

# **HIGHLANDS RECREATION DISTRICT ACTIVITY GUIDE**



## **SPRING & SUMMER 2010**

**"FAMILY TRADITIONS BEGIN AT THE  
HIGHLANDS RECREATION CENTER"**

**[WWW.HIGHLANDSREC.CA.GOV](http://WWW.HIGHLANDSREC.CA.GOV)**

## 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 Social Room. The Board Members are Hal Carroll, Brigitte Shearer, Jim Sell, Pam Merkadeau and Michelle McNeil. The HRD is supported by property taxes and user fees and operates the Highlands Recreation Center. All Board Meetings are open to the public. We welcome your ideas and attendance at the Highlands Recreation Center, a place where family traditions begin.

## HRD Mission Statement

The Highlands Recreation District is dedicated to consistently and cost effectively providing the broadest possible beneficial, safe and affordable 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	Margaret Glomstad
Child Care Director	Aimée Lemoine
Aquatics Supervisor	Bryce Robertson
Recreation Supervisor	Jeff Schwartz
Maintenance Supervisor	Ian Levin
Maintenance Assistant	Steve Risso
Bookkeeper	Naomi Kawakita
Office Staff	Cynthia Fregoso
	Marianne Junge

**PRIOLA**  
BODY SHOP



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Call RICK PRIOLA @ 341-1100  
2107 Palm Avenue, San Mateo (Paid Ad)

## Spring and Summer Dates to Remember

### March

HRD Board Meeting - Monday	3/8
Rec Tennis Begins	3/21
Rec Ball Begins	3/27

### April

Eggstravaganza	4/3
Underwater Easter Egg Hunt	4/3
HRD Board Meeting	4/13

### May

HRD Board Meeting	5/11
All Staff Training - Pool Closed	5/16
Memorial Day - Office Closed	5/31

### June

HRD Board Meeting	6/8
Summer Pool Hours Begin	6/14
Summer Camp Begins	6/14

### July

4th of July Event	7/4
4th of July Observed - Office Closed	7/5
HRD Board Meeting	7/13

### August

HRD Board Meeting	8/10
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Note: Classes are cancelled on legal holidays

## Table of Contents

HRC Information . . . . .	2
Aquatics . . . . .	3-7
C.E.R.T. Training . . . . .	7
Swim Team . . . . .	8
Child Care . . . . .	9-10
Summer Camps . . . . .	11-13
In-Crowd . . . . .	13
Highlands RecBall . . . . .	14
Youth Classes . . . . .	14-17
Highlands RecTennis . . . . .	18
Middle School Dance . . . . .	19
Teen Classes . . . . .	18-22
Adult Classes . . . . .	18-23
Senior Classes . . . . .	19-23
Volunteer Info . . . . .	24
Class Registration Info . . . . .	24-26
Fitness Center Memberships . . . . .	27
Special Events . . . . .	Back Cover

# 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's:

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

Notes:

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

## **Entrance Fees for Non-Members**

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

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

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

**\*\*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.

## **One Month Free**

### **Trial Pool Membership**

Receive a one month free pool membership when you fill out a membership packet. Any questions please contact Bryce at (650)341-4251

**Note: Offer good through April 30th, 2010 for new members only.**



### **Pool Parties and Rentals**

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

## **SPRING POOL HOURS**

4/14/10-6/13/10

<b>MWF</b>	6:15-9:00 am	Lap Swim
	8:00-9:00 am	Aqua Track
	11:00am-1:00 pm	Rec/Lap Swim
	11:05am-12 pm	Water Workout
	3:30-4:45 pm	Rec Swim
	3:30-5:30 pm	Lessons
<b>TTh</b>	4:45-7:15 pm	Lap Swim
	4:45-7:15 pm	Swim Team
	3:30-5:00 pm	Rec Swim
	5:00-6:30 pm	Lessons/Lap Swim
	4:15-7:15 pm	Swim Team
	<b>Sat/Sun</b> 10:30am-1:00 pm	Lessons/Lap Swim
	1:00-5:00 pm	Rec Swim
	4:30-6:00 pm	Lessons (Sun. Only)
	5:00-6:00 pm	Lap Swim

## **SUMMER POOL HOURS**

6/14/10-8/29/10

<b>M-F</b>	6:00-9:00 am	Lap Swim
	9:00am-1:00 pm	Swim Less/Classes
	1:00-5:00 pm	Rec Swim
	5:00-8:00 pm	Swim Team
	5:00-8:00 pm	Lap Swim
<b>MWF</b>	8:00-9:00 am	Aqua Track
	8:00-9:00 am	Masters
	10:50-11:45 am	Aqua Fit
<b>Fri</b>	11:00am-1:00 pm	Lessons/Lap Swim
	5:00-7:00 pm	Lap Swim
	7:00-8:00 pm	Rec/Lap Swim
<b>TTh</b>	5:00-7:00 pm	Lessons/Lap Swim
	7:00-9:00 pm	Lap Swim
	<b>Sat/Sun</b> 9:30am-12:00 pm	Lessons/Lap Swim
	12:00-5:00 pm	Rec Swim
	4:30-6:00 pm	Lessons (Sun. Only)
	5:00-6:00 pm	Lap Swim

*\*schedule subject to change*

## **Pool Schedule Changes**

### **Pool Closed:**

4/12-4/13	Dome Removal
5/16/10	All Staff Training



### **Hour Changes:**

5/31	Memorial Day - (Sun. Hours)
7/4	11am-12pm Lap Swim, 12-2pm Rec Swim, 2-4pm Carnival Games, 4-5pm Lap Swim
7/5	4th of July Weekend - (Sun. Hours)
Dates TBD	HDAC - Pool closes at 4pm



# Youth Swim Lessons

All classes are taught by Certified American Red Cross Water Safety Instructors. Classes are 28 minutes long.



## Spring Swim Lessons

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

Sp I	3/29-4/7	\$38/43 (2 week session)
Sp II	4/14-4/28	\$47/52 (Starts Weds.)
Sp III	5/3-5/19	\$57/62
Sp IV	5/24-6/9	\$47/52 (No Class 5/31)

### **Class Times**

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

### **TTh Classes (3 weeks)**

Sp A	3/30-4/15	\$47/52 (No Class 4/13)
Sp B	4/15-4/29	\$47/52 (Starts Thurs.)
Sp C	5/4-5/20	\$57/62
Sp D	5/25-6/10	\$57/62

### **Class Times**

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

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

Sp a	4/23-5/14	\$38/43
Sp b	5/21-6/11	\$28/33 (No class 5/28)

### **Class Times**

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

### **Saturday Classes (4 weeks)**

Sp 1	4/24-5/15	\$38/43
Sp 2	5/22-6/12	\$28/33 (No class 5/29)

### **Sunday Classes (4 weeks)**

Sp 1s	4/25-5/16	\$38/43
Sp 2s	5/23-6/13	\$28/33 (No class 5/30)

### **Class Times for Saturdays/Sundays**

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

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

Sp 1a	4/25-5/16	\$38/43
Sp 2a	5/23-6/13	\$28/33 (No class 5/30)

### **Class Times**

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

## Summer Swim Lessons

### **M-Th Classes (1 week)**

Su I	6/14-6/17	\$38/43
Su II	6/21-6/24	\$38/43
Su III	6/28-7/1	\$38/43
Su IV	7/6-7/8	\$28/33 (No Class 7/5)
Su V	7/12-7/15	\$38/43
Su VI	7/19-7/22	\$38/43
Su VII	7/26-7/29	\$38/43
Su VIII	8/2-8/5	\$38/43
Su IX	8/9-8/12	\$38/43
Su X	8/16-8/19	\$38/43
Su XI	8/23-8/26	\$38/43

### **Class Times**

9:00am	Levels III, IV, V-VI
9:30am	Levels II, III, IV
10:00am	Levels II, III, V-VI
10:30am	Levels I, II, IV
11:00am	Levels I, III, V-VI
11:30am	Levels I, II, III
12:00pm	Levels II, IV, V-VI
12:30pm	Levels I, III, IV

### **TTh Classes (3 weeks)**

Su A	6/15-7/1	\$57/62
Su B	7/6-7/22	\$57/62
Su C	7/27-8/12	\$57/62
Su D	8/17-8/26	\$38/43 (2 week session)

### **Class Times**

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

### **Friday Classes (5 weeks)**

Su a	6/18-7/23	\$47/52 (No class 7/2)
Su b	7/30-8/27	\$47/52

### **Class Times**

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

## **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.)

**Saturday Classes (5 weeks)**

Su 1 6/19-7/24 \$47/52 (No class 7/3)  
 Su 2 7/31-8/28 \$47/52

**Sunday Morning Classes (4 weeks)**

Su 1s 6/20-7/25 \$47/52 (No class 7/4)  
 Su 2s 8/1-8/29 \$47/52

**Class Times for Saturdays/Sundays**

9:30am Levels III, IV  
 10:00am Levels I, II, V-VI  
 10:30am Levels II, III, IV  
 11:00am Levels I, III, IV  
 11:30am Levels I, II, V-VI

**Sunday Afternoon Classes (4 weeks)**

Su 1a 6/20-7/25 \$47/52 (No class 7/4)  
 Su 2a 8/1-8/29 \$47/52

**Class Times for Saturdays/Sundays**

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

**Youth Swim Lessons Descriptions**

Level I (minimum age 3)

Orientation to water for new students will include entering/exiting water independently, submerging head, opening eyes under water, blowing bubbles, bobbing, supported kicking and floating, beginning arm stroke and personal water safety rules.

Level II

Students will learn jump-in entry, to retrieve objects, unsupported floating and gliding, kicking front and back, combined stroke front and back and safety rescue skills.

Level III

Students will learn coordinated front and back crawl, rolling over and reversing direction, elementary backstroke, butterfly kick, deep water entries including diving, P.F.D. use and safety & rescue skills.

Level IV

Students will learn breaststroke, sidestroke, butterfly, standing diving, turns at the wall, treading water and safety & rescue skills. Students will improve front/back crawl and elementary backstroke.

Level V

Students will learn flip turns, surface dives, underwater swimming and safety rescue skills. Students will improve front dive, front/back crawl, breaststroke, sidestroke and elementary backstroke & butterfly.

Level VI

Students will learn approach stroke, flip turns, jump tuck from diving board, approach and hurdle on diving board, and safety/rescue skills. Students will improve front/back crawl, breaststroke, sidestroke, butterfly and elementary backstroke.

**Parents can workout too!**

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

**Adapted Aquatics**

Our adapted aquatics program focuses on water safety, self confidence, and the physical developmental skills of each student. Classes are geared for individuals with special needs and individuals who are looking for injury rehabilitation aquatic therapy. Aquatic therapy is great for arthritis! Each individual is encouraged to progress at his or her own pace. Lesson times are coordinated between the student and instructor. Fee is for single half hour lessons. Call the private lesson coordinator to schedule. **\$25/29 per session. 28 min lessons.**

**Synchronized Swimming**

Let your kids learn to synch and swim! Synchro swimming is a fun combination of swimming, gymnastics, and showmanship. Kids will learn the basics of synchronized swimming techniques alongside the teamwork and excitement of 'water dancing.' Each class will incorporate stretching, lap conditioning, and technical instruction. All swimmers will receive a noseclip. Instructor and Highlands mom Kaaren Sipes competed in synchronized swimming for 11 years, coached summer camps as a senior swimmer, judged for competitions, and performed in numerous water shows. Must be able to swim one lap of the pool and tread water for 2 minutes. **Max: 6.**

**Sum 1:** Sat 6/5-6/19 5-6pm \$35/40 Pool  
**Sum 2:** M/W 7/5-7/21 5-5:45pm \$55/60 Pool

**Splash Time - Intro to Swim**

Calling all 6 year olds and under! Introduce your child to the water while having some fun in the sun! We will listen to fun kid music and play in the shallow water of the kiddie pool! A great way to ease your child into swim lessons! **Max: 5**

Su A Wed 6/30-7/14 10-10:30am \$36/41  
 Su B Wed 8/4-8/18 10-10:30am \$36/41

**Springboard Diving**

Diving, students will learn the hurdle, the approaching steps, and basic dives such as the swan and jackknife. **Pre-requisites: 8 years of age. Must have the ability to pass the swim test and perform a standing dive off the diving board.** Diving is taught by World Class diver, Kelly Winterbottom. Private lessons can be arranged. **Max 8 students.**

**TTh 11:00-11:45am**

Su I 6/15-6/29 \$70/75  
 Su II 7/1-7/15 (Starts Thurs) \$70/75

## Parent and Me

Come on in and explore the water with your child! It is never too early to begin getting your child accustomed to the water. Swimming is a lifetime sport-no matter what age! Learn games and songs to assist your child in water adjustment while they begin to learn basic water skills. This is a parent participation class for children ages 3 mon. to 3 yrs. **No Class: 5/29, 7/3, 7/5.**

### Saturdays

Sp 1	4/24-5/15	12:15-12:45pm	\$38/43
Sp 2	5/22-6/12	12:15-12:45pm	\$28/33
Su 1	6/19-7/24	12:15-12:45pm	\$47/52
Su 2	7/31-8/28	12:15-12:45pm	\$47/52

### Mondays

Su A	6/14-7/19	12:15-12:45pm	\$38/43
Su B	7/26-8/23	12:15-12:45pm	\$38/43

### Wednesdays

Su a	6/16-7/21	12:15-12:45pm	\$57/62
Su b	7/28-8/25	12:15-12:45pm	\$38/43

## Highlands Masters

The Masters program is for adults who want to improve fitness and master proper stroke technique to become a faster and more efficient swimmer. Participants should be comfortable swimming at least one hundred yards continuously using the freestyle (crawl) stroke.

**Drop In: \$10. No Class: 7/5**

### Morning Masters 8-9am

Session 1	MWF	6/14-7/16	\$70/75
Session 2	MWF	7/19-8/20	\$75/80

### Evening Masters 8-9pm

Session 1	TTh	6/15-7/15	\$50/55
Session 2	TTh	7/20-8/19	\$50/55

## Beg. Adult Group Lessons

Class is for those afraid and uncomfortable with the water. This class is taught with each participant working at his or her own pace. Participants learn: Water safety skills, Floating, Developing confidence in deep water, basic swimming skills. Ages 16 and up. **Saturdays 9:30am. 28 min class.**

Session 1	6/19-7/24	\$47/52 (no class 7/3)
Session 2	7/31-8/28	\$47/52

## WANTED Lifeguards and Swim Instructors

If you are interested in becoming a Lifeguard and/or a Swim Instructor at the Highlands Rec, Contact Bryce at (650) 341-4251 or by email at: [brycer@highlandsrec.ca.gov](mailto:brycer@highlandsrec.ca.gov)

**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:** \$25/29

**Semi-Private:** \$20/25

**Private Diving Lessons**

with Kelly Winterbottom:

\$40 for a 28 min lesson.

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

## Aqua Fit

Whether you're new to exercise or a seasoned athlete, aquatic exercise will have you working harder, safer and having more fun than you ever thought possible. No swimming skills are necessary. Adults of all ages welcome.

<b>Spring</b>	<b>MWF</b>	<b>On-Going</b>	<b>11:05am-12pm</b>
<b>Summer</b>	<b>MWF</b>	<b>On-Going</b>	<b>10:50-11:45am</b>

## 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.

**MWF On-Going 8:00am-9am**

### Punch Card Fee's for Aqua Fit/Track

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

## Int. Adult Group Lessons

Class is for those who are not afraid of the water and are looking for to improve their swimming skills. Participants learn: Floating, Rhythmic breathing, Crawl stroke, Elementary backstroke, treading water and other swimming skills. Ages 16 and up. **Saturdays 9:30am. 28 min class.**

Session 1	6/19-7/24	\$47/52 (no class 7/3)
Session 2	7/31-8/28	\$47/52

## Prenatal Aquatic Exercise

There are many universal benefits to aquatic exercise including cardiovascular health, weight reduction, improved mood and sleep patterns, and increased energy. Aquatic Exercise is an especially great form of exercise for women who are expecting because water's buoyancy requires you to support only 50 percent of your body weight, it reduces the risk of stress-related injuries, and the compression of the water is soothing on joints and muscles that are stressed by the added bulk of your pregnancy. Additionally, water exercise facilitates the reduction of swelling through the constant compression and the coolness of the water. You don't need to be able to swim to participate in water workouts - many moves are performed in waist or chest-high water! This class also provides a great opportunity to meet other expecting mothers in your community.

Session 1 Th 7/15-7/29 9-10am \$28/33  
 Session 2 M 8/9-8/23 9-10am \$28/33

## Lifeguard Training Class

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 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!**

Sa/Su 4/24, 4/25, 5/1, 5/2 8am-5pm \$195/200  
 M-Th 6/7-6/10 8am-5pm \$195/200



The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations. Look for our next class in the Fall brochure! Contact Bryce with any questions, 341-4251.



## Junior Lifeguarding

Our American Red Cross program provides a strong foundation for future successful completion of the Red Cross Lifeguarding Course. Jr. Guards will workout 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, how to recognize when someone is in trouble, and 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 participate in staff trainings and then be taken on different Aquatic themed field trips throughout the bay area. On some of the longer field trip days they will not be participating in trainings. Pre-req: Ability to swim front crawl 25 yards continuously using side breathing, tread water for one minute, submerge and swim a distance of 10 feet. **Mon-Fri, 9am-4pm. Ages 11+. \$175/180 per week. (Additional \$35 per week for field trip).**

**\*Sign up for 8 weeks & get the 9th week FREE!**

**Wk 1 6/14-6/18 Reach or throw-then go!**

Field Trip: Linda Mar Beach

**Wk 2 6/21-6/25 If it bleeds, bandage it. If it breaks, splint it.**

Field Trip: Quarry Lake

**Wk 3 6/28-7/2 Breath of Life.**

Field Trip: Coyote Point

**Wk 4 7/6-7/9 Save a life, Shock 'em!**

Field Trip: Trout Fishing (No Class:7/5)

**Wk 5 7/12-7/16 Be kind C-spine.**

Field Trip: Montara Beach

**Wk 6 7/19-7/23 Master Disaster. X marks the spot.**

Field Trip: Aquarium of the Bay

**Wk 7 7/26-7/30 Burns, poisons, bites and stings.**

Field Trip: Tildon Lake

**Wk 8 8/2-8/6 So you want to be a lifeguard?**

Field Trip: Memorial Park

**Wk 9 8/9-8/13 Junior Guard Olympics 2010**

Field Trip: Discovery Kingdom

### Resident Appreciation Day

If you're a Highlands Resident without a pool membership, this day is your lucky day. Come join us for a **FREE** day at the pool. Just bring current proof of residency and you are in. (ie. drivers license, electric bill, etc.) All pool rules apply. **Sunday, May 23rd & Saturday, June 12th. Max 5 persons /household\* \*Call Bryce in advance for any special household arrangements for over 5 people.**

# 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. Swimmers have the opportunity to compete regularly in local dual meets during the summer and in USA Swimming meets year round.

## Pre-Team

Pre-Team is for kids who are able to swim at least one length of the pool without stopping, but need work on form and endurance before being ready for the Swim Team. Participants should know Freestyle with side breathing, Backstroke and have some knowledge of Butterfly and Breaststroke. This group practices both in the diving well and the lap areas of the pool. Swimmers are encouraged to continue with swim lessons to receive hands on instruction with an instructor in the water. Swimmers who are on Pre-Team may participate in meets if they are interested by registering with USA Swimming.

## Red Group

Age: 5-8 years

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

### Spring

MW 4:45-5:15pm \$60/65

TTh 4:15-4:45pm \$60/65

### Summer

MW 5:30-6:00pm \$60/65

TTh 5:00-5:30pm \$60/65

## White Group

Age: 5-10 years

Pre-req: Ability to swim 25 yards (one length of the pool) of freestyle and backstroke; working knowledge of butterfly and breaststroke.

### Spring

TTh 4:45-5:30pm \$70/75

### Summer

TTh 5:30-6:15pm \$70/75

## Blue Group

Age: 8-12 years

Pre-req: Ability to swim 50 yards (2 lengths of the pool) of freestyle and backstroke without stopping; working knowledge of butterfly and breaststroke.

### Spring

TTh 5:30-6:15pm \$70/75

### Summer

TTh 6:15-7:00pm \$70/75

## Bronze Group (Pre-Competitive)

Bronze is our pre-competitive swim team group for swimmers interested in improving their swimming ability, both fitness level and form. This group includes younger swimmers who may compete and older swimmers not yet ready for competition. Swimmers must be competent in Freestyle and Backstroke, be comfortable swimming 100 yards (4 lengths of the pool) without stopping, and have a working knowledge of Butterfly and Breaststroke. Swimmers are encouraged to participate in summer dual meets and, if registered with USA Swimming, may participate in meets year round.

### Spring

MWF 5:15-6:15pm \$75/80

### Summer

MW 6:00-7:00pm \$75/80

& F 5:00-6:00pm

## Silver Group

Silver is our intermediate swim team group for swimmers who love the water and are able to swim 100 yards of each stroke (Fly, Back, Breast and Free). The group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in swim meets and are required to register with USA Swimming even if they choose not to compete.

### Spring

M-F 6:15-7:15pm \$95/100

### Summer

M-Th 7:00-8:00pm \$95/100

& F 6:00-7:00pm

## Late Fees

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

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

# Highlands Early Education Program 2010

**“Where children love to learn”**

The Highlands Early Education Program (EEP) is community based and committed to creating a positive safe environment where your child’s learning will thrive, be nurtured and loved. We find new and innovative ways to teach curriculum, foster development and ignite your child’s imagination. Our licensed program cultivates the growth of your child’s self-esteem, socialization, early education and the continuous developmental experience. The understanding, knowledge & skills of our teachers harbor a warm, loving and inviting atmosphere for your child which will raise your comfort level and ensure your peace of mind.

We believe that children learn best through play; that is why our program is developed around theme based curriculum, lesson plans and activities that teach fundamental concepts. For example, each week we follow a specific letter of the alphabet and use it as a springboard for science, art, movement, math and language activities. Other weeks follow curriculum focusing on the senses, recycling and protecting our world, our bodies, eating healthy and architecture week. This medium encourages children to express themselves in areas of social, intellectual, emotional and physical growth. The importance of muscle development is emphasized in our program through climbing on structures on the playground, digging in the sandbox, running, riding tricycles and using the upper body for physically active and body strengthening experience. The Early Education Program focuses on hands-on learning activities both in the classroom and outside that provide each child with the opportunity to learn at his/her level by their own tactile experience. **EEP Head Teacher: Rebecca Hitchcock**

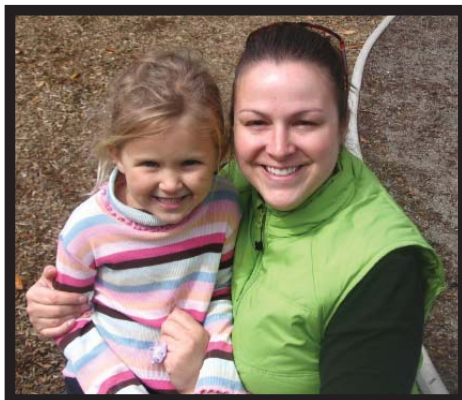
**M-F, TTh, MWF**

**8am-12:30pm**

**Last Day of School: Friday 6/4**



<b>Apr:</b>	
<b>M-F</b>	\$477/482
<b>M/W/F</b>	\$390/395
<b>TuTh</b>	\$270/275
<b>May:</b>	
<b>M-F</b>	\$637/642
<b>M/W/F</b>	\$521/526
<b>TuTh</b>	\$360/365
<b>June:</b>	
<b>M-F</b>	\$159/161
<b>M/W/F</b>	\$130/135
<b>TuTh</b>	\$90/95



**For Your Calendar...**

**EEP CLOSED:**  
 Spring Break: 4/5-4/9  
 Memorial Day: 5/31  
 Last Day of School: 6/4

**Annual Registration Fee:**  
\$105/child

**First Day of 2010-2011 EEP:**  
**September 7th, 2010**

**EEP emergency packets available online @ [highlandsrec.ca.gov](http://highlandsrec.ca.gov)**

**Ages 2.5-3.75: The Poppies** “Oh, the experiences I will have” This program promotes your child’s creativity, independence and imagination; socialization, language and reading readiness are all incorporated into hands-on daily activities. Children are encouraged and begin to identify colors, shapes while also learning to recognize letters of the alphabet. Circle time with songs and stories are incorporated into the daily routine. It is our definitive goal to instill a joy of learning in your child, positive socialization experience and development of personal confidence to try and be exposed to new challenges that will result in future successes.

**Ages 3.76-5: The Willows** “Onwards and Upwards: Oh the places I will go” This age appropriate program brings together many foundations built in earlier years of structure, independence and exploration. This program emphasizes a wide range of educational activities that promote language arts, reading readiness, motor skills, socialization and science. Our environment promotes creative expression, peer cooperation, conflict resolution and movement activities. Children will learn to both recognize and write their own name, participate in daily circle time and create lasting friendships. Parent conferences will be held twice during the school year in order for both the teachers and parents to see the development and growth of their child from start to finish. Our staff provides a personalized experience that will prepare your child with the necessary skills for their elementary educational experience.

**CLASSROOM READINESS:** Age does not always determine a child’s learning scope; classroom readiness can be evaluated by trained teachers to establish your child’s level for the Early Education Program. Each group will be separated for age appropriate and developmental curriculum, 2.5-3.75 year olds & 3.76-5 year olds. The two separate groups will come together for snack and playground time. All children must be potty trained to be in our program.

*Family Traditions Begin at the Highlands Recreation Center*



# After School Program 2010



The After School Program is open to Elementary School students, ages 5-12 and grades K-5. During the school year we also offer a winter and spring camp, and are open on most Staff Development Days. The main goal of the ASP is to guide and safeguard those children who come to our program. It is also our goal to provide a program which meets the fundamental needs for growth and development common to all children. The ASP will offer children enriching, fun and exciting opportunities to both learn and play. Each day will offer a variety of activities to choose from so each child's special needs and interests will be met. It is also our goal to increase each child's awareness and respect for cultural diversity. While offering these activities we hope to build each child's confidence and self-esteem. Fees are for Resident & Non-Res. ASP hours are from grade level daily school release until 6pm. *Rec Swimming T/Th 3:30-5pm, during the school year.* **ASP Head Teacher: Mike Koenig**

## ASP 2010 Fees

### April(1-2, 12-30):

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>Drop In</u>
Kinder	\$402/407	\$371/376	\$299/304	\$258/263	\$40/45
1st - 5th	\$297/302	\$268/273	\$210/215	\$178/183	\$35/40

### May:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>Drop In</u>
Kinder	\$536/541	\$495/500	\$399/404	\$345/350	\$40/45
1st - 5th	\$396/401	\$358/363	\$280/285	\$238/243	\$35/40

### Jun(1-9)/ Last Day of ASP Wed 6/9:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>Drop In</u>
Kinder	\$167/172	\$154/159	\$124/129	\$125/130	\$40/45
1st - 5th	\$123/128	\$111/116	\$87/92	\$74/79	\$35/40



### EEP, ASP & In Crowd 2010-2011

#### EEP

\$105 Non-Refundable Reg. Fee

#### ASP/In Crowd

\$75 Non-Refundable Supply fee (per child) required to hold a spot

### 2010-2011 Child Care

Enrollment for EEP, ASP and In-Crowd 2010-2011 school year in progress.

Contact the office today for information and registration.

### Need Summer Tutoring?

Have fun at camp and get reinforcement and readiness for your 1st-6th grader's next school year. See page 14 for enrollment info.

### Child Care Late Fees

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

### For Your Calendar...

**\*ASP/IN CROWD CLOSED:**

Spring Break: 4/5-4/9

Memorial Day: 5/31

**Last Day of ASP/IN CROWD 2010: 6/9**

**1st Day of ASP/IN CROWD 2010/2011: 9/1**

### Sibling Discount/Supply Fees

**Supply Fee:** One time ASP annual supply fee of \$75/child

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

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





# Summer Fun Zone 2010 Vacation at the Rec!

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



Summer's right around the corner and were thinking an American vacation! Highlands Recreation Center is excited to host an 11 week summer camp jam packed with amazing destinations. Each "all inclusive week" brings you the very best in sports, arts, science, cooking, hiking and daily swimming. Come create wonderful memories through adventurous outdoor and indoor activities. Each vacation themed week will include a field trip to different spectacular locations throughout the Bay Area. If you're looking for a safe & fun environment for your children, get your tickets now because Highlands Rec Center is your destination for fun. *Child to staff ratio 10:1.*

## Summer Camp Fees

**Weekly Fee** \$240/245

**Week 4 Tu-Fri** \$192/197  
*(Closed 7/5/10)*

**Drop in\*** \$60/\$65

*\*Camp Spaces are reserved for weekly enrolled children. Drop-Ins available MTuWF only and 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.*

**Deposit (Optional)** \$25

*If you wish to prepay weekly deposits you may do so, however full payments must be made by adjacent dates. Deposits not required but recommended to ensure space.*

## What your fees includes:

- \* 7:30am - 6pm = 10.5 hours of fun!
- \* Includes extended care hours of 7:30-9am and 4-6pm
- \* Thursday field trips entrance fees and transportation
- \* M, Tu, W, F Rec Swim from 1:30-5pm
- \* Includes special presenters & jumpers
- \* Two daily snacks
- \* CPR & First Aid Certified staff with ECE units
- \* Discounted price on most enrichment classes

## Payment schedule for Summer Camp is as follows, if you paid deposits:

- ~Full payment for any week(s) 1-5 due by 6/1
  - ~Full payment for any week(s) 6-11 due by 7/12
- After deadline dates, spaces available on a first come, first serve basis.*

## Late Fees

There is a \$15 late fee charge per child if full payments are not made by above scheduled payment due dates.

**April 1st - Camp Emergency Packets available**

## All Camps Refund Policy

The Highlands Rec. Center will refund prepaid weeks prior to start of scheduled week, minus \$25 per child, per week. If cancellation occurs during scheduled week of camp, no refunds.

## Discounts & Rewards

- (1) If you pay 3 weeks in full, you will receive 1 weekend family pool pass (\$20-50 value).
- (2) If you pay 6 weeks in full, receive 10% off total camp fee & 2 weekend family pool passes (\$40-100 value).
- (3) If you pay 8 weeks in full by April 1st, receive 10% off total camp fee and get half off the pool membership registration fee. **Sibling Discount: \$5/ week off.**

## Field Trips

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

## Enrichment Classes

Here at the Rec, we offer a variety of different classes throughout the day which are open to kids in our Camp program. We offer these classes at discounted rates for those who are participating in our Camp and After School Program. With drastic increases in childhood obesity and diabetes among children, it is ever important for parents to encourage exercise in children. You will find a variety of these classes advertized here; including AWESOMEngineering, Soccer & Smiles, Fencing and Swimming among others. For more information on these classes, please visit pages 14-18 in this brochure, or call the Rec at 341-4251.

# Summer Fun Zone 2010

## Summer Camp Themes & Field Trips - Pack for Fun!

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

Wk 1	June 14-June 18	Florida Vacation	San Mateo County Fair
Wk 2	June 21-June 25	Alaska Vacation	Sea Bowl/Linda Mar Beach
Wk 3	June 28-July 2	Louisiana Vacation	Marine World
Wk 4	July 6-July 9	Washington, D.C. Vacation	Memorial Park
Wk 5	July 12-July 16	California Vacation	Oakland Zoo
Wk 6	July 19-July 23	Hawaii Vacation	Raging Waters
Wk 7	July 26-July 30	New York Vacation	Del Valle
Wk 8	Aug 2-Aug 6	Nevada Vacation	Great America
Wk 9	Aug 9-Aug 13	South Dakota Vacation	Jungle Island & Lone Hill Park
Wk 10	Aug 16-Aug 20	Texas Vacation	Tanforan Mall Movies
Wk 11	Aug 23-Aug 27	Montana Vacation	Rock Wall @ Camp

### 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 Thurs all-camp field trips. Tues and Wed field trips are optional for middle school students; if your child wishes to attend either Tues or Wed field trips, you must go to the Rec. office or call to sign them up throughout the summer. Due to transportation issues, certain Middle School field trips are limited to 14 students. Field trips are available on a first come first serve basis. All field trips subject to change. Below field trips are 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 and hike, flashlight tag, roasting marshmallows, campfire and stories under a blanket of stars. 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 8/3-8/4 \$35/40  
Not Enrolled in Camp\*\* Tu-Wed 8/3-8/4 \$45/50

\*If your child is enrolled they can stay at camp all day Tues and through Wed's camp day too.

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

		Tuesday	Wednesday			Tuesday	Wednesday
Wk 1	6/14-6/18	Hillsdale Mall	Giants Game	Wk 6	7/19-7/23	Santa Cruz Boardwalk	Maze and bagged lunch on the beach
Wk 2	6/21-6/25	Sky High Sports	Ice Skating	Wk 7	7/26-7/30	Dave & Buster	Downtown SM for lunch
Wk 3	6/28-7/2	Laser Quest	CSM Planetarium Lunch at Laurelwood	Wk 8	8/2-8/6	Overnight at Rec	In-N-Out for lunch
Wk 4	7/6-7/9	Metreon for a Movie	Park	Wk 9	8/9-8/13	Pier 39	Stanford Mall for lunch
Wk 5	7/12-7/16	Malibu	Oakland Zoo	Wk 10	8/16-8/20	Sky High Sports	Tanforan Mall Movie

## Junior Adventure Camp

### Ages 2.5 thru entering Kindergarten

Are you looking for a fun first camp experience? Then we have just the camp for you! Our Junior Adventure Camp provides a warm and nurturing environment, the perfect place for your little one to experience their first time at camp. The mornings will provide fun through outside time, free play, water play, songs and games. Each week will be filled with art projects, stories, snacks and special presenters that correlate with the exciting themes! Junior Adventure Camp . . . where memories are made. Open to Ages 2.5-entering Kindergarten. 10 Children minimum, 24 children maximum for each week. **Head Teacher: Rebecca Hitchcock.** The summer session will be held at Crystal Springs United Methodist Church @ 2145 Bunker Hill Dr. Children must be potty-trained.

**Days Hours**  
M-F 8:00am-12:30pm

**Weekly Fees**  
\$160/165

**Week 3 Rate:**  
\$128/133 (No camp 7/5)



See Pg 11 for All Camp  
Refund & Discount Info.

Wk 1	June 21-June 25	Dino Adventures
Wk 2	June 28-July 2	Red, White, Blue Adv.
Wk 3	July 6-July 9	Aloha Adventures
Wk 4	July 12-July 16	Pirate Adventures
Wk 5	July 19-July 23	Musical Adventures
Wk 6	July 26-July 30	Space Adventures
Wk 7	Aug 2-Aug 6	Insect Adventures
Wk 8	Aug 9-Aug 13	Jungle Adventures
Wk 9	Aug 16-Aug 20	Ocean Adventures

## “In Crowd”

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. An afternoon snack is provided each day along with a quiet hour for homework, special activities, games and more. M-F, 3-6pm. All minimum days accomodated. We transport children from Abbott Middle School to the In Crowd and escort children who attend Borel Middle School from the bus stop across the street from The Church. Call Aimée at 341-4251 to register or for more details.

**In Crowd Head Teacher: Zack Tschierschky**

### In Crowd 2010 Fees

**April(1-2, 12-30):**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>Drop In</b>
\$297/302	\$268/273	\$210/215	\$178/183	\$35/40

**May:**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>Drop In</b>
\$396/401	\$358/363	\$280/285	\$238/243	\$35/40

**Jun(1-9)/ Last Day of ASP Wed 6/9:**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>Drop In</b>
\$123/128	\$111/116	\$87/92	\$74/79	\$35/40

**In Crowd emergency packets available  
online @ [highlandsrec.ca.gov](http://highlandsrec.ca.gov)**

**See Page 8 for 2010-2011 School Year  
In Crowd start date**

## Spring Camp 2010

### K-8th Grade

April 5-9 Hours: 7:30am-6pm

Parents, yeah were talking to you! Have you enrolled your children in Spring Camp yet? Send them to The Rec. for a week of WOW! Our Spring Camp will be filled with engaging activities and a memorable field trip to keep your child entertained all week long. Licensed Child Care with CPR/First Aid Certified Staff.

### Theme Days\*

Monday	4/5	Art Rageous
Tuesday	4/6	Outdoor Madness
Wednesday	4/7	Obstacle Adventure
Thursday	4/8	Field Trip Day Santa Cruz Beach Boardwalk
Friday	4/9	Got Green? Recycle

\*Subject to change\*

### Camp Res/Non Res Fee:

<b>Daily Fee</b>	\$50/55
<b>Field Trip Day Rate</b>	\$65/70

### Special Offer

Sign Up for the entire  
week of Spring Camp and receive  
half off one week of Summer  
Fun Zone Camp 2010.



## Highlands Rec Ball

Non-Competitive T-Ball League

Boys & Girls: Ages 4-8



Learn the basic fundamentals of throwing, hitting, fielding, teamwork and having fun in non-competitive league format. Kids play in a positive and safe environment using safety balls and batting helmets, with plenty of support from volunteer parent coaches. **Team Divisions:** At the time of registration, you may request ONE other person to be on the same team. Or, you may turn in a team of 6-12 players at the time of registration.

### League Format:

Games are held at the Highlands School grass field. -15 minute warm up before 1 hr. game -NO SCORE is ever kept, NO OUTS and all players will get to bat 3 times and play infield.

### Program Schedule

Game Dates	Day	Division	Time
3/27-5/22	Sat	Junior	9-10:15am
3/27-5/22	Sat	Pee-Wee	10:15am-2pm*

**SIGN-UPS START: February 2nd**

**SIGN-UPS END: March 19th**

**Fees: \$80/85 per player \$5/sibling discount**

## AWESOME Engineering Summer Camp

Are you ready to have an AWESOME time? Learn about engineering and construction concepts using Erector® educational toys. You will build things you encounter everyday; including bridges, cars, skyscrapers and more! Some of the concepts covered include: Torque vs. Speed, Belt and Pulley Systems, Gravity, Friction, and Truss Systems. In class, you are provided with everything you need to build each project. This hands-on class will allow you to work together to solve problems while building projects. \$10 material fee due at first class; payable to AWE-SOME Engineering. For more info visit [awesomengineering.org](http://awesomengineering.org).

M-F	8/9-8/13	9am-12pm	\$145/150	Gym
M-F	8/9-8/13	1pm-4pm	\$145/150	Gym

## Tap Dance

Tap for Tots/Tap I (Ages 3-9yrs): This class is for the little tap dancer with little or no tap experience. We will have fun while building skills in basic tap technique. Please wear clothes you can dance in. Tap shoes required. Parents are welcome to watch. (ASP / EEP fee: \$50).

W	4/14-6/2	1:30-2:05pm	\$55/60	Gym
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## Science Adventures

**Space Explorers** - Discover how robots and astronauts explore other worlds and investigate the science behind the rockets that send them into space.  
**Wildlife Safari** - Are you ready to go wild? Grab your gear, we're going on a safari! Embark on an animal adventure and uncover what makes each group of vertebrates on the planet extra wild!

To enroll, visit [www.scienceadventures.com](http://www.scienceadventures.com) or call Science Adventures at (888) 458-1812. **No Class:**

**4/7**

Space Explorers

W 3/24-4/28\* 12:30-2pm \$110 LGI

Science Bloopers

W 5/5-6/2 12:30-2pm \$110 LGI

## Baseball Camp

It's never too late to practice the fundamentals. Join college baseball player Tommy Evans as he will help you excel in the game of Baseball. Kids will learn how to properly: stretch and warm-up, field the ball at every position, slide both head first and feet first. Kids will also learn situational hitting, the proper mechanics of pitching from a mound and defensive strategy while enjoying an afternoon in the sun. You will see great improvement from start to finish.

Tu 6/15-7/13 3:30-5:00pm \$75/80 Highlands Sch

## Summer Tutoring

Highlands Rec. is excited to offer a summer tutoring opportunity for 1st-6th graders. This program is designed for children who need extra help on their studies, review of previous year's curriculum and preview of the next year's curriculum. Subject based support for Math, Reading, Writing and Spelling will be SMFC text book based. **Ratio 3:1**

Laura Schwartz is a 23 year old SF State University multiple subject credentialed teacher. She is currently substituting in Burlingame and has been working as a student teacher in grades 2-5. It has always been her goal to become a teacher and work with students to help them achieve their goals. Laura believes that learning should be a fun process, getting students engaged in the subjects they are learning.

\*Session 1 & 3: \$140/session if child is enrolled in Summer Fun Zone Camp. Session 2: \$115 per child if enrolled in Summer Fun Zone Camp. \*\$50 off if child is enrolled in all 3 sessions. **All classes in Fit. Center.**

1a	1st -3rd	M-W	6/21-6/30	1-2pm	\$150/155
1b	4th-6th	M-W	6/21-6/30	2-3pm	\$150/155
2a	1st -3rd	M-W	7/6-7/16	1-2pm	\$125/130
2b	4th-6th	M-W	7/6-7/16	2-3pm	\$125/130
3a	1st -3rd	M-W	8/2-8/11	1-2pm	\$150/155
3b	4th-6th	M-W	8/2-8/11	2-3pm	\$150/155

# Science Adventures Summer Camp

**Mystery of the Pharaoh's Treasure, Solve an Egyptian Mystery** - Decipher hieroglyphics, use astronomy to predict the burial site of a mummy, and take home a share of the gold. Full-Day campers will solve the riddle of the Sphinx and reveal a crystal treasure. Take a step back in time to unravel this mysterious Egyptian adventure!

**Go Wild! Meet Live Animals!** - Leap into the wild on an awesome adventure to investigate extreme plants and amazing animals. Build a nature kit complete with binoculars, bug cage and telescope. Stay a full day to take part in the Animal Olympics, make glowing fire flies and sticky octopus arms.

**Space and Rocketry 2010, Build and Launch a Hydro-Rocket!** - Get pumped up for some space exploration! Using the power of air pressure and water, launch your very own rocket over 100 feet into the air. Stay a full day and get loony about the moon while you build your own motorized Lunar Rover and make craters with marble meteorites!

**Gizmo's Robot Factory, Build a Walking Motorized Robot!** - Investigate what makes a robot tick as you take a robot's-eye view in 3-D, listen with electronic ears, and compete in the Robo-Olympics. Stay all day to create a crazy invention, and discover how robots are changing the face of our world.

**Half Day is from 9am-12pm, Full Day is from 9am-3:30pm. Camp held at Highlands Elementary School LGI, 2320 Newport St, San Mateo, 94402.**

Mystery of the Pharaoh's Treasure	
M-F 6/21-6/25	\$219 half day/\$307 full day
Go Wild, Meet Live Animals!	
M-F 6/28-7/2	\$219 half day/\$307 full day
Space and Rocketry 2010	
M-F 7/12-7/16	\$219 half day/\$307 full day
Gizmo's Robot Factory	
M-F 7/19-7/23	\$219 half day/\$307 full day

## Disney's, Alice in Wonderland Jr.

Highlands Theater is new this Spring! Join Highlands Elementary School Teacher, Miss Jang as she hopes to share the world of theater with you. They will learn everything about the theater: from acting, singing, dancing, and performing to behind-the-scenes work of putting on a performance. Our final project will be a performance for the Highlands School and Community of Disney's, Alice in Wonderland Jr. As the White Rabbit would say, "I'm late, I'm late, for a very important date - with Highlands Theater!" Max: 50. **No Class: 5/13**

M,T,Th 4/12-5/27 3:15-4:45pm \$100 LGI

\*There will be performances on Thursday, May 27th, Friday May 28th and Saturday, May 29th.

# Beginning and Intermediate Guitar

Learn how to play the guitar by focusing on technique and ear training. This class will demystify the sometimes overwhelming and confusing technical information. The approach and method is beginner-friendly and aims to make each lesson a productive and enjoyable experience. Teacher Robert 'Bo' Razon is a multi-instrumentalist, arranger, composer and teacher, who for nearly three decades has been studying, researching, teaching and performing within the musical genres of Blues, Rock, Jazz, Latin and World. 30 minute time slots. **Ages 6-Adult. (EEP/ASP Fee: \$5 less than resident). No class 5/31, 6/1, 6/2**

M	4/12-6/7	4-6pm	\$160/165	F.C.
T	4/13-6/8	4-6pm	\$160/165	F.C.
W	4/14-6/9	4:45-6:15pm	\$160/165	F.C.
M	8/2-8/30	3-5pm	\$100/105	F.C.
T	8/3-8/31	3-5pm	\$100/105	F.C.

## Magic Lessons for Kids

Join Magic Jeanne for Magic Lessons. Learning magic enables the student to become disciplined in practice, build confidence through performing in front of an audience, manipulation of the hands (through sleight of hand magic) and responsibility to maintain their props. Magic can be performed for the hearing impaired that is how powerful the art of illusion is and it is enjoyed by all ages.

Th 4/15-6/3 3:30-4:30pm \$120/125 Gym

## Mandarin Language Program

Enroll in our Mandarin-Chinese language program today. Jian Zhu will focus on language acquisition through language immersion and cultural activities. No previous Mandarin experience is necessary. *Class will be held at the Highlands School, Classroom TBA. Max enrollment number is 14 students. No class: 4/5, 4/6, 4/7, 4/8, 5/31*

### Kinder

T/Th\* 3/23-6/3 1-2 pm \$350/355

### 1st Grade

M 3/24-6/7 2:30-3:30 pm \$350/355  
& W\* 1-2 pm

### 2nd-3rd Grades

T/Th 3/23-6/3 2:30-3:30 pm \$350/355

### 4th-5th Grades

T/Th 3/23-6/3 3:30-4:30 pm \$350/355

\* The HRC Staff will provide child care from classroom release until Mandarin class time. There will be a small fee for this service, please call for more information and to sign up.

## 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 due to staffing. **5 child minimum. \$5 sibling discount. K-5th Grade. 4 yrs allowed if sibling of ASP child only. Must be potty trained.**

F	3/5	6-10pm	\$25 child	S.R.
F	4/16	6-10pm	\$25 child	S.R.
F	5/14	6-10pm	\$25 child	S.R.

## Pre-School Kids Nite Out

Need a dinner out with your special someone? YES! We will provide fun child care, as well as a pizza and juice dinner. Pre-registration required. No Drop-ins available due to staffing. **5 child minimum, 20 person maximum. \$5 sibling Discount. 2.5 yrs - Kinder only. Must be potty trained.**

F	3/26	6-9pm	\$22 child	S.R.
F	4/23	6-9pm	\$22 child	S.R.
F	5/21	6-9pm	\$22 child	S.R.

## Soccer & Smiles

Let your child's first soccer experience be a great one! Designed specifically for children ages 3 - 5. Soccer and Smiles strives to teach the fundamentals of soccer in a fun, positive, non-competitive and safe environment, while promoting a love of the world's most popular team sport! Children come away from our classes with self-confidence and a smile! Our program enhances gross motor skills, encourages regular exercise and promotes a healthy lifestyle.

**Ages 2.5 - 5 years old.**

M	4/19-5/24	12:30-1pm	\$60/65	Gym
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## Soccer & Smiles Summer Camp

Let your child's first soccer camp experience be a great one! Designed specifically for children ages 4 - 5. Soccer and Smiles strives to teach the fundamentals of soccer in a fun, positive, non-competitive and safe environment, while promoting a love of the world's most popular team sport! Our half-day camp includes teaching soccer basics, skill building games, non-competitive scrimmages and soccer crafts. It will be a fun and faced pace half day! Each participant will receive a T-shirt and soccer ball.

M-F	8/16-8/20	9am-12pm	\$225	High. Elem
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## Parent & Child Rock Climbing

Parents, would you like to take a class with your child and have a true bonding experience? Sign up today for the Highlands Recreation Center, Parent and Child Rock Climbing class hosted at Planet Granite. This class will teach parents the safety skills needed for their child to climb at Planet Granite. Lesson price includes one hour of instruction, gear rentals, and a day pass for the child to climb following the lesson. Registration is for one parent and one child. Please arrive 15 minutes early to sign release paperwork.

**Kid's ages 5-13. Parents 18+.**

Sa	5/1	9:45-11am	\$34/39	Offsite
Sa	6/12	9:45-11am	\$34/39	Offsite

## Whimsical Cupcakes

Join Highlands Elementary school mother and Author, Jennifer Lee Wilson for this fun, hands-on class. Inspire the inner pastry chef in your family with this wonderful introduction to the art of cake decorating. Learn to make butter cream from scratch, use piping bags and tips to create fun characters and edible works of art. Open their minds to creativity while exploring with their hands. Students will decorate and take home cupcakes sure to put a smile on everyone's face. All supplies are included. Ages 6-12.

Th	4/15-5/6	4-5:30pm	\$210	HRC Kitchen
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## Yoga for Kids

- Strength & Flexibility
- Focus & Balance

Through yoga, art, play and stories, Juanita Lucero, will teach techniques to release emotions and behavior patterns children know they do not want but are frustrated because they cannot be free of them. Children actively experience the transformation and will be empowered at a deep soul level so they can experience and radiate their true essence - love, joy, peace and truth - and share that with others. Wear loose, comfortable clothing; Bring your own yoga mats. **10 students min.**

T	4/20-6/8	3:00-4:00pm	\$140/145	LGI
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## Girls Only Kung Fu

Come learn Northern Shaolin Kung Fu with Gary Suen. This traditional Chinese martial art teaches physical fitness, Chinese culture, martial ethics, self defense, and develops the mind, body and spirit. Our instructor is from the Jing Mo school and teaches from the original curriculum. Classes are beginning level with no previous martial arts experience necessary. Please wear athletic clothing and shoes to class.

**Ages 8-16.**

M	4/19-5/24	6:30-7:30pm	\$60/65	Gym
M	6/7-7/12	6:30-7:30pm	\$60/65	Gym
M	7/26-8/30	6:30-7:30pm	\$60/65	Gym

## Youth Tennis Lessons



### Pre-Tennis

TTh	4/20-5/20	3:00-3:30pm	\$80/85	Ct. 4
MW	6/14-7/14	1:30-2:00pm	\$80/85	Ct. 4
MW	7/26-8/25	1:30-2:00pm	\$80/85	Ct. 4

### Youth Tennis I

TTh	4/20-5/20	3:30-4:30pm	\$120/125	Ct. 4
MWF	6/14-7/16	2:00-3:00pm	\$168/173	Ct. 4
MWF	7/26-8/20	2:00-3:00pm	\$144/149	Ct. 4

No Class: 7/2

### Youth Tennis II

TTh	4/20-5/20	4:30-5:30pm	\$120/125	Ct. 4
MWF	6/14-7/16	3:00-4:00pm	\$168/173	Ct. 4
MWF	7/26-8/20	3:00-4:00pm	\$144/149	Ct. 4

No Class: 7/2

## Tennis Levels

**Pre Tennis-** This is an introductory tennis class (ages 3-6) that teaches balanced movement, footwork skills and eye-hand coordination.

**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, Youth Tennis I students typically range in age from 6-10 years old.

**Youth Tennis II-** This class improves upon what was learned in Youth Tennis I and introduces tennis strategy to the students. Youth Tennis II students typically range in age from 8-13 years.

## Saturday Youth Tennis

Tennis Lessons on the weekends! Tennis Classes will be held for all levels, Pre-Tennis, Youth Tennis I and Youth Tennis II. Class descriptions and ages will be the same as listed above. **No Class: 7/3**

### Spring

Pre A	5/1-5/22	1:30-2:00pm	\$32/37	Ct. 4
Y I A	5/1-5/22	2:00-3:00pm	\$48/53	Ct. 4
Y II A	5/1-5/22	3:00-4:00pm	\$48/53	Ct. 4

### Summer

Pre A	6/12-7/17	1:30-2:00pm	\$40/45	Ct. 4
Pre B	7/24-8/21	1:30-2:00pm	\$40/45	Ct. 4
Y I A	6/12-7/17	2:00-3:00pm	\$60/65	Ct. 4
Y I B	7/24-8/21	2:00-3:00pm	\$60/65	Ct. 4
Y II A	6/12-7/17	3:00-4:00pm	\$60/65	Ct. 4
Y II B	7/24-8/21	3:00-4:00pm	\$60/65	Ct. 4

## CPYC Youth Sailing

The Coyote Point Yacht Club is offering six one-week sessions of sailing instruction to boys and girls ages 8-16 who wish to learn to sail and/or improve their sailing skills. Each session runs Monday through Friday. Sessions are available in half-day and full-day options. The morning option runs from 9am to noon and the afternoon option runs from 1pm to 4pm. The full-day option runs from 9am to 4pm.

### 2010 Summer Session Dates:

Session 1:	June 21st – June 25th
Session 2:	June 28th – July 2nd
Session 3:	July 12th – July 16th
Session 4:	July 19th – July 23rd
Session 5:	July 26th – July 30th

### Registration Fees and Discounts:

The cost per student for the half-day option is \$195 per Session (morning or afternoon).

The cost per student for the full-day option is \$375 per Session (discounted).

Reg. fee discounts are available for a second family member registering in the same Session and for Coyote Point Yacht Club members.

Send requests for info. or questions to Laurel Reid at: [Youthsailing@cpyc.com](mailto:Youthsailing@cpyc.com), or call the Coyote Point Yacht Club office at (650) 347-6730.

**When registering with the CPYC, be sure to mention that you heard about this class in the Highlands Recreation Center Brochure.**

## Pre-Tap/Ballet

This class is designed for young dancers who want to learn the basics in tap and ballet. Class will start class in tap shoes where students will learn toe taps, heel digs, shuffles in a variety of ways, flaps, balance and much more. In ballet students will learn the fundamentals including... posture, plies, skips and more. **Ages 4-5.**

T	4/13-6/1	1:45-2:45pm	\$70/75	Gym
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## Ballet I

Building on Ballet Intro, this class is designed for dancers with previous ballet experience. The focus will be on developing stronger ballet technique while learning piques, turns and more. **Ages 5-8.**

T	4/13-6/1	4-4:45pm	\$70/75	Gym
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**Girls** - Leotard, tights, ballet shoes (prefer pink). Hair worn in pony tail or bun. Will allow short dance skirts or dance shorts to be worn over leotard and tights provided they do not become a distraction.

**Boys** - Shorts that they can move freely in (prefer no pockets), t-shirt and black ballet shoes.

## Youth Archery Instruction

Learn the Nine Steps to the Ten Ring: Stance, Nock, Set, Pre-Draw, Draw, Anchor, Aim, Release and Follow-Through. Through the Nine Steps to the Ten Ring, instructor Peter Palomo will have you hitting the target's center, "Hitting the Gold" in no time. You will learn the proper way to execute a shot arrow, using the fundamentals taught to thousands of new archers young and old every year throughout the country. Peter will use drills and exercises to hone your skill in launching an arrow, as well as learning different parts of the bow/arrow. Lastly, you will learn the etiquette of the shooting line and how to properly score ones arrows, while spotting how and why arrow's fly a certain way and how to correct them.

### Ages 8-17

M 4/19-5/24 3:30-5pm \$150/155 Ct. 4  
 M 6/21-7/26 10-11:30am \$150/155 Ct. 4

## Hip Hop Dance

Join the Highlands Rec for Hip Hop dance class for youth. This upbeat, fast paced, high energy class. Hip hop dance will teach you beginning and intermediate hip-hop dance techniques, patterns, routines, choreography and improvisational group projects and presentations. **Ages 8-14.**

Tu 6/22-8/3 3:30-4:30pm \$70/75 Gym

## i-Immersion Spanish Language Camp!

Come to a fun and adventurous treasure hunt with your favorite Spanish teachers! Your child will embark on a new journey every week with friends, animals, and imaginary characters. Everyone is guaranteed fun and improvement on their language skills! No previous exposure to Spanish is necessary- all levels welcome! **Camp location: 35 N. San Mateo Dr. San Mateo, CA 94401.**

Questions call: (650)638-0463 or i-imerision.com

### Pre-K - K

M-F 6/14-6/18 9am-12pm \$188 Gym  
 M-F 6/21-6/25 9am-12pm \$188 Gym  
 M-F 7/12-7/16 9am-12pm \$188 Gym  
 M-F 8/9-8/13 9am-12pm \$188 Gym  
 (\*\$49 extended care option 8-9am)

### 1st - 4th Grade

M-F 6/14-6/18 9am-4pm \$299 Gym  
 M-F 6/21-6/25 9am-4pm \$299 Gym  
 M-F 7/12-7/16 9am-4pm \$299 Gym  
 M-F 8/9-8/13 9am-4pm \$299 Gym  
 (\*\$49 extended care option 8-9am and 4-6pm)

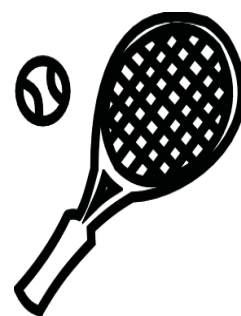
## Highlands Rec Tennis

Rec Tennis is a CO-ED league that will be played on Sundays. Games will be instructional and teach children how to keep score. Players will learn the fundamentals of tennis- forehand shots, backhand shots, volleys and serves. There are no teams, we will be playing games on all three courts (six to 12 players at a time). Games will last up to 45 minutes, with players practicing against each other and ending with serving to one another.



### League Format:

- Approximately 1/2 hr of skills & drills: forehands, backhands and tennis concept- rallys, crosscourt shots, etc.
- 15 minutes practicing serving and returning serves
- Players will learn how to keep score
- All children will receive equal playing time



### Program Schedule

Game Dates	Day	Ages	Time
3/21-4/25 (No Class 4/4)	Sun	4-7	1-2pm

*Kids will be put in groups based on age.*

### Volunteers Needed!

The HRC will provide staff in order to organize the league, as well as give basic tennis instruction. Parents with tennis experience are always welcome! The more help kids get, the more wholesome the tennis experience they will have. Contact Jeff at the Rec for more information.  
 (650) 341-4251

**Fees: \$50/55 per person**  
**\$5 sibling discount**

**SIGN-UPS END:**  
**March 18th, 2010**

## Babysitter's Training

Would you like a rewarding job this Summer? If so, enroll today and become a babysitter! In this class you will learn infant and child CPR, First Aid, fire and earthquake safety, art projects and hints on how to get a job. In order to get a certificate of completion you must ATTEND ALL CLASSES, BE ON TIME AND DO THE FUN HOMEWORK. Sign up today to start earning \$\$\$'s! **\$8 lab fee paid to instructor.**

Sat 7/17-7/31 9am-12pm \$55/60 S.R.

## Online Drivers Education Course

This On-line 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.economicdriving-school.com/online](http://www.economicdriving-school.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**

## Tumble Time Gymnastics

Tumble Time Gymnastics is a non-competitive gymnastics, motor development, and overall fitness program for children ages 3-6. Children improve strength, muscle tone, balance, rhythm, flexibility, and motor coordination using specially designed, multi-dimensional equipment. Coach Nick brings tumbling mats, air tracks, balance beams, parallel bars, spring-boards, high bars, rock walls, trampolines, and much more. Classes include: warm-up, strength and flexibility training, obstacle course skills development, ball play, and lots of coordinated games and activities for enjoyment.

Ages 3-6

W 4/21-5/19 12:30-1:30pm \$55/60 Gym  
 Tu 6/15-7/13 11:00-12:00pm \$55/60 Gym

## Kid's Rock Climbing

5-session program introduces children to the great sport of rock climbing. Classes are designed so participants climb with children of their own age. Price includes a Planet Granite T-shirt! Parent must attend first class to sign release paperwork; child may not participate without signed paperwork!! Parent signing waiver and not accompanying the participant must submit a copy of their driver's license. Classes held at Planet Granite, 100 El Camino Real, Belmont.

Ages 5-8

Th 4/8-5/6 4-6pm \$125/150 Off-site  
 Ages 9-13  
 F 4/9-5/7 4-6pm \$125/150 Off-site  
 Ages 5-13  
 M-F 6/14-6/18 10am-12pm \$125/150 Off-site

## First Place Fencing

Join the Highlands Rec Center for a new season of Fencing. Coach Jay from First Place Fencing Club will teach students how to hold the weapon, how to hit and get hit and how to defend against the oncoming attack. This 6 week class will be offered to children 8-12 years old. \$20 lab fee paid to instructor at first class.

F 4/23-6/4 3:30-4:30pm \$99/104 Gym

## First Place Fencing Camps

Fencers from our camps have become top competitors in their own right, earning medals at national competitions within a year. Whether you desire to be part of this elite group of competitors or just want to have a fun time fencing, start off your experience with this fencing camp.

All sessions are five days long and run from 9AM sharp to 4PM. The camp consists of conditioning, strength, agility and speed exercises; basic fencing footwork and blade manipulation; learning the rules of the game; basic strategy and tactics. This fun five-day camp culminates with a tournament on the last day held with a BBQ lunch for the kids, parents and spectators.

Water and some snacks are provided, campers should bring their own lunch or make arrangements with the club. **Ages: 6 - 12. Fee: \$325.**

**Info:** First Place Fencing Club, 835 E San Carlos Ave, Suite B, San Carlos CA 94070. (650) 592-1619, [www.firstplacefencing.com](http://www.firstplacefencing.com)

**Session 1:** Jul 12-Jul 16 **Session 2:** Jul 19-Jul 23  
**Session 3:** Jul 26-Jul 30 **Session 4:** Aug 2-Aug 6  
**Session 5:** Aug 9-Aug 13

**Teen Dance** ★

**6th - 8th Graders Only**

**Friday — May 7th — 7-10pm**

**\$8 in advance/\$10 @ the Door**

Dancing ★

School ID's Required ★

**DJ** ★

**Snack Shack** ★

**DJ** ★

**No In & Out Privileges** ★

**Parents must sign Teens in and out** ★

## Volleyball Prep Camp

Volleyball Prep Camp will teach children the necessary skills in order to be successful at the sport of Volleyball. Our 5-week camp teaches coordination, interaction skills with children of a similar age and proper teamwork. Children will learn the different positions on a volleyball court, as well as proper serving, digging, spiking, bumping and positional rotation during each set play. Ages 8-14.

W 6/16-7/24 3:30-4:30pm \$50/55 Gym

## Youth/Adult Kung Fu

Traditional Chinese martial art teaches physical fitness, Chinese culture, martial ethics, self defense, and develops the mind, body and spirit. Gary Suen is from the Jing Mo school and teaches from the original curriculum. Classes are beginning level and no previous martial arts experience is necessary. Please wear athletic clothing and shoes to class.

**Ages: 10 to adult. Note: Continuing students can stay from 8:30-9pm for Advanced lessons.**

Th 4/15-5/20 7:30-8:30pm \$60/65 Gym

Th 5/27-7/1 7:30-8:30pm \$60/65 Gym

Th 7/15-8/19 7:30-8:30pm \$60/65 Gym

## Soccer Season Prep Camp

Would you rather be playing soccer and not just watching from the bench? Would you like to stay in great soccer shape while learning great new skills and drills? The answer is YES! Join Soccer coach Mike Becker as he pushes you to the next level of soccer. You will not only see improvements in your soccer skills but get an early head start on the upcoming fall season. Soccer Season Prep Camp will be held at the Hillsdale High School soccer field.

T 6/15-8/3 6:30-7:30pm \$80/85 Offsite

## Eichler Exteriors: Restoration or Renovation

Planning a remodel? Re-discover your Eichler's curb appeal. Get ideas for original and updated exterior paint colors, doors, windows, lighting, house numbers, etc. This class will give you direction on your project and make design choices easier. Teacher Melissa Wilson lives in the Highlands and worked as an architectural consultant. **Materials: Bring some B/W or color images of your home's current exterior for us to check out. Colored pencils will be provided.**

Th 5/13 \$30/35 6:30-9:30pm S.R.

## Sylvia Merkadeau

Preview Property Specialist  
 Bus. (650) 558-6840  
 Res. (650) 573-9108  
 merkadeau1@aol.com  
 www.sylviamerkadeau.com



**The HRD is another reason why the Highlands remains a favorite for buyers on the Peninsula.**



*"Expect the Best"* (paid ad)

## Intro to Glass Beading

Make frameworked glass beads on a torch in one day! After covering the basics of working with flame and glass safely, you'll be making your own creations. All equipment and supplies are included. Class is held at Aanraku Glass Studios, 41 S. Railroad Ave, San Mateo. Instructor: Aanraku Staff.

W 4/14 6-10pm \$99 Off-site

W 5/26 6-10pm \$99 Off-site

## Adult Fencing Lessons

Come on, admit it. That health club membership you signed up for in January... you haven't been there since February, right? Why not choose an activity that you'll love? Get fit, drop pounds, have fun. Learn fencing! Classes are held at First Place Fencing Club, 835 E San Carlos Ave, Suite B, San Carlos. For more information, contact (650) 592-1619 or by email: start@firstplacefencing.com. **\$20 rental equipment fee paid to instructor.**

T 4/6-5/11 7-8pm \$94/99 Off-site

T 5/18-6/22 7-8pm \$94/99 Off-site

F 4/9-5/14 6:45-7:45pm \$94/99 Off-site

F 5/21-6/25 6:45-7:45pm \$94/99 Off-site

## Jazzercise

### ▪ Great Work Out

The original dance exercise phenomenon is a fusion of jazz dance, resistance training, Pilates, yoga and kickboxing movements combined in a 60-minute total body workout!

### ▪ Great Fun & Great Results

Routines are choreographed to great music including Top 40, funk, country and classics making them fun and easy to follow. When your workout is fun, results come easy. Hand weights optional.

### ▪ Join Us

Wear comfortable clothing; bring water, towel & mat.

### ▪ Questions?

For more information and to sign up please contact Tanya To at: t.to@sbcglobal.net or 650.520.3887

T,Th On-Going 6:15-7:15pm Gym  
Sat,Sun On-Going 8-9am Gym

## Adult Tennis Lessons

### Adult I

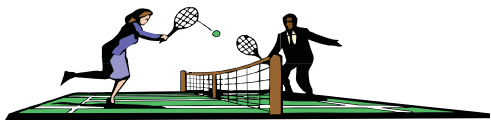
TTh 4/20-5/20 6:30-7:30pm \$120/125 Ct. 4  
MW 6/14-7/14 6:30-7:30pm \$120/125 Ct. 4  
MW 7/26-8/25 6:30-7:30pm \$120/125 Ct. 4

### Adult II

TTh 4/20-5/20 7:30-8:30pm \$120/125 Ct. 4  
MW 6/14-7/14 7:30-8:30pm \$120/125 Ct. 4  
MW 7/26-8/25 7:30-8:30pm \$120/125 Ct. 4

**Adult Tennis I-** This class is for adults with little experience or instruction. They will be instructed in the basic fundamentals of proper grip, forehand, backhand, serve and volley.

**Adult Tennis II-** This class improves upon what was learned in Adult Tennis I and introduces tennis strategy to the students.



## 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 3.5	Th	11:15-1:15pm	Ct. 1-3
Rank 4.0	Fri	12-2pm	Ct. 1-3

## Private Tennis Lessons

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

(Paid Ad)

## Heartsaver CPR Heartsaver First Aid

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

### Heartsaver CPR

W 3/17 6-9pm Free CalFire Station 17  
W 6/16 6-9pm Free CalFire Station 17

### Heartsaver First Aid

W 4/21 6-9:30pm Free CalFire Station 17  
W 7/21 6-9:30pm Free CalFire Station 17

## CPR Anytime

Our CPR Anytime classes taught at CalFire Station 17 are: Family & Friends CPR Anytime and Infant CPR Anytime for families and community members in the Highlands. CPR Anytime is a proven tool that can help increase survival rates in our community by simply training. This course does not provide the CPR/First Aid Course completion card.

W 5/19 6-7pm Free CalFire Station 17  
W 8/18 6-7pm Free CalFire Station 17

## Teen and Adult Two Day Fencing Camp!

Our easy to digest fencing camp over the weekend will introduce teenagers and adults of all ages to the sport of fencing. In addition to learning this fun sport, you'll get a great workout as we introduce people to the fitness regimen of fencers (it's a great workout, but it's not that hard: hey, we like to party too).

The two-day session will introduce campers to the basics common to all three weapons, foil, saber and epee; introduce the conditioning required, and explain the differences among the weapons. By the second day, campers will have a chance to try each of the three weapons to see how they measure up on each one. **Ages: 13 - Adult. Fee: \$325. Classes will be held at First Place Fencing.**

Session 1: 7/17-7/18 Session 2: 7/31-8/1

## Become a DJ

Looking for a fun activity this Spring and Summer? Join DJ Scott Taniguchi as you will learn how DJs "spin" music. Students will learn how to use DJ equipment including turntables and mixers. Students will also learn various DJ techniques such as mixing, remixing, and scratching. Ages 11-18.

M	4/5	12:30-4pm	\$55/60	Gym
M	6/21	12:30-4pm	\$55/60	Gym
M	8/9	12:30-4pm	\$55/60	Gym

## Red Cross - First Aid for Dogs

Your dog is an important part of your life, join Beverly Kingsbury, professional dog trainer, for this new HRC class. By knowing basic dog first aid, you could save your dog's life in an emergency. Learn how to recognize and respond to life threatening conditions at this valuable course, learn to properly restrain your dog, dog CPR, put together a "dog friendly" first aid kit and many other life saving techniques that could be the difference. **Do NOT bring dogs to class! Sign ups end 5/7.**

Sat 5/15 3-6:30pm \$70/75 S.R.

## Beach Glass and Stone Setting

You will make a Sterling Silver pendant or ring as time permits. This is a soldering and stone setting workshop. Soldering experience is helpful but not necessary. Bring strong eyeglasses if necessary. **All materials supplied by instructor; Materials fee: \$35 paid to instructor. Loc: Beresford Rec. Center, 2720 Alameda De Las Pulgas, 94403.**

Sat 4/24 9am-4:30pm \$135 Off-Site

**Register online now:  
[highlandsrec.ca.gov](http://highlandsrec.ca.gov)**

## Speechcraft

After completion of this course, you will have more confidence in public speaking. The instructors will teach you how to organize your thoughts, think on your feet, develop meeting skills, practice leadership skills, speak with clarity and fluency, increase your vocabulary, and more! Overcome your fear of speaking in a friendly, supportive atmosphere. Each participant will give five speeches, give three evaluations, and take part in Table Topics at least three times. **No Class: 5/31**

M 4/5-6/7 7-8pm \$85/90 Gym

## Pilates Mat Class

Join instructor Highland's parent, Laura Wratten for Pilates Mat Class. Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. It improves your mental and physical well-being, increases flexibility, and strengthens muscles. Pilates uses controlled movements in the form of mat exercises to tone and strengthen the body. In addition, Pilates increases circulation and helps to sculpt the body and strengthen the body's "core" or "powerhouse" (torso). All levels welcome! A yoga mat and a pair of light weights (2lbs - 3lbs) are recommended. **No Class: 5/29**

T	4/13-6/1	8:30-9:30am	\$80/85	Gym
W	4/14-6/2	6:30-7:30pm	\$80/85	S.R.
Sat	4/17-6/5	8:00-9:00am	\$70/75	S.R.

## Intro to Stained Glass

Learn to do stained glass. Students will make a stained glass art project at Aanraku Glass. They will learn to cut, grind and fit stained glass. Students will then assemble and solder the piece. Finished art will be ready for hanging. Choose from six patterned kits with 12 pieces of glass. There is a \$25 kit fee paid to Aanraku. Class is held at Aanraku Glass Studios, 41 South Railroad Ave, San Mateo, Ca 94401. Instructor: Aanraku Staff

M	4/19	6-10pm	\$99	Off-site
M	5/24	6-10pm	\$99	Off-site

## Dog Obedience School

In this class your dog is taught sit, down, stay, come, heel and easy (walking nicely at the end of the leash without pulling). The dog is taught to move freely and easily with the collar, so one day you barely have to use it. The dog is also taught to perform things and to willingly do or not do things, not just be prevented from doing them. Verbal and/or physical praise from owner is given which builds a relationship between owner and dog. Any specific problems you are having will be addressed and cured in class or by a lifestyle change at home. ALL dogs must have current rabies/distemper vaccinations and be a minimum of 4 months old. There is a \$5 materials fee at the first class to purchase a training collar. Please contact Instructor: Paige Tyson (209-532-6269) for class content questions. **No Class: 7/3**

### Beginner

Sat 6/19-7/24 2:30-3:30pm \$100/105 Gym

### Intermediate

Sat 6/19-7/24 3:30-4:30pm \$100/105 Gym

## Adult Archery Instruction

Learn the Nine Steps to the Ten Ring: Stance, Nock, Set, Pre-Draw, Draw, Anchor, Aim, Release and Follow-Through. Through the Nine Steps to the Ten Ring, instructor Peter Palomo will have you hitting the target's center, "Hitting the Gold" in no time. You will learn the proper way to execute a shot arrow, using the fundamentals taught to thousands of new archers young and old every year throughout the country. Peter will use drills and exercises to hone your skill in launching an arrow, as well as learning different parts of the bow/arrow. Lastly, you will learn the etiquette of the shooting line and how to properly score ones arrows, while spotting how and why arrow's fly a certain way and how to correct them. **No Class: 7/3. Ages 18+**

Sat 4/17-5/22 10am-12pm \$150/155 Ct. 4  
Sat 6/19-7/31 10am-12pm \$150/155 Ct. 4

### Put Your Ad Here!

The Highlands Recreation Center offers reasonable advertising prices in our seasonal Activity Guides. Contact Jeff (650) 341-4251 or [jeffs@highlandsrec.ca.gov](mailto:jeffs@highlandsrec.ca.gov) for pricing details.

## AARP Drivers Safety Class

An interactive class for drivers 50 years of age and older in which participants will sharpen their driving skills and develop strategies for age related changes in vision, hearing, physical changes, fitness, and reaction time.

Eight hours of class time is spent utilizing audio-visual presentation, lectures, and discussion to make you a safer driver when confronted by difficult driving road conditions. We will cover all new DMV rules of the road; refresh your memory of road signs, fines and penalty for violation; new safety features to consider when shopping for a new car; as well as possible alternatives to driving when it's no longer safe for you to operate a motor vehicle.

**A \$12 fee if you are an AARP member and \$14 if non-member is collected at first class and covers cost of your workbook.** Certificates of completion awarded to those successfully finishing the class which entitled you to a discount on your insurance premiums for 3 consecutive year mandated by California law.

T/W 4/6-4/7 8am-12pm \$12/14 Gym  
T/W 7/13-7/14 8am-12pm \$12/14 Gym

## Journey Back in Time to the Flower Power Era

William Florian - Formerly of the famous 60's band The New Christy Minstrels, will perform a superb musical performance, stories and humor - An upbeat, energetic, musical journey of Americas greatest songs of the 60's, including songs he performed as a lead singer of the famous New Christy Minstrels plus the music of Peter Paul & Mary, John Denver, Pete Seeger, Mamas & The Papas, others, and uplifting originals, presented with amusing stories in an intimate show. **Attendance: 30 person min. 50 person max. Lunch is included in show ticket: Sandwiches, Salad, Coffee and Dessert.**

T 6/24 1:00-2:00pm \$20 Gym

## Help Highlands School Go for the Gold

This is your chance to get rid of those single earrings, jewelry from the "ex" and your 80's gold charms. Even if your jewelry is broken, damaged or knotted, bring it to the Highlands Recreation Center and Goldbug Gold Recyclers, LLC, will pay you cash on the spot. The most exciting part is Highlands School's 4th grade will receive a donation from Goldbug of 20% of the total amount paid out that night.

Simply bring your gold and a Goldbug Gold Recyclers Professional will test each piece for karat type and purity, and weigh the jewelry. The higher the karat the more you (and the school) will be paid. Not sure if it's gold? Bring it in and they'll test it and weigh it for you. Goldbug can also remove stones. Gold is valued at over \$1,000 per ounce.

Money earned at this fundraiser will help provide financial assistance to Highlands School's 4th grade Coloma Fieldtrip. Every child, regardless of ability to pay will be included in this 3-day overnight field trip to the "Gold Country" located in the Sierra foothills. Students will learn about California history and even get a chance to pan for their own "gold!"

Please contact the Recreation Center at 650 341-4251 to pre-register for this event. Can't attend? No problem, you can arrange to have your jewelry processed before the event. If you have any questions about the Coloma fundraiser, please contact Marie Ivich at 650 574-8917. Or, for more information about Goldbug Gold Recyclers, go to: [www.goldbugllc.com](http://www.goldbugllc.com)

Th 4/29 4:30-8:30pm Free S.R.

## Cindy's Tutorial Service

cindystutorial@yahoo.com

650-533-8913



Helping K-8th grade students succeed in the following areas:

- LANGUAGE ARTS
- MATH
- SOCIAL STUDIES
- ORGANIZATION
- STUDY SKILLS
- TEST-TAKING SKILLS

Experience assisting kids with CAPD, LD, ADD and others  
 Services available at the library or your home  
 Professional, Clear Multiple Subject and Special  
 Education Credentials *(paid ad)*

## HRC Pool Volunteers

Volunteering at the Highlands Rec pool is a great opportunity to earn Community Service hours. Duties will include: greeting/checking in patrons, assisting with patrons' needs, taking phone messages and other duties. Must be at least 13 years old. For more info, please call Bryce at 341-4251.

## Special Event Volunteers

HRC needs volunteers to help out with special events. Volunteer work also helps fulfill school community service hours. For children and adults ages 11 and above. For more information call Jeff at 341-4251.

## Register Online!

To register online, please call the Highlands Recreation Center to obtain a RecEnroll login and password. Online registration can be done for all of our seasonal classes and many aquatics and child care programs. Check out our Spring/Summer '10 Guide online at [highlandsrec.ca.gov](http://highlandsrec.ca.gov)

Registration form also available at [highlandsrec.ca.gov](http://highlandsrec.ca.gov) for mail-in/fax-in registrations.

## **CLASS REGISTRATION**

- \* **Registration Fee:** A \$5 registration fee will be added to each registration. Whether you enroll for one class, many classes, or an on-going monthly program the fee will be \$5 per registration, not per class. If the participant cancels from a class or program, the HRC retains the \$5 registration fee.
- \* **Automatic Monthly Payments:** There will be a discounted \$2 registration fee for all ACH payments.
- \*Classes are filled on a first come, first serve basis.
- \*If a class does not meet the minimum number of participants, the HRC may cancel the class.
- \*In the case of a cancellation, registrants will be notified and refunded.
- \*Register by paying for the class via mail, in person, online @ [highlandsrec.com](http://highlandsrec.com) or by phone with VISA, MASTERCARD or DISCOVER .
- \* **To register online, call us for a password.** \*Walk-in & phone registration hours are M-F, 9-5pm.
- \***There is a \$20 service charge on all returned checks.**
- \*Seniors (ages 62+) are given a 10% discount on adult classes, unless noted.
- \*Late fees- All monthly fees should be paid by the fifth business day of each month. All monthly fees paid after the fifth business day of each month will be subject to a **\$15 late fee per participant per class**.
- \***Enrollment in classes is only ensured when registration is accompanied by a class fee.**
- \*Participants may transfer between programs at no cost, prior to the 2nd class meeting, provided there is room in the class being transferred to.
- \*If you're not satisfied for any reason with a class or program, you may before the second meeting request a refund minus the cost of one class. There are no refunds after the 2nd class meeting.
- \***Waiting lists:** When a spot becomes available in a program, the notified individuals will have until 10am of the following business day to respond. After that time has elapsed, the next individual on the waiting list will be notified and your name will be placed at the bottom of the list.
- Credit @ the Rec:** If you've received credit for a program at the Rec, you must use that credit within 1 year of its being issued. Credit can be applied to any program at the Rec.

### **Canceling your monthly enrollment**

If you wish to discontinue enrollment in a monthly program, please notify the Rec Office by the 5<sup>TH</sup> business day of the month, or the fee for that month plus a \$15 late fee will be charged.



### Highlands Recreation District

**I have read the descriptions of the class(es) I've registered for (listed on the reverse side of this form) in the HRC Brochure, and I understand the inherent risks involved in participation in such activities.**

AGREEMENT, WAIVER, AND RELEASE

In consideration for being permitted by the above district to participate in the registered activity, I hereby waiver, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: (to be completed and signed by parent/guardian if applicant is under 18 years of age)

I hereby consent that my son(s)/daughter(s), \_\_\_\_\_, participate in the registered activity, and hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in this set activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity.

**I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY FREE WILL.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Fitness Memberships

HRD 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 20 pieces of Fitness equipment including dumbbells, a treadmill, two stair steppers, and other Hydra-Fitness equipment available for personal training use and Circuit Training Classes. Circuit Training can simultaneously burn body fat, increase cardiovascular (aerobic) fitness level, and increase muscle strength and endurance.

## General Use Hours

MWF 6am-7pm  
TTh 9am-7pm  
Sat/Sun 11am-5pm

**F.C. Closed**  
M-F 3-6pm and 1st  
Tuesday of the Month  
10:00-11:15 am  
Summer 1-6pm

**Ages 15 and up!**

## Membership Fees

*For Residents Only*

One year membership  
from date of purchase

**Senior (62+)** \$45

**Single**.....\$70

**Each Add'l**....\$25

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



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## Highlands Book Club

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

1<sup>st</sup> Tuesday Monthly 10:15-11:15am F.C.

Please Make Note:  
Highlands Recreation Center  
emails have changed:  
[margaretg@highlandsrec.ca.gov](mailto:margaretg@highlandsrec.ca.gov)  
[aimeel@highlandsrec.ca.gov](mailto:aimeel@highlandsrec.ca.gov)  
[brycer@highlandsrec.ca.gov](mailto:brycer@highlandsrec.ca.gov)  
[jeffs@highlandsrec.ca.gov](mailto:jeffs@highlandsrec.ca.gov)

## Welcome Highlands Parents!

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

Family Traditions Begin at the Highlands Recreation Center



# EGGSTRAVAGANZA

SATURDAY, APRIL 3RD \$5/PER PERSON

- PANCAKE BREAKFAST 9:30AM
- EASTER BUNNY ARRIVES 10AM  
VIA FIRE TRUCK
- EGG HUNT BEGINS 10:30AM
- BOOK SALE 10-11:30AM
- REFRESHMENTS AND FUN 10-11:30AM
- CHILDREN'S FINGERPRINTING 10-11:30AM
- INFLATEABLE JUMPERS 10-11:30AM
- \* LOTS OF PRIZES AND GIVEAWAYS

## UNDERWATER EASTER EGG HUNT

COME STRAIGHT TO THE POOL  
AFTER THE EGGSTRAVAGANZA AND  
JOIN IN THE FUN OF HUNTING FOR  
EGGS UNDERWATER! THERE WILL BE  
DELICIOUS GOODIES FOR SALE AND  
LOTS OF FUN PRIZES!

SATURDAY, APRIL 3RD  
11AM \$2 ENTRY FEE

COME CELEBRATE THE 4TH OF JULY WITH  
★ THE HIGHLANDS RECREATION CENTER.

EVENTS INCLUDE: 4TH OF JULY PARADE ★  
-ACTIVITIES & GAMES -BBQ & BEVERAGES

