

About Us

The Highlands Recreation District (HRD) is a public agency governed by an elected Board of Directors (5). The Board meets at 7:00pm on the second Tuesday of each month in the Multipurpose Room. The Board Members are Michelle McNeil, Pam Merkadeau, Hal Carroll, Jim Sell and Johanna Anton. The HRD is supported by property taxes and user fees and operates the Highlands Recreation Center. All Board Meetings are open to the public. We welcome your ideas and attendance at the Highlands Recreation Center, a place where family traditions begin.

HRD Mission Statement

The Highlands Recreation District is dedicated to consistently and cost effectively providing the broadest possible beneficial, safe and enriching programs and services to the Highlands Community.

Americans with Disabilities Act



Meeting Your Needs.

It's the Highlands Recreations Center's intent to make reasonable accommodations, when required, for all participants in activities. If assistance is needed, please call 341-4251 and ask for the program supervisor in charge of the activity you're interested in.

Office Staff

General Manager	Brigitte Shearer
School-Age Director	Mike Koenig
Recreation Supervisor	Jeff Schwartz
Early Education Director	Rebecca Hitchcock
Aquatics Supervisor	Bryce Zuzack
Interim Aquatics Supervisor	Jeff Franco
Recreation Coordinator	Amanda Armstrong
Bookkeeper	Naomi Kawakita
Maintenance	Steve Risso
Administrative Assistants	Cynthia Fregoso Marianne Junge

**Have your PARTY at the
Highlands Recreation Center!**

**Gym Social Room
Multipurpose Room**

For more information about pricing and availability, or to reserve your date, call the Recreation Supervisor at (650) 341-4251.

All rentals include: **Facility Capacity:**
Tables, Chairs and rental supervisor. **Gym 132, Social Room 75, Multipurpose Room 75.**

Fall Dates to Remember

August

Fall Registration Begins - Residents Only	8/4
Fall Registration Begins - Non-Residents	8/11
HRD Board Meeting	8/12

September

Labor Day - Office Closed, Pool Sat. Hours	9/1
HRD Board Meeting	9/9
Summer Concert	9/13
Highlands Rec Soccer Begins	9/20

October

HRD Board Meeting	10/14
Halloween Event	10/24
Underwater Pumpkin Patch	10/25

November

Veterans Day - Office Closed, Pool Sat. Hours	11/11
HRD Board Meeting	TBD
Thanksgiving Break-Office Closed/Pool Closed	11/27
Thanksgiving Break-Office Closed/Pool Closed	11/28

December

Holiday Event and Caroling Night	12/5
HRD Board Meeting	12/9

Note: Classes may be cancelled on legal holidays

Se Habla Español

Si ocupa asistencia en Español llamen a (650) 341-4251 por favor de hablar con Cynthia de Lunes a Viernes 9am a 1pm.

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Pool Memberships

Our pool and fitness memberships can be paid monthly or annually. (If paying monthly, it is required that you sign up for ACH Automatic Payments.) To become a member, there is an initial registration fee. As long as your membership remains current, you will never pay the registration fee again.

Monthly Fee:

	<u>Highlands Res</u>	<u>CSA 1 Res</u>	<u>Non-Res</u>
Senior(62+)	\$15	\$20	\$25
1st Person	\$20	\$25	\$30
Add'l. Adults	\$8	\$11	\$15
Add'l. Children	\$3	\$3	\$5
Registration	\$200	\$250	\$300

Notes:

1. All pool memberships include fitness room membership.
2. All pool members receive a 10% discount on all aquatic class fees.
3. Child price is age 3-17. Children under 3 are free.
4. Pay for the year in full at time of registration and receive \$40 off the annual fee for a family membership (3 or more people over the age of 2) or \$20 off the annual fee for an individual or 2 person membership.

Entrance Fees for Non-Members

Residents: \$5 per person with proof of residency (swimming or non-swimming)

Non-Highlands Residents: \$10 per person (swimming or non-swimming)

Guests of Member: \$3 per person (member must be present during entire visit, 6 guests max per family membership)



Underwater Pumpkin Patch

Come pick out a pumpkin at our aquatic pumpkin patch! Participation fee \$5. Pumpkins will cost \$2-20 based on size. There will be fun seasonal games and races for children of all ages and hot apple cider and other seasonal goodies will be for sale. This is a great way to pick out your pumpkins for the holiday!

Saturday October 25th 2-4pm

FALL POOL HOURS

9/2/14-1/1/15

MWF	6:15-9:00am	Lap Swim
	11:00am-1:00pm	Rec/Lap Swim
	3:30-5:00pm	Rec Swim
TTh	5:00-8:15pm	Lap Swim
	3:30-5:00pm	Rec Swim
	5:00-8:15pm	Lap Swim
Sat/Sun	10:30am-1:00pm	Lap Swim
	1:00-5:00pm	Rec Swim
	5:00-6:00pm	Lap Swim
	*5:00-6:30pm	Sunday Lap Swim

**schedule subject to change*

Pool Schedule Changes

Pool Closed:

- 11/3/14-11/7/14 Dome Installation
 11/27/14-11/28/14 Thanksgiving Break
 12/24/14-1/1/15 Winter Holiday Break

Hour Changes:

- 9/1/14 Labor Day - Saturday Hours
 11/11/14 Veteran's Day - Saturday Hours
 Dates TBD Pool closes at 4pm for all HDAC swim meets (check the website for dates.)

For Your Health

It is the Highlands Rec Pool Policy that all children the age of 3 AND under (recommended for children age 4) must wear a swim liner while in the pool. Reusable liners are available at the pool office for \$10. (ie: "Huggies Little Swimmers" and other products made for swimming are acceptable.)

***Drill Warning:** Please be aware that during the year HRC will be performing unannounced emergency rescue drills at the pool. We ask for your cooperation during these drills. These drills are an essential part of emergency preparation.

Pool Parties and Rentals

Come out and celebrate at the Highlands pool! Great for birthday parties, sports teams and any other special occasion! Also ask about our pool party game coordinator and themed party packages! Call Bryce for more info.





Youth Swim Lessons

All instructors are trained in American Red Cross Water Safety Instruction. Classes are 28 minutes long.



Fall Swim Lessons

MW Classes (3 weeks)

F I	9/3-9/17	\$60/70 (starts on a Wednesday)
F II	9/22-10/8	\$72/84
F III	10/13-10/29	\$72/84
F IV	11/10-11/26	\$72/84
F V	12/1-12/17	\$72/84

Class Times

3:30pm	Levels I, II
4:00pm	Levels III, IV
4:30pm	Levels I, IV
5:00pm	Levels II, V-VI

TTh Classes (3 weeks)

F A	9/2-9/18	\$72/84
F B	9/23-10/9	\$72/84
F C	10/14-10/30	\$72/84
F D	11/13-11/25	\$48/56
F E	12/2-12/18	\$72/84

Class Times

5:00pm	Levels I, II
5:30pm	Levels III, IV
6:00pm	Levels III, V-VI

Friday Classes (4-5 weeks)

F a	9/5-9/26	\$48/56
F b	10/3-10/24	\$48/56
F c	11/14-12/19	\$60/70 (No Class 11/28)

Class Times

3:30pm	Levels I, II, III
4:00pm	Levels II, III, IV
4:30pm	Levels I, III, IV
5:00pm	Levels II, IV, V-VI

Saturday Morning Classes (3-4 weeks)

F 1	9/6-9/27	\$48/56
F 2	10/4-10/25	\$48/56
F 3	11/1-11/22	\$48/56
F 4	12/6-12/20	\$36/42

Class Times

10:30am	Levels IV, V-VI
11:00am	Levels I, III
11:30am	Levels II, V-VI
12:00pm	Levels I, II
12:30pm	Levels III, IV

Parents can workout too!

During the time your child(ren) is(are) in the water having a swim lesson(s), you're welcome to take advantage of our **Fitness Center** (FREE for individuals ages 15 & up).

Sunday Morning Classes (3-4 weeks)

F 1a	9/7-9/28	\$48/56
F 2a	10/5-10/26	\$48/56
F 3a	11/2-11/23	\$48/56
F 4a	12/7-12/21	\$36/42

Class Times

10:30am	Levels II, III, V-VI
11:00am	Levels I, III, IV
11:30am	Levels I, II, IV
12:00pm	Levels III, IV, V-VI
12:30pm	Levels II, III, IV

Sunday Afternoon Classes (4 weeks)

F 1b	9/7-9/28	\$48/56
F 2b	10/5-10/26	\$48/56
F 3b	11/2-11/23	\$48/56
F 4b	12/7-12/21	\$36/42

Class Times

5:00pm	Levels I, III
5:30pm	Levels II, IV
6:00pm	Levels III, V-VI



Kids! Private Lessons Adults!

Have you always wanted to learn how to swim, or just improve your skills? Don't think you have the time? Private lessons provide the perfect opportunity to reach your goals. Classes are tailored to meet the student's needs. Highlands Swim School is scheduling Private (1 student/1 instructor) and Semi-Private (2 students/1 instructor) lessons. Lesson times are set to meet the needs of the student. Fee is for one single 28 min lesson. Call Private Lesson Coordinator at (650) 341-4251 to schedule. **Payment for lesson must be made prior to lesson.**

Private: \$31/36

Semi-Private: \$25/30 (per child)

Private Diving Lessons

with Kelly Winterbottom

\$40 for a 28 min lesson.

Failure to attend a semi or private lesson without 24 hour notice will result in being charged for the missed lesson

Youth Swim Lessons Descriptions

Level I (minimum age 3): Students focus on developing independence, confidence and basic safety skills. Students are supported and assisted by the instructor in all skills.

Skills include: bobbing, floating, retrieving objects, water entry & exit, pool safety, and moving through the water.

Level II: Swimmers learn to coordinate arm and leg actions and swim independently on both front and back, building on level I skills to increase confidence, independence, and water safety skills.

Skills include: unassisted floats, glides, big arms, elementary backstroke.

Prerequisite skills: completely submerge under water unassisted, able to perform assisted skills with face in water.

Level III: Swimmers learn breathing techniques for freestyle and breaststroke, and work to improve technique and endurance in all strokes. Level includes deep water safety skills.

Skills include: side breathing, treading, coordinating breaststroke and backstroke, intro to dolphin kick, basic diving.

Prerequisite skills: swim 10 yards unassisted with coordinated arm and leg action with big arms and elementary backstroke.

Level IV: Swimmers develop competitive stroke techniques, continue working on endurance, and learn intermediate safety skills.

Skills include: butterfly, sidestroke, open turns, racing dives.

Prerequisite skills: 15 yards freestyle with side breathing and elementary backstroke, 10 yards breaststroke and backstroke.

Level V-VI: This is a combined advanced level which prepares swimmer for swim team and other aquatic sports by continuing to improve competitive stroke techniques, endurance, and advanced safety skills.

Skills include: flip turns, individual medley, surface dives, rescue skills.

Prerequisite skills: 25 yards freestyle and elementary backstroke, 15 yards breaststroke and backstroke.

Lifeguard Training

This comprehensive training program is for the individual who wishes to become a lifeguard at a pool. This will certify the passing student in CPR for the Professional Rescuer, First Aid and Lifeguard Training. Students must be 15 years old or older (proof of age must be shown at the 1st meeting) and pass a water skills test to be admitted into the class. Bring class material, swim suit, towel and comfortable clothing. **MUST ATTEND ALL CLASSES PER SESSION!**

Sat/Sun 9/27,9/28,10/4,10/5 8am-5pm \$215/225

Spring Board Diving

The goal of the Highlands diving program is to introduce children to the skills of diving as a sport and educate them in a correct and safe manner. Students will learn the hurdle, basic dives such as the swan and jackknife and proper hand position for entry into the water. The classes include games and fun activities that teach safety and skill development. **Pre-requisites:** 8 years of age. Must have the ability to pass the swim test and perform a standing dive on the diving board. Private lessons and birthday parties can be arranged. **Max 8 students. No Class: 11/8. Instructor: Kelly Winterbottom**

Sa	9/13-10/4	12:00-12:45pm	\$52/57
Sa	10/18-11/15	12:00-12:45pm	\$52/57

Water Aerobics

Come join us in our heated swimming pool. Have fun and exercise at your own pace. Our program is designed to improve your cardiovascular fitness, flexibility, coordination, balance, and helps increase strength and endurance. All fitness levels are welcome. No swimming skills are necessary. This program is suited for adults of all ages. **Instructor: Sandra Burgess. No class: 9/1, 11/3, 11/7, 11/28, 12/24-1/1.**

M/F On-Going 11:05am-12pm \$74/79 month

Aqua Track

This deep water exercise program will improve your fitness and reduce stress. While wearing a flotation belt you will exercise vertically in deep water. Join this no impact and gentle resistance workout program that is perfect for arthritis or rehabilitation from injury. Adults of all ages. **No class: 9/1, 11/3-11/7, 11/28, 12/24-1/1.**

M/W/F On-Going 8-9am

Punch Card Fees for Aqua Track

Drop-in Fee: \$10, 5 Use Card: \$40
10 Use Card: \$70, 20 Use Card: \$120



Arthritis Foundation Aquatic Program

Come join us in a recreational Arthritis Aquatic program conducted in our heated swimming pool. This program provides a fun, social atmosphere where participants are led through a series of specially designed exercises geared toward reducing pain and stiffness associated with Arthritis. The warm water and gentle movements help increase joint flexibility and range of motion while restoring and maintaining muscular strength. The Arthritis Foundation Aquatic program is suitable for all fitness levels and does not require the ability to swim. Adults of all ages welcome. Classes are taught by a certified Arthritis Foundation instructor. **Instructor: Sandra Burgess.**

No Class: 11/5, 12/24, 12/31.

W On-Going 11:05am-12pm \$43/48 month

Highlands Dolphins Aquatic Club



The Highlands Dolphins Aquatic Club (HDAC) is a positive energetic swim program designed to help participants achieve their personal best. Regular practices contribute to life long fitness skills. Annually, all swimmers must register with USA Swimming. All swimmers have the opportunity to compete regularly in local dual meets during the summer and in USA Swimming meets year round. Swimmers are encouraged to continue with swim lessons to receive hands-on instruction. For try outs please contact Coach Zach Wolfe at swimmingwolfe@yahoo.com

Red Group

Pre-requisite: Ability to swim 25 yards (one length of the pool) freestyle, backstroke, and breaststroke and some knowledge of butterfly.

MW	5:00-5:30pm	\$63/78
TTh	5:00-5:30pm	\$63/78
Red 4 days a week		\$83/98

White Group

Pre-requisite: Ability to swim 100 yards (four lengths of the pool) of freestyle, backstroke, and breaststroke, and 25 yards of butterfly. Be able to complete 500-750 total yards at practice.

MW	5:30-6:15pm	\$73/88
TTh	5:30-6:15pm	\$73/88
White 4 days a week		\$86/101

Blue Group

Pre-requisite: Ability to swim 200 yards (eight lengths of the pool) of freestyle, 100 yards backstroke and breast stroke and 50 yards of butterfly. Be able to complete 750-1500 total yards at practice.

MW	6:15-7:00pm	\$73/88
TTh	6:15-7:00pm	\$73/88
Blue 4 days a week		\$86/101

Bronze Group

This group is for swimmers interested in improving their swimming ability, both fitness level and form. Swimmers must be comfortable swimming 300 yards (twelve lengths of the pool) of freestyle, 150 yards backstroke and breaststroke and 75 yards butterfly. Be able to complete 1200-2000 yards at practice. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th	7:00-8:00pm	\$89/104
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Silver Group

This group is for swimmers who love the water and are able to swim 400 yards freestyle, 200 yards backstroke and breaststroke and 100 yards of butterfly. Be able to complete 1500-2500 yards during practice. This group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th	7:00-8:15pm	\$98/113
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Gold Group

This group is for swimmers who love the water and are able to swim 400 yards freestyle, 200 yards backstroke and breaststroke and 100 yards of butterfly. Be able to complete 2000-3200 for Gold practice. This group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th	7:00-8:15pm	\$98/113
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Join the Highlands Dolphins Aquatics Club yahoo group to receive team info. To join, email Zach Wolfe at swimmingwolfe@yahoo.com

Late Fees

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$15 late fee** per child per class.

More information on the Dolphins Swim Team can be found online at:
www.highlandsrec.ca.gov/aquatics/swimteam

Part of what makes a successful swim team is the active participation of the parents as well as the swimmers. All Swim Team parents will be expected to volunteer at meets and fundraising events.



Early Education Center

serving Infants through PreKindergarten

Year Round, Full Time, Quality Care.
Monday-Friday, 7:30am-6pm.

Our Center is home to 3 Classrooms:

- * Monkeys for children ages 3 months through age 2
- * Chameleons for children ages 2 years through age 3.5
- * Tigers for children ages 3.5 through age 5.5

Our Play Based Center Features:

- Age appropriate toys to promote cognitive, social, emotional and physical development
- Developmentally appropriate curriculum to encourage future academic success
- Enthusiastic, experienced and nurturing teachers to provide emotional comfort and positive support to guide your young one through the important and delicate stages of life

Please contact Rebecca Hitchcock,
Early Education Director, for more info,
to join our waitlist or to schedule a tour.
rebeccah@highlandsrec.ca.gov



For Your Calendar . . .

EEC Closed:

Labor Day: 9/1/14
Veteran's Day: 11/11/14
Thanksgiving: 11/27/14, 11/28/14
Christmas Eve: 12/24/14 - Closes at 5pm
Christmas Day: 12/25/14
New Year's Eve: 12/31/14 - Closes at 5pm
New Year's Day: 1/1/15
Martin Luther King Jr. Day: 1/19/15
President's Day: 2/16/15
Memorial Day: 5/25/15
Independence Day: 7/3/15



Family Traditions Begin at the Highlands Recreation Center

After School Program



2014-2015 (M-F until 6pm)



The After School Program is open to Elementary School students in grades K-5. The ASP schedule adjusts to the dismissal schedules of all grades at Highlands Elementary and is open on most Highlands School Staff Development days. The ASP program provides a safe and happy environment for children to enhance their physical and social development. Our licensed program and trained staff strive to provide 'teachable moments' to practice the lifeskills necessary for children to be confident and happy citizens of our community. There's quiet time for homework, a creative art project or a rousing game of dodgeball awaiting your child at the ASP. Rec swim is offered Tuesdays and Thursdays from 3:30-5pm at no additional charge. We also provide an afternoon snack each day. Your child can easily participate in a wide array of classes and programs offered through the Rec. **ASP Head Teacher: Brenda Tam**

ASP 2014-2015 Fees

All Drop Ins for Kinder: \$65/70
1st-5th: \$60/65

Sept/Oct/Nov/Jan/Feb/Mar/May:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$601/621	\$555/575	\$466/486	\$387/407	\$226/246
1st - 5th	\$452/472	\$412/432	\$334/354	\$273/293	\$155/175

Dec (1-19):

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$451/471	\$416/436	\$349/369	\$290/310	\$170/190
1st - 5th	\$339/359	\$309/329	\$250/270	\$205/225	\$117/137

Apr (7-30):

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$541/561	\$520/540	\$427/447	\$339/359	\$226/246
1st - 5th	\$407/427	\$382/402	\$306/326	\$239/259	\$155/175

Jun (1-10)/ Last Day of ASP Wed 6/10:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$240/260	\$212/232	\$195/215	\$149/169	\$113/133
1st - 5th	\$181/201	\$154/174	\$139/159	\$104/124	\$80/100

*Emergency packets available online @ www.highlandsrec.ca.gov

*After School care for Kindergartners is from 12pm-6pm.

*1/2 day Kinders is from 12pm-3pm.

ASP & In Crowd 2014-2015

\$75 Non-Refundable Supply fee (per child for first day & \$20 for each additional day)

2014-2015 After School Program is full!
2014-2015 In-Crowd Program is filling up!

Contact the office today for information on how to join the ASP waitlist or to sign up for In-Crowd.

Sibling Discount / Supply Fees

Supply Fee: Annual supply fee due upon registration.

School Year: \$10 per month second child discount for siblings enrolled in any of the following programs: ASP, In Crowd & EEC.

Camps: \$5 per session second child discount for siblings enrolled in any of the of our camp programs.

Child Care Late Fees

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$15 late fee** per child per month. **Late pick up charge: \$10 per every 5 minutes past 6pm.**



For Your Calendar...

ASP/IN CROWD CLOSED:

Labor Day: 9/1
Veteran's Day: 11/11
Thanksgiving Break: 11/27, 11/28
Winter Break: 12/22-1/2
Martin Luther King Jr. Day: 1/19
President's Day: 2/16
Spring Break: 3/30-4/6
Memorial Day: 5/25

Staff Development Days
ASP/IN CROWD OPEN ALL DAY
11/3/14, 11/10/14, 1/20/15, 2/17/15

Full Day Drop In based on availability:
\$70/75 (7:30am-6pm).

ASP/InCrowd: Free, if this is your regularly scheduled day of the week.

1st Day of ASP/IN CROWD: 8/27/14
Last Day of ASP/IN CROWD: 6/10/15

“In Crowd”

M-F, 3-6pm

Are you looking for a quality well organized program for your middle school student? Look no further, because Highlands Rec Center prides itself on providing quality activities for students in 6th, 7th and 8th grade at the CSUMC at 2145 Bunker Hill Dr. Our enthusiastic Head Teacher will provide safe supervision while encouraging age appropriate independence. A healthy afternoon snack is provided each day along with a quiet hour for homework, special activities, games and more. All minimum days accomodated. We transport children from Abbott Middle School to the In Crowd and escort children who attend Borel Middle School from the bus stop across the street from The Church. **In Crowd Head Teacher: Zack Tschierschky.**

In Crowd 2014-2015 Fees

Sept/Oct/Nov/Jan/Feb/Mar/May:

5 Days	4 Days	3 Days	2 Days	1 Day
\$452/472	\$412/432	\$334/354	\$273/293	\$155/175

Dec (1-19):

5 Days	4 Days	3 Days	2 Days	1 Day
\$339/359	\$309/329	\$250/270	\$205/225	\$117/137

Apr (7-30):

5 Days	4 Days	3 Days	2 Days	1 Day
\$407/427	\$382/402	\$306/326	\$239/259	\$155/175

Jun (1-10)/ Last Day of ASP Wed 6/10:

5 Days	4 Days	3 Days	2 Days	1 Day
\$181/201	\$154/174	\$139/159	\$104/124	\$80/100

All Drop-Ins for In Crowd: \$60/65

In Crowd emergency packets available online @ www.highlandsrec.ca.gov

Kids Nite Out

Take advantage of an evening out while your kids are having a fun filled night at the Rec. Pizza dinner and movie provided! Let them come play, relax and have fun in a safe and supervised environment. Pre-registration required. No Drop-ins available. **\$5 sibling discount. K-5th Grade. 4 yrs allowed if sibling of ASP child only. Must be potty trained. No diapers please.**

F	9/12	6-10pm	\$30 child	S.R.
F	10/10	6-10pm	\$30 child	S.R.
F	11/14	6-10pm	\$30 child	S.R.
F	12/12	6-10pm	\$30 child	S.R.

Late Pick-Up Charge: \$10 per every 5 minutes after 10pm.

Winter Camp 2014

K-8th Grade

Wk 1: 12/22-26 Wk 2: 12/29-1/2
Hours: 7:30am-6pm

Parents, yeah, we're talking to you! Have you enrolled your children in Winter Camp yet? Send them to The Rec. for a week of WOW! Our Winter Camp will be filled with engaging activities and a memorable field trip to keep your child entertained all week long.

Theme Days

Monday	12/22	The Big Chill
Tuesday	12/23	Winter reX-Games
Wednesday	12/24	Icee Edibles
Thursday	12/25	Closed - Xmas Day
Friday	12/26	Field Trip - Pump It Up
Monday	12/29	Cozy Crafts
Tuesday	12/30	Iced Out
Wednesday	12/31	Frozen Frenzy
Thursday	1/1	Closed - New Year's Day
Friday	1/2	Field Trip - San Mateo Movies

*Field Trip is Subject to Change

Winter Camp Res/Non Res Fee:

Daily Fee	\$75/80
Field Trip Only Day Rate	\$85/90
Weekly Rate	\$235/255

Seasonal Camp Discounts

Sign up for 8 or more days of Winter Camp and receive \$40 off the cost of Spring Camp 2015.

Spring Camp 2015

K-8th Grade

March 30-April 6 Hours:7:30am-6pm

Parents, yeah, we're talking to you! Have you enrolled your children in Spring Camp yet? Send them to The Rec. for a week of WOW! Our Spring Camp will be filled with engaging activities and a memorable field trip to keep your child entertained all week long.

Spring Camp Res/Non Res Fee:

Daily Fee	\$75/80
Field Trip Only Day Rate	\$85/90
Weekly Rate	\$270/290

Rainbow Chefs Mix and Stir

This class will teach your young Aspiring Chef the foundation of measurements and age-appropriate cooking techniques to make all time favorites by mixing and stirring. **No Class: 11/11.**

Ages: 3 to 5 years old

Location: Highlands Recreation Center MPR

Instructor: Rainbow Chefs Staff

T 9/23-11/18 2:30-3:30pm \$175/180

Young Rembrandts Pre-K Drawing

Has your preschooler expressed an interest in drawing? If so, they will LOVE Young Rembrandts drawing classes. Learning to draw basic shapes is a critical building block for every young artist. Our lessons will strengthen our students' core drawing skills as we introduce them to wonderful seasonal imagery. Lessons like acorns, fall leaves, and an apple tree will build into their skills and creativity. Playful characters will be our focus as we draw a clown, a scarecrow, and an imaginary monster inspired by a classic children's story. There's no better time than NOW to enroll your artist.

No Class: 11/28.

Ages: 3.5 to 5 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

F 9/26-10/24 2:30-3:30pm \$100/105

F 11/7-12/12 2:30-3:30pm \$100/105

Ballet and Tap for Tots

Are you ready to get moving and have fun?! This class is an introductory class to the world of ballet and tap dancing! We will have lots of fun while focusing on building dance skills and learning new steps. Please make sure to bring both tap and ballet shoes to every class, and wear comfortable clothes that you can dance and move in. Parents are allowed to watch the first class. At the end of the session we will perform a routine that we have worked on in class. Tatiana Bookbinder has a Master's in Music and lived in NYC, where she taught, danced, and performed. **Class performance will be held on 11/12.**

Ages: 3 to 4 years old

Location: Highlands Recreation Center Gym

Instructor: Tatiana Bookbinder

W 9/24-11/12 3:00-3:30pm \$100/105

Soccer & Smiles

Let your child's first soccer experience be a great one! Designed specifically for children ages 2.5 - 5, Soccer and Smiles strives to teach the fundamentals of soccer in a fun, positive, non-competitive and safe environment. Our program enhances gross motor skills, encourages regular exercise and promotes a healthy lifestyle.

No Class: 9/1.

Ages: 2.5 to 5 years old

Location: Highlands Recreation Center Gym

Instructor: Soccer and Smiles Staff

M 7/28-9/8 12:30-1:00pm \$60/65

M 9/15-10/20 12:30-1:00pm \$60/65

M 10/27-12/8 12:30-1:00pm \$60/65

Have your party at the
Highlands Recreation Center!

**Multipurpose Room/Gym
Social Room/Kitchen**

All rentals include: Tables, Chairs and a rental supervisor to help with your party needs.



**Facility Capacity:
Gym 132, Social Room 75,
Multipurpose Room 75.**

For more information about pricing and availability, or to reserve your party date, please call Jeff Schwartz at (650) 341-4251.

DOARTLAB for Pre-K

Let your child's creative mind soar! This class is designed for the Pre-K age group as this stage is where art education truly makes a pivotal role in developing a child's passion for learning, exploring, experimenting and problem-solving. We will explore all types of art making including painting, drawing, sculpture, collage and more. We will end each class with short presentations by children and reflection time in order to help develop visual literacy. Each session comprises of 8 classes. **\$20 material fee should be paid to the instructor on the first class of each session.** For more info on DOARTLAB: www.doartlab.com or call (650) 315-2439.

Ages: 4 to 5 years old

Location: Highlands Recreation Center MPR

Instructor: Chloe Keyoung and DOARTLAB Staff

T 9/2-10/21 12:30-1:30pm \$200/205

T 10/28-12/16 12:30-1:30pm \$200/205

Highlands Rec Soccer w/ Soccer and Smiles

**A Non-Competitive Soccer League
Boys and Girls Ages:
4-6 Pee-Wee and 6-8 Juniors**

Join our non-competitive Soccer League for Boys & Girls, ages 4-6 & 6-8. Rec Soccer is an instructional league for youth. Volunteer parents coach each team in the program. Soccer and Smiles staff will be on site to help and support players and coaches. Rec Soccer will teach the basics of Soccer in a recreational environment. This league will consist of warm-up, drills and games. Each team will consist of 10 players max! Fee includes: equipment and t-shirts. **There will be two levels of play, a 4-6 year old league and a 6-8 year old league. Age groups will play on different fields located at the Highlands Elementary School.**



League Format

Games are held at the Highlands grass field (off 280 - Bunker Hill exit).

- Approximately 1/2 hr of skills & drills.
- 1/2 hour of scrimmage with scheduled Highlands league teams
- NO SCORE is ever kept.
- All children will receive equal playing time.
- **NOW an 8 week league, 10 teams max!**

Parent Coaches Needed

Rec Soccer needs volunteer coaches to instruct and encourage their players on how to play the game of soccer. NO SOCCER OR COACHING EXPERIENCE NECESSARY! Soccer and Smiles professional soccer coaches will be on site to help new coaches and players, they will provide coaching tips and support. Come coach your child in this fun non-competitive league. 2 coaches minimum per team!

Game Dates and Times

Saturday 9/20-11/8

**Season Fee:
\$80/85**

**Juniors 9-10am High. Elem
Pee-Wee 9-10am High. Elem**

Sign-ups begin: 7/1/2014

Mad Science Movin' and Groovin'

Catapult into Newton's three laws of motion! Use toys to learn about potential and kinetic energy! Discover renewable and non-renewable resources for power generation, and build your own optical fiber model! Explore the animal kingdom - then hold your breath as we dive into the ocean to study the animals that live under the sea! Take a look at robots and how they make our lives easier and then build your own robot hand to take home with you!

No Class: 11/3, 11/10.

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Mad Science Staff

M 9/15-11/17 3:30-4:30pm \$160/165

DOARTLAB for Youth

Join in the fun exploring various art projects including drawing, painting, sculpture and more. This class is designed for young artists who love to get creative and experiment with different media. Projects include drawing, upcycle art, kinetic sculpture, art and engineering. We encourage students to present their work to their peers and reflect on their process and outcome at the end of the each class. **\$40 material fee should be paid directly to the instructor on the first class of each session.** www.doartlab.com

Ages: 5 to 12 years old

Location: DOARTLAB, 744 Polhemus Rd., San Mateo, CA 94402

Instructor: Chloe Keyoung and DOARTLAB Staff

W 9/3-10/22 1:00-3:00pm \$360/365

W 10/29-12/17 1:00-3:00pm \$315/320

Horse Riding Lessons

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, vaulting and horsemanship skills at Glenoaks Stables. Limited class size for personal attention, new friendships and lots of fun. Classes held rain or shine. Students enjoy horse-related non-riding activities if it is too wet to ride. Open to children 6-14. All minors must have a parent or guardian sign a release form before the first session. For more info: 650-854-4955 or glenoaksstables@gmail.com

Ages: 6 to 14 years old

Location: Glenoaks Equestrian Center, 3639 Alpine Rd, Portola Valley, 94028

Instructor: Glenoaks Equestrian Staff

Su 9/14-11/16 11am-12pm \$505/510

US Chessmates

Chess teaches critical and abstract thinking, planning, logic and patience. U.S. Chess Mates makes learning chess very easy. This class is suited for all levels from beginner to advanced. Each class will include 30 minutes of instruction and 30 minutes of tournament games. We promise your child will learn the game of chess and begin to use and develop life skills that will help now and in the future. Our mission is to teach chess to children from beginner to advanced. We will create a learning experience that will encourage our students to learn and analyze the game of chess. Learning Outcomes: Chess has been known to improve math skills and encourage self discipline. Chess also encourages life skills such as patience, thinking ahead, critical thinking and analysis.

Ages: 5 to 14 years old

Location: Highlands Recreation Center MPR

Instructor: US Chessmates Staff

Th 9/25-11/13 4:30-5:30pm \$110/115

Rainbow Chefs Food Science

What a great way to learn that there is science in the kitchen. Food Science uses everyday food practices to more easily explain the basic fundamental science concepts. Turn sugar and water into syrup, or caramel. Through experiments with heat, liquid, yeast, and much more, students experience hands-on activities to more easily understand nutrition, technology and science. This class will help students make science relevant to the "real" world.

No Class: 11/11.

Ages: 6 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Rainbow Chefs Staff

T 9/23-11/18 3:30-4:30pm \$200/205

Highlands Rec Hoopsters w/ FUNDamental HOOPS

Highlands Hoopsters with FUNDamental HOOPS is right around the corner. Join Coach Tony Ciardella for our co-ed instructional basketball league that is scheduled to run 7 weeks, from January 24th - March 14th. The three divisions will include: K-1st grades, 2nd-3rd grades, and 4th-5th grades. **Sign ups begin November 3rd, 2014. No Games: 2/14. All games played in the Highlands Rec Gym.**

Sat 1/24-3/14 9:15am-12:45pm \$70/75

Pre-Engineering w/ LEGO®

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNDamentals. **No class: 11/11.**

Ages: 5 to 8 years old

Location: Highlands Recreation Center Gym

Instructor: Play-Well TEKnologies Staff

T 9/23-12/2 4-5:30pm \$220/225

Junior Jazzercise

Hey kids! Dance with your friends to the hottest music. Junior Jazzercise is a perfect program to get kids active and learn the importance of exercise and health. The program combines fun, easy-to-follow dance moves to popular music, fitness games, and an end of session performance. No dance experience is required. The non-competitive atmosphere is the perfect setting to introduce your child to fitness. Register early, space is limited.

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Sandy Basurto

Th 9/18-10/23 3:30-4:30pm \$60/65

Th 10/30-12/11 3:30-4:30pm \$60/65

Beginning and Intermediate Guitar

Have you ever wished you could play your favorite songs? In this class, you'll use songs from familiar artists to learn basic chords, strum patterns, rhythm and everything you need to begin reading guitar music from the Internet or sheet music. Instructors Mark Ankenman and Dave Creamer have been teaching students how to have fun and enjoy learning the guitar for decades in a beginner friendly environment. Whether just starting out or wanting to improve your existing skills each lesson is designed to provide a positive learning experience. **30 minute, Private lesson times. No Class: 11/26.**

Ages: 6 years old and over

Location: Highlands Recreation Center MPR

Instructor: Dave Creamer

W 9/24-12/3 3:30-6:00pm \$285/290

Beginning Spanish Class

My course begins by learning the Spanish basics such as common greetings and phrases, then we move on to colors, numbers and shapes. All of this is done by introducing an idea, repeating the information and reviewing it until they master it. Depending on the performance of the kids, I will teach them other topics such as the alphabet. **No class: 11/3, 11/10.**

Ages: 5 to 7 years old

Location: Highlands Recreation Center MPR

Instructor: Carolina Vargas

M 9/22-12/1 5:00-6:00pm \$200/205

Ballet and Tap for Youth, Level I

Get ready to move and have fun! This class is an introductory class to the world of ballet and tap dancing! We will have lots of fun while focusing on building dance skills and learning new steps. Please make sure to bring both tap and ballet shoes to every class, and wear comfortable clothes that you can dance and move in. Parents are allowed to watch the first class. At the end of the session we will perform a routine that we have worked on in class. Tatiana Bookbinder has a Master's in Music and lived in NYC, where she taught, danced, and performed with different companies.

Class performance will be held on 11/12.

Ages: 4 to 6 years old

Location: Highlands Recreation Center Gym

Instructor: Tatiana Bookbinder

W 9/24-11/12 1:15-2:00pm \$100/105

Ballet and Tap for Youth, Level II

Get ready to move and have fun! This class is a continuation of Level I and is for the dancer that has had some dance training and wants to continue learning new steps and techniques. We will focus on choreography and different dance combinations. Please make sure to bring both tap and ballet shoes to every class, and wear comfortable clothes that you can dance and move in. Parents are allowed to watch the first class. At the end of the session we will perform a routine that we have worked on in class. Tatiana Bookbinder has a Master's in Music and lived in NYC, where she taught, danced, and performed.

Class performance will be held on 11/12.

Ages: 6 to 9 years old

Location: Highlands Recreation Center Gym

Instructor: Tatiana Bookbinder

W 9/24-11/12 2:00-3:00pm \$100/105

Young Rembrandts Children's Drawing

Encourage your elementary student's enthusiasm for art and help develop their drawing skills with a Young Rembrandts drawing class. Drawings like our sun and moon characters will teach our students to transform simple shapes into fully-realized clever characters. Our colorful drawing of a macaw parrot will help develop our students' sense of color. Awesome drawings like our detailed pirate ship and the friendly robot will inspire a sense of adventure in every child. All this and more await your artist in a Young Rembrandts classroom! **No Class: 11/28.**

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

F 9/26-10/24 3:30-4:30pm \$100/105

F 11/7-12/12 3:30-4:30pm \$100/105

Youth Rock Climbing

Do your kids climb anything in sight? Are you looking for something fun and new for your child to do this Fall? At Planet Granite in Belmont your kids will learn to climb, play climbing games, and meet other young climbers! A waiver is required to be filled out on the first day of class by a parent or legal guardian only.

Ages: 5 to 13 years old

Location: 100 El Camino Real, Belmont, CA 94002

Instructor: Planet Granite Staff

T 9/9-10/7 4:00-6:00pm \$165/170

Th 9/11-10/9 4:00-6:00pm \$165/170

F 9/12-10/10 4:00-6:00pm \$165/170

T 10/14-11/11 4:00-6:00pm \$165/170

Th 10/16-11/13 4:00-6:00pm \$165/170

F 10/17-11/14 4:00-6:00pm \$165/170

Fire Extinguisher Event

The Highlands CERT group and Cal Fire will be sponsoring a fire extinguisher event at the Highlands Rec Center from 9 to 12 noon on September 20th. Attendees will have the opportunity to purchase fire extinguishers, to bring in fire extinguishers for servicing/refill and to bring in and leave extinguishers that are ready to be recycled. There will be a minimal fee for servicing/refill and purchasing, but there is no fee for recycling. CERT members will be there to explain how and when to use an extinguisher properly, and we hope to provide the opportunity for attendees to actually practice discharging an extinguisher!

Sat 9/20 9:00am-12:00pm

Youth Tennis Lessons Pre-Tennis

This is an introductory tennis class for students, ages 3-6 years old that teaches balanced movement, footwork skills and eye-hand coordination.

No Class: 11/3, 11/10.

M/W	9/8-10/8	3:30-4:00pm	\$80/85	Ct. 1
M/W	10/20-11/26	3:30-4:00pm	\$80/85	Ct. 1

Youth Tennis I

This class is for youth with little experience or instruction. They will be instructed in the basic fundamentals of proper grip, forehand, backhand, serve and volley. Although flexible, Tennis I students typically range in age from 6-10 years old.

No Class: 11/3, 11/10.

M/W	9/8-10/8	4:00-5:00pm	\$120/125	Ct. 1
M/W	10/20-11/26	4:00-5:00pm	\$120/125	Ct. 1

Youth Tennis II

This class improves upon what was learned in Youth Tennis I and introduces tennis strategy to the students. Tennis II students typically range in age from 8-13 years. **No Class: 11/3, 11/10.**

M/W	9/8-10/8	5:00-6:00pm	\$120/125	Ct. 1
M/W	10/20-11/26	5:00-6:00pm	\$120/125	Ct. 1

Saturday and Sunday Youth Tennis

Tennis classes will be held for all levels on Saturdays: Pre-Tennis, Youth Tennis I and Youth Tennis II. Descriptions are listed above.

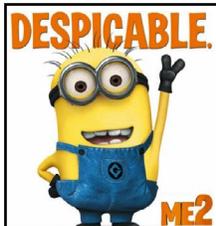
Saturday Youth Tennis

Pre-T	9/6-10/4	1:30-2:00pm	\$40/45	Ct. 1
Y I	9/6-10/4	2:00-3:00pm	\$60/65	Ct. 1
Y II	9/6-10/4	3:00-4:00pm	\$60/65	Ct. 1
Pre-T	10/18-11/15	1:30-2:00pm	\$40/45	Ct. 1
Y I	10/18-11/15	2:00-3:00pm	\$60/65	Ct. 1
Y II	10/18-11/15	3:00-4:00pm	\$60/65	Ct. 1

Sunday Youth Tennis

Pre-T	9/7-10/5	1:30-2:00pm	\$40/45	Ct. 1
Y I	9/7-10/5	2:00-3:00pm	\$60/65	Ct. 1
Y II	9/7-10/5	3:00-4:00pm	\$60/65	Ct. 1
Pre-T	10/19-11/16	1:30-2:00pm	\$40/45	Ct. 1
Y I	10/19-11/16	2:00-3:00pm	\$60/65	Ct. 1
Y II	10/19-11/16	3:00-4:00pm	\$60/65	Ct. 1

Highlands Recreation Center Community Movie Night



Friday, August 15th

Movies will begin at 8pm
and be shown outdoors
(weather permitting).
Popcorn and Refreshments will
be available for purchase!

Intermediate Leadership and Resiliency Training

As a graduate of the Beginning Leadership and Resiliency Training, your students know that true leaders first learn to lead themselves. They also know how to turn goals into reality, how to power praise others, and how to walk away from the T'NACI monster. They are now eligible for the next level. This is the next step for students who are developing the character-enhancing skills they need to lead themselves. Building on the foundation laid in the beginner series, this intermediate program takes students up the leadership ladder. When you can build your own life in positive ways, then you are on the path towards helping guide others. As with the foundation laying beginner series, the intermediate series is filled with interaction, laughter, stories, puppets, magic, games, and surprises.

No class: 11/26, 12/3.

Ages: 9 to 11 years old

Location: Highlands Recreation Center MPR

Instructor: Jim Wiltens

W	11/5-12/10	6:30-8:30pm	\$150/155
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Babysitting Workshop

Would you like a rewarding job this Fall? If so, enroll today and become a babysitter! You will learn fire and earthquake safety skills, nutrition, baby care, CPR and 1st Aid Skills. **In order to get a certificate of completion you must attend all classes, be on time and do the fun homework.** Sign up today to start earning \$\$\$'s! **\$9 lab fee paid to instructor.**

Ages: 12 to 18 years old

Location: Barrett Community Center, 1870 Ralston Avenue, Belmont, CA, 94002, Room 4.

Instructor: Muffie Calbreath

Sat	12/6-12/20	9:00am-12:00pm	\$60/65
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Online Drivers Ed.

This online Drivers Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, and quizzes will prepare the reader to pass the written DMV test. The course is very easy to use. You simply log into the web site, enroll, and then you can begin immediately! For more information about the course and to register, go to Economic Online Driving School at www.economicdrivingschool.com/online

When registering make sure you complete the question that says, How did you hear about us by choosing Activity Guide. Then enter HRC code: 4251 Cost: \$68.50

Pilates Mat Plus

A fusion of classical Pilates yoga and strength training - this workout is designed to develop core strength, increased flexibility and head to toe toning. Participants will enjoy improvement in posture, breath control and mind body connection. This is an all levels class with the focus being on intermediate exercises. Participants should bring to class a yoga mat and a pair of light hand weights (2lbs - 3lbs).

No Class: 8/27, 11/26.

Ages: 16 years old and over

Location: Highlands Recreation Center MPR

Instructor: Laura Wratten

W	8/13-9/24	6:15-7:15pm	\$60/65
W	10/1-11/5	6:15-7:15pm	\$60/65
W	11/12-12/17	6:15-7:15pm	\$50/55

Everyday Cooking with Chef Terri Dien

Grab a friend and join Chef Terri for fun single-subject classes or a multi-week course! In these hands-on classes, we'll learn cooking tips and tricks while whipping up delicious dishes together. Recipes and leftovers are for you to take home! A resident of San Mateo, Chef Terri has been teaching cooking classes for 10 years and offers a variety of wonderful courses to get you ready to cook confidently at home! **Ages 15 and up.** For more info, visit www.chefterri dien.com

Crepes - Sweet and Savory

In the mood for a simple snack that's delicious and nutritious? Look no further than the humble crepe. We'll explore different types of batters and fillings to find the perfect combination just for you!

Materials Fee: \$10.

Summer Pies

Summer is the best time for fruits! What better way to celebrate the peak of summer than with a delicious pie? Chef Terri will take you through the basics of make pie dough from scratch. **Materials Fee: \$10.**

Summer Harvest Recipes

Is your summer garden starting to overflow with the fruits of your labor? Don't know what to do with the surplus your garden produces? In this hands-on class, we'll make some delicious tried and true recipes that are great for brunch or light suppers.

Materials Fee: \$15.

All classes in the Multipurpose Room.

Crepes - Sweet and Savory

Th 8/7 6:30-9:00pm \$30/35

Summer Pies

Th 8/14 6:30-9:00pm \$30/35

Summer Harvest Recipes

Th 8/21 6:30-9:00pm \$30/35

Getting the most out of Nextdoor.com

Nextdoor.com is an online social network that makes it easy to communicate with your neighbors and learn more about what is happening in your neighborhood. In this class, we will discuss how Nextdoor works and answer any questions participants have about the service. Topics will likely include how to limit the number of emails you receive, how to control which neighborhoods you share information with, how to learn more about your neighbors, and more! Great for people who are just learning about Nextdoor, as well as those who are trying to get the most out of it and those who have recommendations for how it can be improved. This class will be taught by Gordon Strause, Highlands resident and Nextdoor's Director of Neighborhood Operations.

T	9/23	7:00-8:30pm	Free
T	11/4	7:00-8:30pm	Free

Parenting Without Power-Struggles

The parent-child relationship quality is an important contributor to a child's behavior and emotional well-being. Michelle Joelson, M.S. teaches parents how to deepen the connection with their child and create a harmonious home environment. She offers positive techniques for gaining cooperation (without punishments, rewards or bribes) and demonstrates how a sense of belonging, encouragement and feeling valued provides the foundation for raising happy, capable and thriving children. (michellejoelson.com)

Ages: Parents of Children of all Ages

Location: Highlands Recreation Center SR

Instructor: Michelle Joelsen

Th	10/9	7:00-8:30pm	\$40/45
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Adult Tennis Coaching

Tennis coaching has been one of the longest running and most popular programs at HRC. Find out why as Scott Perlstein and staff instruct students on how to work on stroke production, doubles strategy, and a whole lot more. This is an ongoing program.

Level	Day	Time	Loc.
Rank 4.0	Fri	12-2pm	Ct. 1-3

Private Tennis Lessons

Available daily from Scott Perlstein Enterprises. For more information, rates and/or sign-ups call Scott at 343-7343.

(paid ad)

Adult Horse Riding

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, vaulting and horsemanship skills at Glenoaks Stables. Limited class size for personal attention, new friendships and lots of fun. Classes held rain or shine. Students enjoy horse-related non-riding activities if it is too wet to ride. Open to adults 18 and above. For more information, call Glenoaks Equestrian at (650) 854-4955.

Ages: 18 years old and older

Location: Glenoaks Equestrian Center, 3639 Alpine Rd, Portola Valley, 94028

Instructor: Glenoaks Equestrian Staff

Th 9/11-11/13 10:00-11:00am \$505/510

Heartsaver CPR Heartsaver First Aid

Designed for employee training at companies or businesses, and employees and/or designated first responders who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. Ideal for learners who prefer group interaction and feedback from an instructor while learning skills. Each student receives the highest quality course materials to supplement their learning. Student CD-ROM (included with student workbook) includes additional information on CPR and AED that students can reference after the course. Completion card issued after class. **Must pre-register with HRC.**

Ages: 18 years old and over

Location: Cal Fire Station 17, 320 Paul Scannell Dr., San Mateo, CA 94402

Instructor: Cal Fire Staff

Heartsaver First Aid

W 9/24 6:00-9:00pm Free

Heartsaver CPR

W 10/29 6:00-8:00pm Free

Beginner Soul Line Dance

Looking for a fun way to exercise both mind and body? Come join us for SOUL LINE DANCING. Soul line dancing is a fun step dance. We dance in parallel lines, with a repeated sequence of easy steps. No dance partner needed! The various types of music we use are soul, pop, rhythm and blues, and jazz with some zydeco and country. This class will be taught by Darlene "Dar" Masamori who has been line dancing for over three years with different instructors throughout the Bay Area. She's looking forward to bringing this fun style of dance to adults of all ages. Wear comfortable clothing and shoes. **Drop-ins available for \$5 per class at the door.**

Ages: 18 years old and over

Location: Highlands Recreation Center Gym

Instructor: Dar Masamori

W 6/18-8/20 7:00-8:30pm \$40/45

W 9/10-11/12 7:00-8:30pm \$40/45

Eichler Exteriors: Restoration or Renovation

If you are thinking of making small or larger changes to the outside of your Eichler, take this class! I cover original and updated paint colors with swatches to look at, where to put the paint, window replacements, door hardware, lighting, house numbers, mailboxes, fencing, landscaping and any other questions or advice you need. When you finish the class, you will walk out with "the plan".

Ages: 18 years old and over

Location: Highlands Recreation Center MPR

Instructor: Melissa Wilson

T 7/29 7:30-9:00pm \$30/35

Th 10/16 7:30-9:00pm \$30/35

Highlands Recreation Center Community Concert presents . . . *Just For Kicks*



September 13th at 5pm

- Cal Fire will be selling BBQ Burgers/Hot Dogs
- Beer and Wine for sale

FREE ENTRANCE

Jazzercise

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! Join our awesome workout, wear comfortable clothing, bring a water bottle, mat and hand weights are optional. **First Month only \$25. Some restrictions may apply. Classes are held in the Highlands Recreation Center Gym.**

Tami McCann tamijazz@gmail.com
 Certified Jazzercise Instructor (650) 226-3484
Tues/Thurs - 8:30am **Tues/Thurs - 6:15pm**
Saturday - 8 am **Sunday - 9 am**
Classes are ongoing, please register at class.
 www.jazzercise.com Call (800) FIT IS IT

Adult Kung Fu

Traditional Chinese martial art teaches physical fitness, Chinese culture, martial ethics, self defense, and develops the mind, body and spirit. Gary Suen is from the Jing Mo school and teaches from the original curriculum. No previous martial arts experience is necessary. Please wear athletic clothing and shoes to class. **Note: Continuing students can stay from 8:30-9pm for Advanced lessons. No Class: 11/27.**

Ages: 18 years old and over
Location: Highlands Recreation Center Gym
Instructor: Gary Suen
 Th 8/21-9/25 7:30-8:30pm \$60/65
 Th 10/23-12/4 7:30-8:30pm \$60/65

DOARTLAB Painting for Adults & Seniors

This painting studio is designed for adults and seniors of various skill levels. In this class, participants explore all kinds of painting media such as watercolor, acrylic and oil paints. Projects will include still life, portrait, landscape, as well as abstract paintings. Join in the fun learning how to paint or hone your artistic skills while mingling with fellow art enthusiasts. **\$40 material fee should be paid directly to the instructor on the first class of each session.** www.doartlab.com

Ages: 18 years old and over
Location: DOARTLAB, 744 Polhemus Rd., San Mateo, CA 94402
Instructor: Chloe Keyoung and DOARTLAB Staff
 F 9/5-10/24 10am-12pm \$360/365
 F 10/31-12/19 10am-12pm \$315/320

Beginning Digital Photography

In this fun, hands on introduction to digital photography, we will work to understand the camera's menus, modes, metering, the flash, white balance and work with light, color and composition to prepare us for portraiture, night shooting and printing activities. All types of cameras welcome. A \$40 material fee payable to instructor.

Ages: 17 years old and over
Location: Beresford Recreation Center, Activity Room, 2720 Alameda de las Pulgas, San Mateo, CA.
Instructor: Marty Springer

M 9/15-11/2 7:00-9:30pm \$145/150

Adobe Elements for Photographers

Continue on your photographic journey and take your images to professional and artistic standards using Adobe Elements 12. Bring your laptop to class. Don't have a laptop, you can follow along with the lecture/demonstration. A \$20 material fee payable to the instructor. **Pre-Requisite: Marty's Beginning Digital Photography course.**

Ages: 17 years old and over
Location: San Mateo Senior Center, Game Room, 2645 Alameda de las Pulgas, San Mateo, CA, 94402.
Instructor: Marty Springer

Th 9/18-11/13 6:45-9:00pm \$100/105

AARP Smart Driver Course

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for older drivers. For more than 30 years, the courses have taught millions of drivers proven safety strategies so they can continue driving safely for as long as possible. The result of nearly two years of research, development and testing, the new course being introduced in 2014 provides research-based information to help you update your driving knowledge and skills. By participating in this course, you are taking advantage of an important opportunity to learn how to drive more safely and confidently. Research shows that as a result of completing the course, most people make positive changes in their driving behaviors. Both sessions must be completed to receive the course certificate.

Ages: 50 years old and over
Location: Highlands Recreation Center MPR
Instructor: Warren Wong
 M, T 9/8, 9/9 12:30-4:30pm \$15/20

Did you know?

- The Highlands Recreation Center used to be funded solely by property taxes. Today, 85% of our revenues come from program and membership fees.
- This way, we can offer the variety of programs our residents want and can remain financially sound.
- If you're a Highlands resident, you pay about \$75 in taxes for each \$100,000 of assessed home value. (assessed value, based on your purchase price, is shown on your property tax bill)
- While it's hard to place an exact added \$ value on it, realtors confirm that our neighborhood is even more desirable to potential buyers because of the Highlands Recreation Center!

Most of all, we would like to Thank You for your continued support of the Highlands Recreation Center and its programs. We value our residents and strive to provide a Rec Center that our community can be proud of.



**Register Online
by clicking this
QR code with your
smartphone.**

The Highlands Recreation Center often photographs programs for use in publicity materials. By being present during these activities, you consent to use of your OR YOUR DEPENDENTS' appearance or likeness by the Highlands Recreation Center, and its licensees, designees, or assignees, in all media, worldwide, in perpetuity. If you have questions about such use, please contact the Highlands Recreation staff.

CLASS REGISTRATION

REGISTRATION

- * Register by mail, in person, by phone or online at www.highlandsrec.ca.gov
- * To register online the first time, call us first at (650) 341-4251 to obtain login and password.
- * Walk in and phone registration is available M-F from 9am-5pm.
- * **Registration is complete and enrollment is ensured only when class fee is paid in full.**

PAYMENT

- * We accept payment in cash, check, VISA, MC, AMEX or Discover or, for ongoing monthly charges, by automatic bank withdrawals (ACH payments). You may prepay for no more than 3 months of service.
- * A \$5 nonrefundable transaction fee is added to each registration. You may enroll in multiple classes in one registration.
- * Monthly automatic bank account withdrawals (ACH) only require a \$2 nonrefundable transaction fee.
- * A \$20 service charge will be incurred on a returned check.
- * A \$20 fee is charged for stop payment and re-issuance of a refund check.
- * A \$15 late fee is charged per participant per class if monthly fee is not paid by the end of the **5th business day of the month.**

ENROLLMENT/ CHANGES/CANCELLATION

- * Classes are filled on a first come, first served basis. ** your enrollment is ensured only when class fee is paid in full.**
- * In the event that enrollment does not meet minimum requirements, the HRC may cancel the class. The HRC will notify registrants and class fees will be refunded.
- * Please note: Prices are subject to change without notice.
- * Participants may transfer between classes, space permitting, prior to the 2nd class meeting.
- * Participants in seasonal and aquatic programs may cancel enrollment prior to the 2nd class meeting and receive a prorated credit or refund of class fees. No credits or refunds are given after the 2nd class meeting.
- * If waitlisted, registrants will be notified if space becomes available. We must receive a response by 10am the following business day or the space will be offered to others.
- * Credits can be applied to any program at the Rec, and will avoid additional transaction fees.
- * Credits must be used within one year of issue.
- * If enrolled in a monthly program, payment must be received by the end of the 5th business day of the month. Otherwise, a \$15 late fee will be charged. If enrolled in our ACH payment program, cancellation or changes must be received by the 15th of the month prior to the ACH withdrawal. ***For EEC, ASP & In Crowd see the Director.**



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(paid ad)

Highlands Book Club

The HRC Book Club is open to anyone interested in sharing the love of reading We'll have exciting and in depth discussions about readings chosen by the group. New members always welcome to join! **Free.**

1st Tuesday Monthly 10:15-11:15am MPR

Welcome Highlands Parents!

The Highlands Parents Group is comprised of moms, dads, and their children from the neighborhoods that feed into Highlands Elementary school...including Laurelwood, Parrott Drive (and off of), Ascension (and off of), Timberlane/Fairmont (and off of), Crystal Springs Estates, and the Highlands neighborhood itself. While all the HPG families have Highlands School in common as either a future or alumni school for their kids or have kids currently enrolled, the HPG is separate from the school and has no official relationship. Our purpose is to keep families connected in an informal and casual way. We offer playgroup coordination, family events, classified and other postings, dialogues on school and community issues, and more. Contact us today at lin3@comcast.net and get connected. Thanks, Linda Siguenza.



LOOKING GLASS

KOREAN SCHOOL

- Beginner Korean language (ages 3-11 & adults)
- Korean folk dance, drumming & culture

San Mateo www.lookingglasskorean.com 650-208-3305

Fitness Memberships

Highlands Residents Only

Fitness Memberships are free with a pool membership. However, if you would like just a fitness membership, see the rates below. The Fitness Center has 16 pieces of Fitness equipment including dumbbells, a treadmill, two stair steppers, and other Hydra-Fitness equipment available for personal training use and Circuit Training Classes. Circuit Training can simultaneously burn body fat, increase cardiovascular (aerobic) fitness level and increase muscle strength and endurance.

General Use Hours

MWF 6am-7pm

TTh 9am-7pm

Sat/Sun 11am-5pm

Ages 15 and up!

F.C. Closed
Monday-Friday 3-6pm*
*Times to be determined by seasonal programs.

Membership Fees

For Residents Only

One year membership from date of purchase

Senior (62+) \$45

Single.....\$70

Each Add'l....\$25

Circuit Training
M-F, 9-10am
Non-Accredited Instr.
No Class Fee
Fitness Members only

www.edwardjones.com

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