

YOUTH & ADULT PROGRAMS



Tennis

Class is designed to teach and enhance basic skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water for yourself.

SY978.410 Winter: Sat. 1/30-3/20 (8 weeks)

SY978.110 Spring: Sat. 4/14-6/2 (8 weeks)

Time: Beg. 10:00-11:00 a.m. **Ages:** 7-11

SC979.410 Winter: Sat. 1/30-3/20 (8 weeks)

SC979.110 Spring: Wed. 4/14-6/2 (8 weeks)

Time: 3:00-4:00 p.m. **Ages:** 12 & up **Fee:** Resident \$50/ Non-resident \$54 **Location:** Mt. Miguel HS (Tennis Court) **Instructor:** Lois Sczerpaniak



Circuit Training

Want to get into shape for the New Year but afraid to get started? Ever thought about circuit training? A trained fitness professional from Healthy Adventures Foundation will come out and teach you about nutrition, exercise, weight management and proper goal setting—all while exercising. We can teach you how to use the equipment and how to design a program that matches your goals. But don't come with your work clothes and be prepared to take notes. This is an active class. You will learn by doing! This class is open to those 16 years and older, or 14 and older with a parent/guardian also enrolled. Minimum participants of 6 are required.

SC694.410 Winter: Sat. 1/30-3/20 (8 weeks)

SC694.110 Spring: Sat. 4/17-6/5 (8 weeks)

Time: 9:30-10:30 a.m. **Ages:** 14 & up

Fee: Resident \$40 / Non-resident \$44

Location: SVCC-Spring Valley Park

Instructor: Staff from Healthy Adventures Foundation



School Aged Hip Hop

Have some fun dancing to your favorite hip hop music all while learning the latest age appropriate hip hop moves! This class is full of energy and just a lot of fun! There will also be a final performance at the last class.

SY430.410 Winter: Thur. 1/28-3/18 (8 weeks)

SY430.110 Spring: Thur. 4/15-6/3 (8 weeks)

Ages: 6-12 **Time:** 5:00-6:00 p.m.

SC431.410 Winter: Thur. 1/28-3/18 (8 weeks)

SC431.110 Spring: Thur. 4/15-6/3 (8 weeks)

Time: 6:00-7:00 p.m. **Ages:** 13- up

Fee: Resident \$65 / Non-resident \$69

Location: SVCC-Ketell Hall

Instructor: Janaki Gallelli

Dog Obedience Class

This six week class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed: choker, 6 ft. & 20 ft. leash. Dogs must be a minimum of four months old and vaccinated. All dogs must have proof of current rabies vaccination.

SC747.410 Winter: Sat. 1/30-3/6 (6 weeks)

SC748.110 Spring: Sat. 4/17-5/22 (6 weeks)

Time: Basic 9:00 – 10:00 a.m

SC747.410 Winter: Sat. 1/30-3/6 (6 weeks)

SC748.110 Spring: Sat. 4/17-5/22 (6 weeks)

Time: Inter. 10:00 – 11:00 a.m.

Fee: Resident \$65/ Non-resident \$69

Location: Spring Valley Park

Instructor: Cindy D'Ambrosia of Castle Creek Kennels, sponsored by Bahia del Sur Kennel Club

Parent & Tot: Creative Movement

A parent involvement class in which children will have a great time while developing motor skills, rhythm, coordination, balance and social skills. Class will use balls, parachute, obstacles, beanbags, music, sports, (Example, T-ball), etc. Basic animal walks and tumbling skills will be introduced. For more information, please contact Robin at (619) 464-6690.

Beginner/Intermediate Line Dance

Join Susie D'Agostino and learn to Line Dance at a slow and relaxed pace. Dancers will learn steps and routines in an easy to remember pace that keeps things fun. Take both classes for the price of one!

Day: Wednesdays

Time: Beg. 10:15 – 10:50 a.m.

Int./Adv. 10:50 – 11:45 a.m.

Location: SVCC - Olsen Room

Donation: \$5 Drop in basis

Lil' Arts Musical Theatre

Lil' Arts Musical Theater is for children who want to develop their vocal, dance and acting skills in a creative, supportive, FUN way! Students will develop their coordination skills, projecting techniques and memorization capabilities. This class is expressive and full of movement! There will also be a final performance at the last class.

SY432.410 Winter: Thur. 1/28-3/18 (8 weeks)

SY432.110 Spring: Thur. 4/15-6/3 (8 weeks)

Time: 7:00-8:00 p.m. **Ages:** 6-12

Fee: Resident \$65 / Non-resident \$69

Location: SVCC-Ketell Hall

Instructor: Kathleen Sorensen