

# Highlands Recreation District Activity Guide

## Winter 2023



Camp Field Trip to Rockin' Jump



### About Us

The Highlands Recreation District (HRD) is a public agency governed by an elected Board of Directors. The Board meets at 7:00pm on the second Tuesday of each month. All Board Meetings are open to the public. Meetings are currently being held in person and via Zoom. The HRD is supported by property taxes and user fees and operates the Highlands Recreation Center. We welcome your ideas and attendance. "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.

### Registration Office Hours

Monday - Friday  
9am-12pm & 1pm-5pm



To register for classes, scan the QR code with the camera app on your smart phone.

### Office Staff

- |                                    |                 |
|------------------------------------|-----------------|
| Interim General Manager            | Mike Koenig     |
| Administrative Assistant           | Cynthia Fregoso |
| Early Education Director           | Kristen Lein    |
| Early Education Assistant Director | Colleen Hahn    |
| After School Site Director         | Alexa Flores    |
| Aquatics Supervisor                | Dan Ryken       |
| Aquatics Coordinator               | Rachel Downall  |
| Recreation Coordinator             | Heidi Roman     |
| Bookkeeper                         | Naomi Kawakita  |
| Maintenance Manager                | Steve Risso     |

Please be aware that by attending any programs/events, you consent to your voice, name, and/or likeness being used, without compensation, in photographs and video for use in any and all media, whether now known or hereafter devised, for eternity, and you release the Highlands Recreation District, its officers, employees, successors, assigns, and licensees from any liability whatsoever of any nature.

### Important Winter Dates

<b>November</b>	
HRD Board Meeting	11/8
Facilities Closed - Veteran's Day	11/11
Winter Registration - Residents	11/14
Winter Registration - Non-Residents	11/21
Facilities Closed - Thanksgiving	11/24&25
<b>December</b>	
Holly Jolly Holiday Event	12/2
HRD Board Meeting	12/13
Facilities Closed - Holiday Break	12/26&30
<b>January</b>	
Facilities Closed - New Years Observed	1/2
HRD Board Meeting	1/10
Facilities Closed - MLK Day	1/16
<b>February</b>	
Valentine's Mixology Night	2/10
HRD Board Meeting	2/14
Facilities Closed - President's Day	2/20
<b>March</b>	
HRD Board Meeting	3/14
<b>April</b>	
Eggstravaganza Event	4/8
HRD Board Meeting	4/11



### Americans with Disabilities Act

It is the Highlands Recreation Center's intent to make reasonable accommodations, when required, for all participants in activities. If assistance is needed, please call (650) 341-4251 and ask for the program supervisor in charge of the activity you're interested in.

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## Winter Pool Hours

### Lap Swim

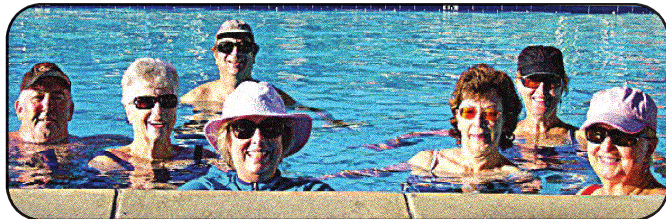
M/W/F 8:00am-1:30pm  
 M/W/F 6:00pm-8:00pm  
 T/Th 11:30am-3:30pm  
 Sat/Sun 10:00am-12:30pm

### Rec Swim

Sat/Sun 1:00pm-4:00pm

*Highlands Resident \$7  
 Non-Resident \$10*

\*Swim Punch Cards available for purchase at the pool\*



## Aqua Track Fitness

Join us on Mondays, Wednesdays, and Fridays from 8:15-9:15am for our deep water exercise class. Class is offered on a drop-in basis only. \$7 for Highlands Residents and Seniors, and \$10 for Non-Residents. Punch Cards can be used for this class!

## Holiday Pool Closures

January 2nd  
 January 16th  
 February 20th

## Lifeguard Training Blended Learning

This Lifeguard Training Blended Learning class allows students to complete coursework at home and attend less class time in-person. This comprehensive training program is for the individual who wishes to become a lifeguard. 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, swimsuit, towel, and comfortable clothing. Must attend all classes per session.

Session 1: Fri 2/3, Sat 2/4, Sat 2/11  
 Session 2: Fri 3/10, Sat 3/11, Sat 3/18  
 Session 3: Fri 4/7, Sat 4/8, Sat 4/15  
 9:00am-4:00pm \$249R/260NR

## 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 and will have the opportunity to compete regularly in local USA swim meets year round. Swimmers are encouraged to continue with swim lessons to receive hands-on instruction. All amounts displayed are the monthly fees per group.

### Red Group

Participants must have the ability to swim 25 yards (one length of the pool) freestyle, backstroke, and breaststroke and have some knowledge of butterfly.

3 days per week	4:00pm-4:45pm	\$95
5 days per week	4:00pm-4:45pm	\$160

### White Group

Participants must have the ability to swim 50 yards (two lengths of the pool) of freestyle, backstroke, and breaststroke, and 25 yards of butterfly. Must be able to complete 500-750 total yards at practice.

3 days per week	4:45pm-5:45pm	\$100
5 days per week	4:45pm-5:45pm	\$160

### Blue Group

Participants must have the ability to swim 100 yards (four lengths of the pool) of freestyle, 50 yards backstroke and breaststroke, and 25 yards of butterfly.

3 days per week	5:45pm-6:45pm	\$100
5 days per week	5:45pm-6:45pm	\$160

### Gold/Silver/Bronze Group

This group is for swimmers 11 years and older who are able to swim 400 yards freestyle, 200 yards backstroke and breaststroke, and 100 yards of butterfly. Participants must also be able to complete 2000-3200 yards at 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.

3 days per week	6:45pm-8:00pm	\$105
5 days per week	6:45pm-8:00pm	\$175

For additional information and to make payments, visit [www.teamunify.com/cahdah](http://www.teamunify.com/cahdah)



For a tryout or to contact coach Zach Wolfe, please email [Zachw@highlandsrec.ca.gov](mailto:Zachw@highlandsrec.ca.gov)

## Youth Swim Lesson Descriptions

**Guppies (L1)** - (Minimum age 3 years) - 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 leg and arm actions and swim independently on both front and back, building on level 1 skills to increase confidence, and water safety. Skills include - unassisted floats, glides, big arms, elementary backstroke, and rollovers. *Prerequisite skills* - completely submerge underwater unassisted, and be able to perform assisted skills with face in water.

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

**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. Skills include - side butterfly, open turns, and racing dives. *Prerequisite skills* - side breathing 10 yards, backstroke 15 yards, and treading water for 30 seconds.

**Sharks (L5)** - Swimmers refine their swimming technique for freestyle backstroke, and breaststroke. They learn to coordinate their butterfly. Skills include - all strokes, racing dives, and turns. *Prerequisite skills* - Freestyle and backstroke 25 yards, breaststroke 10 yards, treading water for 1 minute, and dolphin kicks.

## Winter Swim Lessons

Mon/Wed	Group Lessons
1/9-1/25 <small>*Omit: 1/16</small>	\$90 R / 115 NR
1/30-2/15	\$105 R / 135 NR
2/22-3/8	\$90 R / 115 NR
3/13-3/22	\$70 R / 90 NR

Times	L 1/2	L 3	L 4/5
3:15pm-3:45pm	●		
3:50pm-4:20pm		●	
4:25pm-4:55pm			●

Friday	Group Lessons	Private Lessons
1/13-2/3	\$70 R / 90 NR	\$280 R / 300 NR
2/10-3/3	\$70 R / 90 NR	\$280 R / 300 NR
3/10-3/31	\$70 R / 90 NR	\$280 R / 300 NR

Times	L 1/2	L 3	L 4/5	Private
3:15pm-3:45pm	●			●
3:50pm-4:20pm		●		●
4:25pm-4:55pm			●	●

Saturday	Group Lessons	Private Lessons
1/7-2/4 <small>*Omit: 1/14</small>	\$90 R / 115 NR	\$350 R / 375 NR
2/11-3/11	\$90 R / 115 NR	\$350 R / 375 NR
3/18-4/1	\$54 R / 69 NR	\$210 R / 225 NR

Times	L 1/2	L 3	L 4/5	Private
10:15am-10:45am	●			●
10:50am-11:20am		●		●
11:25am-11:55am			●	●

Levels 1 & 2 and 4 & 5 have been combined due to low instructor availability.  
No make-ups, refunds, or credits will be offered for any missed swim lessons.

# After School Program

## TK/K-5th Grade (M-F until 6pm)

The After School Program (ASP) 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 environment for children to enhance their physical and social development. Our licensed program and trained staff strive to provide the life skills necessary for children to be confident and happy citizens of our community. There is quiet time for homework, a creative art project, or a rousing game of dodgeball awaiting your child at the ASP. Rec swim is offered Wednesdays from 2:00pm-4:00pm, August-September, and March - June, 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 Coordinator: Alexa Flores.**

### ASP 2022-2023 Fees

Drop-In Fees: TK/K: \$80 R / 85 NR  
1st-5th: \$75 R / 80 NR

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

	5 Days	4 Days	3 Days	2 Days	1 Day
TK/K*	\$850/935	\$776/854	\$654/720	\$484/533	\$266/293
1st - 5th	\$700/770	\$656/722	\$564/621	\$424/467	\$236/260

Dec:	5 Days	4 Days	3 Days	2 Days	1 Day
TK/K*	\$510/561	\$485/534	\$436/480	\$363/400	\$133/147
1st - 5th	\$420/462	\$369/406	\$329/362	\$265/292	\$177/195

Jun:	5 Days	4 Days	3 Days	2 Days	1 Day
TK/K*	\$213/234	\$194/214	\$164/180	\$121/134	\$80/85
1st - 5th	\$175/193	\$164/181	\$141/156	\$106/117	\$75/80

\*After School care for TK/K is from 12pm-6pm.

\*1/2 day TK/K is available from 12pm-3pm at the same price as 1st-5th



### ASP & In-Crowd 2022-2023

\$90 Non-refundable Registration Fee (per child for first day & \$30 for each additional day)

## In-Crowd

### 6th-8th Grades (M-F 3-6pm)

Are you looking for a quality, well organized program? Look no further, because Highlands Rec Center prides itself on providing quality activities for students in 6th-8th grade at the CSUMC at 2145 Bunker Hill Drive. Our enthusiastic Head Teacher will provide safe supervision while encouraging age appropriate independence. An afternoon snack is provided each day along with a quiet hour for homework, special activities, games, and more. All minimum days accommodated. **In-Crowd Head Teacher: Mike Murphy.**

### In-Crowd 2022-2023 Fees

In-Crowd Drop-In Fees:  
\$75 R / 80 NR

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

	5 Days	4 Days	3 Days	2 Days	1 Day
	\$700/770	\$656/722	\$564/621	\$424/467	\$236/260

Dec:	5 Days	4 Days	3 Days	2 Days	1 Day
	\$420/462	\$369/406	\$329/362	\$265/292	\$177/195

Jun:	5 Days	4 Days	3 Days	2 Days	1 Day
	\$175/193	\$164/181	\$141/156	\$106/117	\$75/80

### 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 **\$50 late fee** per child per month.

**Late pick-up charge: \$10 per every 5 minutes past 6pm.**

### For Your Calendar...

#### ASP/IN-CROWD CLOSED:

- Labor Day: 9/5
- Fall Break: 10/3-10/7
- Veteran's Day: 11/11
- Thanksgiving Break: 11/24-11/25
- Winter Break: 12/19-1/2
- MLK Jr. Day: 1/16
- President's Day: 2/20
- Spring Break: 3/27-3/31
- Memorial Day: 5/29

#### Staff Development Days

#### ASP/IN-CROWD OPEN ALL DAY

8/10, 9/30, 11/21, 11/22, 11/23, 1/3, 1/17, 4/3

Full Day drop-in based on availability:  
\$90/95 (8:30am-6pm)

ASP/In-Crowd: Free, if this is your regularly scheduled day of the week

**1st Day of ASP/IN-CROWD: 8/10/22**

**Last Day of ASP/IN-CROWD: 6/7/23**

## Winter Camp 2022

K-8th Grade

8:30am-5:30pm

The weather is changing which means Winter Break is just around the corner. Come join our fun and energetic staff and let us provide a camp experience filled with engaging activities and memorable field trips. Register now so you're not left out in the cold!

### Theme Days

#### Week 1

Monday	12/19	Feeling Frosty
Tuesday	12/20	Rudolf's Rockin Reindeer Bash
Wednesday	12/21	Jingle Bell Rockout
Thursday	12/22	<u>Field Trip</u> - Sea Bowl

#### Week 2

Tuesday	12/27	Flannels & Flapjacks
Wednesday	12/28	Best of 2022
Thursday	12/29	Jumper at Camp

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

Daily Fee \$95 R / 100 NR



## Spring Camp 2023

K-8th Grade

8:30am-5:30pm

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	3/27	Swing Into Spring
Tuesday	3/28	Creepy Crawly
Wednesday	3/29	Land Before Time
Thursday	3/30	<u>Field Trip</u> - Funtropolis
Friday	3/31	In a Galaxy, Far Far Away

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

Daily Fee \$95 R / 100 NR

Weekly Rate \$445 R / 490 NR

## Spring Break Enrichment



### Roblox Game Design Camp

Bring your game ideas to life in Roblox! We'll guide you through the lifecycle of game development; you'll sketch out an idea, design your game, and complete a finished product! You'll use Lua programming language to create in Roblox's 3D design studio while mastering real-world programming concepts. Whether you're completely new to coding or a master, Roblox's game design engine offers some incredibly fun challenges. We offer a unique and collaborative approach to programming and game design that will allow kids to develop their creativity while fostering an interest in practical skills. \*Laptop or iPad required.

Ages: 7-12 years

Location: HRD Multipurpose Room

Instructor: Athena Coding Staff

M-F 3/27-3/31 8:30am-12:30pm \$ 400 R / 440 NR



Like us on Facebook!  
facebook.com/highlands.district



### Theater Camp

Join us during Spring Break as we focus on acting technique while introducing students to the process of a show. Starting with auditions, students will be cast in and then will rehearse for a final performance at the end of the week. This performance will be recorded and sent to participants to share with family.

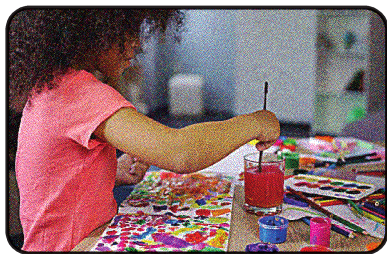
Ages: 5-10 years

Location: HRD Multipurpose Room

Instructor: Pied Piper Players Staff

M-F 3/27-3/31 1:00pm-5:00pm \$300 R / 330 NR

## Tot Classes



### Little Picasso

A creative journey for those little Picasso's who love to paint in a fun party atmosphere; Come explore the world of painting with OutOfTheBoxKids! This class will inspire kids to embrace their inner maker, get their hands dirty and paint their mind and heart out. We will be painting with watercolors. This class is hands on with lots of guidance and support. Omit: 1/16, 2/20.

Ages: 4-5 years

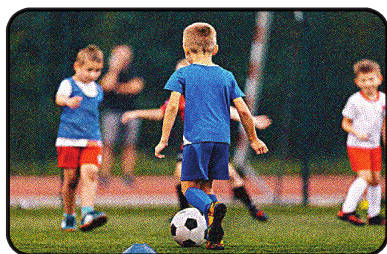
Location: HRD Multipurpose Room

Instructor: OutOfTheBoxKids Staff

M 1/9-3/20 9:30am-10:00am \$375 R / 413 NR



To register for classes, scan the QR code with the camera app on your smart phone.



### Soccer

We teach and demonstrate the various forms, techniques and positions played in this universal sport. We incorporate futsal, outdoor and even indoor methods of the game in our soccer pod. Training kids from beginner to elite! Class will take place on the Grass Field. If rain occurs, class will move to the Gym.

Ages: 4-5 years

Location: HRD Grass Area/Gym

Instructor: FAS Fitness Staff

W 1/11-2/15 9:30am-10:15am \$180 R / 198 NR

W 2/22-3/22 9:30am-10:15am \$150 R / 165 NR

## Kids Yoga

This Kids Yoga class offers children the opportunity to express themselves through creative movement. The instructor initiates the class through breathing exercises to promote focus, awareness, and a sense of calm. Kids explore fun poses, stretches, games, and mindful activities. Please send your child in comfortable clothes that allow free movement, a water bottle, and a yoga mat.

Ages: 4-5 years

Location: HRD Multipurpose Room

Instructor: OutOfTheBoxKids Staff

Tu 1/10-3/21 9:30am-10:00am \$458 R / 504 NR



### Lil Hoopers

We teach young kids the fundamentals and the basics all through play! We allow your child to build confidence and strength early on in the game. Our lil hoopers are growing in this high paced, super fun sport! Class will be held on the sports court. If rain occurs, the class will move to the Gym.

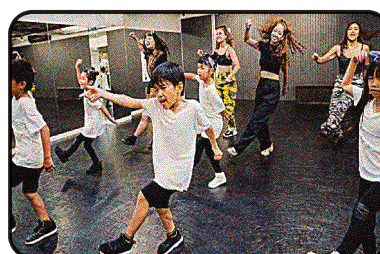
Ages: 4-5 years

Location: HRD Grass Area/Gym

Instructor: FAS Fitness Staff

W 1/11-2/15 10:30am-11:15am \$180 R / 198 NR

W 2/22-3/22 10:30am-11:15am \$150 R / 165 NR



### Hip-Hop

Dance uplifts, unites, and empowers children. It also provides children with an opportunity to express their individuality while working on gross motor skills and developing cognitive and social skills. Hip-Hop is the perfect class for children who want to dance, stay active, and learn how to freestyle! Musicality, rhythm, and creative movement are key components of this fun, urban/street-style dance class that teaches boys and girls alike to step, stomp, and shake it out.

Ages: 4-5 years

Location: HRD Multipurpose Room

Instructor: After School Music Academy Staff

W 1/11-3/22 3:15pm-3:45pm \$440 R / 484 NR

## Tot Ukulele

We have fun! We learn many of the basic, useful parts of music and its appreciation. We practice rhythm, timing, chord shapes, counting, posture, and we work on having a positive inner dialogue, among many other skills.

Ages: 3-5 years

Location: HRD Multipurpose Room

Instructor: Brett Burdette, It's Pick'n Time!

Th 1/12-3/23 10:00am-10:30am \$440 R / 484 NR



## Pre-K Chess/Math

This class is aimed at getting Pre-K students to learn the fundamentals of chess using minigames and unique lessons. The class will be split up into a half hour of chess and a half hour of math. In the math portion, students will learn the fundamentals of counting, and be introduced to addition and subtraction.

Ages: 4-5 years

Location: HRD Multipurpose Room

Instructor: Castle Chess Staff

Th 1/12-3/23 3:00pm-4:00pm \$ 198 R / 218 NR



## Let's Get Crafting

Get unplugged! Let your child get back to basics with hands on arts and crafts. This class is open to all kids who love art and want some more hands on time to develop their skills and experiment with different techniques and materials, including collage, painting, drawing, card making, 3D paper art and more. Each session offers new crafts!

Ages: 4-5 years

Location: HRD Multipurpose Room

Instructor: Wendie Leung

F 1/13-2/10 4:05pm-4:50pm \$267 R / 293 NR

F 2/24-3/24 4:05pm-4:50pm \$267 R / 293 NR

## Youth Classes

### Minecraft Coding

Minecraft isn't just the world's most popular game; it's also an excellent tool for teaching a wide array of subjects. In this class, we are offering a project based approach to a variety of important topics using Minecraft Educational. This course will cover the following: Personalized Game Design, Animation and storytelling, Programming in Python and Javascript, Architecture and design, fundamentals of electrical circuitry using Minecraft's patented Redstone circuit system, Logic gates, multi-system mechanisms, and modding. \*Laptop or iPad required.

Ages: 6-12 years

Location: HRD Multipurpose Room

Instructor: Athena Coding Staff

Tu 1/10-2/28 3:20pm-4:20pm \$387 R / 425 NR



## Manners Are Fun I

This is the first of a wonderful series of classes specially designed to give students the tools to develop social skills to succeed in their daily lives. A fun-filled etiquette class covering the basics of good manners, making students more confident, selfless and successful. We will be emphasizing skills in table setting and table manners. Both classes will include dinner. A \$25.00 lab fee is due to the instructor at the first class.

Ages: 5-11 years

Location: Yan's Chinese Restaurant

855 Laurel Street, San Carlos, CA 94070

Instructor: Ms. Ana Fitzgerald

Tu 1/24-1/31 5:00pm-6:30pm \$140 R / 156 NR

## Jr. Alchemist

Junior Alchemists is designed to pique an interest in scientific inquiry and to introduce students to a deeper understanding of its development and application. Your child will see the basic principles of science in the world around them. The course is focused on a number of experiments that are tons of fun, visually appealing, and can be reproduced safely at home for friends and family!

Ages: 8-12 years

Location: HRD Multipurpose Room

Instructor: Athena Coding Staff

Tu 1/10-2/14 4:30pm-5:30pm \$290 R / 319 NR



## Skills for the Court: Basketball Training

This skills basketball class is an instructional program for youth of all skill levels, designed to focus on ball handling, shooting, passing, finishing around the basket, and overall skill development. Several drills that we do will present elements of competition as well. Coach Kelvin is a former division 1 and professional player and has been a basketball trainer for more than 15 years working with youth through professional levels.

Location: HRD Gym

Instructor: Kelvin Coggins

Tu 1/10-2/14 6:00pm-7:00pm \$250 R / 275 NR 8-10years

Tu 1/10-2/14 7:00pm-8:00pm \$250R/275NR 11-14years

Tu 2/21-3/21 6:00pm-7:00pm \$208 R / 229 NR 8-10years

Tu 2/21-3/21 7:00pm-8:00pm \$208R/229NR 11-14years

## Hip-Hop

Dance uplifts, unites, and empowers children. It also provides children with an opportunity to express their individuality while working on gross motor skills and developing cognitive and social skills. Hip-Hop is the perfect class for children who want to dance, stay active, and learn how to freestyle! Musicality, rhythm, and creative movement are key components of this fun, urban/street-style dance class that teaches boys and girls alike to step, stomp, and shake it out.

Ages: 5-9 years

Location: HRD Multipurpose Room

Instructor: After School Music Academy Staff

W 1/11-3/22 2:15pm-3:15pm \$440 R / 484 NR



## Chess & Singapore Math

This class is intended to teach students how to play chess and learn math through Singapore Math Curriculum. The primary focuses in this chess class are tactics, endgames, and identifying checkmating patterns. We also review classical chess games to learn from the successes and failures of masters from previous eras. Singapore Math material will vary depending on which grade the children are in, but the textbook Dimension Math is specifically intended to be used to supplement values from Common Core.

Ages: 6-12 years

Location: HRD Multipurpose Room

Instructor: Castle Chess Staff

F 1/13-3/24 3:00pm-4:00pm \$ 198 R / 218 NR

## Acting

Students will be introduced to the fundamentals of theater through vocabulary, movement, storytelling and speech. These classes will encourage confidence, teamwork, and empathy. This class welcomes all students, from beginners to those with experience.

Ages: 5-10 years

Location: HRD Multipurpose Room

Instructor: Pied Piper Players Staff

Th 1/12-3/23 5:00pm-6:00pm \$485 R / 534 NR



## Let's Get Crafting

Get unplugged! Let your child get back to basics with hands on arts and crafts. This class is open to all kids who love art and want some more hands on time to develop their skills and experiment with different techniques and materials, including collage, painting, drawing, card making, 3D paper art and more. Each session offers new crafts!

Ages: 5-10 years

Location: HRD Multipurpose Room

Instructor: Wendie Leung

F 1/13-2/10 5:00pm-6:00pm \$267 R / 293 NR

F 2/24-3/24 5:00pm-6:00pm \$267 R / 293 NR



## Kuk Sool Won Martial Arts

Physical fitness and self-defense skills are presented as fun games and activities. Courses focus on self-control and listening skills in a fun, social and safe environment that builds self-esteem. Omit: 1/16, 2/20.

Location: Multipurpose Room

Instructor: Tim, Kuk Sool Won

Tiny Tigers 6-9 years 4:30-5:05pm

Little Dragons 8-14 years 5:15-6:00pm

Junior/Adult 12+ years 6:15-7:15pm

MW 1/9-3/22 \$500 R / 550 NR

M 1/9-3/20 \$252 R / 277 NR

W 1/11-3/22 \$308 R / 339 NR



## Youth Tennis Lessons

Participants in all level Tennis Lessons are required to provide their own rackets. All lessons held on Court 2.

### 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. Omit: 1/16.

M/W 1/9-2/15 3:30pm-4:00pm \$220 R / 242 NR  
 M/W 2/22-3/22 3:30pm-4:00pm \$180 R / 198 NR

### Youth Tennis 1

This class is for youth with little experience or instruction. Students 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. Omit: 1/16.

M/W 1/9-2/15 4:00pm-5:00pm \$275 R / 303 NR  
 M/W 2/22-3/22 4:00pm-5:00pm \$225 R / 248 NR

### Youth Tennis 2

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. Omit: 1/16.

M/W 1/9-2/15 5:00pm-6:00pm \$275 R / 303 NR  
 M/W 2/22-3/22 5:00pm-6:00pm \$225 R / 248 NR

## Adult & Senior Classes

### Ukulele

We have fun! We learn many of the basic, useful parts of music and its appreciation. We practice rhythm, timing, chord shapes, counting, posture, and we work on having a positive inner dialogue, among many other skills.

Location: HRD Multipurpose Room  
 Instructor: Brett Burdette, It's Pick'n Time!

#### Adults 18+

Th 1/12-3/23 10:30am-11:00am \$440 R / 484 NR

#### Seniors 55+

Th 1/12-3/23 11:00am-11:30am \$440 R / 484 NR



## Beginning Pickleball

If you are new to Pickleball or just getting started, this class is for you! You'll learn stance, basic footwork, dinking, basic groundstrokes, serves, and return of service. Players will also be taught basic doubles strategy through fun games and drills. Students should wear court shoes and bring their own paddles. All other equipment will be provided.

Ages: 18+ years

Location: Court 1

Instructor: Salvador Lopez

Tu/Th 1/17-2/2 6:30pm-7:30pm \$240 R / 264 NR  
 Tu/Th 3/7-3/23 6:30pm-7:30pm \$240 R / 264 NR

## Intermediate Pickleball

If you have learned Pickleball and want to get to the next level then this is the clinic for you! Students will learn play from the non-volley zone and develop skills such as dinking, lobs, third shot drop shots, and drives. Players will also be taught doubles strategy through fun games, drills and much more. Students should wear court shoes and bring their own paddles. All other equipment will be provided.

Ages: 18+ years

Location: Court 1

Instructor: Salvador Lopez

Tu/Th 2/7-2/23 6:30pm-7:30pm \$240 R / 264 NR



To register for classes, scan the QR code with the camera app on your smart phone.

## Beginner Soul Line Dance

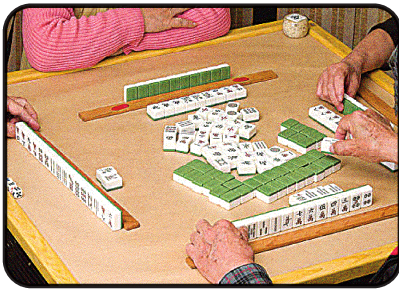
Looking for a fun way to exercise both mind and body? Come join us for soul line dancing! Soul line dancing is a fun step dance. We dance in parallel lines, with a repeated sequence of easy steps, no partner needed! The various types of music we use are soul, pop, rhythm and blues, jazz, zydeco, and country. Class is offered on a drop-in basis only and is offered every Wednesday.

Ages: 18+ years

Location: HRD Gym

Instructor: Dar Masamori

W 7:00pm-8:30pm \$4 R / 5 NR



## Mahjongg

Learn the traditional Asian and American styles of Mahjongg in a casual, relaxed setting. Mahjongg is a tile game of skill and chance, in the Rummy family, and is typically played with four people. Come learn a new game or brush up on your Mahjongg skills while making friends! Mahjongg is offered on a drop-in basis only. \*Participants will be required to sign a waiver.

Ages: 18+ years

Location: HRD Multipurpose Room

Led by: Richard Shu & Dianne Weitzel

Tu 1/10-3/21 11:00am-12:00pm No Cost



## Senior Socials

Join friends for Senior Socials at Highlands Rec, every 2nd Thursday of the month. Perfect for socializing and having fun together! Each month will have a different activity planned. Please call (650) 341-4251 for more details.

Th 1/12, 2/9, 3/9 12:00pm-2:00pm

## Senior Brownbag Lunch Hour

Each Tuesday after Mahjongg, bring your own Brownbag lunch to the rec. Enjoy socializing and sharing a meal with neighbors each week. No registration required. \*Attendees will be required to sign a waiver.

Ages: 18+ years

Location: HRD Multipurpose Room

Tu 1/10-3/21 12:00pm-1:00pm No Cost

## Facility Rentals

Highlands Recreation District rents rooms for parties, workshops, meetings, and all other occasions! All rental reservations require a deposit, insurance, and a completed Rental Agreement. The hourly rental fee includes tables, chairs, Building Attendant, and all necessary cleaning supplies. The Multipurpose Room can accommodate up to 60 people and includes a kitchen sink, mini refrigerator, oven, electric stovetop, and microwave. The Gymnasium is a middle-school sized basketball court and can accommodate up to 100 people.



Gymnasium



Multipurpose Room

For more information and to check availability, please contact Recreation Coordinator, Heidi Roman at heidir@highlandsrec.ca.gov or call (650) 341-4251.

## Highlands Recreation District Holly Jolly Holiday



Friday, December 2nd  
6:30 PM  
Highlands Rec Gym

Residents \$5  
Non-Residents \$7

Pre-sale tickets available  
November 1st.



## VALENTINE'S Mixology Night



FRIDAY, FEBRUARY 10th  
7-9 PM

HRC Multipurpose Room

REGISTRATION IS PER PERSON  
and is open until January 24.

\*MUST BE 21 YEARS AND OLDER TO ATTEND\*



## BikeMOBILE



## FREE Bike Repair Day

- First come, first served. Space is limited.
- Bike Repair & Education.
- We can fix most broken parts: flat tires, brakes, shifters.

### Questions?

Contact Heidi Roman, Rec Coordinator

at [heidir@highlandsrec.ca.gov](mailto:heidir@highlandsrec.ca.gov)

Or contact the BikeMobile team  
at [bike.repair@bikemobile.org](mailto:bike.repair@bikemobile.org)



Bike Mobile



thebikemobile

### LOCATION:

Highlands Recreation District  
Parking Lot

1851 Lexington Avenue,  
San Mateo, CA 94402

### DATE & TIME:

Saturday, January 21, 2023  
10:00am - 1:00pm

## Eggstravaganza

Hop into Spring with the  
Easter Bunny! There will be refreshments,  
photo opportunities, crafts, and more!



Egg hunts start  
at 10:30 am

Saturday,  
April 8th, 2023

10:00 am - 12:00 pm

Pre-sale tickets available March 1st.

### Office Hours:

M-F 9am-12pm

M-F 1pm-5pm

[www.highlandsrec.ca.gov](http://www.highlandsrec.ca.gov)

HRC Phone: (650) 341-4251

HRC FAX: (650) 349-9627

"A Community Place to  
Learn, Grow, and Play"