

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, Eric Olbekson and Sterling Sakai. 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 community place to learn, grow and play.

HRD Mission Statement

The Highlands Recreation District is dedicated to providing 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
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.

Spring and Summer Dates to Remember

March

Resident Spring/Summer Registration	3/7
HRD Board Meeting	3/8
Non-Resident Spring/Summer Registration	3/14
Eggstravaganza/Underwater Egg Hunt	3/26

April

HRD Board Meeting	4/12
Highlands Rec T-Ball Begins	4/16

May

HRD Board Meeting	5/10
Office Closed - Memorial Day	5/30

June

Pool Closed - All Staff Training	6/5
HRD Board Meeting	6/14

July

Office Closed - 4th of July Celebration	7/4
Resident Fall Registration	7/5
Non-Resident Fall Registration	7/11
HRD Board Meeting	7/12

August

HRD Board Meeting	8/9
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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:

	Highlands Res	CSA 1 Res	Non-Res
Senior ⁽⁶²⁺⁾	\$15	\$20	\$25
Adult	\$20	\$25	\$30
Add'l. Adults	\$8	\$11	\$15
Per Child	\$3	\$3	\$5
Registration	\$200	\$250	\$300

Notes:

1. All pool memberships include fitness room membership.
2. Each pool member receives a 10% discount on their aquatic class fees, except private & 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 Easter Egg Hunt

Kids! Bring your swimsuit and join us for an Underwater Easter Egg Hunt at the March 26th Eggstravaganza! All egg hunts will be done by age group. More detailed schedule info to follow.

Saturday, March 26th
Estimated Start Time 11:00am

SPRING POOL HOURS

4/4/16-6/19/16

MWF	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
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

SUMMER POOL HOURS

6/20/16-8/14/16

M-F	6:00-9:00am	Lap Swim
	1:00-5:00pm	Rec Swim
	5:00-7:00pm	Friday Rec Swim
	5:00-8:15pm	Lap Swim
Sat/Sun	9:30am-12:00pm	Lap Swim
	12:00-5:00pm	Rec Swim
	5:00-6:00pm	Lap Swim
	*5:00-6:30pm	Sunday Lap Swim

**schedule subject to change*

Pool Schedule Changes

Pool Closed:

3/21/16-3/22/16	Dome Removal
6/5/16	All Staff Training

Hour Changes:

5/30/16	Memorial Day - Saturday Hours
7/4/16	11am-12pm Lap Swim, 12-2pm Rec Swim, 2-4pm Carnival Games, 4-5 Lap Swim

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.

Youth Swim Lessons

Youth Swim Lesson Descriptions

Guppies (L1) (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 and exit, pool safety and moving through the water.

Seahorses (L2) - Swimmers learn to coordinate arm and leg actions and swim independently on both front and back, building on level 1 skills to increase confidence, independence, and water safety skills. **Prerequisite skills** - completely submerge underwater unassisted, able to perform assisted skills with face in water. **Skills include** - unassisted floats, glides, big arms, elementary backstroke and rollovers.

Marlins (L3) - Swimmers learn breathing technique for freestyle. They will increase their confidence and skill base in freestyle, backstroke, and elementary back stroke. They will become more comfortable in deep water while developing their treading skills. **Prerequisite skills** - Front and back floats, big arms with rollovers, elementary backstroke 5 yds, backstroke 5 yds. **Skills include** - side breathing, treading, coordinated freestyle and backstroke, intro to breaststroke kick, and diving progression.

Sting Rays (L4) - Swimmers will enhance their freestyle and backstroke while building onto their breaststroke kick. They will be introduced to butterfly kicks, turns, and continue diving progression. **Prerequisite skills** - Side breathing 10 yds, backstroke 15 yds and treading water for 30 seconds.

Skills include - side butterfly, open turns, and racing dives.

Sharks (L5) - Swimmers refine their swimming technique for freestyle, backstroke, and breaststroke. They learn to coordinate their butterfly.

Prerequisite skills - Freestyle and backstroke 25 yds, breaststroke 10 yds, treading water for 1 minute, dolphins kicks.

Skills include - all strokes, racing dives, and turns.

Spring Break	M/W	 Guppies (L1)	 Seahorses (L2)	 Marlins (L3)	 Sting Rays (L4)	 Sharks (L5)
3/28-4/6 \$50/57	3:30-4:00pm	●	●			
	4:00-4:30pm			●	●	
	4:30-5:00pm	●			●	
	5:00-5:30pm		●			●
3/29-4/7 \$50/57	T/TH					
	5:00-5:30pm	●	●			
	5:30-6:00pm			●	●	
	6:00-6:30pm			●		●
Spring Sessions	M/W	Guppies (L1)	Seahorses (L2)	Marlins (L3)	Sting Rays (L4)	Sharks (L5)
4/11-4/27 \$74/86 5/2-5/18 \$74/86 5/23-6/15 \$86/100 (No Class 5/30)	3:30-4:00pm	●	●			
	4:00-4:30pm			●	●	
	4:30-5:00pm	●		●		
	5:00-5:30pm		●			●
4/12-4/28 \$74/86 5/3-5/19 \$74/86 5/24-6/16 \$99/115	T/TH					
	5:00-5:30pm	●	●	●		
	5:30-6:00pm	●		●	●	
	6:00-6:30pm		●		●	●
4/15-4/29 \$37/43 5/6-5/20 \$37/43 6/3-6/17 \$37/43	Friday					
	3:30-4:00pm	●	●	●		
	4:00-4:30pm		●	●	●	
	4:30-5:00pm	●		●	●	
4/16-4/30 \$37/43 5/7-5/21 \$37/43 6/4-6/18 \$37/43	Saturday AM					
	10:30-11:00am		●			●
	11:00-11:30am	●		●		
	11:30-12:00am		●		●	
	12:00-12:30pm				●	●
4/17-5/1 \$37/43 5/8-5/22 \$37/43 6/12-6/19 \$25/29	Sunday AM					
	10:30-11:00am		●	●		●
	11:00-11:30am	●		●	●	
	11:30-12:00am	●	●		●	
	12:00-12:30pm			●	●	●
4/17-5/1 \$37/43 5/8-5/22 \$37/43 6/12-6/19 \$25/29	Sunday PM					
	5:00-5:30pm	●	●	●		
	5:30-6:00pm		●	●	●	
	6:00-6:30pm		●		●	●

Summer Sessions		Mon-Thur	Guppies (L1)	Seahorses (L2)	Marlins (L3)	Sting Rays (L4)	Sharks (L5)
6/20-6/23	\$50/57	9:00-9:30am			●	●	●
6/27-6/30	\$50/57	9:30-10:00am		●	●	●	
7/5-7/7	\$37/43	10:00-10:30am		●	●		●
7/11-7/14	\$50/57	10:00-10:30am		●	●		●
7/18-7/21	\$50/57	10:30-11:00am	●	●		●	
7/25-7/28	\$50/57	11:00-11:30am	●		●		●
8/1-8/4	\$50/57	11:30-12:00am		●	●	●	
8/8-8/11	\$50/57	12:00-12:30pm		●		●	●
		12:30-1:00pm	●		●	●	
6/21-7/7	\$74/86	T/Th					
7/12-7/28	\$74/86	5:00-5:30pm	●	●	●		
8/2-8/11	\$50/57	5:30-6:00pm	●	●			●
		6:00-6:30pm		●	●	●	
		6:30-7:00pm		●	●	●	●
6/24-7/15	\$37/43	Friday					
(No Class 7/1)		5:00-5:30pm	●	●	●		
7/22-8/12	\$50/57	5:30-6:00pm	●		●	●	
		6:00-6:30pm		●		●	●
		6:30-7:00pm		●	●	●	●
6/25-7/16	\$37/43	Saturday AM					
(No Class 7/2)		9:30-10:00am		●	●		●
7/23-8/13	\$50/57	10:00-10:30am	●		●	●	
		10:30-11:00am	●	●		●	
		11:00-11:30am		●	●	●	●
		11:30-12:00am	●	●	●		
6/25-7/16	\$37/43	Saturday PM					
(No Class 7/2)		5:00-5:30pm	●	●	●		
7/23-8/13	\$50/57	5:30-6:00pm			●		●
6/26-7/17	\$37/43	Sunday AM					
(No Class 7/3)		9:30-10:00am		●			●
7/24-8/14	\$50/57	10:00-10:30am	●		●	●	
		10:30-11:00am	●	●		●	
		11:00-11:30am		●	●	●	●
		11:30-12:00am	●	●	●		
6/26-7/17	\$37/43	Sunday PM					
(No Class 7/3)		5:00-5:30pm	●	●	●		
7/24-8/14	\$50/57	5:30-6:00pm	●	●		●	
		6:00-6:30pm			●	●	●

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: \$33/38 **Semi-Private:** \$27/32 (per child)
Private 4 lesson bundle: \$128/148 **Semi-Private 4 lesson bundle:** \$104/124
Private Diving Lessons w/ Kelly Winterbottom: \$40 for a 28 minute lesson.

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



H2O Babies Orientation

Free Orientation Class!

(Parent/Nanny must be in the water)

This one time H2O babies Orientation is free for parents and babies ages six months to 3 year old and is designed to introduce our H2O Babies class. Please call (650) 341-4251 to enroll. Class dates: 3/28 or 3/30. H2O babies class times are from 11:05am-12pm.

H2O Babies

(Parent/Nanny must be in the water)

H2O babies is for babies age six months to 3 years old and is a swim program committed to providing aquatic education, focusing on water safety and learn-to-swim techniques. Our H2O babies class consists of songs, fun games and basic swim techniques. Our focus is to increase confidence in the water for both parents and H2O babies. Our instructors use a well-established curriculum to successfully work with all personalities of babies and parents. H2O babies receive individual attention in a positive learning environment of praise and encouragement. Program enrollment is monthly. Classes begin on April 4th. **Instructor:** Steve Marra. **No class: 5/30.**

M/W On-Going 11:05am-12pm \$99/115 month

Spring Board Diving

Learn from a world champion diver!! 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. Divers who have started in diving programs at the Rec. have gone on to dive at Stanford and have earned national age-group titles. **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.

Spring

Sa 5/14-6/4 12:00-12:45pm \$58/65

Summer - Mornings

T/Th 6/21-7/7 11:00-11:45am \$87/98

T/Th 7/12-7/21 11:00-11:45am \$58/65

Summer - Evenings

Th 6/23-7/21 5:00-5:45pm \$73/81

WANTED: LIFEGUARDS AND SWIM INSTRUCTORS

The Highlands Rec is currently hiring lifeguards and swim instructors to work a variety of hours.

Contact Tricia Hall for more info at (650) 341-4251 or email tricia@highlandsrec.ca.gov

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!**

M-Th	3/28-3/31	8:00am-5:00pm	\$220/230
M-Th	5/30-6/2	8:00am-5:00pm	\$220/230
M-Th	8/8-8/11	8:00am-5:00pm	\$220/230

Junior Lifeguarding 2016

This American Red Cross program provides a strong foundation for future successful completion of the American Red Cross Lifeguarding Course. Jr. Guards will work out daily to improve their physical fitness both on land and in the water. They will learn about causes and ways to prevent drowning and diving accidents, how to supervise others around water, drowning recognition, basic first aid, CPR, and AED. Jr. Guards will develop leadership skills necessary to become successful lifeguards including effective communication, how to make informed decisions, how to work as a team and about customer service. Fridays the Junior Lifeguards will be taken on different Aquatic themed field trips throughout the bay area. **Pre-requisite:** Ability to swim front crawl for 25 yards continuously using side breathing, tread water for 1 minute, submerge and swim a distance of 10 feet. ***Please bring:** towel, swim suit, change of clothes, jacket, tennis shoes, sunscreen, lunch, hat, (lunch money for Friday field trip). **Ages 11+ (flexible if child is on swim team.)** M-Th from 11am-4pm, Friday field trip 9:30am-4pm. \$190/205 per week. ***Sign up for 4 weeks and get 15% off the 5th week.**

Wk 1	6/20-6/24	Lifeguarding 101
	Field Trip:	Water World
Wk 2	6/27-7/1	Junior Guard Boot Camp
	Field Trip:	Shoreline Lake
Wk 3	7/5-7/8	Water Rescues
	Field Trip:	Raging Waters
Wk 4	7/11-7/15	Spinal Injuries and Back-Boarding
	Field Trip:	Linda Mar Beach
Wk 5	7/18-7/22	First Aid
	Field Trip:	Exploratorium
Wk 6	7/25-7/29	Breath of Life
	Field Trip:	Cowell Ranch Beach
Wk 7*	8/1-8/5	CPR for the Professional Rescuer
	Field Trip:	Santa Cruz Beach Boardwalk

*Participants of this week will receive American Red Cross Certifications in basic First Aid, CPR and AED.



Spring Break Splash Camp

Splash Camp is an exciting new camp highlighting activities that occur in and around nautical environments. We will have a fun-filled week of games and activities planned with an aquatic theme. Campers will enjoy time at the pool for some splash time, at the playground for some play time, and around the rec creating crafts to bring home and display. Each week will be a different theme! Campers that meet our Level III swimming ability and above are welcome to join!

M-F	3/28-4/1	9:00am-3:00pm	\$190/205
M-F	4/4-4/8	9:00am-3:00pm	\$190/205

Barracudas Fitness Swim

Barracudas is designed for stroke efficiency, and endurance. In this level, students will learn how to make all four competitive strokes (butterfly, backstroke, breaststroke, freestyle) as streamlined as possible. During this session, students will learn drills that enhance the understanding of how each stroke works. Drills break down the stroke step by step and help the swimmer feel each mechanical part of the stroke, which in turn helps make the stroke smooth and efficient. They will also learn legal flip turns and dives. To enhance endurance, students will also be doing interval training utilizing the pace clock. **Pre-requisite: Pass Sharks (Level 5).**

No Class: 7/2, 7/3. Instructor: Brandy Vassallo.

Spring

T/Th	4/12-4/27	4:30-5:00pm	\$74/86
T/Th	5/3-5/19	4:30-5:00pm	\$74/86
T/Th	5/24-6/16	4:30-5:00pm	\$99/115

Summer

Sat	6/25-7/16	4:30-5:00pm	\$74/86
Sat	7/23-8/13	4:30-5:00pm	\$74/86
Sat	6/26-7/17	4:30-5:00pm	\$74/86
Sat	7/24-8/14	4:30-5:00pm	\$74/86

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 Tricia Hall for more info.



Aqua Zumba

Aqua Zumba blends the Zumba philosophy with water resistance for one POOL PARTY you shouldn't miss! There is less impact on your joints during an Aqua Zumba class, so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. **Instructor: Miggy Mendoza.**

M	On-Going	9:30-10:30am	\$40 month
Sa	On-Going	9:30-10:30am	\$40 month
M & Sa	On-Going	9:30-10:30am	\$70 month

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: 5/30, 7/4.

M/F	On-Going	11:05am-12pm	\$89/94 month
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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.

W	On-Going	11:05am-12pm	\$52/57 month
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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: 5/30, 7/4.**

M/W/F	On-Going	8:00-9:00am
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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

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	\$92/108
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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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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.

Parent Volunteering

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.

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:

5/30 – Memorial Day
7/4 – Independence Day
2 days in August - TBD
9/5 – Labor Day



After School Program 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 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 2016 Fees

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

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

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

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

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

2016-2017 After School Program is full!
2016-2017 In-Crowd Program is full!
Contact the office today for information on how to join the ASP waitlist or join the In-Crowd waitlist.

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 Emergency packets available online at: www.highlandsrec.ca.gov



For Your Calendar...

ASP/IN CROWD CLOSED:
Spring Break: 3/25-4/8
Memorial Day: 5/30

ASP/IN CROWD OPEN ALL DAY
on Staff Development Days

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.

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 escort children who attend Borel Middle School from the bus stop across the street from The Church. **In Crowd Head Teacher: Taylor Cianciolo.**

In Crowd 2016 Fees

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

Mar (1-24):

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

Apr (7-30):

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

May:

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

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

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

**In Crowd emergency packets available online
at: www.highlandsrec.ca.gov**



Spring Camp 2016

K-8th Grade

Hours: 7:30am-6pm Fri: 3/25

Wk 1: 3/28-4/1 Wk 2: 4/4-4/8

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 memorable field trips.

Theme Days

Friday	3/25	Aloha Campers
Monday	3/28	Camp Out
Tuesday	3/29	Into the Wild
Wednesday	3/30	American Ninja Warrior
Thursday	3/31	Field Trip - Jungle Island
Friday	4/1	Minecraft Crafts
Monday	4/4	May the Force Be With You
Tuesday	4/5	Camp Cookout
Wednesday	4/6	Under the Big Top
Thursday	4/7	Field Trip - Movies
Friday	4/8	Fiesta Friday

Spring Camp Res/Non Res Fee:

Daily Fee	\$75/80
Weekly Rate	\$300/320
Field Trip Only Day Rate	\$85/90



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	3/11	6-10pm	\$30 child	S.R.
F	4/15	6-10pm	\$30 child	S.R.
F	5/13	6-10pm	\$30 child	S.R.

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

Summer Fun Zone 2016

The Great Outdoors

Children K-8th Grades M-F 7:30am-6pm

Summer's right around the corner and were thinking fun, fun, fun! Highlands Recreation Center is excited to host an 8 week Summer Camp jam packed with amazing games and activities. Each exciting week brings you the very best in sports, arts, science, cooking, hiking and daily swimming. Come create wonderful Camp memories through adventurous outdoor and indoor activities. Each themed week will include a field trip to different spectacular locations throughout the Bay Area. If you're looking for a safe and fun environment for your children, reserve a spot now. Our Summer Fun Zone is an adventure you don't want to miss! 12:1 Child to Staff Ratio.

Summer Camp Fees

Weekly Fee \$300/320

Week 3 \$260/280

(Closed 7/4/16)

Drop in* \$75/80

*Camp spaces are reserved for weekly enrolled children. Drop-Ins available MTuWF only, and only if there is space. The spaces can be reserved the Friday prior to your week of interest. Pre-payment for all summer long drop-ins is unavailable.

Full payment for all weeks of camp are due before your child attends. If payments are not made before the first day, you may lose your space in Summer Camp.



April 11th - Camp Emergency Packets Available Online

Field Trips

All campers must participate in Thursday field trips. There are no staff left behind on field trip days. All field trips subject to change.

What your fees include:

- * 7:30am-6pm = 10.5 hours of Fun!
- * Thursday field trip entrance fees and transportation
- * M, Tu, W, F Rec Swim from 1:30-5pm
- * Special presenters & jumpers
- * Two daily snacks
- * CPR & First Aid Certified staff
- * Opportunity to join in many enrichment classes

Camp Refund Policy

The Highlands Rec. Center will refund prepaid weeks prior to start of scheduled week, minus \$50 per child, per week. If cancellation occurs during scheduled week of camp, no refunds are given.

Discounts & Rewards

- (1) If you pay for 4 or 5 weeks in full by June 1st, receive 4 complimentary pool passes.
 - (2) If you pay for 6 or 7 weeks in full by June 1st, receive \$10 off per week.
 - (3) If you pay for 8 weeks in full by April 1st, receive \$20 off per week AND get half off the pool membership registration fee (New Pool Members only).
- Sibling Discount: \$5/week off.**

Enrichment Classes

Here at the Highlands Rec, we offer a variety of different classes throughout the day that are open to all children in our Camp program. We offer these classes throughout the year for those who participate in our Camps and After School program. We'll ensure that your child is brought to class on time. You will find a variety of these classes advertised here, including: Soccer & Smiles, Tap Dance, Youth Tennis, Jr. Jazzercise, Swimming and more. For more information on these classes please see pages 14-25 or call the Highlands Rec at (650) 341-4251.

Summer Fun Zone 2016

Summer Camp Themes & Field Trips - The Great Outdoors

Each week of Summer Camp will include the following activities: Art, Sports, Cooking and Games!!

More info about our seasonal camp daily schedule is available online at
<http://highlandsrec.ca.gov/childcare/seasonal-camps/>

Week	Camp Dates	Weekly Camp Themes	Thursday Field Trips
1	June 20 - June 24	Gearing Up	Boomers
2	June 27 - July 1	Highlands Hikers	Great America
3	July 5 - July 8	Rock Climbing Rockstars	Rock Wall at Camp
4	July 11 - July 15	Blazin' Boats	Aqua Adventure
5	July 18 - July 22	Camping Craze	Oakland Zoo
6	July 25 - July 29	Surf Legends	Water World
7	Aug. 1 - Aug. 5	Hitting the Slopes	Huddart Park
8	Aug. 8 - Aug. 12	Rec-a-thon	Tanforan Mall - Movies

Middle School Camp & Field Trips

Our camp program for 6th-8th graders offers a "cool" environment with safe supervision while encouraging age appropriate independence through a variety of activities, team building, field trips and games. All middle school field trip participants are required to bring their own money for lunches (or can bring a bag lunch), entrance fees and any other items they wish to purchase at the destinations unless otherwise advertised. The weekly camp fee includes bus transportation & admission on Thursday all-camp field trips. Tuesday and Wednesday field trips are optional for middle school students; if your child wishes to attend either of the Tues or Wed field trips, **they must be signed up by a parent.** Due to transportation issues, certain Middle School field trips are limited to 14 students. Field trip spaces are available on a first come, first serve basis. All field trips subject to change. **Field trips listed below are for 6th-8th grades only.**

Overnight at the Rec 6th-8th Graders Only

Have you always wanted to spend the night at the Rec? Well here's your special chance. The enrollment fee includes: dinner, night swim, hike, flashlight tag and roasting marshmallows. Finish off the night with a movie in the gym while snuggling in your sleeping bag. Pancake breakfast too! 24 child max. **HRC Gym.**

Enrolled in Camp* Tu-Wed 7/19-7/20 \$65/70
Not Enrolled in Camp** Tu-Wed 7/19-7/20 \$80/85

* If your child is enrolled they can stay at camp all day Tues and through Weds. camp day.

* If your child is not enrolled in camp, hours of overnight are 6pm-8:30am.

Middle School Field Trips

Wk 1	6/21	Burlingame Ave for Lunch	6/22	Rockin' Jump	Wk 5	7/19	Overnight at the Rec	7/20	In-N-Out Burger
Wk 2	6/28	Water Dog Park & Lunch	6/29	Downtown RWC Movies	Wk 6	7/26	Beresford Park & Lunch	7/27	SF Giants Game
Wk 3	7/5	Hillsdale Mall	7/6	Laser Quest	Wk 7	8/2	Redwood Shores Lunch	8/3	Golfland
Wk 4	7/12	Twin Pines Park & Lunch	7/13	IMAX Santa Clara	Wk 8	8/9	Barret Park & Lunch	8/10	Nickle City

Ready Set Soccer w/ Ready Set Sports

Let your child's first soccer experience be a great one! Designed specifically for children ages 2.5 - 5, Ready Set Sports 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: 3/28, 4/4, 5/30, 7/4.**

Ages: 2.5 to 5 years old

Location: Highlands Recreation Center Grass

Instructor: Ready Set Sports Staff

M	3/7-4/25	12:30-1:00pm	\$72/77
M	5/2-6/13	12:30-1:00pm	\$72/77
M	6/20-8/1	12:30-1:00pm	\$72/77

Ready Set Basketball w/ Ready Set Sports

Let your child's first Basketball experience be a great one! Designed specifically for children ages 3 - 5, Ready Set Sports strives to teach the fundamentals of basketball 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: 3/29, 4/5, 5/31, 7/5.**

Ages: 3 to 5 years old

Location: Highlands Recreation Center Gym

Instructor: Ready Set Sports Staff

T	3/8-4/26	12:30-1:00pm	\$72/77
T	5/3-6/14	12:30-1:00pm	\$72/77
T	6/21-8/2	12:30-1:00pm	\$72/77

Young Rembrandts Pre-K Drawing

Spring is a great season for artistic talent to blossom. In a Young Rembrandts Drawing Class, we'll explore many fun subjects like flowers and birds to reflect the spring season. A cuddly teddy bear will warm your heart and make your child smile. Vibrant illustrations of a peacock and snail will introduce our students to a rich world of color. There's no better time than now to enroll your student! **No Class: 5/27.**

Ages: 3.5 to 5 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

F	2/19-3/18	2:30-3:30pm	\$100/105
F	4/22-6/3	2:30-3:30pm	\$120/125

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. Our website: peninsulaboxing.org/mobile-gym-program/

No Class: 3/31, 4/7.

Ages: 3 to 5 years old

Location: Highlands Recreation Center Gym

Instructor: Nick Bellafatto

Th	3/3-4/28	9:45-10:30am	\$105/110
Th	5/5-6/16	9:45-10:30am	\$105/110
Th	6/23-8/4	10:00-10:45am	\$105/110

Youth Tennis Lessons EEC Only Pre-Tennis

This is an introductory tennis class for EEC students, ages 3-5 years old that teaches balanced movement, footwork skills and hand-eye coordination.

No Class: 7/4.

Ages: 3 to 5 years old

Location: Highlands Recreation Center Tennis Ct. 1

Instructor: Scott Perlstein Tennis Staff

M/W	3/7-3/23	3:00-3:30pm	\$55/60
M/W	4/18-5/25	3:00-3:30pm	\$110/115
M/W/F	6/20-7/15	3:00-3:30pm	\$100/105
M/W/F	7/18-8/10	3:00-3:30pm	\$100/105

(paid ad)



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Highlands Rec T-Ball with Mini Sports Stars



Non-Competitive Instructional T-Ball
Boys & Girls: Ages 3-4 and 5-7

The Highlands Rec Center and Mini Sports Stars Staff will be joining together and offering Highlands Rec T-Ball. T-Ball is the most popular sport that Mini Sports Stars offers and is an excellent stepping stone to baseball. Mini Sports Star's believes 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. During T-Ball, kids will learn how to name and run the bases, field, throw, and of course hit. Special equipment is used to enhance development while ensuring a safe environment.

Program Format:

- Games are held at the Highlands School grass field (off Bunker Hill Exit). All equipment will be supplied by HRC, except for the players' gloves.
- The schedule is as follows: Introductions and Base running, Fielding and Throwing, Hitting and Fielding in a modified game setting.
- NO SCORE is ever kept
- All Mini Sports Stars classes are designed to enhance the physical AND social skills of all participants. All coaches are trained to abide by the positive coaching alliance principles.

Age Divisions: Pee-Wee: 3-4 years old
Juniors: 5-7 years old

Program Schedule

Season 1 Fee: \$100/105

<u>Day</u>	<u>Game Dates</u>	<u>Division</u>	<u>Time</u>
Sat	4/16-5/14	Pee-Wee	9:30-10:15am
Sat	4/16-5/14	Juniors	10:30-11:30am

Season 2 Fee: \$80/85

<u>Day</u>	<u>Game Dates</u>	<u>Division</u>	<u>Time</u>
Sat	6/18-7/16*	Pee-Wee	9:30-10:15am
Sat	6/18-7/16*	Juniors	9:30-10:30am

***No Class: 7/2.**

Season 3 Fee: \$80/85

<u>Day</u>	<u>Game Dates</u>	<u>Division</u>	<u>Time</u>
Sat	7/23-8/13	Pee-Wee	9:30-10:15am
Sat	7/23-8/13	Juniors	9:30-10:30am

FUNDamental HOOPS

FUNDamental HOOPS is an instructional basketball class for boys and girls that emphasizes proper basketball technique through FUN drills and games to establish good basketball playing habits. Your children will learn the FUNDamentals of basketball in a supportive, relaxed environment and work on shooting, dribbling & footwork basics with Coach Tony and Coach Mike. We group the children by age to best serve their developmental needs. Coach Tony and Coach Mike have more than 40 years of coaching experience combined and want to share their love of the game with your children.

No Class: 7/2.

Ages: 7 to 12 years old

Location: Highlands Recreation Center Gym

Instructor: Coaches Tony and Mike Ciardella

Sa	4/16-5/21	9:15am-12:10pm	Pricing Below
Sa	6/4-7/16	9:15am-12:10pm	Pricing Below

<u>Ages</u>	<u>Times</u>	<u>Price</u>
7 & 8	9:15am-10:10am	\$105/110
9 & 10	10:15am-11:10am	\$105/110
11 & 12	11:15am-12:10pm	\$105/110

Mad Science Attention Future Astronauts

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery! See the principles of thrust and propulsion at work in a real rocket launch! Explore the atmosphere on earth and beyond! Watch star dust burn, and journey through a galaxy as you investigate the life cycle of stars! Explore the farthest reaches of our solar system and create a lunar eclipse in this "mad" planetary tour! Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena! Experience the life of an astronaut as you prepare for space flight! This is an experience that is truly out of this world! **No Class: 5/30.**

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Mad Science Staff

M	4/18-6/13	3:30-4:30pm	\$160/165
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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.

Ages: 5 to 14 years old

Location: Highlands Recreation Center MPR

Instructor: US Chessmates Staff

Th 4/21-6/9 4:30-5:30pm \$110/115

Engineering FUNdamentals

Students explore concepts in physics, architecture, mechanical and structural engineering, from Gear Cars to Battlitracks. The engineer-designed curriculum challenges new and returning students to reach higher levels of engineering comprehension while having fun.

Ages: 2nd-5th Grades

Location: Highlands Recreation Center MPR

Instructor: Play-Well TEKnologies Staff

Tu 4/19-6/7 3:30-4:45pm \$200/205

Young Rembrandts Children's Drawing

The spring is an exciting time to be a part of a Young Rembrandts Drawing Class. This season is about renewal, and now is the perfect time to renew your child's interest in drawing and coloring! Our students will learn how to think outside of the box as they create stylized drawings of an intricately patterned fish, a cartoon alligator and a detailed illustration featuring an aerial view from the perspective of a jet plane! Sign up for classes today! **No Class: 5/27.**

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

F 2/19-3/18 3:30-4:30pm \$100/105

F 4/22-6/3 3:30-4:30pm \$120/125

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.**

Ages: 1st-5th Grades

Location: Highlands Elementary School Grass Field

Instructor: Aces Jr. Golf Staff

W 2/24-3/16 1:00-2:00pm \$140/145

W 4/20-6/1 1:00-2:00pm \$240/245

Mandarin Spring Camp - Under the Sea!

Are you ready to enter the wonderful world of marine mammals? Nihao! School's 2-week Spring Mandarin Camp, offers all the benefits of an immersion education environment with a party-style component! Campers will discover creatures that live in the open sea world where the origin of life begins. Learn how these animals find food, navigate in the open wild to survive. We will also incorporate a cooking activity to each week! **\$75 materials fee paid to instructor.**

Ages: 4-7 years old

Location: Nihao! School, 532 W. Hillsdale Blvd., San Mateo, CA 94403.

Instructor: Nihao! School Staff

M-F 3/28-4/1 8:00am-6:00pm \$350

M-F 4/4-4/8 8:00am-6:00pm \$350



LOOKING GLASS

KOREAN SCHOOL

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

(paid ad)

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

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.

Ages: 5 to 12 years old
Location: Highlands Recreation Center MPR
Instructor: Sandy Basurto
 Th 4/21-6/9 3:30-4:30pm \$80/85

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 4/3-5/22 11:00am-12:00pm \$400/405

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.

Ages: 6 years old and over
Location: Highlands Recreation Center MPR
Instructor: Dave Creamer
 W 4/20-6/8 3:30-6:00pm \$230/235

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

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. This parent-child class 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 the intermediate program takes students up the leadership ladder. When you can build your own life in positive ways, then you are on the path to helping guide others. As with the beginner series, the intermediate series is filled with interaction, laughter, stories, magic, games, and surprises. **A class for parent-child teams (1 parent-1 child).**

Ages: Current 4th - 6th Grades
Location: Highlands Recreation Center Social Room
Instructor: Jim Wiltens
 W 4/20-5/11 6:30-8:30pm \$150/155

Have your party at the
Highlands Recreation Center!

Multipurpose Room
Gym Social Room Kitchen

All rentals include: Tables, Chairs and much more. Our Rental Supervisor is here throughout your rental, 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, email Jeff Schwartz at jeffs@highlandsrec.ca.gov



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 hand-eye coordination.

No Class: 7/4. Lessons held on Court 1.

M/W	3/7-3/23	3:30-4:00pm	\$55/60
M/W	4/18-5/25	3:30-4:00pm	\$110/115
M/W/F	6/20-7/15	1:30-2:00pm	\$100/105
M/W/F	7/18-8/10	1:30-2:00pm	\$100/105

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: 7/4. Lessons held on Court 1.

M/W	3/7-3/23	4:00-5:00pm	\$78/83
M/W	4/18-5/25	4:00-5:00pm	\$155/160
M/W/F	6/20-7/15	2:00-3:00pm	\$145/150
M/W/F	7/18-8/10	2:00-3:00pm	\$145/150

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: 7/4. Lessons held on Court 1.**

M/W	3/7-3/23	5:00-6:00pm	\$78/83
M/W	4/18-5/25	5:00-6:00pm	\$155/160
M/W/F	6/20-7/15	3:30-4:30pm	\$145/150
M/W/F	7/18-8/10	3:30-4:30pm	\$145/150

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. **No Class: 7/2.**

Saturday Youth Tennis

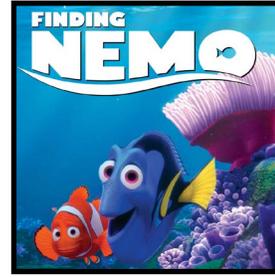
Pre-T	4/16-5/21	1:30-2:00pm	\$55/60
Youth I	4/16-5/21	2:00-3:00pm	\$80/85
Youth II	4/16-5/21	3:00-4:00pm	\$80/85
Pre-T	6/25-8/6	1:30-2:00pm	\$55/60
Youth I	6/25-8/6	2:00-3:00pm	\$80/85
Youth II	6/25-8/6	3:00-4:00pm	\$80/85

Sunday Youth Tennis

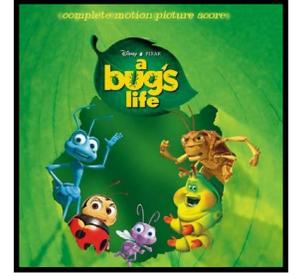
Pre-T	4/16-5/21	1:30-2:00pm	\$55/60
Youth I	4/16-5/21	2:00-3:00pm	\$80/85
Youth II	4/16-5/21	3:00-4:00pm	\$80/85
Pre-T	6/25-8/6	1:30-2:00pm	\$55/60
Youth I	6/25-8/6	2:00-3:00pm	\$80/85
Youth II	6/25-8/6	3:00-4:00pm	\$80/85

Highlands Recreation Center Community Movie Nights

Friday, June 24th



Friday, August 19th



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!

Youth Rock Climbing

Do your kids climb anything in sight? Are you looking for something fun and new for your child to do this Spring? 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.

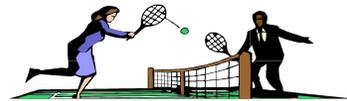
Ages: 5 to 13 years old

Location: 100 El Camino Real, Belmont, CA 94002

Instructor: Planet Granite Staff

T	3/15-4/12	4:00-6:00pm	\$150/155
Th	3/17-4/14	4:00-6:00pm	\$150/155
F	3/18-4/15	4:00-6:00pm	\$150/155
T	4/19-5/17	4:00-6:00pm	\$150/155
Th	4/21-3/19	4:00-6:00pm	\$150/155
F	4/22-5/20	4:00-6:00pm	\$150/155

(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.

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.

Destination Science

The Fun Camp for Curious Kids!

Hey Kids! Engineer your own roller coaster, build a Bot-Team, launch a roaring rocket & unmask superhero science. Engineer, Innovate, create & take home over 20 science gizmos & gadgets from STEM focused camps. Time to stir up some science fun at camp!

Destination Science camps run Monday - Friday, for children ages 5-11 years old. Have any questions?

Contact destination science: 888.909.2822

www.destinationscience.org or

email: info@destinationscience.org

Full Day Camp runs from 9am-3:00pm. Extended hours are available from 8-9am (\$30 per week) and 3:00-5:30pm (\$45 per week).

Ages: 5-11 years old

Location: Highlands Elementary School LGI

2320 Newport St, San Mateo, 94402.

Instructor: Destination Science Staff

Week 1 - Space Quest Science Camp - NEW Topic!

In a galaxy not so far way, campers will build & command their own Millennium Starship. Our intergalactic adventure includes searching for an Earth-like planet, innovating an outer-space habitat, and conducting space experiments. Campers will explore the forces of acceleration and friction to create, launch, and race the mind-blowing Land Rocket Explorer.

Week 2 - Robot Challenge Science Camp - All New!

Journey to the edge of Science, Technology, Engineering & beyond! 3...2...1...Liftoff! Build your own Roaring Rocket and launch it over 1,000 feet skyward! Continue your space adventure by taking home your launch system and setting up mission control to continue launching! In the afternoon, become an astronaut detective and solve a mystery spanning the solar system! We will explore the mysteries of space from an astronaut's point of view!

Week 3 - Roller Coaster Science Camp - NEW Topic!

Be a master robot builder by morning & mix-up cool chemistry reactions by afternoon! Design your very own electric powered Dino-Robot, ready to battle and race in our Jurassic Arena! After lunch, enter the raging chemistry reaction lab where things Fizz, Pop, Ooze and Glow. Mix up your curiosity with some slimy Ooze and unlock the mystery of magic kinetic sand. Experiment with instant light you can pour, edible/growing polymers, exploding carbon dioxide and more.

Destination Science Summer 2016 Pricing

Space Quest Science Camp

M-F	6/20-6/24	9:00am-3:00pm	\$349
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Robot Challenge Science Camp

M-F	6/27-7/1	9:00am-3:00pm	\$349
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Roller Coaster Science Camp

Tu-F	7/5-7/8	9:00am-3:00pm	\$280
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Planet Granite Climbing Camps

Do your kids love to climb anything in sight? Looking for something new and fun to do this Summer? Your child will learn to climb, play climbing games and meet other young climbers in a safe environment. Please arrive 15 minutes early to complete liability waiver form. Parents MUST bring government issued photo identification for waiver verification. Planet Granite T-shirt is included.

Ages: 5-13 years old

Location: 100 El Camino Real, Belmont, CA 94002

Instructor: Planet Granite Staff, Stephanie Ko Pund

M-F	6/20-6/24	10:00am-12:00pm	\$150/155
M-F	6/27-7/1	10:00am-12:00pm	\$150/155
M-F	7/11-7/15	10:00am-12:00pm	\$150/155
M-F	7/18-7/22	10:00am-12:00pm	\$150/155
M-F	7/25-7/29	10:00am-12:00pm	\$150/155
M-F	8/1-8/5	10:00am-12:00pm	\$150/155
M-F	8/8-8/12	10:00am-12:00pm	\$150/155

Glenoaks Summer Horse Riding Camps

Giddy Up Your Summer by learning to ride at Glenoaks Stables. Sessions run M-F from 8:30 a.m. to 2 p.m. Campers spend the day riding, learning horsemanship, arts & crafts and overall horse care. Small groups ensure students learn with others their age and experience level. Must be at least 6 years old. For more info visit: www.isolastables.com

Ages: 6-14 years old

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

Instructor: Glenoaks Equestrian Staff

M-F	6/20-6/24	8:30am-2:00pm	\$580
M-F	6/27-7/1	8:30am-2:00pm	\$580
M-F	7/11-7/15	8:30am-2:00pm	\$580
M-F	7/18-7/22	8:30am-2:00pm	\$580
M-F	7/25-7/29	8:30am-2:00pm	\$580
M-F	8/1-8/5	8:30am-2:00pm	\$580
M-F	8/8-8/12	8:30am-2:00pm	\$580

Highlands Rec Soccer w/ Ready, Set, Soccer

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

Join our non-competitive Soccer Program for Boys & Girls, ages 4-6 & 6-8.

Rec Soccer is an instructional program for youth. Ready, Set, Soccer staff will coach each team in the program. Rec Soccer will teach the basics of Soccer in a recreational environment. This program will consist of warm-ups, drills and games. Each team will consist of 10 players max! Fee includes: coaches, equipment and t-shirts. **There will be two levels of play, a 4-6 year old program and a 6-8 year old program. Age groups will play on different sized fields located at the Highlands Elementary School.**



Rec Soccer Program Format

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

- Approximately 1/2 hr of skills & drills.
- Approximately 1/2 hour of scheduled scrimmage against other teams in the program.
- NO SCORE is ever kept.
- All children will receive equal playing time.
- Back to back program dates.

Season 1

Game Dates and Times

Saturday 8/27-10/15
No games: 9/3.

Juniors	9-10am	Highlands Elem.
Pee-Wee	9-10am	Highlands Elem.

**Season 1
Fee: \$70/75**

Season 2

Game Dates and Times

Saturday 10/29-12/3
No games: 11/26.

Juniors	9-10am	Highlands Elem.
Pee-Wee	9-10am	Highlands Elem.

**Season 2
Fee: \$50/55**

Sign-ups begin: 7/5/2016



Summer Camp

"Art Education for the Next Generation"



This year's 2016 ArtZdoodle summer camp is going to be nothing short of amazing! With 4 weeks of crazy creative art lessons, each week will be unique and memorable with fantastic guests such as Happy Birds, Animals Galore, Photo booths, the San Francisco Bubble Guy and many more! We will paint live animals, play art games, get messy and have fun learning new ways of creating art. Whether you sign your children up for just one week or for multiple weeks, they will learn new exciting forms of art each and every week. Tuition includes a personalized sketchbook, t-shirt, daily snack, and all art supplies. Fridays we host a fabulous party with face painting and delicious food, followed by a special art show for the parents.

Do you have children 12-16 years old who are interested in working with kids or doing art? We also offer Jr. Camp Counselor spots for only \$50. This includes a camp t-shirt, daily snacks, and a great experience helping students achieve their artistic dreams. (It also looks good on the college application!) Jr. Counselor duties include: Helping set up and break down, assisting children with their art projects and even getting to create a few of their own. Previous counselors have found it to be an enjoyable rewarding experience. For more info on weekly art lessons and parties, check out Mrs. La Russa's website www.ArtZdoodle.com

Ages: 4.5-11 and 12-16 years old.

Location: Highlands Recreation Center MPR
1851 Lexington Avenue, San Mateo, CA 94402

Instructor: Mrs. La Russa

Week 1

M-F	6/27-7/1	9:30am-2:00pm	\$395/400
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Week 2

M-F	7/11-7/15	9:30am-2:00pm	\$395/400
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Week 3

M-Th	7/18-7/22	9:30am-2:00pm	\$395/400
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Week 4

M-F	7/25-7/29	9:30am-2:00pm	\$395/400
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Theater Workshop

Join Mrs. Leonardini for our 1 week Theater Workshop. This workshop will consist of mini activities including: theater focus on acting and use of voice. The final project will be to prepare for a final presentation for the parents on Friday, 6/24.

Ages: Entering 1st - 5th Grades

Location: Highlands Elementary School Rm. 21

Instructor: Mrs. Leonardini

M-F 6/20-6/24 10-11:30am \$50/55

Stay up to date with the Highlands Rec at www.highlandsrec.ca.gov



facebook.com/highlands.district

Sushi Time

Do you, your family and/or friends like to eat California roll sushi? Come for a fun evening and learn how to roll your own. Sharon Sakai will show you techniques her mother-in-law taught her years ago. Bring your appetite and a container to take samples home. Please sign up by **Thursday prior to the class date**, so that Sharon has time to purchase the right amount of ingredients.

Ages: 10 years old and over

Location: Highlands Recreation Center SR

Instructor: Sharon Sakai

M 5/9 6:30-8:00pm \$30/35

Middle School Night at the Rec!

Calling all Middle Schoolers! 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 5pm, 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, until the yummy pizza arrives. The night will conclude with a Movie of your choice in the Social Room. Registration fee includes: pizza dinner, movie and refreshments.

Saturday 3/5 5:00-10:00pm \$25/30
Saturday 5/21 5:00-10:00pm \$25/30

Middle School Snow Trip

Do you love hanging out with your friends?
Do you love going to the snow?
Why not do both at the same time!

Boreal Ski Resort

Saturday, March 19th

19749 Boreal Ridge Rd, Soda Springs, CA

Snow Trips leave from the Highlands Rec Center Parking Lot at 5:45am sharp.

\$75 includes: Transportation, Lift Ticket, Breakfast, Snacks and Amazing Memories!

*Lunch & Rental Equipment NOT Included. Trips are Subject to Cancellation due to conditions, Money Back Guarantee. 14 seats available, 2 Highlands Rec Staff per Trip.

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, babycare, 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, Room 3.

1870 Ralston Avenue, Belmont, CA, 94002,

Instructor: Muffie Calbreath

Tu/Th 5/24, 5/26, 5/31 3:30-6:30pm \$65/70

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

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	4/6-6/22	7:00-8:30pm	\$48/53
W	6/29-9/14	7:00-8:30pm	\$48/53



Dance the Waltz with Kimi

Would you like to improve your posture and poise? Then this class is for you! You'll be able to learn the elegant and beautiful Waltz with instructor Kimi! Basics, technique, and a new pattern will be covered each week. You'll love Kimi's fun and personable teaching style! No partner needed and no prior dance experience required.

Ages: 18 years old and over

Location: Highlands Recreation Center MPR

Instructor: Kimi Wynn

M	4/11-5/30	7:30-8:30pm	\$75/90
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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

Certified Jazzercise Instructor

(650) 226-3484

Tues/Thurs - 8:00am

Tues/Thurs - 6:15pm

Saturday - 8:00am

Sunday - 9:00am

Classes are ongoing, please register at class.

www.jazzercise.com Call (800) FIT IS IT

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	3/31-5/19	10:00-11:00am	\$400/405
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Rumba Party with Kimi

Do you envy those amazing dancers seen on 'Dancing With The Stars' and 'So You Think You Can Dance'? Well you can begin by learning one of the slower Latin dances - the Rumba! Join instructor Kimi as she'll help you with feeling confident with this unique and classic dance! No partner or previous dance experience necessary.

Ages: 18 years old and over

Location: Highlands Recreation Center MPR

Instructor: Kimi Wynn

M	4/11-5/30	8:30-9:30pm	\$75/90
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GRATON
RESORT & CASINO™

Catch a ride and spend the day at Graton Casino! Vans leave the Rec Parking lot at 9am and return at 4pm. Limited Seats, must pre-register. \$10/person.

Friday June 17th 9:00am-4:00pm



**Highlands Rec
Summer Concert**

**featuring local band
Big Daddy Sunshine**



**Live Band, Tacos,
Beer and Wine
Jump Houses & Face
Painting for Kids**

**Saturday
September 10th
at 5pm**

HRC Cornhole Tournament

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

Fee Includes:

- * BBQ Hot Dog/Hamburger, Chips
- * 4 beers per team
- * 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 30th 3:00pm-8:00pm
Highlands Rec Multipurpose Room**



**Living in the Now,
Preparing for the Future**

For many of us, our goals in life remain constant: financial independence and providing for family. Striking a balance between saving for goals, such as education and retirement, and allocating money for daily expenses can be challenging. But you can do it.

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Beginning Digital Photography

In this hands on introduction to digital photography, we will work to understand the cameras menus and modes, metering, focusing, filters, the flash, light, color and basic composition which will prepare us for still life, portraiture, night shooting and printing activities in class. This class covers photographic concepts to enhance hands on knowledge of the camera and computer. Also, included is a one hour private printing workshop the weekend of 5/21/16 for the first session and 7/30 for the second session class. **A \$40 material fee payable to instructor.**

No Class: 7/4.

Ages: 17 years old and over

Location: Beresford Recreation Center Activity Room, 2720 Alameda de las Pulgas, San Mateo, CA.

Instructor: Marty Springer

M	4/4-5/23	7:00-9:30pm	\$145/150
M	6/13-8/8	7:00-9:30pm	\$145/150

Eichler Curb Appeal

Are you looking for to make some changes with your home? Eichler Curb Appeal is personalized to your needs and covers anything exterior you might want to know for a remodel. Instructor Melissa Wilson is a former architectural consultant who lives at 1976 Ticonderoga. Learn about Original paint colors and placement; house numbers; door knobs; and so much more!

Call Jeff Schwartz at the Rec, (650) 341-4251, to schedule your class around your date of availability. Class hours are from 6:30 to 9:00pm. Cost: \$25.

If you prefer, Nextdoor has the class lecture; list of original paint colors; and paint color placement.

Ages: 18 years old and over

Location: Highlands Recreation Center MPR

Instructor: Melissa Wilson

Adobe Elements for Photographers

In the second part of the Beginning Digital Photography course, we will bring your vision to the next level using the Adobe Elements 14 program. This class will help you continue on your photographic journey and take your images to professional and artistic standards. Bring your laptop. If you do not have a laptop you can follow along with the lecture/demonstration. You must have completed Marty's Beginning Photography course to enroll in this class. There is a \$20.00 supply fee due to the instructor on the first class. **Pre-Requisite: Marty's Beginning Digital Photography course. A \$20 material fee payable to instructor.**

Ages: 17 years old and over

Location: San Mateo Senior Center, Game Room, 2645 Alameda de las Pulgas, San Mateo, CA.

Instructor: Marty Springer

Th	4/7-5/26	6:45-8:45pm	\$100/105
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Harmonica Basics

Got an old harmonica in a drawer? Can't carry a note in a bucket? Not to worry. Bill will have you playing three songs and a selection from Beethoven's 9th Symphony by the end of the first class. Amaze your friends and family. **Harmonicas available from instructor for \$10. No Class: 5/30.**

Ages: 50 years old and over

Location: Highlands Recreation Center MPR

Instructor: Bill Fried

M	4/11-5/9	12:00-1:00pm	\$65/70
M	5/23-6/27	12:00-1:00pm	\$65/70

Do you have any ideas for Rec Classes?

Please email: Jeff Schwartz at jeffs@highlandsrec.ca.gov with your ideas.

Highlands Recreation Center - 60th Anniversary Celebration



The Highlands Recreation District is will be celebrating its 60th birthday in 2017. In preparation for some fun activities and events, we're on the hunt for any and all memorabilia about the neighborhood. Got a great photo of 'the early days'? Got a great story about lasting friendships? Got mementos from a special event? Got something 'vintage' we could display? Or, perhaps, an idea of how to make the celebration memorable for all ages? We'd love your input! We will return all original photos to you. Please call, drop by or email to HRDis60@highlandsrec.ca.gov

Highlands Senior Network Meet & Greet

Are you a senior? Do you have aging parents or family members looking for assistance? Do you have time to volunteer and help keep Highlands seniors in their homes? Please Join us to learn more information about the Highlands Senior Network. Meet your neighbors, learn about services and find out about upcoming neighborhood events, on Sunday, April 3rd in the Highlands Recreation Center Gym. Light refreshments provided, raffle prizes, and more!
All ages welcome, see how you can help!



Sunday April 3rd 2-4pm HRC Gym

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 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 3/21,3/22 12:30-4:30pm \$15/20

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 on a monthly basis. Call the Rec to get more information on the current books being read. New members always welcome to join!

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



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San Mateo, CA 94402
(650) 342-6978

lynette@crystalcleaningcenter.com



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**

CLASS REGISTRATION

REGISTRATION

- * Register by mail, in person, by phone or online at 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.
- * 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.**



Flowers by Sonia

Exquisite floral designs
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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 6:30am-8pm
TTh 9am-8pm
Sat/Sun 11am-6pm

F.C. Closed

Monday-Friday 3-5pm*
*Times to be determined
by seasonal programs.
Call the office to check in
with the current schedule.

Ages 15 and up!

Membership

For Residents Only

One year membership
from date of purchase

Senior (62+) \$45

Single.....\$70

Each Add'l....\$25

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