIME	DATES	RES/N-R
10.440	M	3:30-4:30 PM	10/17	\$43/\$48

CHRISTMAS COOKING CLASS

Ages: 3½ - 6½ yrs

Instructor: Pauletta Cravotto

Location: Pacifica Community Center, 540 Crespi Dr.

Do you like cookies!! Come and learn how to bake some holiday favorites. Come and join us as we cook up some fun together. \$5 fee to instructor at first class.

CLASS#	DAY	TIME	DATES	RES/N-R
10.441	M	3:30-4:30 PM	12/19	\$43/\$48



CHALLENGER SOCCER

Mini Soccer

Ages: 2-3 yrs

Instructor: Challenger British Soccer staff

Location: Sanchez Fields, 1220 Linda Mar Blvd.

Minikicker is a new and exciting program focusing on the development of children ages 2-3 years old. Our soccer experts and child development professionals have designed an innovative curriculum that introduces your young soccer stars to the basic skills needed in soccer as well as developing their motor, social, and psychological skills.

Our British coaches are experts at working with young children and will combine soccer with fun games; stories and music that keeps your children entertained and enthused to return next week. Come join our **CUBS PROGRAM** and join **LENNY THE LION** as you learn our MiniKickers theme song!

CAMP #	DAYS	TIMES	DATES	RES/N-R
10.437	F	9:00-9:45 AM	9/9-10/14	\$97/\$102

Register at <https://apm.activecommunities.com/Pacifica/Home>

TODDLER/PRESCHOOL

Mini Soccer

Ages: 4-5 yrs
Instructor: Challenger British Soccer staff
Location: Sanchez Fields, 1220 Linda Mar Blvd.

Minikicker is a new and exciting program focusing on the development of children ages 4-5 years old. Our soccer experts and child development professionals have designed an innovative curriculum that introduces your young soccer stars to the basic skills needed in soccer as well as developing their motor, social, and psychological skills. Our British coaches are experts at working with young children and will combine soccer with fun games; stories and music that keeps your children entertained and enthused to return next week. Come join our **LIONS PROGRAM** and join **LENNY THE LION** as you learn our MiniKickers theme song!

CAMP #	DAYS	TIMES	DATES	RES/N-R
10.438	F	10:00-10:45 AM	9/9-10/14	\$97/\$102

PRE-BALLET

Ages: 3 & 4 yrs
Instructor: Rita Wolper
Location: Pacifica Community Center

Preschoolers will learn ballet basics in a fun way! Stretching, twirling, prancing & dancing! Students should be ready to follow specific instructions as well as participate with fellow students performing moves together. Please come to class in comfy dance wear. Must have ballet slippers. For questions contact Ms. Wolper at (650) 580-5761. **No class 11/22**

CLASS#	DAY	TIME	DATES	RES/N-R
10.439	T	3:30-4:00PM	10/4-12/13	\$78/\$83

DANCE TIME

Ages: 4 1/2 -10 yrs.
Instructor: Rita Wolper
Location: Pacifica Community Center

Learn a variety of dance steps! Workout, stretch, jump and move your hips! Practice combinations and learn choreography to many styles of music! Must have Dance shoes (ballet or soft jazz) For questions contact Ms. Wolper at (650) 580-5761. **No class 10/31, 11/21 (please note that a recital will be held on Tues. 12/13 this is in addition to the normal class meetings)**

CLASS#	DAY	TIME	DATES	RES/N-R
20.409	M	4:30-5:15PM	10/3-12/13	\$98/\$103

PIANO FOR BEGINNERS & HOLIDAY SONGS

Ages: 6-10 yrs
Instructor: Helena Pacholuk, B.M. Piano Performance, CA Teaching Credential
Location: Instructors Studio, 342 Coral Ridge Dr.

Considering piano lessons for your child? This small-group class will give your child a head start in understanding music notation, technique, rhythm, and music theory. For more information, contact instructor at 650-355-3943. \$15 materials fee due to instructor at first class. For more information, contact instructor at 650-355-3943. **\$15 material fee due to instructor at first class.**

CLASS#	DAY	TIME	DATES	RES/N-R
20.	T	3:30-4:30 PM	8/30-10/04	\$147/\$152

JUNIOR TENNIS CLASS

Ages: 8-13 yrs
Instructor: Shannon Randolph, Tennis Coach
Location: Oceana Tennis Courts, 401 Paloma

This class covers the fundamentals, teaches the game and provides an opportunity for those who want more practice. Tennis specific activities, drills, match play and fun group games. Bring water and racquet.

CLASS#	DAY	TIME	DATES	RES/N-R
20.417	W	3:30-5:00 PM	9/21-11/2	\$131/\$136

BALLET

Ages: 5 - 10 yrs
Instructor: Rita Wolper
Location: Pacifica Community Center

The foundation of dance! Learn the language basic positions, arm movements and steps. Practice at the bar, stretch, jump and move across the floor. Learn dance choreography! Ms. Wolper has over 15 years teaching experience. Wear leotard, tights and ballet slippers. Boys wear T-shirt and sweat pants. For questions contact Ms. Wolper at (650) 580-5761. **No class 11/22**

CLASS#	DAY	TIME	DATES	RES/N-R
20.422	T	4:30-5:15PM	10/4-12/13	\$98/\$103



Visit our Website at www.cityofpacifica.org

AIKIDO FOR YOUTH

Ages: 7 - 13 yrs.
Instructor: Sue Gorte
Location: Tanforan Professional Center
 1405-B Huntington Ave.
 South San Francisco, CA

Aikido teaches smooth, balanced and relaxed movement. It is excellent physical exercise and an effective self-defense. Classes are taught in a formal setting with the discipline and etiquette that reflects traditional Japanese martial arts.

DAYTIME

CLASS #	DAY	TIME	DATES	RES/N-R
20.423	T & TH	6:00-7:00 PM	9/8-09/29	\$97/\$102
20.424	T & TH	6:00-7:00 PM	10/4-10/27	\$97/\$102
20.425	T & TH	6:00-7:00 PM	11/01-12/01	\$97/\$102
20.426	T & TH	6:00-7:00 PM	12/06-12/29	\$97/\$102



NEXT GREAT BAKER

Ages: 6-12 yrs
Instructor: Junior Chef Stars
Location: 1027 Terra Nova Blvd.

Many chefs feel less than confident when it comes to baking. This class will be sure to give your Junior Chef the confidence they need to bake like the pros. This class will cover everything from sourdough to sweet buns, donuts to pies, and many more! If perfecting the art of baking is your mission join us for this class and let us roll out a great time! For more information contact Jenny at juniorchefstars.com.

CAMP #	DAYS	TIMES	DATES	RES/N-R
20.427	T	5:00 PM-6:30 PM	9/20-11/08	\$232/\$237



Neighbors Helping Neighbors A Project of the Tides Center

www.pacresourcecenter.org

When you don't know where to turn, call the Pacifica Resource Center at: 650-738-7470

If you have legal questions, homeless concerns, elder care, landlord/tenant problems, health care, etc., we can help or refer you to one of 400 other helping agencies in San Mateo County who can.

MAKE LEARNING FUN AGAIN WITH LEARNEN!

Ages: 5 - 10 yrs.
Instructor: Sumera Ali-Learnen
Location: Pacifica Community Center

Learnen is an afterschool Math and Reading program that makes learning fun again! We use Experiential Learning that allows children to learn academic concepts while solving actual creative problems. Come join us for a **Fun Filled Learning Journey!** For more information go to info@learnen.com. No class 11/22 & 24

DAYTIME

CLASS #	DAY	TIME	DATES	RES/N-R
10.430	T & TH	3:30-5:30 PM	9/6-09/29	\$222/\$227
10.431	T & TH	3:30-5:30 PM	10/4-10/27	\$222/\$227
10.432	T & TH	3:30-5:30 PM	11/1-12/01	\$222/\$227

PARENTS' NIGHT OUT!

Ages: 5-12 yrs.
Hours: 5:00PM-11:00PM
Location: Pacifica Community Center, 540 Crespi Drive

Need to do some shopping or just need a little rest and relaxation without the kids? While you enjoy an evening out or in, your child(ren) will have dinner, play games, make arts & crafts, and see a movie. All activities are provided by trained and experienced Pacifica Recreation Staff. Sibling discounts available.

Class #	Day	Dates	ONE	TWO	THREE
			CHILD	SIBLINGS	SIBLINGS
			RES/N-R	RES/N-R	RES/N-R
50.001	Sat.	Oct. 1	\$30/\$35	\$50/\$55	\$75/\$80
50.002	Sat.	Nov. 5	\$30/\$35	\$50/\$55	\$75/\$80
50.003	Sat.	Dec. 17	\$30/\$35	\$50/\$55	\$75/\$80

Portola Discovery Site Hike



Join us for the 247th Anniversary

Celebration of the European Discovery of San Francisco Bay By Gaspar de Portola.

Co-sponsored by the Pacifica Historical Society, GGNRA, and Pacifica Parks, Beaches & Recreation Dept.

Saturday, Nov. 5, 2016 at 10:00 am
Meet at: Pacifica Community Center
 540 Crespi Dr.

Register at <https://apm.activecommunities.com/Pacifica/Home>

TEENS GRADES 6-12



J-TEEN AFTERSCHOOL

Where: Cabrillo School, Portable 1

When: Mon, Tues, Thurs, Fri 3:00-5:30pm,
Wed & Minimum Days 1:45-4:15pm

Who: Cabrillo Students in Grades 6-8

Program

Dates: Tuesday, September 6, 2016 – Friday, May 19, 2017

Cost: \$175 for entire school year

Located in Portable One at Cabrillo School, J-Teen Afterschool is a fun place where for Pacifica teens in grades 6-8, can feel at home, bond with their peers in a place just for them! Daily snack is provided as well as a broad range of activities that may include arts & crafts, sports, games, music, and local field trips off-site. Program is run by qualified caring recreation staff that can also help with homework when necessary. All Pacifica teens are welcome. Transportation is not provided from other schools.

* See detailed program offering dates online or on registration form.



J-TEEN DANCES

For Pacifica Students in Grades 6-8

Dates: September 9, October 7, November 18, December 16, and January 6

Time: 7:00-9:00PM

Location: Pacifica Community Center, 540 Crespi Drive

Tickets: \$8 in advance or \$10 (starting at 5:00pm at Community Center if available)

J-Teen Dance Tickets are non-transferable & non-refundable. School ID's or notes from school office will be verified before entry at door. Yearbooks are not permitted for ID verification.

J-TEEN DANCE DRESS CODE — WILL BE ENFORCED

Recreation Staff in attendance will be the final judges of appropriateness. If student does not meet the dress code, parent/guardian will be called for a change of clothes or given an oversized camp T-shirt (when appropriate).

- All pants, shorts, and skirts must be appropriately fitted at the waist
- No extremely short shorts – buttock and upper thighs need to be covered at all times.
- Tube tops, backless shirts, low-cut necklines or exposed midriffs are prohibited.
- Skirt length must meet the tips of fingers when arms are fully extended hanging to the side.
- No clothing or hats that indicate obscenities, violence, gang affiliation, drug, tobacco, alcohol, or sexual nature.

J-TEEN DANCE POLICIES – for a complete list, please go to http://www.cityofpacifica.org/depts/rec_department/teens/dances/default.asp.

- Doors open at 7:00pm and close at 7:30pm. There is no in and out privileges during the dance. All students must remain in Community Center until the doors open 15 minutes prior to the end of the dance (8:45pm).
- There are no ins-and-outs and students will not be allowed to leave early unless a parent or guardian comes to pick them up.
- All persons /bags/purses are subject to being searched. All items must be checked at coat check.
- Cell phones/cameras may not be used inside the dance auditorium. Items such as gum, markers, cigarettes, matches, lighters, tobacco, weapons, lasers or anything “glow in the dark” are not allowed and will be confiscated at the door.
- All dances styles must be appropriate. “Moshing, slam dancing, freaking, grinding” will not be tolerated. Recreation staff in attendance will be the final judges of appropriateness.

YOUTH ADVISORY BOARD

Grades: 9-12

Meeting Days: 2nd and 4th Wednesday of each month

Meeting Time: 6:00PM-7:00PM

Location: Community Center, 540 Crespi Dr.



The Youth Advisory Board, YAB, is made up of High School students that want to make a difference in our community. They are a dedicated group of young leaders who will plan special events and also participate in Parks, Beaches & Recreation events. For questions, please contact the YAB Advisor at moranm@ci.pacifica.ca.us or (650) 738-7376

Visit our Website at www.cityofpacifica.org

TEENS AND ADULTS

AMERICAN RED CROSS CPR, AED, FIRST AID



American Red Cross

Ages: 13 & up
Instructor: PB&R Staff
Location: Pacifica Community Center, 540 Crespi Dr.

Learn to care for conscious and unconscious choking victims, perform CPR and use an automated external defibrillator (AED) on a victim of sudden cardiac arrest. Learn to give first aid for a variety of injuries, such as burns, wounds, head-neck-back injuries, heat and cold-related emergencies, stroke, seizure, bites and poisoning. Fee includes ARC certification charge.

CLASS#	DAY	TIME	DATES	RES/N-R
30.437	M&T	6:30-9:30 PM	10/3-10/4	\$75/\$80

ARGENTINE TANGO

Ages: 15 & up
Instructor: Ylva Wintzell
Professional Dance Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

Bring out your inner passion and learn the beautiful and sensual Argentine Tango. Great for couples and singles. Bring shoes without rubber soles and that stay on your feet. For questions, contact Ylva at 650-922-3502 or dance@danceinmind.com

CLASS #	DAY	TIME	DATES	RES/N-R
30.416	W	8:15-9:15 PM	8/31-10/19	\$87/\$92
30.415	W	8:15-9:15 PM	10/26-12/14	\$87/\$92

BACHATA

Ages: 14 & up
Instructor: Ylva Wintzell
Professional Dance Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

Bachata is a newer Latin dance, just as popular as Salsa in the clubs. It is both sexy and romantic at the same time. We start from the beginning and move on from there. Avoid rubber shoes and shoes that don't stay on your feet when you move. For questions, contact Ylva at 650-922-3502 or dance@danceinmind.com

CLASS #	DAY	TIME	DATES	RES/N-R
30.418	T	8:30-9:30 PM	10/25-12/13	\$87/\$92

BEACH YOGA

Ages: 14 & up
Instructor: Nicole Yarbrough
Fitness Instructor
Location: Pacifica State Beach

Enjoy a fun at all levels weekly beach yoga class at the Pacifica State Beach. Great class for beginners, increase your flexibility, strength and peace of mind. Dress in layers. Bring a towel, mat and water. We will meet near the Crespi Drive entrance. For questions please contact Nicole at nyarbrough323@gmail.com.

CLASS #	DAY	TIME	DATES	RES/N-R
30.446	T	6:00-7:15 PM	9/6-11/22	\$175/\$180
30.447	Th	6:00-7:15 PM	9/1-11/17	\$175/\$180

RUMBA

Ages: 14 & up
Instructor: Ylva Wintzell
Professional Dance Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

A beautiful romantic Latin dance that is easy to learn and great for that slow Latin beat. We start from the beginning and move on from there. Avoid rubber shoes and shoes that don't stay on your feet when you move. For questions, contact Ylva at 650-922-3502 or dance@danceinmind.com

Class #	Day	Time	Dates	RES/N-R
30.417	T	8:30-9:30 PM	8/30-10/18	\$87/\$92

SALSA

Ages: 14 & up
Instructor: Ylva Wintzell
Professional Dance Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

Salsa, the hottest Latin Dance around we start with the basics and build from there. For questions, contact Ylva at 650-922-3502 or dance@danceinmind.com

CLASS#	DAY	TIME	DATES	RES/N-R
30.421	T	7:30-8:30 PM	10/25-12/13	\$87/\$92

TEENS AND ADULTS

GODDESS BELLY DANCE

AGE: 15 and up
Instructor: Rachel Sterling
 Belly Dancing Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

Be inspired by the Goddesses of the world. Each Monday learn the history and spiritual significance of a different Goddess. Then learn Belly Dance movements and practical teachings to honor that Goddess and incorporate their sacred knowledge into everyday life. Please come with an open mind and be ready to try something new. This is a beginner class, no prior experience necessary. Anyone who identifies themselves as female is welcome. 2nd and 4th Monday of each month.

CLASS#	DAY	TIME	DATES	RES/N-R
30.422	M	7:30-8:45 PM	9/12-12/12	\$107/\$112

PILATES

Ages: 14 & up
Instructor: Ylva Wintzell
 Professional Fitness Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

Pilates is a well-known method to strengthen your core, legs and arms with controlled isometric exercises. You will get stronger and more toned and more tuned in to your body as well. We stretch with yoga in the beginning and end of class for warm up and cool down. Please bring a mat, stretch band and two weights (3-5 lb). For questions please contact Ylva at 650-922-3502 or dance@danceinmind.com

CLASS #	DAY	TIME	DATES	RES/N-R
30.403	T	6:15-7:15 PM	8/30-10/18	\$87/\$92
30.405	T	6:15-7:15 PM	10/25-12/13	\$87/\$92

FAMILY TENNIS CLASS

Ages: 7 + yrs
Instructor: Shannon Randolph, Tennis Coach
Location: Oceana Tennis Courts, 401 Paloma

Tennis is a fun family sport, very accessible, and lasts a lifetime. Professional instructor specializing in the fundamentals of tennis will lead activities, drills and lively games as the family learns and improves together. Beginners and intermediates welcome. Registration includes one parent and one child. Bring water and racquet.

CLASS#	DAY	TIME	DATES	RES/N-R
20.424	S	1:30-2:30 PM	10/2-10/30	\$171/\$176



SWING/LINDY HOP

Ages: 14 & up
Instructor: Ylva Wintzell
 Professional Dance Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

An American Classic not to be forgotten! We dance to all the great Big Band music as well as current tunes and you will learn to turn and be turned and have a lot of fun in the process. We start from the beginning and move on from there. For questions, contact Ylva at 650-922-3502 or dance@danceinmind.com

CLASS #	DAY	TIME	DATES	RES/N-R
30.419	T	7:30-8:30 PM	8/30-10/18	\$87/\$92

WORLD DANCE RHYTHMS

Ages: 14 & up
Instructor: Ylva Wintzell
 Professional Dance Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

Dance and have fun in a great aerobic workout to music from around the world! You will be dancing Salsa, Samba-Reggae, Cha Cha, Bachata, Merengue, Bellydancing, Hip Hop and more. No partner is necessary. It's like ZUMBA but even better! Bring shoes that you can turn and pivot in. For questions, contact Ylva at 650-922-3502 or dance@danceinmind.com

CLASS #	DAY	TIME	DATES	RES/N-R
30.420	W	7:00-8:00 PM	8/31-10/19	\$87/\$92
30.423	W	7:00-8:00 PM	10/26-12/14	\$87/\$92




Watch for our Grand Opening Spring 2015.
 For more information Call 650-359-5462 or visit pacifichistory.org

TEENS AND ADULTS

PILATES

Ages: 13 & up
Instructor: Pacific Holistic Health
 Jasee Clark-Grubb,
 Personal Fitness Trainer
Location: Pacifica Community Center, 540 Crespi Dr.

The focus of this class is to strengthen, stretch and breathe. Traditional pilates exercises, current rehabilitative exercises, stretching and weights are all taught. The goal is for your muscles to be stronger and your body to feel stretched and your mind to feel relaxed and rejuvenated. The class level will be adjusted for the range of fitness levels. Please bring mat and hand weights to class and wear comfortable, loose clothing. For questions call Jasee at 650-787-8893. **No Class 10/31 & 11/21**

CLASS#	DAY	TIME	DATES	RES/N-R
30.402	M	6:15-7:15 PM	9/19-12/19	\$121/\$126



PILATES WITH DEEP RELAXATION AND MEDITATION

Ages: 13 & up
Instructor: Pacific Holistic Health
 Jasee Clark-Grubb, Personal Fitness Trainer
Location: Pacifica Community Center, 540 Crespi Dr.

This class will explore both pilates and yoga. The benefits of both are extraordinary, they support the development of long, strong, graceful bodies, reduce stress, increase a sense of well-being and both are used as rehabilitative systems. The level of the class will be adjusted for a range of fitness levels. The last 15 minutes of class there is a Deep Relaxation section. This is a meditation using guided imagery and mindfulness techniques to leave your mind and body completely calm, centered and relaxed. Please bring mat and hand weights to class and wear comfortable, loose clothing. For questions call Jasee at 650-787-8893. **No Class 9/22 & 11/24,**

CLASS#	DAY	TIME	DATES	RES/N-R
30.406	Th	6:15-7:30 PM	9/15-12/22	\$131/\$136

PILATES Mon. and Thurs.

Ages: 13 & up
Instructor: Pacific Holistic Health
 Jasee Clark-Grubb, Personal Fitness Trainer
Location: Pacifica Community Center, 540 Crespi Dr.

The focus of this class is to strengthen, stretch and breathe. Traditional pilates exercises, current rehabilitative exercises, stretching and weights are all taught. The goal is for your muscles to be stronger and your body to feel stretched and your mind to feel relaxed and rejuvenated. The class level will be adjusted for the range of fitness levels. Please bring mat and hand weights to class and wear comfortable, loose clothing. For questions call Jasee at 650-787-8893. Savings of \$15 when you sign up for both classes! Savings already included. **No Class 9/22, 10/31, 11/21, & 11/24**

CLASS#	DAY	TIME	DATES	RES/N-R
30.407	M & Th	6:15-7:15 PM	9/15-12/22	\$221/\$226

YOGA

Ages: 14 & up
Instructor: Ylva Wintzell
 Professional Fitness Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

Yoga is both invigorating and relaxing and lets you tune in to your body and become more flexible and strong. It is great as stress relief and also helps to prevent injuries. Beginners and intermediate students will both find the class beneficial. Bring a workout mat and wear comfortable shoes. For questions please contact Ylva at 650-922-3502 or dance@danceinmind.com

CLASS #	DAY	TIME	DATES	RES/N-R
30.404	W	6:00-7:00 PM	8/31-10/19	\$87/\$162
30.408	W	6:00-7:00 PM	10/26-12/14	\$87/\$162



Sanchez ART Center

Creating Community through Art
 Call 355-1894 or visit
www.sanchezartcenter.org
 Art exhibits, and art classes for kids and adults!

Register at <https://apm.activecommunities.com/Pacifica/Home>

TEENS AND ADULTS

AIKIDO FOR BEGINERS (Coed)

Ages: 14 & up
Instructor: Masatoshi Morita
Location: Tanforan Professional Center
 1405-B Huntington Ave.
 South San Francisco, CA

Aikido is a Japanese martial art whose techniques emphasize redirecting the energy and force of an assailant's attack in order to subdue them. Aikido improves coordination and stresses non-aggression and harmony with your partner, providing an excellent means of physical exercise and effective self-defense.

DAYTIME				
CLASS #	DAY	TIME	DATES	RES/N-R
30.448	T & TH	10:00-11:00 AM	9/8-09/29	\$97/\$102
30.449	T & TH	10:00-11:00 AM	10/4-10/27	\$97/\$102
30.450	T & TH	10:00-11:00 AM	11/01-12/01	\$97/\$102
30.451	T & TH	10:00-11:00 AM	12/06-12/29	\$97/\$102

AIKIDO FOR BEGINERS (Coed)

Ages: 14 & up
Instructor: Masatoshi Morita
Location: Tanforan Professional Center
 1405-B Huntington Ave.
 South San Francisco, CA

Aikido is a Japanese martial art whose techniques emphasize redirecting the energy and force of an assailant's attack in order to subdue them. Aikido improves coordination and stresses non-aggression and harmony with your partner, providing an excellent means of physical exercise and effective self-defense.

EVENING				
CLASS #	DAY	TIME	DATES	RES/N-R
30.452	T & TH	7::10-8:00 PM	9/08-09/29	\$97/\$102
30.453	T & TH	7::10-8:00 PM	10/04-10/27	\$97/\$102
30.454	T & TH	7::10-8:00 PM	11/01-12/01	\$97/\$102
30.455	T & TH	10:00-11:00 AM	12/06-12/29	\$97/\$102



At the Mildred Owen Concert Hall
 For information, call 355-1882 or
www.pacificaperformances.org.



Camera Operations Workshop

Ages: 13 & up
Instructor: PCT Staff
Location: 580 Crespi Dr. Unite E
 Pacifica, CA

This workshop covers the essentials of powering up and preparing our studio cameras for operation, and provides volunteers with basic skills of camera work, including shot structure, composition and movement, terminology, and working with the director.

DATES	TIME	COST
9/3/16	12:00-2:00 PM	\$20
10/1/16	12:00-2:00 PM	\$20
11/5/16	12:00-2:00 PM	\$20
12/3/16	12:00-2:00 PM	\$20

PCT Offers workshops in all areas of film production from Operating various equipment to producing your own show. Check out our website at www.PacificCoast.TV for a complete list of of workshops with dates and times.



Located at: 225 Rockaway Beach Ave. Ste 1
 Pacifica, CA 94044

Contact Information

Phone: (650) 355-4122

e-mail: <http://pacificachamber.com>
<http://www.visitpacificacom>

TEENS AND ADULTS

BEADING AND JEWELRY MAKING

Ages: 18 & up

Instructor: Jo Ann Kidwell
Craft Instructor

Location: Pacifica Community Center, 540 Crespi Dr.

This class is for beginning and advance students. Projects include working with multiple strands, new findings, wire wrapping, cold connections, dapping, soldiering and enamel bead making. Students will make single-and double-strand necklaces and earrings to match. You may bring your own equipment or kits are available to purchase from instructor for (\$35-\$75) **No Class 12/24 & 12/31**

CLASS #	DAY	TIME	DATES	RES/N-R
40.432	Th	6:30-9:00 PM	9/15-10/27	\$123/\$128
40.434	Th	6:30-9:00 PM	11/03-12/22	\$123/\$128

DOG TRAINING the FUN WAY

Ages: 18 & up

Instructor: Beverly Kingsbury
Certified Dog Trainer

Location: Pacifica Community Center, 540 Crespi Dr.



THE ENTIRE HUMAN FAMILY IS INVITED TO ATTEND! Learn to teach your dog/puppy basic obedience. Your dog will learn to sit, down, stay, come, leave it, good manners and how to become a good canine citizen. Learn how to address misbehavior; like barking, jumping, and begging. Dogs must be healthy and people and dog friendly. **NO DOGS AT FIRST SESSION!** PROOF OF CURRENT DOG VACCINATIONS REQUIRED. Puppies must have 2 out of 3 sets of shots. Dogs must be under flea control and healthy. **No class 11/24**

CLASS#	DAY	TIME	DATES	RES/N-R
40.435	TH	6:00-7:00 PM	9/1-10/6	\$167/\$172
40.437	TH	6:00-7:00 PM	10/20-12/1	\$167/\$172

FELDENKRAIS

Ages: 18 and up

Instructor: Perry Silver

Location: Pacifica Community Center, 540 Crespi Dr.

Notice the contact your body makes with the floor as you lie down... your breathing rhythm. Where is there holding...where is there not? So begins many of our Awareness Through Movement (ATM) lessons. Moving meditation. Loose attire recommended. For questions please contact Perry at (415) 305-1483. **No Class 10/10 & 10/17**

CLASS#	DAY	TIME	DATES	RES/N-R
40.402	M	6:00-7:00 PM	9/12-11/14	\$71/\$76



GUIDED MEDITATION

Ages: 18 & up

Instructor: Webster Moore, RSCP
Jewel Thompson, LCSW

Location: Pacifica Community Center, 540 Crespi Dr.

The focus of this Meditation Class is to help participants discover how to utilize their own inner resources to increase their ability to relax, increase their energy level, self-esteem and confidence; reduce anxiety and depression, and improve their overall spiritual, emotional and physical well-being. Contact Webster Moore if there are any questions: www.pacificameditation.com (650) 557-8316

CLASS#	DAY	TIME	DATES	RES/N-R
40.442	T	7:00 PM-8:00 PM	9/06-09/27	\$113/\$116
40.443	T	7:00 PM-8:00 PM	10/04-10/25	\$113/\$116
40.444	T	7:00 PM-8:00 PM	11/01-11/29	\$113/\$116
40.445	T	7:00 PM-8:00 PM	12/06-12/27	\$113/\$116

STRETCH WITH YOGA

Ages: 18 & up

Instructor: Elizabeth Langowski
Pacifica yoga instructor over 25 yrs.

Location: Pacifica Community Center, 540 Crespi Dr.

This class integrates various yoga methods. Warming with light joint work and flowing into postures to enhance balance, flexibility, strengthen muscles, release tension and improve circulation. Experience relaxation and renewal with a meditation at the end of each class. Wear loose cloths; bring yoga mat, towel and long yoga belt.

No Class 11/22 & 11/24

CLASS#	DAY	TIME	DATES	RES/N-R
40.408	T	7:00-8:15 PM	9/6-12/13	\$147/\$152
40.409	TH	7:30-8:45 PM	9/8-12/15	\$147/\$152



Oddstad Theater, 1050 Crespi Dr.
For information, call 650-359-8002 or visit
www.pacificaspindriftplayers.org

Register at <https://apm.activecommunities.com/Pacifica/Home>

ADULTS

SURVIVAL SPANISH

Ages: 18 & up
Instructor: Bob Bachecki
 ESL/Spanish Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

Learn the very basics of speaking Spanish in this course designed to help those who have little or no familiarity with the Spanish language. This course will help those who need to communicate in Spanish either in the workplace or in their community. **No Class 9/27**

CLASS#	DAY	TIME	DATES	RES/N-R
40.436	T	5:00-7:00 PM	9/27-10/25	\$107/\$112

TAI CHI

Ages: 21 & up
Instructor: Irene Hilton
 Tai Chi Instructor
Location: Pacifica Community Ctr, 540 Crespi Dr.

A continuously moving sequence of controlled movements, which can be used to improve balance, flexibility, cardiovascular health and physical control. Research studies show Tai Chi improves fall prevention and psychological health. There are different approaches to the practice of Tai Chi from a purely physical exercise to a complete spiritual discipline. Advance Beginner & Intermediate level requires the consent of instructor prior to enrollment. For questions please contact Irene at sfnative39@hotmail.com **NO CLASS 9/27, 10/18 & 11/8**

CLASS #	DAY	TIME	DATES	RES/N-R
40.412	T	6:00-7:00 PM	9/20-12/13 Beg	\$93/\$98
40.425	T	7:00-8:00 PM	9/20-12/13 Int.	\$93/\$98

TAROT CARD READING

Ages: 18 & up
Instructor: Jo Ann Kidwell
 Tarot Card Reader
Location: Pacifica Community Center, 540 Crespi Dr.

This class will introduce you to tarot cards, the symbology, numerology, astrology, and basic mythology that are found within the tarot cards. Students will learn the symbolism in each card and also learn how to spread out the cards and read them. If you do not have a deck please purchase a Rider Waite deck. **No Class 11/24**

CLASS #	DAY	TIME	DATES	RES/N-R
40.431	Th	5:00-6:30 PM	9/15-10/27	\$123/\$128
40.433	Th	5:00-6:30 PM	11/03-12/22	\$123/\$128

ZUMBA GOLD

Ages: 18 & up
Instructor: Nora Napier
 Licensed Zumba Instructor
Location: Pacifica Community Center, 540 Crespi Dr.

Zumba Gold is a lower impact, easier to follow class, while keeping with the elements of basic Zumba. This class offers high energy, motivating music with made for you routines. class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. No experience required to have fun! For more information contact Nora at 415-710-6206 or noranap@juno.com **No classes 11/9, 11/21 & 11/23**

CLASS#	DAY	TIME	DATES	RES/N-R
40.440	M	7:00 PM-8:00 PM	9/12-12/12	\$98/\$103
40.441	W	5:30 PM-6:30 PM	9/7-12/14	\$98/\$103

COME ENJOY PACIFICA WE HAVE SOMETHING FOR EVERYONE!!!!



Visit our Website at www.cityofpacifica.org



PACIFICA SENIOR CENTER

Located at 540 Crespi Drive the Pacifica Senior Center offers over 40 programs which emphasizes health, socialization, physical activities, nutrition education and volunteer opportunities. Our mission

is to enhance the quality of seniors' lives, so they can continue to be a vital part of the community.

SENIORS IN ACTION (SIA) MEMBERSHIP

Support Senior Services Programs by becoming a member for \$20/year or \$35/year per couple. Membership provides you with our "Senior Tidings" bi-monthly newsletter, discounts on classes and events, special parking privileges and more! For more information regarding SIA Membership, please contact Janis Haynes at 738-7384.

UPCOMING SPECIAL EVENTS

SIA Membership Luau

Thurs. Sept. 1 at 11:00 AM

13Th Annual Spaghetti Feed & Silent Auction Fundraiser

Saturday, Oct. 8

4:00-7:00 PM

Come support Senior Services at our annual fundraiser. Raffle prize winners are announced every 30 min. and there are a variety of amazing baskets to bid on (winners need not be present).

Ticket Prices & Sale Information:

\$15 General Public, \$10 SIA Members, \$5 Children (8 & under). For more information, please contact Janis Haynes at 650-738-7384.

AARP Senior Safety Drivers' Course

Call your Auto Insurance to see if they accept this certification for your discount.

The Course will be:

Tuesday's September 20 & 27 from 12:30-4:30 PM

(This is an 8 hour mandatory class which is good for 3 yrs.)

If you have already completed this eight hour course you can take the 4 ½ hour Refresher Course on Tuesday, Oct. 11 from 12:30-5:00 PM.

Trip to Graton Resort & Casino

Tuesday November 8

Senior services rummage sales

Shop at our indoor Rummage sales held every other Wed. & Thurs. All proceeds benefit Senior Services programs. For more information please contact Janis Haynes at 738-7384

1St Annual Pre-Holiday Event

Saturday, October 22

From 9:00 AM-2:00 PM

For more information contact Janis Haynes at (650) 738-7384

10th Annual "NIGHT OUT ON THE TOWN" Silent Auction Fundraiser for Pacifica Meals on Wheels'

Sunday, December 4

During the Chamber of Commerce Rockaway Tree Lighting Festival

3:00 PM to 6:30 PM

Gift baskets will be displayed for in the Direct Mortgage Funding offices of Darlene Gonzalez

Auction items also on displayed at www.cityofpacifica.org/depts/pbr/senior_services.

This auction supports "Night Out on the Town" which is an elegant dinner at the Community Center for Meals on Wheels clients. For most clients, it is their only night out each year. donated baskets can be delivered to the Pacifica Community Center (t40 Crespi Drive) by Thursday, November 18. For more information on "Night Out on the Town" and to learn how you can donate or bid, please contact the Meals on Wheels Coordinator at (650) 738-7350.



Register at <https://apm.activecommunities.com/Pacifica/Home>

SENIORS

CONGREGATE LUNCH PROGRAM

Monday - Friday 11:30 AM - noon

Pacifica Senior Center Auditorium

Suggested donation for seniors (60+) is \$3.00

A variety of healthy and nutritious lunches are served throughout the week. Enjoy social activities, local entertainment and informational speakers before lunch.

For more information or questions regarding our lunch time program please contact Janis Haynes at 738-7384.



INFORMATION & REFERRAL

The City of Pacifica's Senior Services Information and Referral program is available Monday through Friday from 9:30 AM to 1:30 PM at 650-738-7353 to provide community linkages on aging issues.

Join TEAM MEALS on WHEELS



Pacifica Senior Services is fortunate to have an amazing team of 45 Meals on Wheels volunteers. This year alone they will travel 12,550 miles to deliver 17,000+ meals to 150 homebound seniors.

Some volunteers are "regulars" with their own set route and delivery day. Others are substitutes who help out as their schedules permit. It's a fun job to share, so many join with a friend.

A typical weekday shift runs from 10:30am to noon and includes delivering 12-15 hot meals to 8-12 residences in the same Pacifica neighborhood.

If you are interested in joining us or if you know someone who needs Meals on Wheels please call the Meals on Wheels Coordinator at 650-738-7350.



SENIOR SERVICES TRANSPORTATION

To and From the Senior Center

The Pacifica Senior Services bus is available for transportation to and from the Senior Center from your Pacifica home Monday through Friday 8:45 AM-2:00 PM. Our 20-passenger bus is lift-equipped for wheelchair and walker access.

A suggested \$3 round-trip donation for seniors is appreciated. No eligible individual shall be denied participation because of failure or inability to contribute.

Shopping Trips

Shopping trips are offered throughout the month from your Pacifica home to local shopping centers followed by lunch at the Senior Center then returning home. A suggested \$3 round-trip donation is appreciated

Date	Shopping Center	Shop Time
Thu 9/8	Serramonte	10:15-11:30am
Wed 9/21	Dollar Store (SSF)	10:15-11:30am
Tue 10/4	Westlake	10:15-11:30am
Wed 10/19	Linda Mar	10:15-11:15am
Thu 11/3	Serramonte	10:15-11:30am
Wed 11/16	Grocery Outlet	10:15-11:15am
Thu 12/1	Dollar Store (SSF)	10:15-11:30am
Tue 12/20	Linda Mar	10:15-11:15am

Medical Appointment Transportation

Medical appointment transportation may be scheduled with 48-hours advance notice as transportation activities permit, typically between 10:30 AM and noon Mon - Fri. Medical appointment transportation is a mandatory fee of \$20 round trip. Transportation is available from your home in Pacifica to:

- Campus Medical Center (Daly City),
- Seton Medical Center (Daly City),
- Kaiser Permanente (South San Francisco), or
- Kaiser Permanente (Daly City).

For more information about senior transportation services or to schedule a trip, please contact Ann Cooney, Transportation Coordinator and Jose Meza, Senior Services Driver (en Español) at 650-738-7350.

Visit our Website at www.cityofpacifica.org

Community Center Seniors Classes, Games & Groups

CLASS	INSTRUCTOR	Price	TIME	ROOM	M	T	W	TH
EXERCISE & HEALTH CLASSES	*For all exercise classes please wear loose comfortable clothing and appropriate shoes							
Aerobics	Susan Watson-Acero	\$3 SIA MEM \$5 SENIOR	9:15-10:15 AM	Dance Studio		X		X
Mat Yoga	Judy Orloff	\$3 SIA MEM \$5 SENIOR	11:30-12:50 PM	Dance Studio		X		
Chair Yoga	Judy Orloff	\$3 SIA MEM \$5 SENIOR	10:30-11:30 AM	Dance Studio		X		
Basic Hula	Shirley Ortega	\$3 SIA MEM \$5 SENIOR	1:00-2:00 PM	Dance Studio		X		
Tai Chi	Norman Stoddard	\$3 SIA MEM \$5 SENIOR	8:30-10:00 AM	Dance Studio			X	
Feldenkrais	Monica Olsen & Liz McNab	\$3 SIA MEM \$5 SENIOR	W-10:15-11:15 AM TH-1:00-2:00PM	Dance Studio			X	X
Zumba GOLD *	Nora Napier	\$3 SIA MEM \$5 SENIOR	10:30-11:30 AM	Studio				X
Zumba Gold Chair	Nora Napier	\$3 SIA MEM \$5 SENIOR	9:15-10:00:00 AM	Card			X	
Line Dancing	Rudy Paquette	\$1 SIA MEM \$2 SENIOR	1:00-2:45 PM	Aud	X			
COMPUTER CLASSES	(*sign up in computer Lab on Wed. between 10:30-11:30 am)							
*Photoshop Elements sign up Wed 10:30-11:30am	Eleanor Kikuchi	\$3 SIA MEM \$5 SENIOR	M & TH 9:30-11:30 AM M 12:30-2:30 PM W 12:30-3:00 PM	Comp. Lab	X		X	X
Digital Scrapbooking	Anne Farrow	\$3 SIA MEM \$5 SENIOR	10:00-12:00 PM	Comp. Lab		X		
Family Tree Research	Ginny Smithson	\$3 SIA MEM \$5 SENIOR	T 12:45-2:45 PM F 9:30-11:30	Comp. Lab		X		
Computer Literacy	Eric Noyes	\$3 SIA MEM \$5 SENIOR	9:00-10:00 AM	Comp. Lab			X	
Open Lab	Pearl Smith	FREE for SIA MEM	10:30-11:30 AM	Comp. Lab			X	
Facebook	Eleanor Kikuchi	\$3 SIA MEM \$5 SENIOR	12:30-2:30PM	Comp. Lab				1st
*Basic Comp 1:1 sign up Wed 10:30-11:30am.	Eleanor Kikuchi & Janet Kraink-Lusano	\$3 SIA MEM \$5 SENIOR	2nd, 3rd, 4th TH 12:30-3:30 PM	Comp. Lab				2nd 3rd 4th

For more information call (650) 738-7384

Register at <https://apm.activecommunities.com/Pacifica/Home>

Community Center Seniors Classes, Games & Groups

CLASS	INSTRUCTOR	Price	TIME	ROOM	M	T	W	TH	F
ART/CRAFT CLASSES									
Making Cards w/ Rubber Stamps	Flo Derby & Joanne Burton	\$3 SIA MEM \$5 SEN	1:00-2:00 PM Every 3rd Wed	Ceramics			X		
Acrylic Painting									
Stained Glass	Joanne Wall & Joe Patino	\$5 SEN	10:00-3:00 PM	Ceramics		X			
Knitting, Crochet & Needle Point	Erika Vulcanoff	\$1 SIA MEM \$2 SEN	1:00-3:00 PM	Game	X		X		
Sewing Class	Karen Freutel	\$1 SIA MEM \$2 SEN	9:30-11:30 AM	Craft			X		
Ceramics	Stephanie Turner	\$1 SIA MEM \$2 SEN	10:00-3:00 PM	Ceramics				X	
Quilters	Liz Arguello & Elaine Yarbrough	\$1 SIA MEM \$2 SEN	10:00-12:00 PM	Craft				X	
Jewelry Making	JoAnn Kidwell	\$1 SIA MEM \$2 SEN	9:30-12:00 PM	Craft					X
GAMES & GROUPS									
Bocce Ball	Self Directed	\$1 SIA MEM \$2 SENIOR	M-Th 9:00-4:00PM F- 9:00-12:30PM	Bocce Ball Court	X	X	X	X	X
Pickle Ball (Beginners)	Bob Hayes (650) 359-1739	\$1 SIA MEM \$2 SEN	1:30:00 AM	Aud				X	
Ping Pong	Self Directed	FREE	M-Th 3:00-5:00 PM advanced T 10:00-11:00 AM-beginner F- 9-11:30 AM	Game	X	X	X	X	X
Pool	Self Directed	FREE	MTTh 9:00-4:00P M W 9:00-12:30 PM F 9:00-12:30 PM	Game	X	X	X	X	X
5¢ Bingo	Gloria Lombardo	5¢ Per Card	M 9:30-11:45 AM	Craft	X				
Mah Jong	Nancy Hunt	FREE	12:45-3:00 PM	Card		X			
Pedro	Rose Martin	FREE	12:30-3:30 PM	Card	X				
Rummikub	Come & learn or just play	FREE	12:45-2:30 PM	Sm Office SR Lounge		X			
Big Bucks Bingo	Bingo Committee	\$7 Buy-In	1:00-3:00 PM	Aud			X		
Pacifica Bridge Club	Wanda Kirvin	FREE	12:30-3:30 PM	Card				X	
Unidad Latinos	Ena Rico Brand	FREE	10:00-12:00 PM	Card		1st			
Creative Writing	Class Directed	FREE	10-11:30 AM	sm office SRLounge				X	
Ukulele Class Jam Session	Class Directed	\$1 SIA MEM \$2 SENIOR	W12:45-2:00 PM F 12:30-1:30 PM	W- Card F-Portola			X		X

For more information call (650) 738-7384

Visit our Website at www.cityofpacifica.org

PRESCHOOL

City of Pacifica Child Care Services is licensed by the State of California, Department of Social Services to provide preschool services for children ages 3 to 5 years old. Children must be completely toilet-trained.



2016-17 PROGRAM FEES

Site	Fall 2016	January 1, 2017
Vallemar & Fairmont West	\$880/month	\$955/month
Plus a one time non-refundable registration fee of \$75		

State Preschool

Site	Fall 2016	January 1, 2017
Fairmont Park & Sunset Ridge	\$580/month	\$640/month
Ocean Shore	\$420/month	\$420/month

Low-cost fees are available to families who meet the income and need eligibility requirements.

OPERATING HOURS

Vallemar Preschool and Fairmont West Preschool: 7am-6pm, Mon-Fri year round, closing for City holidays and two days for staff training per year.

The Ocean Shore, Fairmont Park, and Sunset Ridge State Preschool programs are open:9am-Noon, Mon-Fri during the school year only. State preschools follow the elementary school calendar and are closed the same days as the elementary schools.



The City of Pacifica Child Care Services does not discriminate on the basis of sex, sexual orientation, gender, ethnic group identification, race, ancestry, national origin, religion, color or mental or physical disability.

SCHOOL-AGE CARE

City of Pacifica Child Care Services is licensed by the State of California Department of Social Services to provide before and after school care for children ages 5 to 13 years at four elementary school sites in Pacifica.



2016-17 CHILD CARE RATES

	Fall 2016	January 1, 2017
Before School Only	\$285/month	\$285/month
*Annex School Year		
Before & After	\$540/month	\$540/month
** Before & After School	\$595/month	\$655/month

*Annex - Recreation based Child Care program
 **After School - State of California Child Care Program supported through the Dept. of Education

For Child Care information call 650-738-7387

OPERATING HOURS

All school-age sites are open from 7 am to 6 pm, Monday through Friday year-round, closing for City holidays and two days for staff training per year.

Pacifica Child Care Services serves children from age 3 and up. Developmentally age-appropriate curriculum is designed to meet preschool children's socialization needs and to get them ready for future learning experiences. School-age children are exposed to a recreationally-based curriculum which allows them to explore enrichment activities. Monday thru Friday, 7 am to 6 pm – all year long. Closed holidays. Closed school breaks and summer.

Licensed school-age and preschool sites are at the following locations: Cabrillo, Vallemar, Ocean Shore and Sunset Ridge. Staff is experienced and trained in the areas of child development, supervision, curriculum, first aid and CPR.



Register at <https://apm.activecommunities.com/Pacifica/Home>

JEAN E. BRINK POOL

ADULT OPTIONS

ADULT LAP SWIM

Ages: 18 and up

Cost: \$6 Adults, \$5 Seniors

Pool is open during the following times for lap swim.

Discount passes are available, please see section below.

DAY	TIME	DATES
M-F	5:00-8:00AM	Ongoing
M-F	10:00AM-2:00PM	Ongoing*
W	7:30-9:00PM	Ongoing
Sa	8:00-9:30AM	Ongoing
Su	11:00AM-1:00PM	Ongoing

* Times are subject to change due to pool availability

WATER AEROBICS

Ages: 18 and up

Cost: \$6 Adults, \$5 Seniors

All classes are open to all abilities. Discount passes are available, please see section below.

DAY	TIME	DATES
M-F	10:00-11:00 AM	Ongoing*
Sa	8:30-9:30 AM	Ongoing

* Times are subject to change due to pool availability



AQUA ZUMBA

Ages: 18 and up

Instructor: Claudia Rodas, Licensed Aqua Zumba Instructor

Aqua Zumba is the "pool party" workout with Latin rhythms, international zest and easy-to-follow dance moves that create a one-of-a-kind water-based one-hour calorie-burning workout. It's a body-energizing class in the pool!

CLASS#	DAY	TIME	DATES	RES/N-R
80.448	W	8:00-9:00 PM	9/14-10/12	\$56/\$61
80.449	W	8:00-9:00 PM	10/19-11/16	\$56/\$61
80.450	W	8:00-9:00 PM	11/23-12/21	\$56/\$61

WATER POLO

Ages: 18 and up

Cost: \$6 Drop-in

For more information, email fogwaterpolo@gmail.com or call 650-738-7460.

DAY	TIME	DATES
Su	8:30-10:30 AM	Ongoing
Th	8:00-10:00 PM	Ongoing

WAYS TO SAVE

DISCOUNT SWIM PASS

Like to use the pool for lap swim, water aerobics, recreational swim and want to save a few bucks? Then the discount swim pass is the way to go!

TYPE OF PASS	0-17 YOUTH	18-59 ADULT	60+ SENIOR
10 swims	\$45	\$54	\$45
20 swims	\$85	\$99	\$85

ALL ACCESS SWIM MEMBERSHIP

Ages: 18 and up

This adult program allows the member to swim at anytime that the pool is open, with the exception of swim meets and private rentals. The number of lanes available may vary depending on programs in progress.

DAY	TIME	DATES
M-F	5:00-8:00AM	Ongoing
M-F	10:00AM-2:00PM	Ongoing (times subject to change)
M,W,F	5:30-9:00PM	Ongoing
T	5:30-7:00PM*	Ongoing
Th****	5:30-10:00PM	Ongoing
Sa**	8:00-9:30AM	Ongoing
Sa***	8:00AM-3:00PM	Ongoing
Su	8:30-3:00PM	Ongoing

*Until 8:00PM during lessons **No lessons scheduled ***When lessons are scheduled

All Access members must check in with cashier every time they come to swim.

****Brink Pool will be closed to All Access members on the following dates due to Terra Nova Water Polo meets:

9/6, 9/15, 9/22, 9/29, 10/6, 10/13 & 10/20

MEMBERSHIP	ADULT	SENIOR
Monthly	\$67	\$60
Quarterly	\$191	\$172
Yearly	\$737	\$663

POOL INFORMATION CLOSURES:

Brink Pool is a 10-lane, 25 yard x 25 meter, handicapped accessible competition indoor pool. The water temperature is 82*. Participants must bring their own towel & lock which must be removed daily from the lockers provided. Please do not leave personal belongings in a locker without a lock. Brink Pool is not responsible for lost or stolen items.

POOL CLOSURE DATES:

DAY	DATE	IN OBSERVANCE OF
M	9/5	Labor Day
SA & SU	9/17-18	Swim Meet
SA & SU	9/24-25	Fog Fest
SA	10/31 After 2 pm	Halloween
SA & SU	11/12-13	Swim Meet
TH & F	11/24-25	Thanksgiving
SA & SU	12/10-11	Swim Meet
TH & F	12/24-25	Christmas
TH & F	12/31-1/1/15	New Years

Visit our Website at www.cityofpacific.org

JEAN E. BRINK POOL

RECREATION SWIM

Cost: \$5 Youth, \$6 Adults, \$5 Seniors

Have a splashin' good time during recreation swim. Discount passes are available, please see section below.

DAY	TIME	DATES
M	7:00-9:00PM	Ongoing
F	7:00-9:00PM	Ongoing
Sa	1:00-3:00PM	Ongoing
Su	1:00-3:00PM	Ongoing

A special thank you to the following organizations for making our free Wed. Recreation Swim program such a great success this summer:

Mizpa Fellowship	Rotary Club
Dr. Ken Thomas	Rod Muscio Electrical
Fairmont Subdivisions	Bleyle Elevator
Granite Electric	American Legion
Holiday In Express	Pacifica Lions Club
Latchkey Alternative Center	Nor Cal Surf Shop

BECOME A LIFEGUARD

LIFEGUARDING CLASS

Ages: 15 and up

Learn Skills Necessary to be a Lifeguard! **Mandatory attendance at all meetings!** Upon successful completion of this class participants will receive:

- American Red Cross Lifeguard Certification
- American Red Cross First Aid Certification
- CPR/AED for the Professional Rescuer Certification

Prerequisites: Must be 15 years of age, able to swim 300 yards (12 laps) continuously, using front crawl and/or breaststroke, tread water for 2 minutes, and be able to swim 20 yards, dive to retrieve 10 lb diving brick from bottom of pool, return to surface & swim 20 yards back with brick (face out of water, hands on brick). Put brick on deck and climb out of pool without using ladder in 1 min., 40 sec.

CLASS#	DAY	TIME	DATES	RES/N-R
80.152	M	8:30AM-3:30PM	12/26	\$195/\$200
	T	8:30AM-3:30PM	12/27	
	W	8:30AM-3:30PM	12/28	
	Th	8:30AM-3:30PM	12/29	
	Fi	8:30AM-1:30PM	12/30	



Register at <https://apm.activecommunities.com/Pacifica/Home>

SWIM CLASSES - AGES 5 & UNDER

No Classes Sat. 9/19!

INFANT CLASSES

Emphasis on parent/child interaction, acquainting the child with the water and having fun! Swim diapers are mandatory if child is not potty-trained. Infant class size max is 8.

Little Bobbers

Ages: 4 months - 2 yrs.

CLASS#	DAY	TIME	DATES	RES/N-R
80.401	M *	6:15-6:45PM	9/12-11/7	\$62/\$67
80.402	W	6:15-6:45PM	9/7-10/26	\$62/\$67
80.403	Sa***	9:30-10:00AM	9/3-11/5	\$62/\$67

*No Class 10/31

Tiny Tots

Ages: 2-4 yrs.

CLASS#	DAY	TIME	DATES	RES/N-R
80.404	M *	6:15-6:45PM	9/12-11/7	\$62/\$67
80.405	W	6:15-6:45PM	9/7-10/26	\$62/\$67
80.406	Sa***	10:00-10:30AM	9/3-11/5	\$62/\$67

*No Class 10/31

***No Class 9/17 & 9/24

PRESCHOOL CLASSES

For Preschool Levels, parents are not in the water. Staff will assess students and place them in the correct class. Successful completion of each level must be completed before advancing to the next level. Must be at least 42" tall. Class size max is 5.

Pollywogs, Tadpoles, & Frogs

Ages: 4-6 yrs.

Instructors will place swimmers in groups below.

CLASS#	DAY	TIME	DATES	RES/N-R
80.407	W	6:15-6:45PM	9/7-10/26	\$76/\$81
80.408	Sa***	9:30-10:00AM	9/3-11/5	\$76/\$81

***No Class 9/17 & 9/24

SWIM LESSONS - AGES 6 & UP

SEA OTTERS

Ages: 6 and up

Successful completion of each level must be completed before advancing to the next level. Max class size is 6.

CLASS#	DAY	TIME	DATES	RES/N-R
80.410	T **	6:15-6:45PM	9/6-11/1	\$68/\$72
80.411	T**	6:45-7:15PM	9/6-11/1	\$68/\$72
80.427	Sa***	10:00-10:30AM	9/3-11/5	\$68/\$72

** No Class 9/27

***No Class 9/17 & 9/24

OCTOPUS

Ages: 6 and up

Successful completion of each level must be completed before advancing to the next level. Max class size is 6.

CLASS#	DAY	TIME	DATES	RES/N-R
80.414	T**	6:15-6:45PM	9/6-11/1	\$68/\$72
80.415	T**	6:45-7:15PM	9/6-11/1	\$68/\$72
80.428	Sa***	10:00-10:30AM	9/3-11/5	\$68/\$72

** No Class 9/27

***No Class 9/17 & 9/24

JEAN E. BRINK POOL

DOLPHIN

Ages: 6 and up

Successful completion of each level must be completed before advancing to the next level. Max class size is 6

CLASS#	DAY	TIME	DATES	RES/N-R
80.418	T**	6:15-6:45PM	9/6-11/1	\$68/\$72
80.419	T**	6:45-7:15PM	9/6-11/1	\$68/\$72
80.429	Sa***	10:30-11:00AM	9/3-11/5	\$68/\$72
** No Class 9/27		***No Class 9/17 & 9/24		

UPPER LEVEL CLASSES

Ages: 6 and up

Successful completion of each level must be completed before advancing to the next level. **Please note: all three levels are combined into one class on Saturday. Max class size is 8.**

Swimmer Level

CLASS#	DAY	TIME	DATES	RES/N-R
80.422	T**	7:15-8:00PM	9/6-11/1	\$75/\$80
** No Class 9/27				

Intermediate Level

CLASS#	DAY	TIME	DATES	RES/N-R
80.424	T**	7:15-8:00PM	9/6-11/1	\$75/\$80
** No Class 9/27				

Advanced Level

CLASS#	DAY	TIME	DATES	RES/N-R
80.426	W	7:00-7:45PM	9/7-10/26	\$75/\$80

Combination Class (Swimmer, Intermediate & Advanced Levels)

CLASS#	DAY	TIME	DATES	RES/N-R
80.432	Sa***	10:45-11:30PM	9/3-11/5	\$75/\$80
***No Class 9/17 & 9/24				

SEMI-PRIVATE SWIM LESSONS

Ages: 5 and up

The class has a capacity of 2 students per instructor. Students must be 42" tall or of adequate skill level.

CLASS#	DAY	TIME	DATES	RES/N-R
80.433	M*	6:45-7:15PM	9/12-11/7	\$105/\$110
80.434	T**	6:45-7:15PM	9/6-11/1	\$105/\$110
80.435	T**	7:15-7:45PM	9/6-11/1	\$105/\$110
80.436	W	6:45-7:15PM	9/7-10/26	\$105/\$110
80.437	W	7:15-7:45PM	9/7-10/26	\$105/\$110
80.440	Sa***	10:00-10:30AM	9/3-11/5	\$105/\$110
80.430	Sa***	10:30-11:00AM	9/3-11/5	\$105/\$110
80.441	Sa***	11:00-11:30AM	9/3-11/5	\$105/\$110
80.442	Sa***	11:30AM-12:00PM	9/3-11/5	\$105/\$110
*No Class 10/31		** No Class 9/27 ***No Class 9/17 & 9/24		

PRIVATE SWIM LESSONS

Ages: 5 and up

One-on-one lessons for adult or child. Skill level must be beginner or higher. Student must be at least 42" tall or of adequate skill level.

CLASS#	DAY	TIME	DATES	RES/N-R
80.443	T**	6:15-6:45PM	9/6-11/1	\$165/\$170
80.451	Sa***	11:00-11:30AM	9/3-11/5	\$165/\$170
80.457	Sa***	11:30AM-12:00 PM	9/3-11/5	\$165/\$170
** No Class 9/27		***No Class 9/17 & 9/24		

SWIM LESSONS - AGES 15 & UP

BEGINNING ADULT SWIM LESSONS

Ages: 15 and up

Designed for non-swimmers and those who would like to perfect their swimming skills. Class geared to the individual's needs and abilities.

CLASS#	DAY	TIME	DATES	RES/N-R
80.446	M**	6:45-7:30PM	9/12-11/7	\$70/\$75
80.447	Sa***	11:30AM-12:15PM	9/3-11/5	\$70/\$75
** No Class 10/31		***No Class 9/17 & 9/24		

FALL MINI SWIM SESSION

AGES 5 & UNDER

INFANT CLASSES

Emphasis on parent/child interaction, acquainting the child with the water and having fun! Swim diapers are mandatory if child is not potty-trained. Infant class size max is 8.

Little Bobbers

Ages: 4 months - 2 yrs.

CLASS#	DAY	TIME	DATES	RES/N-R
80.501	M & W*	6:15-6:45PM	11/14-12/12	\$62/\$67
*No Class on 11/23				

Tiny Tots

Ages: 2-4 yrs.

CLASS#	DAY	TIME	DATES	RES/N-R
80.502	M & W*	6:15-6:45PM	11/14-12/12	\$62/\$67
*No Class on 11/23				

PRESCHOOL CLASSES

For Preschool Levels, parents are not in the water. Staff will assess students and place them in the correct class. Successful completion of each level must be completed before advancing to the next level. Must be at least 42" tall. Class size max is 5.

Pollywogs, Tadpoles, & Frogs

Ages: 4-6 yrs.

Instructors will place swimmers in groups below.

CLASS#	DAY	TIME	DATES	RES/N-R
80.503	M & W*	6:15-6:45PM	11/14-12/12	\$76/\$81
*No Class on 11/23				

SEMI-PRIVATE SWIM LESSONS

Ages: 5 and up

The class has a capacity of 2 students per instructor. Students must be 42" tall or of adequate skill level.

CLASS#	DAY	TIME	DATES	RES/N-R
80.513	M & W*	6:45-7:15PM	11/14-12/12	\$100/\$105
*No Class on 11/23				

JEAN E. BRINK POOL

MINI SWIM LESSONS

AGES 6 & UP

SEA OTTERS

Ages: 6 and up

Successful completion of each level must be completed before advancing to the next level. Max class size is 6.

CLASS#	DAY	TIME	DATES	RES/N-R
80.504	T & TH*	6:15-6:45PM	11/15-12/13	\$68/\$73
80.505	T & TH*	6:45-7:15PM	11/15-12/13	\$68/\$73

***No Class on 11/24**

OCTOPUS

Ages: 6 and up

Successful completion of each level must be completed before advancing to the next level. Max class size is 6.

CLASS#	DAY	TIME	DATES	RES/N-R
80.506	T & TH*	6:15-6:45PM	11/15-12/13	\$68/\$73
80.507	T & TH*	6:45-7:15PM	11/15-12/13	\$68/\$73

***No Class on 11/24**

DOLPHIN

Ages: 6 and up

Successful completion of each level must be completed before advancing to the next level. Max class size is 6

CLASS#	DAY	TIME	DATES	RES/N-R
80.508	T & TH*	6:15-6:45PM	11/15-12/13	\$68/\$73
80.509	T & TH*	6:45-7:15PM	11/15-12/13	\$68/\$73

***No Class on 11/24**

UPPER LEVEL CLASSES

Ages: 6 and up

Successful completion of each level must be completed before advancing to the next level. **Please note: all three levels are combined into one class on Saturday. Max class size is 8.**

Swimmer Level

CLASS#	DAY	TIME	DATES	RES/N-R
80.510	T & TH*	7:15-8:00 PM	11/15-12/13	\$75/\$80

***No Class on 11/24**

Intermediate Level

CLASS#	DAY	TIME	DATES	RES/N-R
80.511	T & TH*	7:15-8:00 PM	11/15-12/13	\$75/\$80

***No Class on 11/24**

Advanced Level

CLASS#	DAY	TIME	DATES	RES/N-R
80.512	T & TH*	7:15-8:00 PM	11/15-12/13	\$75/\$80

***No Class on 11/24**

SEMI-PRIVATE SWIM LESSONS

Ages: 5 and up

The class has a capacity of 2 students per instructor. Students must be 42" tall or of adequate skill level.

CLASS#	DAY	TIME	DATES	RES/N-R
80.515	T & TH*	6:45-7:15PM	11/15-12/13	\$105/\$110
80.516	T & TH*	7:15-7:45PM	11/15-12/13	\$105/\$110

***No Class on 11/24**

PRIVATE SWIM LESSONS

Ages: 5 and up

One-on-one lessons for adult or child. Skill level must be beginner or higher. Student must be at least 42" tall or of adequate skill level.

CLASS#	DAY	TIME	DATES	RES/N-R
80.517	T & TH	6:15-6:45PM	11/15-12/13	\$170/\$175

***No Class on 11/24**

PACIFICA SEA LIONS SWIM TEAM AND PRE-COMP TEAM



Ages: 5-18 yrs

A competitive swimming program for youth 5-18 years of age. Sign ups are held on a daily basis with the head swim coach. Team practices Mon thru Fri between the hours of 4-6:15 PM. Specific practice time varies depending on individual's ability. Monthly dues: \$72 (plus initial \$5 registration fee). Pre-Comp Team Mon thru Thurs 6:15-7:00 PM. Children must be water safe. Monthly dues: \$62. All swimmers must join Pacific Swimming under the USA Swimming umbrella. The fee is \$65 per year. Please note: The Pacifica Sea Lion Aquatics Club Parent Board requires families to pay yearly dues to support the competitive aspect of the team. Please refer to the parent handbook for more information.

CITY OF PACIFICA AQUATICS INFORMATION

- Registration opens Monday Aug. 15, 2016 at 8:30 AM.
- Mini session registration opens on Wed. Nov. 2 at 8:30 AM.
- Classes are held at the Jean E. Brink Pool located on the Oceana High School Campus, 401 Paloma.
- Lockers are available to use while using the pool facility.
- There are NO make-up dates for missed classes.
- For more information please contact the Pool Staff at 650-738-7460
- Pool Temperature is 82 degrees.

Register at <https://apm.activecommunities.com/Pacifica/Home>

PARKS, BEACHES AND TRAIL RENTALS

Beach, Park & Trail Rentals

For booking info call (650) 738-7381

Beaches

There are several beach locations including Pacifica State Beach, Rockaway Beach, and Sharp Park Beach available to hold your rental event.

- **Beach Events**, >50 people \$175
- **Wedding**
 - <99 people \$225
 - >100 people \$325
- **Surf Event**
 - Local Non-Profit Group \$325
 - For Profit Groups \$650/\$800
- **Film/Photo Shoots**
 - Non-profit Group/Students/Amateur \$100
 - Commercial \$550
 - Commercial (Major) \$800



Frontierland Park

The Large Group Picnic Area at Frontierland Park is available from 10:00 am - until sunset. Other picnic areas are first come, first serve. The park is open until sunset.

- Large Group Picnic Area >50 people \$200
- Non-Refundable Deposit \$ 25



Trails

A recreation trail use permit is required for all groups.

- Recreation Trail Use Permit \$125



BEACHES, PARKS, TRAILS POLICIES

1. A booking fee of \$25 is required the day of reservation. \$25 fee goes toward the cost of overall park/beach/trail rental fee. The booking fee is non-refundable upon cancellation.
2. Film Fees based on number of support vehicles.
3. There are additional fees based on vehicles/ additional staff time/impact on the area, etc.
4. There is an additional \$25 security deposit for the BBQ key for Frontierland Park that must be picked up by 5pm the Thursday prior to the rental. This security deposit is returned upon receipt of the key.
5. Alcoholic beverages are prohibited in any City facility by City of Pacifica ordinance.
6. All Parks are open until dusk.
7. Glass containers are prohibited in parks and on beaches by City ordinance.
8. No softball or hardball allowed in park.
9. No inflatable jump house, toys or pools.
10. NO AMPLIFICATION ALLOWED in parks.
11. Use designated parking lot or street parking.

Enjoy a day out and about in Pacifica!

Visit a Local Park or Beach!

The City of Pacifica Parks, Beaches & Recreation Department offers a variety of parks, beaches, and trails for the public to enjoy. In addition, some of our locations are available to rent for meetings, weddings and special events. See page 20 for more details.

Parks, Beaches, & Recreation Department
 1810 Francisco Blvd. - 650-738-7381
Pacifica Community Center
 540 Crespi Dr. - 650-738-7378

**Parks
 Make
 Life
 Better!**



Parks/Beaches	BBQs	Restrooms	Trails	Playground	Showers	Picnic Area	Surfing	Skate Park	Soccer	Baseball	Dogs on Leash
Frontierland Park - Yosemite Dr & Humbolt Ct	◆	◆		◆		◆					◆
Pacifica State Beach - Hwy 1 @ Linda Mar Blvd.		◆	◆		◆		◆				◆
Sanchez Dog Park - 1220 Linda Mar Blvd.											⌘
Pacifica Skatepark - 540 Crespi Dr.		◆		◆				◆			❖
Esplanade Beach - off Esplanade Ave											⌘
Edgemar Park - Fremont Ave	◆			◆		◆					◆
Pomo Park - Carmel @ Canyon Dr.				◆							❖
Oddstad Park - 1050 Crespi Dr.						◆				◆	◆
Fairmont Park - 649 Parkview Circle				◆		◆					◆
Fairmont West - 5066 Palmetto Ave				◆		◆			◆	◆	◆
Sharp Park Promenade - Beach Blvd	◆	◆	◆			◆					◆
San Pedro County Park Rosita Rd & Oddstad Blvd	◆	◆	◆			◆					
Fairway Park - Cindy Way	◆	◆				◆				◆	◆
Brighton Mini Park - Brighton Rd @ Scenic				◆		◆					
Sanchez Fields - 1220 Linda Mar Blvd									◆	◆	◆
Rockaway Beach - Rockaway Beach Ave		◆	◆		◆		◆				◆

❖ = No Dogs Please
 ⌘ = Dogs off leash OK
 ◆ = Amenity Available

PACIFICA COMMUNITY CENTER

From wedding receptions to parties, the Pacifica Community Center is a popular venue to hold all of your personal and social events. Our spacious locations and flexible arrangements can accommodate any event at an affordable price, and our professional staff will guide you every step of the way. Our locations are an ideal place for ceremonies, wedding receptions, private parties, photo shoots, meetings and more.



Each location is equipped with tables and chairs. A warming kitchen is available for rental. Every event includes a building attendant to assist you with questions and handle last-minute needs. Free parking is available to your guests in the Pacific Community Center parking lot located east of the building.

Our locations are all handicapped accessible.



To book your event, please email moranm@ci.pacifica.ca.us or call 650-738-7376 for an appointment.

RENTAL INFORMATION

Pricing on other side of page. See additional policies below:

- A security deposit of \$250 (private rentals) or \$500 (non-profit, fundraisers or entire building) is to secure date & time. Security deposit will be refunded; pending approval from staff. (Refunds may take up to 10-14 business days).
- For private rentals, staff will setup the tables and chairs. Non-profit/fundraisers responsible for setup.
- For all rentals, client is responsible for clean up and breakdown of tables and chairs.
- Rentals not serving or selling alcohol may be able to secure insurance from an outside source. Proof of insurance must be provided 10 days before the event.
- City Insurance when serving or selling alcohol is required:
Price by per person: 0-50 persons \$101 | 51-249 persons \$127 | 250+persons \$149
- Alcohol Insurance additional fee of \$21.
- Selling alcohol requires client to obtain an ABC license from the state. Proof of insurance must be provided 10 days before the event.
- When alcohol is served, two security guards (one if under 100 guests) must be present during the event. Security guard information (name, badge ID, company) must be on file 10 days prior to the event. Upon arrival for the event, guard must read and initial the security guard agreement stating their responsibilities during event.
- Extra time, unauthorized usage of equipment, damage to Community Center property, or failure to properly clean up may result in partial or full loss of security deposit and additional fees.
- Events utilizing entire building may require additional Building Attendants at an extra per hour fee.
- Kitchen is an additional flat rate of \$100 for use of warming and staging food only.

PACIFICA COMMUNITY CENTER PRICING GUIDE

All rates are hourly. Warming Kitchen and additional rooms may be added for an additional fee. A security deposit is required to reserve the booking. Community Center requires a minimum 4 hour event for weekend rentals. Capacities vary depending upon equipment used and table set-up. The capacity numbers listed below are based upon maximum allowed by Fire Department. To receive non-profit pricing, client must provide a copy of the 503c status.

Weekend rates: Friday after 1:30PM through Sunday.

****Entire Building includes: Auditorium, Dance Studio, Senior Lounge and Gallery.****

RESIDENT & NON-RESIDENT							
TYPE OF ROOM	LOCATION	Weekday Resident	Weekend Resident	Weekday Non-Res	Weekend Non-Res	SEATING ONLY	TABLES & CHAIRS
Large Size Rooms	Entire Building**	N/A	\$200	N/A	\$245	Varies	Varies
	Auditorium	\$60	\$95	\$100	\$145	175	150
	Dance Studio	\$45	\$75	\$60	\$105	100	55
Mid-Size Rooms	Card Room	\$40	\$70	\$45	\$75	60	40
	Portola Room	\$40	\$70	\$45	\$75	40	30
	Craft Room	\$35	\$65	\$40	\$70	40	30
	Ceramics Room	\$35	\$65	\$70	\$70	40	30
Small Size Rooms	Game Room	\$20	\$45	\$25	\$50	20	14
	Art Gallery	\$20	\$45	\$25	\$50	N/A	Varies
	Meeting Room	\$20	\$45	\$25	\$50	10	8

NON-PROFIT/FUNDRAISER & COMMERCIAL PRICING							
TYPE OF ROOM	LOCATION	Weekday Non-Profit	Weekend Non-Profit	Weekday Commercial	Weekend Commercial	SEATING ONLY	TABLES & CHAIRS
Large Size Rooms	Entire Building**	N/A	\$175	N/A	\$265	Varies	Varies
	Auditorium	\$30	\$70	\$125	\$170	175	150
	Dance Studio	\$20	\$55	\$85	\$120	100	55
Mid-Size Rooms	Card Room	\$15	\$50	\$50	\$80	60	40
	Portola Room	\$15	\$50	\$50	\$80	40	30
	Craft Room	\$15	\$45	\$45	\$75	40	30
	Ceramics Room	\$15	\$40	\$45	\$75	40	30
Small Size Rooms	Game Room	\$13	\$40	\$30	\$55	20	14
	Art Gallery	\$13	\$40	\$30	\$55	N/A	Varies
	Meeting Room	\$13	\$40	\$30	\$55	10	8

4 Ways to Register!

1 Online Registration

- Visit <https://apm.activecommunities.com/pacifica/Home>
- Create an account to register or If you already have an account
- Click on the "view activities" button above. You will need a valid credit card to register for classes.
- Pay with Visa, Master Card, or American Express
- The charge on your statement will read Active*PB&R.
- You will receive an instant confirmation receipt

2 Walk-in:

Parks, Beaches & Recreation Office

1810 Francisco Blvd, Pacifica

- Monday, Tuesday, Thursday 8:30am-5:00pm*
- Wednesday 8:30am- 7:30pm*
- Friday 8:30am- 1:30pm

*Closed for lunch Mon-Thurs 12:30-1:30pm

Pacifica Community Center

540 Crespi Drive, Pacifica

- Monday - Thursday 5:00 pm-9:00pm
- Friday - 5:45-7:45pm

Important Information

- There is a non-refundable transaction fee for signing up on-line.
- If requested, proof of age or proof of Pacifica residency may be required.
- Correctly completed registrations will have priority. Registration with incorrect or incomplete information or incorrect fees will not be processed.
- The first day of random processing of registration for Pacifica begins **Aug. 15, 2016**.*
- **REFUND POLICY:** We do not offer refunds for our classes or camps. Only when a class or camp is cancelled by the instructor or by PB&R will a refund be given. Please call 738-7381 for more info.
- **CANCELLATION/TRANSFER FEE:** Classes that are canceled by the PB & R Department or its instructors will be refunded in full. Transfers made between classes are charged \$10 per person, per class.
- **REGISTERING OTHERS/MINORS:** YOU MAY ONLY REGISTER MEMBERS OF YOUR OWN FAMILY. Minors 12 years of age and over may register with written permission from parents. Some classes require parent participation with minors.
- **SENIOR DISCOUNT:** 10% discount for seniors 60 years of age and older. Non-residents: the senior discount is calculated on the resident fee and then the \$5 non-resident fee is added. Proof of age must accompany registration unless already on file.
- **WAITING LIST:** Taken for all filled classes. Registration will be processed if opening occurs or new section opens. Class fee will not be prorated if opening occurs after class has already begun. Checks will be returned if no opening occurs.
- **INDEPENDENT CONTRACTORS:** Many of our recreation classes are being provided by contract with an independent vendor. While the City of Pacifica has reviewed the vendor's qualifications, experience and suitability for providing the class, the City may not have screened the individual employees of the vendor. All independent Contractors have been fingerprinted by the City of Pacifica.

On-line registration begins on Aug. 15, 2016 at 8:30AM.

Walk-in and mail-in registrations begin on Aug. 15, 2016 at 8:30AM.

Aquatics Registration for the fall session begins Aug. 15 and the for the mini session Nov. 2

NOTE: A "resident" is anyone living in the Pacifica city limits (i.e., zip code 94044). A "nonresident" is a Pacifica P.O. box address or anyone living outside the Pacifica city limits.

* Random processing means that every piece in that day's registration by mail or fax has an equal chance of being selected. Priority registration is given to those who register on-line.

3 Fax (Held for Random Processing*)

- Complete a registration form
- Pay with Visa, Master Card or American Express,
- Fax to 650-738-2165
- Receipts mailed within 10 working days

4 Mail-in (Held for Random Processing*)

- Complete registration form include method of payment:
- By check payable to CITY OF PACIFICA or by Visa, Master Card, or American Express. There will be a \$25 service charge for all returned checks.
- Mail to: Registration
1810 Francisco Blvd
Pacifica, CA 94044
- Receipts mailed within 10 working days





PACIFICA PARKS, BEACHES, & RECREATION REGISTRATION FORM

One form may be used to register several different family members. Additional copies may be downloaded at www.cityofpacifica.org/registration.

To Register:

Complete Sections A-D on the registration form or you can register online 24 hours a day at <https://apm.activecommunities.com/pacifica>.

All payments are due in full at time of registration. Please make checks/money orders payable to "City of Pacifica." Cash or credit card can be processed in person at the Parks, Beaches & Recreation Department Office or the Pacifica Community Center during regular business hours.

SECTION A: PARENT/ADULT CONTACT INFORMATION (Main Account Holder)

First Name _____ Last Name _____ New Account? Yes ___ No ___

Address _____ City _____ State _____ Zip _____

Home No. (____) _____ - _____ Work No. (____) _____ - _____ Cell No. (____) _____ - _____

Provide your email address (for program updates) _____ @ _____

Local Emergency Contact: First Name: _____ Last Name _____

Home No. (____) _____ - _____ Work No. (____) _____ - _____ Cell No. (____) _____ - _____

How did you hear about us? (Check one) PLAY brochure/flyer Pacifica Tribune Neighbor/Family/Friend
 Internet Search City of Pacifica website E-mail Facebook

SECTION B: RELEASE OF LIABILITY INDEMNITY & ASSUMPTION OF RISK (Mandatory for Participation)

I understand that the Activity for which I am registering (or for my child), including, but not limited to, any class, program or event "Activity" provided in connection with the City of Pacifica can be dangerous and involves the risk of injury, property damage or death. Despite the risk involved and in consideration of the right to participate, I voluntarily agree to expressly assume any and all risk of injury, property damage, or death which might be associated with participation in the Activity, and use of any facilities belonging to the City of Pacifica. I agree, on behalf of myself and my heirs, successors or assigns, to hold harmless, Indemnify and defend the City of Pacifica, its officers, employees, affiliates and agents ("City") against any and all liability, claims, losses, damages, lawsuits or expenses, including reasonable attorneys' fees, arising in connection with my participation in Activity. I agree to the use of my name and/or image as well as my child's name and/or image for City publicity. I agree in case of emergency City may administer CPR or arrange for medical transport. I agree the City is not responsible for lost or stolen items. I agree the City may deny me permission to participate in Activity.

Photos/Videos: The City of Pacifica may use for publicity or marketing purposes, work samples, photographs, slides, videos, DVDs and/or other images taken of myself or of my child while in the program.

Signed _____ Date ____/____/____
(Participant over 18 years of age or Parent or Guardian)

PARENT/GUARDIAN AGREEMENT CONSENT (to be completed if applicant is under 18 years of age):

I give consent for my son/daughter/dependent child to participate in the Activity(ies), and I execute the above release on his/her behalf. I have read and understood the registration form, liability release and parental consent form, and agree to all their terms and conditions.

Signed _____ Date ____/____/____
(Parent or Guardian)

SECTION C: REGISTER PARTICIPANTS

Please check box for Adapted Aquatics

First Name	Last Name	DOB	M/F	Activity Name	Activity #	Fee
						\$
						\$
						\$
TOTAL DUE						\$

Please fill out the following questions for Parents Night Out and J-Teen ONLY

- Does the Camper have any special needs or medical concerns/limitations that staff needs to be aware of to provide optimum service: _____
- Please indicate any environmental or medication allergies: _____
- Please indicate any food allergies or special dietary needs: _____

SECTION D: METHOD OF Cash Check Visa Master Card American Express

Make checks payable to City of Pacifica. Please fill out cc information below if mailing/faxing form.

Credit Card # _____ Exp. Date ____/____

Name on Card _____ Signature _____

Office Use Only

Received by:
(Staff Initials)

Date Received:

Date Entered:

Entered by:
(Staff Initials)

Pacifica Parks, Beaches, & Recreation

2016 Holiday Extravaganza

Friday, December 2nd & Saturday, December 3rd
Pacifica Community Center
540 Crespi Dr.



Holiday Lighting

Friday, Dec. 2nd at 5:30 pm
(featuring the Cabrillo School Chorus,
refreshments and a visit from Santa)



Elf Market

Friday, Dec. 2nd, 6 - 9 pm
Saturday, Dec. 3rd, 10:00 am - 4 pm
(Download registration forms at www.cityofpacifica.org)



Santa's Workshop

Saturday, Dec. 3rd, 11 am - 2 pm
\$5/child at the door - Children will make a gingerbread house,
do holiday crafts and visit with Santa!

Pacifica Parks, Beaches and Recreation Presents Two Fun Filled Events

34th Annual

FAMILY FUN FEST



Sunday, September 25 1-4 pm
1427 Palmetto Ave.
(IBL Middle School Field)



FREE!!!

Hands on, non-competitive games
and activities for the entire family.



For more information contact Michael Moran at
moranm@ci.pacifica.ca.us or 650-738-7376

FOG JOG 2016

Sunday Sept. 25th

Check-In 8:00 - 8:45

Race Start 9:00 am on Salada Ave. at Francisco Blvd.

Race will run fog, rain or shine

To Register

Register online at <https://apm.activecommunities.com/Pacifica/Home>

or stop by the PB&R Office at 1810 Francisco Blvd.

Early Registration: \$15 if received by 5 pm, Wednesday Sept. 7th (no refunds)

Late/Race Day Registration \$20 (no refunds)

Make checks payable to "City of Pacifica"

T-shirts to the first 100 registrants

T-shirt sizes guaranteed if you register by Sept. 7th.

For More information call 650-738-7381 or 650-738-7461

City of Pacifica
Parks, Beaches and Recreation
170 Santa Maria Ave.
Pacifica, CA 94044

US Postage
PAID
Pacifica, CA
94044
Permit No. 5

Pacifica Resident



live music ✨ arts and crafts ✨ food and wine
sand sculpture ✨ family fun fest ✨ parade

pacificcoastfogfest.com

