

## 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 Pam Merkadeau, Michelle McNeil, Hal Carroll, Johanna Anton and Eric Olbekson. 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	Patricia Hall
ASP Head Teacher	Brenda Tam
Pool Manager	Jeff Franco
Recreation Coordinator	Amanda Armstrong
Bookkeeper	Naomi Kawakita
Maintenance	Steve Risso
Administrative Assistant	Cynthia Fregoso

**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 Gym 132, Social Room 75,  
rental supervisor. Multipurpose Room 75.

## Fall Dates to Remember

### July

Fall Registration Begins - Residents Only	7/6
Fall Registration Begins - Non-Residents	7/13
HRD Board Meeting	7/14

### August

HRD Board Meeting	8/11
Highlands Rec Soccer Begins	8/22

### September

Labor Day - Office Closed, Pool Sat. Hours	9/7
HRD Board Meeting	9/8
Summer Concert	9/12

### October

HRD Board Meeting	10/13
Underwater Pumpkin Patch	10/17
Halloween Event	10/30

### November

HRD Board Meeting	11/10
Veterans Day - Office Closed, Pool Sat. Hours	11/11
Thanksgiving Break-Office Closed/Pool Closed	11/26
Thanksgiving Break-Office Closed/Pool Closed	11/27

### December

Holiday House Decorating Contest	12/3
Holiday Event and Caroling Night	12/4
HRD Board Meeting	12/8

**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 5pm.

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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, except private and semi-private lessons.
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 17th 2-4pm**

## FALL POOL HOURS

8/17/15-1/1/16

<b>MWF</b>	6:15-9:00am	Lap Swim
	11:00am-1:00pm	Rec/Lap Swim
	3:30-5:00pm	Rec Swim
	5:00-7:00pm	Friday Rec Swim
	5:00-8:15pm	Lap Swim
<b>TTh</b>	3:30-5:00pm	Rec Swim
	5:00-8:15pm	Lap Swim
<b>Sat/Sun</b>	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
	<i>*schedule subject to change</i>	

## Pool Schedule Changes

### **Pool Closed:**

10/26/15-10/30/15	Dome Installation
11/26/15-11/27/15	Thanksgiving Break
12/24/15-1/1/16	Winter Holiday Break

### **Hour Changes:**

9/7/15	Labor Day - Saturday Hours
11/11/15	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! Contact the Aquatics Supervisor for pricing and information.





# Youth Swim Lessons

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



## Fall Swim Lessons

### **MW Classes (2-3 weeks)**

8/17-9/2	\$72/84
9/9-9/23	\$60/70 (starts on a Wednesday)
9/28-10/7	\$48/56
11/2-11/18	\$60/70 (No Class 11/11)
11/30-12/16	\$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 (2-4 weeks)**

8/18-9/3	\$72/84
9/8-9/24	\$72/84
9/29-10/8	\$48/56
11/3-11/19	\$72/84
12/1-12/17	\$72/84

#### **Class Times**

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

### **Friday Classes (3-4 weeks)**

8/21-9/18	\$48/56 (No Class 9/4)
9/25-10/9	\$36/42
11/6-11/20	\$36/42
12/4-12/18	\$36/42

#### **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)**

8/22-9/19	\$48/56 (No Class 9/5)
9/26-10/10	\$36/42
11/7-11/21	\$36/42
12/5-12/19	\$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)**

8/23-9/20	\$48/56 (No Class 9/6)
9/27-10/11	\$36/42
11/8-11/22	\$36/42
12/6-12/20	\$36/42

#### **Class Times**

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

### **Sunday Afternoon Classes (3-4 weeks)**

8/23-9/20	\$48/56 (No Class 9/6)
9/27-10/4	\$36/42
11/8-11/22	\$36/42
12/6-12/20	\$36/42

#### **Class Times**

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

### **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.

## Fall Break Swim Lessons

### **MW Classes (2 weeks)**

10/12-10/21 \$48/56

#### **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 (2 weeks)**

10/13-10/22 \$48/56

#### **Class Times**

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

## Fall Break Splash Camp

During Splash Camp, we will spend the entire week around the pool environment and at the Highlands playground. We will have a fun filled week of games and activities planned. Campers will spend time at the pool for some splash time, at the park playing fun filled games, at the playground or creating a craft to bring home and display. Come join us at the pool for this exciting week!

M-F	10/12-10/16	9:00am-3:00pm	\$190/205
M-F	10/19-10/23	9:00am-3:00pm	\$190/205

## 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\**

## Private Aquatic Classes

This class will be customized for each individual's needs. The warm water and gentle movements help increase joint flexibility and range of motion while restoring and maintaining muscular strength. All fitness levels welcome. No swimming skills are necessary. **Instructor: Sandra Burgess.**

M/W/F 12:00-1:00pm \$75 per hour

## 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 10/3-10/11 8am-5pm \$215/225

## 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 for adults of all ages. **Instructor: Sandra Burgess. No class: 9/7, 10/26, 10/30, 11/27, 12/24-1/1.**

M/F On-Going 11:05am-12pm \$83/88 month

## Arthritis 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 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 Aquatic instructor. **Instructor: Sandra Burgess. No class: 10/28, 11/11, 12/30.**

W On-Going 11:05am-12pm \$48/53 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: 9/7, 10/26-10/30, 11/11, 11/27, 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

# 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](mailto: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.

M/W	5:00-5:30pm	\$63/78
T/Th	5:00-5:30pm	\$63/78
Red 4 days a week		\$83/98

## White Group

Pre-requisite: Ability to swim 50 yards (two lengths of the pool) of freestyle, backstroke, and breaststroke, and 25 yards of butterfly. Be able to complete 500-750 total yards at practice.

M/W	5:30-6:15pm	\$73/88
T/Th	5:30-6:15pm	\$73/88
White 4 days a week		\$86/101

## Blue Group

Pre-requisite: Ability to swim 100 yards (four lengths of the pool) of freestyle, 50 yards backstroke and breast stroke and 25 yards of butterfly.

M/W	6:15-7:00pm	\$73/88
T/Th	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 100 yards (4 lengths of the pool) of Freestyle Backstroke and breaststroke and 50 yards butterfly. 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 200 yards freestyle, Backstroke and breaststroke and 50 yards of butterfly. The 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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**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.

Part of what makes a successful swim team is the active participation of the parents as well as the swimmers. Swim Team parents will be expected to volunteer at meets and fund raising events. Pre-Team parents are encouraged to volunteer as well. The Swim Team Boosters meet once a month and attendance is encouraged.

## 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. Instructor: Kelly Winterbottom. No Class: 11/8.**

Sa	9/12-10/3	12:00-12:45pm	\$52/56
Sa	10/31-11/21	12:00-12:45pm	\$52/56
Sa	12/4-12/19	12:00-12:45pm	\$44/49

Join the Highlands Dolphins Aquatics Club yahoo group to receive team info. To join, email Zach Wolfe at [swimmingwolfe@yahoo.com](mailto:swimmingwolfe@yahoo.com)

# 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](mailto:rebeccah@highlandsrec.ca.gov)



## **For Your Calendar . . .**

### ***EEC Closed:***

*Independence Holiday: 7/3/15*  
*Teacher Training: 8/10/15-8/11/15*  
*Labor Day: 9/7/15*  
*Veteran's Day: 11/11/15*  
*Thanksgiving Break: 11/26/15, 11/27/15*  
*Christmas Eve: 12/24/15 - Closes at 5pm*  
*Christmas Day: 12/25/15*  
*New Year's Eve: 12/31/15 - Closes at 5pm*  
*New Year's Day: 1/1/16*



*Family Traditions Begin at the Highlands Recreation Center*

# After School Program

## 2015-2016 (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 2015-2016 Fees

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

**Aug (12-31):**

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$433/453	\$393/413	\$360/380	\$300/320	\$175/195
1st - 5th	\$326/346	\$292/312	\$261/281	\$211/231	\$120/140

**Sept/Nov/Jan/Feb/May:**

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$619/639	\$572/592	\$480/500	\$399/419	\$233/253
1st - 5th	\$466/486	\$424/444	\$344/364	\$281/301	\$160/180

**Oct (1-9, 26-30):**

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$371/391	\$358/378	\$280/300	\$250/270	\$117/137
1st - 5th	\$280/300	\$265/285	\$203/223	\$176/196	\$80/100

**Dec (1-18):**

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$433/453	\$393/413	\$360/380	\$300/320	\$175/195
1st - 5th	\$326/346	\$292/312	\$261/281	\$211/231	\$120/140

**Mar (1-24):**

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$557/577	\$536/556	\$440/460	\$350/370	\$175/195
1st - 5th	\$419/439	\$398/418	\$319/339	\$246/266	\$120/140

**Apr (11-29):**

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$464/484	\$429/449	\$360/380	\$300/320	\$175/195
1st - 5th	\$350/370	\$318/338	\$261/281	\$211/231	\$120/140

**Jun (1-15)/ Last Day of ASP Wed 6/15/16:**

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$340/360	\$286/306	\$240/260	\$200/220	\$117/137
1st - 5th	\$256/276	\$212/232	\$174/194	\$141/161	\$80/100

### 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.**

### ASP & In Crowd 2015-2016

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

\*After School care for Kindergartners is from 12pm-6pm.  
\*1/2 day Kinders is available from 12pm-3pm. (same price as 1st-5th)

ASP/In Crowd Emergency packets available online: [highlandsrec.ca.gov](http://highlandsrec.ca.gov)

### For Your Calendar...

**ASP/IN CROWD CLOSED:**  
 Labor Day: 9/7  
 Fall Break: 10/12-10/23  
 Veteran's Day: 11/11  
 Thanksgiving Break: 11/26, 11/27  
 Winter Break: 12/21-1/1  
 Martin Luther King Jr. Day: 1/18  
 President's Day: 2/15  
 Spring Break: 3/25-4/8  
 Memorial Day: 5/30

**Staff Development Days**  
**ASP/IN CROWD OPEN ALL DAY**  
 10/26/15, 1/19/15, 2/15/15, 2/16/15

**Full Day Drop In based on availability:**  
**\$75/80 (7:30am-6pm).**  
**ASP/InCrowd: Free, if this is your regularly scheduled day of the week.**

**1st Day of ASP/IN CROWD: 8/12/15**  
**Last Day of ASP/IN CROWD: 6/15/16**

# “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: Taylor Cianciolo.**

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

## **In Crowd 2015-2016 Fees**

### **Aug (12-31):**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$326/346	\$292/312	\$261/281	\$211/231	\$120/140

### **Sept/Nov/Jan/Feb/May:**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$466/486	\$424/444	\$344/364	\$281/301	\$160/180

### **Oct (1-9, 26-30):**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$280/300	\$265/285	\$203/223	\$176/196	\$80/100

### **Dec (1-18):**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$326/346	\$292/312	\$261/281	\$211/231	\$120/140

### **Mar (1-24):**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$419/439	\$398/418	\$319/339	\$246/266	\$120/140

### **Apr (7-30):**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$350/370	\$318/338	\$261/281	\$211/231	\$120/140

### **Jun (1-15)/ Last Day of ASP Wed 6/15/16:**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$256/276	\$212/232	\$174/194	\$141/161	\$80/100

## **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	9/11	6-10pm	\$30 child	S.R.
F	10/9	6-10pm	\$30 child	S.R.
F	11/13	6-10pm	\$30 child	S.R.
F	12/11	6-10pm	\$30 child	S.R.

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

# Fall Camp 2015

**K-8th Grade**

Wk 1: 10/12-16      Wk 2: 10/19-23

Hours: 7:30am-6pm

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

## **Theme Days**

Monday	10/12	Tales from the Crypt
Tuesday	10/13	Monster Mash
Wednesday	10/14	Werewolf Wednesday
Thursday	10/15	<b>Field Trip - Sea Bowl/Beach</b>
Friday	10/16	Freaky Friday
Monday	10/19	Masquerade Ball
Tuesday	10/20	Pumpkin Party
Wednesday	10/21	Ghoulis Games
Thursday	10/22	<b>Field Trip - Tanforan Movies</b>
Friday	10/23	Zombie Day

## **Fall Camp Res/Non Res Fee:**

<b>Daily Fee</b>	\$75/80
<b>Field Trip Only Day Rate</b>	\$85/90
<b>Weekly Rate</b>	\$275/295

## **Seasonal Camp Discounts**

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

# Winter Camp 2015

**K-8th Grade**

Wk 1: 12/21-25      Wk 2: 12/28-1/1

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 memorable field trips.

## **Theme Days**

Monday	12/21	Happy Feet
Tuesday	12/22	Jack Frost
Wednesday	12/23	Home Alone
Thursday	12/24	<b>Field Trip - Pump It Up</b>
Monday	12/28	Snow Dogs
Tuesday	12/29	Ice Age
Wednesday	12/30	Frozen
Thursday	12/31	<b>Field Trip - Movies</b>

## **Winter Camp Res/Non Res Fee:**

<b>Daily Fee</b>	\$75/80
<b>Field Trip Only Day Rate</b>	\$85/90
<b>Weekly Rate</b>	\$225/245

## Letter School

Kindergartners and Pre-K will have fun learning CAPITAL letters while preparing their bodies and minds for handwriting and for years of school to come. Class meets twice a week for theme-based, sensory-rich fine and gross motor activities and small group instruction, utilizing the popular Handwriting Without Tears Program. We will work on body posture, hand function and grasp, and explore LETTERS (components, sequencing, and phonics), ALL through music, games, rhymes, art, manipulatives and movement! **\$15 material fee pay to instructor. No Class: 10/13, 10/15, 10/20, 10/22, 11/26.**

**Ages:** 3.5 to 5 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Christina Giovannini, COTA

### Kinder

T/Th 8/25-10/15 1:00-1:45pm \$395/400

### Pre-K

T/Th 8/25-10/15 2:00-2:45pm \$395/400

## World of Edible Art

Use your imagination, be creative, have fun and make art out of food. Turn an ordinary plate into an artistic masterpiece. Recipes will include strawberry mice, banana caterpillars, lion king cages, butterflywiches, and antipasti scooters.

**Ages:** 3 to 6 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Rainbow Chefs Staff

T 9/1-10/6 2:30-3:30pm \$150/155

T 11/3-12/8 2:30-3:30pm \$150/155

## Pre-K Hoops with Mini Sports Stars

The Mini Sports Stars program specializes in basketball classes and instruction for the youngest of athletes. We believe that repetition is the key to skill mastery but all Mini Sports Stars coaches are trained to challenge individuals who have mastered certain skills in order to provide an opportunity for constant development and continuous growth. Your child will learn how to properly dribble, defend, shoot, and rebound through unique drills. **No Class: 11/25.**

**Ages:** 3.5 to 5 years old

**Location:** Highlands Recreation Center Gym

**Instructor:** Mini Sports Stars Staff

W 7/15-8/5 9:45-10:30am \$75/80

W 8/12-9/2 9:45-10:30am \$75/80

W 9/9-9/30 9:45-10:30am \$75/80

W 10/7-10/28 9:45-10:30am \$75/80

W 11/4-12/2 9:45-10:30am \$75/80

## 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.

**Ages:** 2.5 to 5 years old

**Location:** Highlands Recreation Center Grass

**Instructor:** Soccer and Smiles Staff

M 7/27-8/31 12:30-1:00pm \$72/77

M 9/14-10/19 12:30-1:00pm \$72/77

M 11/2-12/7 12:30-1:00pm \$72/77

## Pre-K Mobile Gymnastics

Mr. Nick provides a well-rounded non-competitive program for children that provides all aspects of training and conditioning found at traditional gymnasiums. Children improve strength, balance, rhythm, flexibility, and overall motor coordination using specially designed multi-dimensional equipment. Equipment includes: tumbling mats, balance beams, parallel bars, springboards, swing bars, trampolines and much more. Gymnastics helps promote social development, cooperative interaction, and positive achievement within a success oriented framework while routines reinforce problem solving skills and augment attention spans. **No Class: 11/26.** Visit: [peninsulaboxing.org/mobile-gym-program/](http://peninsulaboxing.org/mobile-gym-program/)

**Ages:** 3 to 5 years old

**Location:** Highlands Recreation Center Gym

**Instructor:** Nick Bellafatto

Th 8/27-10/8 9:45-10:30am \$105/110

Th 10/29-12/17 9:45-10:30am \$105/110

## Young Rembrandts Pre-K Drawing

This fall season, Young Rembrandts introduces drawing lessons that will excite your pre-school artist. Learning to draw basic shapes is an essential building block for every illustrator. Our ladybug and gumball machine drawings provide excellent practice for drawing circle shapes. Our lessons will become progressively more challenging. Our clown puppet and Frankenstein monster are great introductions to character drawing. Other drawings like our candy bag illustration and fall scene will help strengthen your child's compositional skills. **No Class: 11/27.**

**Ages:** 3.5 to 5 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Young Rembrandts Staff

F 9/4-10/2 2:30-3:30pm \$100/105

F 11/6-12/11 2:30-3:30pm \$100/105

# 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 hour of skills & drills
- 1/2 hour of scrimmage
- NO SCORE is ever kept
- All children will receive equal playing time
- **NOW a 7 week league!**

## 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 8/22-10/10**

\*No Class: 9/5

<b>Pee-Wee</b>	<b>9-10am</b>	<b>High. Elem</b>
<b>Juniors</b>	<b>9-10am</b>	<b>High. Elem</b>

**Season Fee:  
\$70/75**

**\*Sign-ups begin: 7/6/2015\***

# Public Speaking, Confidence Building Program

Speaking in front of an audience can be nerve-racking. It is our vision to help students gain confidence, lessen their stage fright and be effective communicators/debaters, cultivating leadership qualities in a fun, friendly environment at an early age. "The power of speech rules." Whether one is an entrepreneur, lawyer, comedian, teacher, doctor, actor... the ability to speak professionally in public will empower the individual to gain the leverage he or she wants in any situation. We focus on developing verbal and writing skills, self-discipline, team work, time management ability, creativity, vocabulary, sportsmanship, ethics and most importantly, **CONFIDENCE!** Your child will learn powerful tools to help with:

- Personality development
- Leadership roles
- Verbal communication skills
- Giving effective, persuasive speeches and presentations
- High school and university admittance process
- Job interviews
- General articulation.

**Students receive a free t-shirt, materials included. 25 week session. No Class: 10/13, 10/20, 12/22, 12/29, 1/19, 2/16.**

**Ages:** Grades 3rd-8th

**Location:** Highlands Recreation Center MPR

**Instructor:** Speakdebate Staff

## Grades 3rd-5th

T	8/25-3/22	3:30-4:30pm	\$490/495
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## Grades 6th-8th

T	8/25-3/22	4:45-5:45pm	\$490/495
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# 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, One on One Private lesson times. **No Class: 11/11.**

**Ages:** 6 years old and over

**Location:** Highlands Recreation Center MPR

**Instructor:** Dave Creamer

W	8/19-10/7	3:30-6:00pm	\$230/235
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W	10/28-12/16	3:30-6:00pm	\$200/205
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## 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.

**No Class: 11/26.**

**Ages:** 5 to 12 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Sandy Basurto

Th	8/27-10/1	3:30-4:30pm	\$60/65
Th	10/29-12/10	3:30-4:30pm	\$60/65

## Mad Science

### Energy, Forces and Flight

It's a bird, it's a plane - no - it's Mad Science! Explore aerodynamics and the properties of air, and make your very own loop-flying stunt plane! Race down the electron freeway as we study "current" events! Check out the ooey-goey science of Mad Mud! Learn about the incredible "Fun"-damental Forces as we study gravity, inertia and centripetal force! Discover what shapes make the world's strongest buildings, and then build your own bridge! All this and more in this session of Mad Science!

**No Class: 9/7.**

**Ages:** 5 to 12 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Mad Science Staff

M	8/17-10/5	3:30-4:30pm	\$140/145
M	11/2-12/14	3:30-4:30pm	\$140/145

## Digital Literacy and Cyber Safety

Does your child spend a lot of time on the internet? Besides being a source of information and entertainment, the internet can also be a risky place. Cyberbullying, online predators, inappropriate material, and privacy are major concerns on the internet. This class will help educate children on being safe and acting responsibly online.

**Ages:** 10 years old and over

**Location:** Highlands Recreation Center MPR

**Instructor:** Sujatha Marsden

Sa	9/12	1:00-2:30pm	\$55/60
Sa	9/19	1:00-2:30pm	\$55/60
Su	10/4	1:00-2:30pm	\$55/60

## Pre-Engineering w/ Lego

Let your imagination run wild with tens of thousands 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. **No Class: 10/13, 10/20.**

**Ages:** 5 to 8 years old

**Location:** Highlands Recreation Center Gym

**Instructor:** Play-Well TEKnologies Staff

T	9/1-11/17	4:00-5:30pm	\$220/225
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## Young Rembrandts Children's Drawing

The fall season is one of the most colorful times of the year. In a Young Rembrandts drawing class, we'll capture all of those colors and more in our fabulous drawings. Our rainbow giraffe seemingly captures the entire spectrum of colors in a very stylized drawing. A fun drawing of cartoon worms and apples will teach our students how to properly color with colored pencils. We'll also take an imaginary journey to Paris as we draw the famous Eiffel Tower. A creepy drawing of a haunted house captures the fun spirit of the season. We'll also take a look at master artist Peter Max as we try to emulate his style. **No Class: 11/27.**

**Ages:** 5 to 12 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Young Rembrandts Staff

F	9/4-10/2	3:30-4:30pm	\$100/105
F	11/6-12/11	3:30-4:30pm	\$100/105

## Horse Riding Lessons

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, 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	9/20-11/22	11am-12pm	\$505/510
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## Fall Sports Camp

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This National Academy of Athletics camp will help to build your child's motor control, hand-eye coordination, agility and many other sports related skills. Your child will have a blast playing games with the other children that may include: baseball, basketball, soccer, flag football, capture the flag, relay and obstacle races. This camp will feature different activities so that your child will be familiar with a variety of athletic activities!

**Ages:** 6 to 12 years old

**Location:** Beresford Recreation Center, 2720 Alameda de las Pulgas, San Mateo, CA, 94403.

**Instructor:** National Academy of Athletics Staff

M-F 10/12-10/16 9:00am-3:00pm \$220/225

## Aces Junior Golf

Beginner - Aces Junior Golf Club at Crystal Springs Golf Course is a great way to introduce your junior player to GOLF! Students can expect to learn golf skills and knowledge. All lessons are geared to teach juniors: swing fundamentals, USGA rules, and golf course etiquette. All Aces' Instructors are local teaching professionals with a passion for Junior Golf.

Intermediate - Aces Junior Golf Club Intermediate Class at Crystal Springs Golf Course is a great way to advance your junior players game. Students will be expected to have fundamental golf skills and knowledge. All lessons are geared to teach juniors: advanced swing fundamentals, advanced USGA rules, and golf course etiquette. During this Class students will play On Course 2 out of the 8 Sessions. All Aces' Instructors are local teaching professionals. At Aces we hope to make the experience of learning golf both safe and fun! **8:1 student/instructor ratio.**

**No Class: 11/26. Transportation from Highlands School to Crystal Springs Golf Course available for an additional fee, call the Rec for more details.**

**Ages:** 1st-5th Grades

**Location:** Crystal Springs Golf Course, 6650 Golf Course Drive, Burlingame, CA, 94010.

**Instructor:** Aces Jr. Golf Staff

### Beginner

T	8/25-10/6	3:45-4:45pm	\$280/285
Th	8/27-10/8	3:45-4:45pm	\$280/285
T	10/27-12/15	3:45-4:45pm	\$280/285
Th	10/29-12/17	3:45-4:45pm	\$280/285

### Intermediate

T	8/25-10/6	5:00-6:00pm	\$280/285
Th	8/27-10/8	5:00-6:00pm	\$280/285
T	10/27-12/15	5:00-6:00pm	\$280/285
Th	10/29-12/17	5:00-6:00pm	\$280/285

## Mandarin After School Program

Are you ready for a Mandarin adventure? Join this exciting cohort specially designed for students TK-3. This class will explore 11 child-friendly destination themes while developing listening, speaking, reading and writing skills in Chinese. This is a mix-level class, so no prior knowledge of Mandarin is required to join. A one-year commitment is strongly encouraged to allow a healthy and steady learning progression. In addition to Mandarin instruction, there's quiet time for homework, outdoor play, games and other activities to enhance students' physical and social development. The Annual Program cost is divided into 11 equal payments for 2015-2016 School Year (Aug 12 - Jun 15). Fees must be paid by the 5th business day of each month. A minimum semester (5 months Fall, 6 months Spring) financial commitment is required for all registered families. If the student is unable to complete the program for any reason, a one month termination fee (M-F \$699, W only \$250) will be charged and the parent must provide a written notice 30 days prior to the absence.

**Ages:** TK-3rd Grades

**Location:** Highlands Elementary School LGI

**Instructor:** Nihao! School Staff

### Mandarin 2015-2016 Monthly Fees

#### TK-K

Mon-Fri 9/1-6/15 12:00-6:00pm \$699

#### 1st-3rd

Mon-Fri 9/1-6/15 2:36-6:00pm \$599

#### TK-3rd

Weds. Only 9/1-6/15 12:00-6:00pm \$250

## After School Golf

Aces Junior Golf Club is a great way to introduce your junior player to GOLF! Students can expect to learn golf skills and knowledge. All lessons are geared to teach juniors: swing fundamentals, USGA rules, and golf course etiquette. All Aces' Instructors are local teaching professionals with a passion for Junior Golf. At Aces we hope to make the experience of learning golf both safe and fun! **All classes held at the Highlands Elementary School. This class includes a Supervised lunch by HRC staff after school from 12:20-1:00pm. No Class: 11/26.**

**Ages:** 1st-5th Grades

**Location:** Highlands Elementary School Grass Field

**Instructor:** Aces Jr. Golf Staff

W	8/26-10/7	1:00-2:00pm	\$240/245
W	10/28-12/16	1:00-2:00pm	\$240/245

## Iron Chef Challenge

Take one special ingredient in every class and study it through and through. Then use that ingredient to develop a creative dish. Students will “judge” their Iron Chef Masterpieces. All our talented Iron Chefs are winners – just ask them to prepare it at home so you can experience it too!

**Ages:** 7 to 12 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Rainbow Chefs Staff

T	9/1-10/6	3:30-4:30pm	\$150/155
T	11/3-12/8	3:30-4:30pm	\$150/155

## 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:** 9/7, 11/11.

M/W	7/20-8/5	1:30-2:00pm	\$48/53	Ct. 1
M/W	8/24-10/5	3:30-4:00pm	\$96/101	Ct. 1
M/W	10/28-12/9	3:30-4:00pm	\$96/101	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:** 9/7, 11/11.

M/W/F	7/20-8/7	2:00-3:00pm	\$108/113	Ct. 1
M/W	8/24-10/5	4:00-5:00pm	\$144/149	Ct. 1
M/W	10/28-12/9	4:00-4:00pm	\$144/149	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:** 9/7, 11/11.

M/W/F	7/20-8/7	3:30-4:30pm	\$108/113	Ct. 1
M/W	8/24-10/5	5:00-6:00pm	\$144/149	Ct. 1
M/W	10/28-12/9	5:00-6:00pm	\$144/149	Ct. 1

## Saturday 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. **No Class:** 9/5, 11/28.

Pre-T	8/22-10/3	1:30-2:00pm	\$48/53	Ct. 1
Y I	8/22-10/3	2:00-3:00pm	\$72/77	Ct. 1
Y II	8/22-10/3	3:00-4:00pm	\$72/77	Ct. 1
Pre-T	10/31-12/12	1:30-2:00pm	\$48/53	Ct. 1
Y I	10/31-12/12	2:00-3:00pm	\$72/77	Ct. 1
Y II	10/31-12/12	3:00-4:00pm	\$72/77	Ct. 1

## US Chessmates

Chess teaches critical and abstract thinking, planning, logic and patience. U.S. Chess Mates makes learning chess very easy and is suited for all levels from beginner to advanced. Each class will include 30 minutes of instruction and 30 minutes of tournament games. 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.

**No Class:** 11/26.

**Ages:** 5 to 14 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** US Chessmates Staff

Th	8/20-10/8	4:30-5:30pm	\$110/115
Th	10/29-12/17	4:30-5:30pm	\$96/101

## After School Flag Football

Ready to play some football? Whether you are a beginner or intermediate player, the drills taught at this program will help you improve your game. Emphasis will be on proper conditioning and warm ups, footwork drills, agility, passing, receiving and game strategies. This class includes a Supervised lunch by HRC staff after school from 12:20-1:00pm. Visit: [www.NationalAcademyofAthletics.com](http://www.NationalAcademyofAthletics.com).

**No Class:** 11/11.

**Ages:** Current 2nd - 5th Grades Students

**Location:** Highlands School Grass Field

**Instructor:** National Academy of Athletics Staff

W	8/26-9/30	1:00-2:30pm	\$140/145
W	10/28-12/9	1:00-2:30pm	\$140/145



(paid ad)

## 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.

<b>Level</b>	<b>Day</b>	<b>Time</b>	<b>Loc.</b>
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.

## 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.

**Ages:** 9 to 11 years old

**Location:** Highlands Recreation Center Social Room

**Instructor:** Jim Wiltens

Th 10/1-10/22 6:30-8:30pm \$250/255

## Babysitter's Training

Would you like a rewarding job? If so, take this class and become a babysitter! Learn an overview of fire and earthquake safety skills, nutrition, baby care, CPR & 1st aid skills. Upon completion of all classes, student may be added to a babysitting list in Parks & Rec. for 1 year. **You must be on time, attend all classes, not leave early and complete all homework in order to get a certificate of completion. \$9 lab fee paid to instructor at 1st class, for supplies.**

**Ages:** 12-17 years old

**Location:** Barrett Community Center, 1870 Ralston Avenue, Belmont, CA, 94002, Room 3.

**Instructor:** Muffie Calbreath

Sat 12/5,12/12,12/19 9:00am-12:00pm \$60/65

### Do you have any ideas for Rec Classes?

Please email: Jeff Schwartz at [jeffs@highlandsrec.ca.gov](mailto:jeffs@highlandsrec.ca.gov) with your ideas.

## Middle School Kickball, Dodgeball and a Movie

Calling all Middle School Children. Bring your friends and join us for a fun filled day of kickball, dodgeball, movies and pizza! We will meet at the Highlands Rec at 4pm, then head over to the Highlands Elementary School to play kickball. We will then head back to the Highlands Rec for Dodgeball in the Gym, while we wait for our pizza to arrive. The night will conclude with a Movie of your choice in the Social Room. Registration fee includes: pizza dinner, movie and refreshments.

Saturday 10/3 4:00-10:00pm \$15/20

## 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](http://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**

## 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 apply. Classes are held in the Highlands Recreation Center Gym.**

**Tami McCann** [tamijazz@gmail.com](mailto: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](http://www.jazzercise.com) Call (800) FIT IS IT



## LOOKING GLASS

### KOREAN SCHOOL

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

San Mateo [www.lookingglasskorean.com](http://www.lookingglasskorean.com) 650-208-3305

## 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 partner needed! The various types of music we use are soul, pop, rhythm and blues, and jazz with some zydeco and country. "Dar" Masamori has been line dancing for over five years with different instructors throughout the Bay Area. She's bringing this fun style of dance to adults of all ages. Wear comfortable clothing and shoes. **Drop-ins: \$5 at the door.**

**Ages:** 18 years old and over

**Location:** Highlands Recreation Center Gym

**Instructor:** Dar Masamori

W	6/17-8/26	7:00-8:30pm	\$50/55
W	9/9-12/16	7:00-8:30pm	\$70/75

## Adult Horse Riding

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, 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 info, 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	9/17-11/19	10:00-11:00am	\$505/510
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## Fitness for Life - Look Younger, Feel Younger

Have you wanted to increase your activity level through exercise but need a way to help you stick with it? Researchers and health professionals tell us that consistent varied exercise keeps us at our best and can even rejuvenate our minds and bodies. In this class, you will engage in a regular schedule of energy building activity without the use of equipment - no weights, bars or bands. Get your heart pumping, your muscles working and your brain cells stimulated. You will feel younger and look better! **2 FREE TRIAL CLASSES will be held on 8/31 and 9/3.**

**Ages:** 60 years old and over

**Location:** Highlands Recreation Center Social Room

**Instructor:** Sterling Sakai

M/Th	9/14-10/8	11:00am-12:00pm	\$40/45
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The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations.

**\* Free \***

Mon	10/5-11/9	6-9pm
Sat	11/14	9-4pm

After attending your 6 CERT training classes you are required to attend a disaster simulation day to receive your certification.

**Disaster Simulation Day: Saturday, 11/14 from 9am-4pm. Location: Cal Fire Station 17, 320 Paul Scannell Dr, San Mateo, CA, 94402.**

## Rummage Sale

Clean out your garage and join the Highlands Community in our 2nd annual Rummage Sale. Contact the Highlands Rec to rent a space in our parking lot, or you can simply sell items in your driveway. Must pre-register with the Highlands Rec prior to event. Visit: [highlandsrec.ca.gov](http://highlandsrec.ca.gov) for more information about the event and to get on the map.

**Saturday October 10th 8am-1pm \$20/space**

## AARP Smart Driver Course

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's 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 new course 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. 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	10/12, 10/13	12:30-4:30pm	\$15/20
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## Highlands Recreation Center Community Movie Nights

Friday, July 17th



Friday, August 21st



Movies will begin around 8pm and be shown outdoors at the Highlands Recreation Center, on the grass (weather permitting). Please bring blankets and chairs to improve your movie watching experience.

We will have face painting available and a special edible art project before each movie begins.

Popcorn and Refreshments will be available for purchase!

## Wine & Design

Get inspired at our Wine and Design night. Come sip wine and socialize with friends and neighbors, all while learning how to paint. No experience necessary!



Our instructor, Deb Rumer is a Highlands Resident and art instructor.

\$30 per person includes materials and wine.

Bring a photo to work from, if desired.

**Saturday August 15th 7:00-9:30pm**  
**Highlands Rec Multipurpose Room**

## Document Shred Event

Shredding sensitive documents is one way to reduce your risk of becoming an identity theft victim. We help you securely destroy confidential documents/records.

**Saturday Sept 19th 9am-12pm Free**

## Holiday House Decorating Contest

Do you or your neighbors go "all out" when decorating your house for the Holidays? If the answer is YES, then show off your Holiday Spirit and sign up for the Highlands Residents Holiday House Decorating Contest. Entry fee is \$10 and must be paid by 5pm on Tuesday, December 1st. Judging will take place on Thursday, December 3rd from 6:30-8:30pm. There will be three total prizes awarded, winners will be announced at the Recreation Center Holiday Event on Friday, December 5th at 6:30pm. Holiday House Decorating Contest is home exterior decorations only.

## July

### HRC Cornhole Tournament

\$50 per team, 2 person teams  
16 teams max, must pre-register

#### Fee Includes:

- \* 4 beers per team
- \* BBQ Hot Dog/Hamburger, Chips
- \* Double Elimination Bracket Format

1st Prize - 2 SF Giants vs LA Dodgers tickets plus parking pass to the September 30th, 7:15pm game.

**Saturday July 25th 4:00pm-8:00pm**  
**Highlands Rec Multipurpose Room**



## August

### Women's Wellness Seminar



Join us for an informative and inspiring day with the latest insights on how to live a healthy,

balanced life. Speakers include a cosmetic skin specialist, nutritionist and Women's health doctor.

**Saturday August 8th 9:30am-12:30pm**  
**Highlands Rec Multipurpose Room**

## September

### CERT Fire Extinguisher Event



Highlands CERT and Cal Fire is hosting a fire extinguisher event at the Highlands Rec. Attendees will have the opportunity to purchase fire extinguishers, bring in fire extinguishers for servicing/refill and leave extinguishers to be recycled. There is a minimal fee for servicing/refill and purchasing, but there's no fee for recycling. CERT members will help explain how and when to use an extinguisher properly!

**Saturday September 19th 9am-12pm**  
**Highlands Rec Multipurpose Room**

## November

### Peninsula Winery Tour



Spend the day in the Santa Cruz Mountains sipping wine with friends! Vans will leave the HRC parking lot at 11am, heading to our first stop at Picchetti Winery for a tasting and picnic lunch (please bring your own lunch). We will spend the afternoon strolling around Naumann Vineyard tasting specially selected wines. Tasting fees paid separately at the time of tasting. Only 14 seats available. Registration fee \$35 per person. Vans will return by 5pm.

**Saturday November 21st 11am-5pm**

## Put Your Ad Here!

**8,500 printed copies  
3 times per year**

Contact Jeff at (650) 341-4251 or  
jeffs@highlandsrec.ca.gov for pricing

## Have your party at the Highlands Recreation Center!

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

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

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.

**Check out the Highlands  
Recreation Center website  
[www.highlandsrec.ca.gov](http://www.highlandsrec.ca.gov)**

## CLASS REGISTRATION

### REGISTRATION

- \* Register by mail, in person, by phone or online at [www.highlandsrec.ca.gov](http://www.highlandsrec.ca.gov)
- \* 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.
- \* **AQUATICS ONLY:** If cancelling enrollment at any time before or during a session and NOT enrolling in another session at that time, you may receive full district credit OR a prorated credit card refund, less a \$5 administrative fee.
- \* 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.
- \* If a single class is cancelled by the Highlands Recreation District for any reason, a pro-rated district credit will be automatically applied to your household credit. No cash, check or credit card refund will be given.
- \* 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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Save 5% by registering before July 1<sup>st</sup>.  
Monthly classes start this September.

[polite.com](http://polite.com) : 650.340.9860 : [office@polite.com](mailto:office@polite.com)

## 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.**

1<sup>st</sup> Tuesday Monthly 10:15-11:15am MPR



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