

# Belmont

## Parks & Recreation

Enhancing the quality of life for the Community

Fall 2009  
Activity  
Guide

Here are some of our top customers!  
Look inside to see what they see in us.....

Hold this through December!

Photo by Nichole Campini

[www.belmont.gov](http://www.belmont.gov)





# What's Happening this Fall!

## Remember to hold on to your Guide through December!

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### Americans with Disabilities Act

The City of Belmont and the Parks and Recreation Department are committed to implementing the intent and spirit of the Americans with Disabilities Act (ADA). Adults and children with disabilities are welcome and encouraged to fully participate in our classes, programs and activities. If you have a special need that requires a specific accommodation in order to enjoy our classes or facilities, please contact us at 595 7441. TTY - 637-2999.



## **NEW ACTIVITIES!**

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### ***YOUTH***

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# Parent/Child & Preschool ...



**NEW**

**YOUTH**

## Music Together - 'All In' Music (10 classes)

**AGE:** 0-4 years with parent, grandparent, caregivers all welcome.

Let's do music together as a family! Songs, rhymes, movement and playing instruments are some of the fun musical activities happening in this developmentally appropriate class. Free jams with drums, rattles, bells and more encourage participation. It's fun and easy for adults, regardless of your musical ability. Come play! **(No class 11/27)**

**FEE:** \$145 Res., \$165 Non-res. (sibling under 8 mo - free)

**LAB FEE:** \$35 payable to instructor at first class for music CD and booklet

**LOCATION:** Barrett Community Center, Room C

**INSTRUCTOR:** Teacher Andrew Gomez

0404.301 F 9:45-10:30am 9/25-12/4

0404.303 F 10:45-11:30am 9/25-12/4

**Sibling over 8 mo. \$116 Resident; \$136 Non-resident**

0404.302 F 9:45-10:30am 9/25-12/4

0404.304 F 10:45-11:30am 9/25-12/4



## Mommy/Daddy & Me Soccer (9 classes)

**AGE:** 2-3.5 years with parent

The fun happens on the field, and you won't have to watch from the sidelines! Introduce yourself and your toddler to the "World's Most Popular Game." Your child will develop large motor skills as well as socialization skills, while playing a variety of fun age appropriate activities designed around the game of soccer.

**Class status hotline – 1-800-871-2275.**

**FEE:** \$99 Resident, \$119 Non-Resident

**LOCATION:** See Below

**INSTRUCTOR:** Kidz Love Soccer Staff

**Cipriani School - 2525 Buena Vista**

0134.307 Sat 12-12:30pm 9/26-11/21

## Parent & Me Ice Skating (7 or 6 classes)

**AGE:** 3-5 years with parent

**Please arrive 15 minutes early for class. Warm, loose clothing and gloves or mittens are necessary.** Learn to skate with your little one; enjoy quality time while getting some exercise together and play with our ice toys! **(No class 11/24, 11/28).**

**FEE:** See below - includes a 1/2 hour lesson with a skate pro, skate rental and free public session the day of the class.

**LOCATION:** Belmont Iceland, 815 Old County Rd.

**INSTRUCTOR:** Belmont Iceland Staff

7 classes - \$80 Resident, \$96 Non-resident

0122.301 Tu 5:45-6:15pm 9/8-10/20

0122.302 Sat 12:25-12:55pm 9/12-10/24

6 classes - \$70 Resident, \$84 Non-resident

0122.303 Tu 5:45-6:15pm 10/27-12/8

0122.304 Sat 12:25-12:55pm 10/31-12/12

## Baby Ballet-Child only (7 classes)

**AGE:** 2-3 years

Baby Ballet encourages self-expression and fun! In this class, children learn to respond to music, improve balance, agility, and express their feelings through the art of dance. Fun props such as scarves, teddy bears and hula hoops will keep your little one entertained. Wear comfortable clothes and barefeet or ballet shoes. **Parents may stay for the first 10 minutes of class, and are invited to watch the last class. (No class 11/28).**



**FEE:** \$79 Resident, \$95 Non-resident

**LOCATION:** Barrett Community Center, Rm A

**INSTRUCTOR:** CLAP Arts Instructors

0402.301 Sat 9:00-9:30am 9/12-10/24

0402.302 Sat 9:00-9:30am 10/31-12/19

## Pre-Ballet (7 classes)

**AGE:** 3-5 years

Develop that early love for ballet through age-appropriate music, props and fun! Basic ballet positions and steps will be covered through fun routines. **Parents may stay for the first 10 minutes of class, and are invited to watch the last class.** Children should wear ballet attire including ballet shoes. **(No class 11/28).**

**FEE:** \$89 Resident, \$107 Non-resident

**LOCATION:** Barrett Community Center, Room A

**INSTRUCTOR:** CLAP Arts Instructors

3-4yrs: 0505.301 Sat 9:30-10:15am 9/12-10/24

4-5yrs: 0505.302 Sat 10:15-11:00am 9/12-10/24

3-4yrs: 0505.303 Sat 9:30-10:15am 10/31-12/19

4-5yrs: 0505.304 Sat 10:15-11:00am 10/31-12/19

**More dance on pages 12, 15-17.**



# TENNIS



## Tennis Lessons

**AGE:** 9-14, OR 15+

Each student provides their own racket. Youth (9-14) and Adult classes of 3 students will be converted into six hours of lessons. Youth (9-14) and Adult classes of 2 students will be converted into four hours of lessons.

**FEE:** \$84 Resident, \$100 Non-resident

**LOCATION:** Carlmont High School #6 or #7

**INSTRUCTOR:** Stanford's Whitlinger & Sarsfield Staff

### FALL - 8 lessons

9/19-11/7

#### Adult Lessons (AGE: 15+)

**Novice:**

2156.301 Sat 9-10am 9/19-11/7

**Low Intermediate:**

2157.301 Sat 10-11am 9/19-11/7

#### Youth Lessons (AGE: 9-14yrs)

**Novice:**

1122.301 Sat 11am - noon 9/19-11/7

**Low Intermediate:**

1123.301 Sat 3-4pm 9/19-11/7

### Tennis Rain/Cancellation Policy

In case of rain, check with the instructor at the court. **NO POSTPONEMENT ANNOUNCEMENTS WILL BE GIVEN OVER THE PHONE.** If at any time the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified to the contrary, any makeup(s) will be held on the next available normal meeting day following the session. However, Sunday may be used at the instructor's discretion. Note: If an earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

## Terrific Tiny Tennis

**AGE:** 5-6, OR 7-8 years

Students five to eight years old play FUN activities and games that enhance their hand-eye coordination, motor skills, and knowledge of general tennis concepts. Lessons also provide a success-oriented social environment that may encourage children to continue in the lifetime sport of tennis. Classes will consist of only 3-6 students.

**FEE:** \$84 Resident, \$100 Non-resident

**LOCATION:** Carlmont High School #6 or #7

**INSTRUCTOR:** Stanford's Whitlinger & Sarsfield Staff

### FALL - 8 Lessons

**Ages 5-6 years**

0124.301 Sat 1:30-2:15pm 9/19-11/7

**Ages 7-8 years**

0124.302 Sat 2:15-3pm 9/19-11/7



### INDIVIDUAL TENNIS LESSONS

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced.

**\$57 per hour-2157.303;**

**\$150 for 3 one hour lessons, 2157.304.**

To arrange a lesson, please call Parks & Recreation at (650) 595-7441 or email parksrec@belmont.gov.

## Belmont Youth Advisory Board Leadership & Teamwork Training

for the first 30 applicants, incoming 7th & 8th grade students:

Youth Advisory Board 1194.301 \$115

**DEADLINE TO REGISTER for YAB-mid August - For more information, email Erica Spacher - espacher@belmont.gov .**

The Belmont YAB is a program intended to facilitate leadership and team building skills that will help your student in present and future leadership roles. Each meeting will consist of fun and educational small and large group team building exercises. Towards the end of the school year, together the board will implement their new skills in fulfilling essential community needs, i.e. canned food drive. Twice during the year the board will have retreats to reward members for their progress & hard work.

**Meetings will be held on the first Monday of each month from 4:30 - 6:00pm** during the school year from September through June at Belmont Library in the Taube Room.





# B·A·C·A·A

BAY AREA CLASSICAL ARTIST ATELIER

Weekly Classes workshops and Art Programs. Artists of all abilities are welcome. Study drawing and painting in the tradition of Contemporary Classical Realism. Learn, grow and develop your artistry. You will have the opportunity to complete your artwork by following specific methods during our long pose drawing and painting sessions. In partnership with Belmont Parks and Recreation.

**Linda Dulaney,**  
**Instructor**  
linda@BACAA.org  
650-574-2210  
www.BACAA.org

**Francis Mason**  
**Coordinator**  
637-2927  
fmason@belmont.gov

# ENRICHMENT



## Intro to Glass Beading (1 class)

**AGE:** 18+

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. Great for gift making!

**FEE:** \$99 Resident, \$ 119 Non-res.

**LOCATION:** Aanraku Glass Studio, 41 S. Railroad, S.M.

**INSTRUCTOR:** Sharon Peters

2811.301	W	6-10pm	September 16
2811.302	W	6-10pm	October 14
2811.303	W	6-10pm	November 18

## GREAT NEWS!

Two additional picnic areas in Twin Pines Park, are now available to reserve! No more restless nights and getting up before dawn just to secure your picnic area. **Please contact Parks & Recreation at 637-2927 for more information.**



Photo by Casey Schmal



Photo by Denny Lawhern

## Belmont-San Carlos Fire Department

presents emergency preparedness classes. To register (at least one week prior) or for more information, contact **Christy Adonis, Disaster Preparedness Officer at 802-4254 or email: christya@bscfd.org .**

## CPR, AED, & First Aid for Adults

Taught by Firefighter Paramedics, EMTs and is designed for non-Health Care providers. The course provides adult CPR training and hands-on training with a defibrillator (AED); learn the proper steps in rendering First Aid, legal aspects, scene and patient assessment for First aid. Meets OSHA, other federal and state regulatory requirements for training employees for medical emergencies at work.

**AGE:** 18 +

**FEE:** \$50

**LOCATION:** Belmont/San Carlos Fire Station 14, 911 Granada St. Belmont

**INSTRUCTORS:** Fire Department staff

**DATES:** Sat. Oct. 17 **OR** Oct. 24; 9am - 4pm

## NEW - CPR/AED ONLY no 1st aid

**FEE:** \$35 - Single class covers Adult, Pediatric, and Infant CPR and AED use.

**DATES:** Wed. Sep. 23 **OR** Sep. 30

**OR** Tues. Nov. 10; 6-9:30pm

## CERT-

## Community Emergency Response Team

**3 classes - Fire Station 14**

September 16th, 6:30pm to 9:00 pm

September 19th, 8:30 to 5 pm

September 26th, 8:30 to 5 pm

**OR at Fire Station 13.**

September 30th, 6:30 to 9:00 pm

October 3rd, 8:30 to 5 pm

October 10th, 8:30 to 5pm

Look for **Santa visits at the Firehouse, Dec. 10, 11th** in our Winter/Spring 2010 Activity Guide, available mid-November.

# DANCE



## HeartBeat Dance Academy

AGE: 12+ years

**4 CLASS CARD CODE - 2514.301; \$45-** Use this card to try any classes below. Purchase more as you need.

**LOCATION:** Barrett Community Center, Room A

**INSTRUCTOR:** HeartBeat Dance Academy instructors

### Ballet

Ballet helps to instill grace and proper placement in all forms of dance. You'll learn classical ballet steps and movements; proper form, placement, alignment and terminology. **Ballet attire/shoes required.**

**BEGINNING : No prior experience necessary**

**8 classes - \$90 Resident, \$108 Non-resident**

2521.301 W 6:15-7:15pm 9/9-10/28

**7 classes - \$80 Resident, \$98 Non-resident**

2521.302 W 6:15-7:15pm 11/4-12/16

**BALLET III/IV - 2-4 years experience.**

**8 classes - \$90 Resident, \$108 Non-resident**

1523.305 Tu 5:45-6:45pm 9/8-10/26

**7 classes - \$80 Resident, \$98 Non-resident**

1523.306 Tu 5:45-6:45pm 11/3-12/15

**8 classes - \$90 Resident, \$108 Non-resident**

1523.307 Th 5:30-6:30pm 9/10-10/29

**6 classes - \$70 Resident, \$84 Non-resident**

1523.308 Th 5:30-6:30pm 11/5-12/17

### Modern

**NEW**

Barefoot dance with emphasis on floor work, release technique, and partnering. Emotion and story line are core elements in this class. Attire is loose fitting clothing any style or color.

**8 classes - \$90 Resident, \$108 Non-resident**

2520.301 W 6:15-7:15pm 9/9-10/28

**7 classes - \$80 Resident, \$98 Non-resident**

2520.302 W 6:15-7:15pm 11/4-12/16

### Tap

Join the fun and try this out! For beginning and advanced beginners, we'll learn and review basic tap steps while improving technique and rhythm. **Wear tap shoes, and comfortable clothing.**

**8 classes - \$90 Resident, \$108 Non-resident**

2516.301 F 6-7pm 9/11-10/30

**6 classes - \$70 Resident, \$84 Non-resident**

2516.302 F 6-7pm 11/6-12/18

### Hip Hop for Adults

**NEW**

As you asked, here's a fun class to move your body, get a workout and just have fun! Comfortable clothing and tennis shoes required.

**8 classes - \$90 Resident, \$108 Non-resident**

2525.301 W 5:15-6:15pm 9/9-10/28

**7 classes - \$80 Resident, \$96 Non-resident**

2525.302 W 5:15-6:15pm 11/4-12/16

**Ask us about our Adult Jazz class starting late Fall- [tdance@sbcglobal.net](mailto:tdance@sbcglobal.net).**



### Belly Dance (6 Classes)

AGE: 13+ years

Want to have some fun and set your emotions free? Flirty and expressive – EXERCISE IN DISGUISE for any level. Combine soft flowing movement with flashing hips and shimmies while gaining muscle tone, flexibility, and posture, at your own pace. Please pre-register to have more time dancing! Practice CD's available-\$3.

**FEE:** \$65 Resident, \$78 Non-Resident

**LOCATION:** Barrett Community Center, Room B

**INSTRUCTOR:** Marya Hart, 'Nadia'

2506.301 Th 7-8pm 9/3-10/8

2506.302 Th 7-8pm 10/15-11/19

**NEW**

### Belly Dance - Quick Start (1 Class)

AGE: 5+ years - Mother's and Daughters welcome!

You've been curious, now try it for an hour! You'll have a chance to shimmy, swirl and swoosh to exotic music, while getting a good workout and having fun! Veils provided, wear loose clothes and socks.

**FEE:** \$14 Resident, \$19 Non-Resident

**LOCATION:** Barrett Community Center, Room B

**INSTRUCTOR:** Marya Hart, 'Nadia'

2506.303 Th 6:45 - 7:45pm August 27

2506.304 Th 6:45 - 7:45pm December 3

*"Nadia has such passion for this dance that learning from her is more than just a lesson, it's a creative journey. Nadia teaches with her heart and her emotions, helping us express our feelings through the art of belly dance". Aimee*





**NEW**

## Zumba Fitness - Shapin' with Sunita (8 classes)

**AGE:** 16+ years

Here's a fun way to get great muscle conditioning and cardiovascular workout targeting glutes, legs, arms, and abs in dance-based fitness that's easy to follow! This workout fuses Latin and International rhythms (salsa, meringue, cumbia, reggaeton, samba, bhangra) and combines interval and resistance training to maximize caloric output, fat burning and a total body toning. Flat bottom shoes with minimal tread recommended. **No dance experience necessary.**

**FEE:** \$79 Resident, \$95 Non-resident

**LOCATION:** Spirit Room, Foster City Recreation Center, 650 Shell Blvd. Foster City CA 94404

**INSTRUCTOR:** Sunita Goldstein

2278.301 Tu 6:30-7:30 pm 9/15-11/3

## Beginning & Intermediate Tai Chi Chuan (7 classes)

**AGE** 18+ years

Tai Chi Chuan is an ancient oriental exercise with gentle, but powerful ways to build a healthier body, and a sharper mind. Through a sequence of gracefully choreographed moves, we show you how to bring coordination, balance, stress-reduction, calmness and many other benefits to your life.

**FEE:** \$76 Resident, \$91 Non-Resident

**LOCATION:** Barrett Community Center, Multi-Use

**INSTRUCTOR:** Elliotte Mao, Master Chi Ping Peng

**Beginning:**

2233.301 Tu 7-7:45pm 9/8-10/20  
2233.302 Tu 7-7:45pm 11/3-12/15

**Intermediate/Advanced:**

2233.303 Tu 7:45-8:30pm 9/8-10/20  
2233.304 Tu 7:45-8:30pm 11/3-12/15

### *Instructors wanted*

Do you have a skill or passion that you love to teach people? We are always searching to expand our offerings to the community, for youth and adults. If you have a following already, so much the better. Call Mary Doherty at 595-7439, with your ideas for starting something new here.

# DANCE / FITNESS



## Beg./Int. Hula Dance (8 classes)

**AGES:** 16+ years

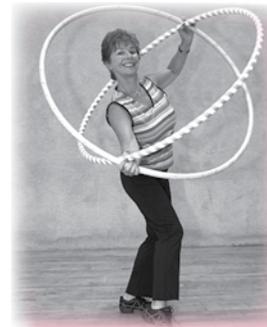
A fun way to enjoy dance and learn the stories behind the dances. We'll start with basic movements and postures in both traditional and modern hula style. No experience required.

**FEE:** \$60 Resident, \$70 Non-resident

**LOCATION:** Barrett Community Center, Room C

**INSTRUCTOR:** William Kiesel, award winning instructor, 15 years dance experience, 5 years instruction; and staff.

2540.301 Th 7-8pm 9/17-11/5



## Hula Hooping Fitness and Fun - Level I & II (6 classes)

**AGE:** 16+ years

Join us for this fantastic way to burn calories, tone muscles and laugh your stress away to fun music. New students will learn basic moves and tricks in Level I. Advanced students will learn more complicated moves and choreography in Level II. Anyone can learn to hoop with special hoops made especially for exercising. Hoops are provided and available for purchase. **(No class 10/13).**

**FEE:** \$78 Resident, \$94 Non-Resident (hoops provided)

**LOCATION:** New - Mid-Peninsula location- Belmont Sports Complex, 550 Island Parkway, Belmont (east side of 101).

**INSTRUCTOR:** Brenda Major.

**Level I & II combined**

2230.301 Tu 6:30-7:30pm 9/15-10/27  
2230.302 Tu 6:30-7:30pm 11/3-12/8

ADULT

# FITNESS



## Boot Camp Fitness (14 classes)

**AGE:** 18+ years

Get up, get moving and get healthy with Boot Camp! There's a good mix of weights, cardio, stretching and core work enough to challenge any level. Use this personal trainer with over 10 years experience who can help anyone get into better shape. No previous experience is necessary, and modifications will be made based on fitness level and ability. Participants should bring a mat, towel and water to class. **(No class 11/26).**

**FEE:** \$175 Resident, \$195 Non-resident

**LOCATION:** Barrett Community Center, Room B

**INSTRUCTOR:** Bill Winter, certified personal trainer.

2210.301	Tu & Th	6:30-7:30 am	8/25-10/8
2210.302	Tu & Th	6:30-7:30 am	10/20-12/8

## Hatha Yoga (10 classes)

**AGE:** 18+ years

Yoga for all! No matter your age, shape, level of flexibility, this will benefit you! A gentle, relaxing, strengthening, and non-threatening yoga working toward mind and body one-ness. You will love it, and so will your body. **Bring a mat and wear comfortable clothing. Holidays can be made up on other nights. (No class 11/11).**

**FEE:** \$79 Resident, \$95 Non-resident

**LOCATION:** Twin Pines Lodge

**INSTRUCTOR:** Cheryl Cooper

2242.302	M	7-8:25pm	9/14-11/16
2242.303	Tu	7-8:25pm	9/15-11/17
2242.304	W	10-11:25AM	9/16-11/18
2242.305	Th	7-8:25pm	9/17-11/19

ADULT



## Naturally Fit Classes

**AGE:** 16+

**FEE:** \$135 Resident, \$155 Non-resident

**LOCATION:** Naturally Fit Health Club, 677 Laurel Street #201, San Carlos - 593-1193 for more information. **(No class 11/25, 11/26).**

### 'Skinny Jeans' (13 classes)

Get back into your 'skinny jeans' through this clinically proven combo of cardio and strength training with locally known trainer - Elizabeth Rodgers. You'll get fast results in this program, but space is limited!

**INSTRUCTOR:** Elizabeth Rodgers, CPT, NPTI, AAI/ISMA-featured on Eye on the Bay.

2254.301	Tu & Th	9:30-10:30am	9/8-10/20
2254.302	Tu & Th	9:30-10:30am	10/27-12/10
2254.303	M & W	7-8pm	9/9-10/21
2254.304	M & W	7-8pm	10/26-12/9

### 'Power Hour' (13 classes)

'I've got the power' is what you'll be saying after consistent attendance in this low impact, joint friendly class. You'll be challenged and get a total body workout that is a fusion of strength and balance. It's great for all fitness levels.

**INSTRUCTOR:** Victoria Cserjan

2253.301	M & W	8:30-9:30am	9/9-10/21
2253.302	M & W	8:30-9:30am	10/26-12/9

## MINI - SESSION (4 classes)

**FEE:** \$40 Resident, \$48 Non-resident

2242.306	Tu & Th	7-8:25pm	12/8-12/17
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## Get Fit After 40 (Lite Aerobics)

**(11 Classes, T or F, 22 Classes T & F)**

**AGE:** Adult ages 40-90 years

Don't let your age or fitness level keep you from coming! We adapt to all levels, and combine low-impact exercise with popular and country music to create a vigorous, gentle, workout that tones and energizes your whole body. The resistance band warm-up, cardiovascular workout and stretching cool-down makes for a fun and complete exercise program that strengthens your heart, improves your agility, and increases your overall strength and bone density.

**FEE:** (Tu or F) \$54 Res., \$65 Non-res.

(Combined Class Tu and F) \$87 Res., \$104 Non-res.

**LOCATION:** Barrett Comm. Center, Multi-Use

**INSTRUCTOR:** Cathleen Morehouse, D.C. (Chiropractor)

5201.301	Tu	9:30-10:30am	9/8-11/17
5201.302	F	10-11am	9/11-11/20
5201.303	Tu & F	9:30-10:30am AND 10:00-11:00am	9/8-11/20

# FITNESS/SPORTS

**NEW**

## Golf Classes

**AGE:** 18+ years

**FEE:** \$106 Resident, \$126 Non-Resident

**LOCATION:** Mariners Point Golf Link, 2401 E. Third Ave, Foster City; sbrownlee@marinerspoint.com

**INSTRUCTOR:** Golf Academy at Mariner's Point

### Golf (5 classes)

Open for beginners as well as you experienced golfers who'd like to improve your skills. Chipping, putting and all aspects of the golf swing will be covered as well as grip, posture, alignment and the finish.

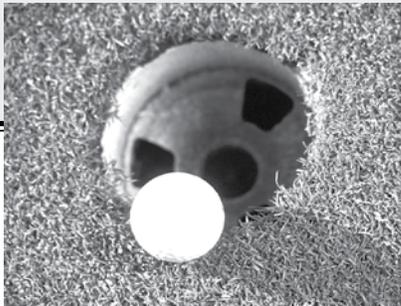
This class can be taken concurrently with the Short Game class. Students are responsible to purchase range balls.

2160.301	Sat	8-9am	9/19-10/17
2160.303	Sat	8-9am	10/24-11/21

### Golf - Short Game (5 classes)

For the golfer who'd like to improve their chipping, pitching, putting, and bunker play. Open to all skill levels, and can be taken concurrently with the Golf Class.

2160.302	Sat	10:15-11:15am	9/19-10/17
2160.304	Sat	10:15-11:15am	10/24-11/21



## Adult DODGEBALL

Ready to play that old school yard game that we all played as kids? --- yes its DODGEBALL. We will play Dodge ball @ the Barrett Community Center this fall on Sunday @ 4:30pm. You must be 16 years or older.

**For additional info** including fees please contact Jason Ruk 595-7441 jruk@belmont.gov or Francis Mason 637-2927; fmason@belmont.gov



## Adult Coed KICBALL Leagues

Packets for Coed Kickball are now available; **league play begins August 14th** on Friday nights. at the Belmont Sports Complex.

**8 game season plus playoffs.**  
**League fee- \$275**

**For more information**, go to:  
www.quickscores.com/belmont;  
or call Jason Ruk, 595-7441, jruk@belmont.gov  
or Francis Mason, 637-2927, fmason@belmont.gov.

## JAZZERCISE - First Month \$25

Some restrictions may apply.

Jazzercise combines elements of jazz dance, resistance training, yoga, kickboxing and more to create a truly effective program for every age and fitness level. Jazzercise provides informative instruction in various levels of intensity. Enjoy a wide variety of music styles such as Pop, Dance, Jazz, Swing, Country, R&B. **Come join the fun at Barrett Community Center, 1835 Belburn Drive (Behind 1870 Art Center on Ralston).**

**TAMI - M/W 9 am OR Friday 8:30 am**

**DEBBIE - M/W 6:30 pm OR Saturday 9 am**

**Debbie Sweeney - 570-4349;**

**Tami McCann - 226-3484**

Every 55-60 minute class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

jazzercise.com • (800) FIT-IS-IT

## HEALTHY RESOURCES

**For All Ages:** San Mateo County: Building Healthy Communities, visit [www.gethealthysmc.org](http://www.gethealthysmc.org)

### Health for Youth:

Videos, Cool Programs, Get Moving, Feelin' Good About Yourself, and more, visit: [www.yspacesmc.org](http://www.yspacesmc.org)

ADULT



# Register Online Today



The City of Belmont is proud to provide you the flexibility of registration on-line 24 hours a day, 7 days a week. Register for most of our programs in the comfort of your own home, or convenience of your laptop anywhere!

**BY Registering on-line**, you have first access to classes over walk-in or mail-in registrations. ActiveNet is an internet registration service that is available 24 hours a day. You can view courses offered by Belmont Parks and Recreation, register for courses, make a payment, and view your current registrations. You can also view your family account history. **There is a non-refundable convenience fee attached to registering on-line.**

**Follow these three easy steps by going to: 'www.belmont.gov', 'Parks & Recreation', 'online registration'.**

## 1. SIGN-UP FOR AN ACCOUNT

Click the 'my account' link on the upper right, then select 'Request Account' and fill out the form to get registered. You will need a credit card (American Express, MasterCard or Visa) and a working e-mail address.

## 2. SELECT YOUR ACTIVITY or CLASS

You can browse through the alphabetical list of classes, or search for one from our Activity Guide, either on [www.belmont.gov](http://www.belmont.gov) 'Activity Guide' or your brochure mailed to your home if you live in Belmont or Redwood Shores. Then, add it to your shopping cart.

## 3. CHECKOUT TO FINISH

View your 'cart' to see the activity(s) you've chosen, then click 'checkout' to sign up for the activities. You'll be asked to indicate who in your family will be participating (the default is yourself) and where you heard about the activity. After seeing the costs for the activities, you'll be asked for your credit card information. Enter your information, click continue... and you're done! You can print out your receipt.

### MAIL IN REGISTRATION STARTS NOW!

Mail in registration begins with delivery of the activity guide. Belmont residents' registration will be processed first in the order received. **Non-residents registration will be held until August 14th**, and then processed in the order received. Mail completed registration form and check payable to: City of Belmont.

**MAIL TO: Belmont Parks and Recreation, Attn: Registration, 30 Twin Pines Lane, Belmont, CA 94002.**

### WALK IN REGISTRATION

Register at the Park and Recreation Department Office in Twin Pines Park.

Both residents and non-residents may register **in person starting August 14th**. Walk in registration will continue until classes begin. PLEASE REGISTER EARLY, CLASSES DO CLOSE IF THEY REACH MAXIMUM ENROLLMENT OR CAN BE CANCELED IF ENROLLMENT IS TOO LOW.

**Office hours: Monday through Friday, 8:00am – 5:00pm**

### FAX CREDIT CARD REGISTRATION TO (650) 595-7419

Fax registration can only be accepted if you plan to pay by American Express, VISA or MasterCard. Please write clearly. Fax registration will be processed randomly with the next day's mail. Confirmation/receipt WILL be mailed to you.

**If you would like more information: please contact Belmont Parks and Recreation  
Monday – Friday, 8AM – 5PM at (650) 595-7441.**

**Online Registration is HERE! The form is on the next page ----- >>>**

# Registration Information

## Refunds and Credit Vouchers:

No refunds or credit vouchers will be issued once a class has begun. Full refunds will be issued only for classes cancelled or closed by the Recreation Department. A credit voucher/refund will be issued if a participant withdraws from a class at least one week before the class begins. There will be a \$5.00 service charge per program. Credits are good for one year from the date of issue.

Classes will not be pro-rated for missed sessions. **No refunds will be given for the convenience fee**, as that is not charged by our department, but is for the convenience of registering on-line.

Please **complete the form below completely** (thorough instructions on the previous page) as all fields are important! Please include the date of birth; our programs key off this field.

## Join Us!

### WAYS TO REGISTER:



**On-Line**



**FAX**

(Credit Card only)



**Walk-In**



**Mai-In**

**THANK YOU for your participation in our programs!**

**Activity Registration Form**  
**Belmont Parks and Recreation Dept.**  
 30 Twin Pines Lane, Belmont, CA 94002  
 Phone: (650) 595-7441; Fax: (650) 595-7419

#### It's easy to use your credit card!

Card Number \_\_\_\_\_  
 Exp. Date \_\_\_\_\_ Visa Mastercard Amex  
 Signature \_\_\_\_\_  
 Cardholders Name (print) \_\_\_\_\_

#### Payee Information (Person paying for Registration)

PLEASE FILL IN ALL INFORMATION.

Date of Birth

Name: \_\_\_\_\_ (mm/dd/yy) \_\_\_\_\_ (Gender- circle) M / F  Self  Parent  Guardian

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

I hereby absolve the City of Belmont, its employees, independent contractors and officers from all liability that may arise as a result of my participation in the activities below, and in the event that the below-named participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, its employees, independent contractors from such liability. I/We agree to allow use of my/our photograph(s) for program publicity.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PARTICIPANT'S NAME First and Last Name	DATE OF BIRTH (mm/dd/yy)	GENDER M / F	CLASS NAME	CLASS # 1 <sup>ST</sup> CHOICE	CLASS # 2 <sup>ND</sup> CHOICE	Resident FEE	Non-Res. FEE

Do you have any special needs that require specific accommodations so you can fully enjoy our classes or facilities?



Total \$ \_\_\_\_\_

I wish to donate to Senior Services \$ \_\_\_\_\_

**TOTAL DUE** \$ \_\_\_\_\_

For more information, call Belmont Parks & Recreation at 595-7441, or see us at 30 Twin Pines Lane.