The Mill Valley Recreation Department is excited to announce the official launch of our exciting new

NEW!

ROCK @ THE REC!

MUSIC PROGRAM

NEW!

Our new state-of-the-art private lesson/music production digital creative lab is now open and is available for lessons, music production and recording. During the Spring session we will launch our amazing new Little Beats Music Program and select group music classes. When summer roles around super cool youth rock band summer camps will be offered. Though we are just getting started, we have big big plans for building this amazing new music education program designed to serve students of all ages and skill levels.

Come join us and be a part of something really BIG!
Mill Valley Recreation Department's new Rock @ the Rec Music Program.

PRIVATE LESSONS

Whether you or your child is learning a musical instrument to pursue it as a career or for personal fulfillment and recreation, private lessons greatly benefit the new and continuing music student. Private instruction provides students with the opportunity to learn at their own pace and focus on the music they are most interested in. A good private instructor will engage, support and challenge students appropriately based on the student's goals, skill level, and interests. Additionally, being exposed to different teaching styles and more expansive repertoire will broaden a student's musical knowledge, helping to make them a well-rounded musician. All of our instructors are highly experienced teaching artists and are dedicated to you or your child's musical success.

We are currently building our music teacher's roster and will be offering a variety of private and semi-private lessons for students of all ages and skill levels in our new state-of-the-art private lesson/music production digital creative lab.

- Private lesson rates start at $50.00 per hour for most instruments
- Semi-private (2 students) and ½ and ¾ hour lessons are also available

Please contact Art Program Coordinator, Kevin Marlatt at kmarlatt@cityofmillvalley.org to discuss current private and semi-private lesson options and availability.

NEW!

ROCK @ THE REC!
MUSIC PROGRAM

NEW!

GROUP CLASSES

Group classes are a great way to learn a musical instrument, concepts and theory. While not for everyone, the group environment provides multiple benefits and opportunities to develop new friendships. Some students learn faster in a group setting and reap the rewards of peer support and being part of an ensemble. In a group environment, students are listening and becoming aware of what is going on around them, which is an essential aspect of musical development. Group classes can also be more interesting and playful while being less costly than individual private lessons. While most established musicians and instructors recommend a healthy balance of private lessons, group classes and performance experiences the group class is a positive and fun way to further a student's music education.

Enroll in a group music class today to get your groove on and make some new friends.

NEW!

Teen Guitar I

This group class is especially tailored for young beginning guitarists with little or no experience on the instrument. Students will learn open chords, power chords, movable chords, single note (melody) playing, accompaniment techniques, and a variety of playing techniques and styles. The class also introduces music fundamentals, music theory, songs, performances, listening, improvising, as well as an overview of standard music notation and guitar tablature. In addition, students will be encouraged to attend performances, and participate in ensemble performances.

Instructor: TBA, 10 classes

Age	Day	Dates	Time	Fee	Course #
13-17	Th	3/13-5/22	3:30-4:30pm	$226	29794

Location: Community Center, Mountain View Room
No Class 4/17

NEW!

Teen Guitar II

Guitar II is for students who have completed Guitar I and/or have a few months of playing experience. Guitar II covers more songs and additional skills, including basic finger-picking. Going into Guitar II, students should be familiar with at least eight of the following chords: E, A, D, G, C, Em, Am, E7, A7, D7. Students should be fairly comfortable with syncopated strumming patterns and the bass note/ after strum or boom-chuck technique. The class will review (or relearn) the basic chords, techniques and music theory covered in the Guitar I class. By the end of the class the student will have a repertoire of a half-dozen songs that he or she can play from beginning to end.

Instructor: TBA, 10 classes

Age	Day	Dates	Time	Fee	Course #
13-17	W	6/11-8/13	3:30-4:30pm	$226	29835

Location: Community Center, Forest Room

NEW!

Blues Guitar I

Blues Guitar Class focuses on the 12-bar blues harmony, basic rhythm, picking, and strumming technique, as well as the pentatonic and blues scales. You'll learn to incorporate some of the nuances of the masters into your playing - from doubling the bass over a shuffle in the style of Buddy Guy, to combining major and minor pentatonic scales in the style of B.B. King and T-Bone Walker. Whether you're trying to achieve a traditional blues sound, or add more depth and feel to any style of music, as Keith Richards said, "If you don't know the blues... there's no point in picking up the guitar and playing rock and roll."

Instructor: TBA, 10 classes

Age	Day	Dates	Time	Fee	Course #
18+	M	3/10-5/19	7:30-8:30pm	$251	29796
18+	M	6/9-8/11	7:30-8:30pm	$251	30537

Location: Community Center, Mountain View Room
Students should bring their favorite acoustic guitar
No Class 4/14

NEW!

Adult Guitar I

This group class is for adult beginning guitarists with little or no experience on the instrument. Students will learn open chords, power chords, movable chords, single note (melody) playing, accompaniment techniques, and a variety of playing techniques and styles. The class also introduces music fundamentals, music theory, songs, performances, listening, improvising, as well as an overview of standard music notation and guitar tablature. In addition, students will be encouraged to attend performances, and participate in ensemble performances.

Instructor: TBA, 10 classes

Age	Day	Dates	Time	Fee	Course #
18+	M	3/10-5/19	6:30-7:30pm	$251	29795
18+	M	6/9-8/11	6:30-7:30pm	$251	30536

Location: Community Center, Mountain View Room
Students should bring their favorite acoustic guitar
No Class 4/14

NEW!

ROCK @ THE REC!
MUSIC PROGRAM

NEW!

INSTRUMENT AND EQUIPMENT DONATION DRIVE

We are currently seeking donations of quality music instruments, equipment and educational resources to support the Rock @ the Rec music program.

WISH LIST

- Amplifiers (guitar, bass, keyboard)
- Cables (instrument and microphone)
- Drums (hand drums, percussion toys, gathering drums, etc…)
- Drum Set (drums, hardware, pedals, cymbals, sticks, cases, etc...)
- Educational Materials (instructional/history books, cds, dvds, music collections, etc…)
- Guitars (acoustic, electric, bass, full – ¾ size, left handed)
- Guitar Strings (new, labeled, wrapped)
- Microphones (vocal and instrument)
- Music (bound or loose sheets, all genres, styles and instruments)
- PA System
- Printer (USB, small printer/copier/scanner all-in-one preferred)
- Software (MacOS recording, sequencing, synthesis, vst/au instruments, notation, effects, etc..)
- Speakers (studio monitors, stage monitors, PA mains)
- Stands (music, microphone, guitar, keyboard, speaker, etc…)

Your generous contribution is tax deductable per the item's fair market value.

Mill Valley Recreation Department's new Music Program is off to a great start. We have opened our new state-of-the-art private lesson/music production facility. Sign ups for private lessons and group classes are under way and we are recruiting new high quality instructors.

JOIN OUR MUSIC TEACHER'S ROSTER

Are you or do you know an experienced and gifted music educator? Our new Rock @ the Rec music education program is currently adding high quality instructors to our teaching roster. We are looking for teachers who are experienced with private and semi-private lessons and a variety of group classes for students of all ages and skill levels. Outstanding music teachers for all instruments, song writing and digital music production are encouraged to contact Art Program Coordinator Kevin Marlatt at kmarlatt@cityofmillvalley.org to set up an in interview.

NEW!

ROCK @ THE REC!
DIGITAL SOUND STUDIO

NEW!

CREATIVE LAB

Need a creative space with all the tools to help bring your musical projects and dreams to life? Our new state-of-the-art private lesson/music production room is now available for hourly rentals. Book time to practice, write, record, experiment, mix, master, podcast, video sync, etc…

Rent the room for $20 per hour or $30 per hour with a friend and have complete access to all this:

Apple - iMac Computer
27-inch, 3.2GHz, 16GB RAM, 1TB hard drive, Wireless Keyboard, Magic Trackpad, and 3TB Seagate External Hard Drive.

Focusrite - Scarlett 18i20 Audio Interface
18 inputs and 20 outputs, 8 Focusrite mic preamps

Roland - RD-300NX Stage Piano
SuperNATURAL Piano sound engine, 88 professional standard weighted keys, 200 internal sounds, one touch piano and electric piano.

Alesis - QS6.1 Synthesizer
64 Voice Expandable Synthesizer, 640 programs and 500 multitimbral mixes, 61 velocity sensitive keys

Native Instruments – MASCHINE Studio Groove Producer
The ultimate integrated hardware/software system for beat-making and professional production. MASCHINE is a groundbreaking instrument that combines a pattern-based sequencer, professional sampler, effects and an incredible sound library – united in a smooth, super-intuitive workflow.

Presonus - Eris E5 Monitor Speakers

Custom Music Production Workstation
Designed so everything is at your fingertips and ready to go.

Instruments
Growing selection of acoustic and electric guitars, basses, and other instruments

Software

- *Pro Tools 11* – This fully loaded audio/music-production powerhouse gives you the straightforward control and flexible production power that has made Pro Tools the DAW of choice for cutting-edge engineers for over two decades. includes amazing plug-ins, world-class virtual instruments, and a comprehensive toolset for media post production.
- *Studio One 2.6* – Studio One is an integrated approach to recording music, from tracking to mixing to mastering and distribution. It's a creative environment built for intuitive use, speed, and efficiency–and yet it's robust enough for the most complex productions.
- *Logic Pro X* – Push your music as far as it can go. Logic Pro X is Apple's lastest version of it's flagship recording and music production software. A complete recording studio right on the Mac, Logic Pro gives musicians everything they need to go from first notes to final master.
- *Reason 7.0* – The legendary music production software studio. From start to finish, its ever-expandable, freely routable rack of instruments, effects and sounds has everything you need to write, record, remix and produce great-sounding tracks.
- *Spectronics: Omnisphere Power Synthesizer* – Features a wide variety of hybrid realtime synthesis techniques, an epic 40+GB library of remarkable 'Psychoacoustic' sounds, and many innovative features that have never been seen before in any hardware or software synthesizer.
- *Native Instruments: Komplete 9* – Includes: Kontakt 5, Retro Machines, Battery 4, Absynth 5, FM8, Massive,Guitar Rig 5 Pro, Reaktor 5, Abbey Road 60s Drummer, Berlin Concert Grand, New York Concert Grand, Scarbee MM Bass, Scarbee A200, Scarbee Mark I, Scarbee Clavinet/Pianet, Studio Drummer, Upright Piano, Vienna Concert Grand, Vintage Organs, West Africa, Rammfire, Reflektor, Traktors 12, Transient Master, Reaktor Prism, Reaktor Spark, The Finger, Monark, The Giant, Solid EQ, Solid Bus Comp, Solid Dynamics, and Session Strings.
- *Native Instruments* – Maschine 2.0 – Flagship groove production software featuring 8+ GB sound library.

To book the *Creative Lab*, email kmarlatt@cityofmillvalley.org

NEW!

Creative Cupcakes!

Have fun while creating awesome looking cupcakes! With a different theme each week, your child will learn decorating tips while making unique and irresistibly cute designs using frosting, fondant, sprinkles and more. Session one themes are : basic filling and decorating, safari animals and flowers. Session two themes are : little monsters, Mother's Day and at the beach. Everyone gets to take home their yummy creations and all materials are provided.

Instructor: Lisa Donahue, 3 classes

Age	Day	Dates	Time	Fee	Course #
6-8	Sa	3/22-4/5	9:30-10:15am	$91	30209
9-12	Sa	3/22-4/5	10:30-11:45am	$106	30210
6-8	Sa	5/3-5/17	9:30-10:15am	$91	30211
9-12	Sa	5/3-5/17	10:30-11:45am	$106	30212

Location: Community Center, Terrace Lounge

NEW!

Poekie Nook Spring Sewing Class

Come make Poekies with Sophia! For 15 years, Poekies have introduced various hand-sewing techniques to children age 6-12. Starting with easy, beginning animals, students sew their way up to advanced Poekie animals. Each spring class will cover a theme with animals related to it. Students are free to choose their animals depending on experience and ability. Wonder what a Poekie is? They're not just 'stuffed animals,' they inspire you to create your own world. See Summer Camp section for more details, and http://poekienook.com . Tea and snack served.

Instructor: Sophia van der Harst, 6 classes

Age	Day	Dates	Time	Fee	Course #
In & Around the House					
6-12	Tu	3/11-4/22	3:30-5:30pm	$141	29836
Everything that Flies					
6-12	Th	3/13-4/24	3:30-5:30pm	$141	29852
Water Lovers					
6-12	Tu	4/29-6/3	3:30-5:30pm	$141	29837
From Exotic Lands*					
6-12	Th	5/1-6/5	3:30-5:30pm	$141	29853

Location: Community Center Room
$20 material fee paid to instructor on first day of class.
No class 4/15, 4/17
***From Exotic Lands is for experienced Poekie makers only.**

create

Babysitting Course

This babysitter completion class covers the fundamentals of childcare including starting your business; before the parents leave; play time; taming the tots; we shake rattles, not babies; handling telephone calls; when a stranger knocks; handwashing; water hazards; infant and child feeding; diapering procedures; infant sleep-time; providing emergency care, including CPR/choking and First Aid. Participants receive a Babysitter's Training Certificate.

Instructor: Carole Gathman, 1 class

Age	Day	Dates	Time	Fee	Course #
11-16	Sa	3/8	9am-1pm	$84	28549
11-16	Sa	5/10	9am-1pm	$84	30074
11-16	Sa	7/19	9am-1pm	$84	30075

Location: Community Center, Terrace Lounge

The Protocol Academy: Etiquette Essentials

Get Your Etiquette On! Tweens and Teens are invited to join the manners fun with The Protocol Academy's Tween/Teen Etiquette and Dining Essentials Program. It's a relaxed, fun-filled, highly participatory environment with their peers. Valuable life skills in courtesy and graciousness for today's current world will be learned and practiced. The five-week programs includes: Meet, Greet & Conversation Essentials; Personal Communication Cues and Tactics; Skillful Conversation; Active Listening; Family Politeness; Teen Party Behavior and Etiquette; Wardrobe Considerations; and Social Media/Cyber Etiquette. In addition the program features hands-on dining skills such as: Informal Place Settings; Formal Dining Place Settings; Dining Styles; Napkin, Linen & Utensil Protocol; along with Situational Dining Manners & Tips for Home and Away. Presented by Daily Protocol.

Instructor: Angie Allison, 5 classes

Age	Day	Dates	Time	Fee	Course #
12-16	Tu	3/18-4/22	3:30-5pm	$151	30196

Location: Community Center, Forest Room
No class 4/15

Teen Tennis Skills Class

Instructor: Chris Reiff

Age	Day	Dates	Time	Fee
13-18	T, Th	Mar – Nov	5pm	$13 drop-in per class $96 / 8-class card

Location: Boyle Park, Tennis Courts

Tennis Skills Class

These classes are for beginning and intermediate juniors. We will introduce and develop the fundamental skills needed to play and have fun playing the game of tennis. 4 classes. Drop-in $15, subject to availability

Instructor: Chris Reiff, 5 classes

Age	Day	Dates	Time	Fee	Course #
5-9	W	3/26-4/30	3:30-4:30pm	$65	30117
5-9	W	5/7-6/4	3:30-4:30pm	$65	30118
9-12	F	3/28-5/2	3:30-4:30pm	$65	30120
9-12	F	5/9-6/6	3:30-4:30pm	$65	30121

Location: Boyle Park, Tennis Courts
No class 4/16, 4/18

Pee Wee Tennis

This class is designed to introduce kids to a sport that can be a source of exercise and enjoyment throughout their lives. The program will build motor skills which enhance their future tennis skills. Students must bring tennis racquets and wear tennis shoes. Classes are ongoing throughout the year.

Instructor: Chris Reiff, Joe Kells & Staff

Age	Day	Dates	Time	Fee
4-6	Sa	Begins 4/1	10-11am	$5 drop-in per class

Location: Boyle Park, Tennis Courts

Saturday Short Court Tennis

This is a wonderful program for kids who are 10 and under. It helps them develop essential physical skills before they reach adolescence and also fosters healthy and positive attitudes towards sports and competition. "Quick Start Tennis" offers a standardized progression of court size, racquet size and ball speed appropriate to the age, skill level and physical characteristics of the kids on court. Smaller courts, lighter and more manageable racquets and slower bouncing balls allow the kids to play right away and fall in love with this great sport for life. For details on Quick Start Tennis visit: www.quickstarttennis.com.

Instructor: Chris Reiff

Age	Day	Dates	Time	Fee
6-10	Sa*	Apr – Nov	11a-12:30p	$20

*** - First Saturday of Each Month**
Location: Boyle Park, Tennis Courts
Tennis shoes required. Loaner racquets are available.

MATCH PLAY

Here we get to "play the game!"
Players should possess basic tennis skills.
Instructor: Chris Reiff & Staff
Location: Boyle Park Tennis Courts

Junior League

Ages: 9-11 & 12-14

This is an opportunity for match play within a team format. Participants play singles and doubles matches against other Marin teams in the spirit of healthy competition. Matches are structured to pair players of equal ability. Team t-shirt provided. Days and times to be determined. Check with Chris at 388-6523 for more info.

Dates: March-May Fee: TBA, Register in Spring

Junior Tour

Ages: 9-14

The Jr. Tour is a self scheduling round robin singles tournament. This is not an elimination tournament. Participants have 8 weeks to complete approximately 7 matches. Matches may be scheduled at any time. Groups will be divided by age and ability. T-shirt provided. Trophies will be awarded. Contact Chris at 388-6523 for information and entry form.

Dates: TBA. Go to www.boyleparktennis.com
Deadline: TBA Fee: $20

TEEN ZONE

at the Mill Valley Community Center

SPRING / SUMMER HOURS:
Mon 2:25-6pm, Tu & Th 3-6pm, Wed 1:25-6pm,
Fri 2:25-5pm, Sat & Sun CLOSED
CLOSED: 4/14 – 4/18, 5/26
LAST DAY OF TEEN ZONE: 6/17

Youth Justice League

Be a part of Mill Valley's Youth Justice League & make your voice heard! Collaborate with peers at the Teen Zone to influence program policies, rules and activities, as well as discuss current events and teen trends. Meetings will take place during Teen Zone programming hours. Our motto is, "The teens have spoken."

NEW! Whole Foods at Teen Zone

Come check out the new and improved snack bar and cooking projects! Teen Zone has partnered with Whole Foods to bring healthier options to Teen Zone participants.

NEW! Fun Fitness Spring Edition

You are never too young to start a healthy lifestyle - fun and variety are the key ingredients to getting teens to care about fitness. This Spring participate in our Fun Fitness Friday activities! Go swimming, do some yoga, or challenge yourself in a pilates class just for teens. Also, don't miss out on our new hip hop dance classes offered every Friday from 4:15pm-5:15pm in the Dance Studio. You must be a member of Teen Zone to participate in these activities.

Teen Service Leaders

Interested in being recognized as a Teen Service Leader? Need community service hours? Then this is a great opportunity for you! Gain valuable work experience, give back to the community, and develop leadership skills. Volunteers will assist the Teen Coordinator and Teen Zone Staff at Special Events and during Teen Zone activities. Email abricca@cityofmillvalley.org for more information on how to get involved.

Relay for Life – TEAM TEEN ZONE

Become a member of Team Teen Zone and help raise money for the American Cancer Society. Relay for Life Mill Valley is an organized, overnight community fundraising walk held at the Mill Valley Community Center. Join other Teen Zone members in honoring cancer survivors, remembering loved ones lost, and fighting back against a disease that affects so many. Email abricca@cityofmillvalley.org for more information.

DAILY ACTIVITIES
SPECIAL EVENTS
SNACK BAR
BIRTHDAY BASHES
COOKING
DODGEBALL CLUB
ARTS N' CRAFTS
THEATER CLUB
FLICKS
VIDEO GAMES
AIR HOCKEY
POOL TABLE
COMPUTERS

TEEN ZONE MEMBERSHIP PASS

Usage of the Zone requires an annual school year pass. The membership pass provides unlimited use of the Teen Zone along with discounts on Teen programs & excursions. Teens receive a membership ID card with the purchase of the pass. Passes cost $20 & can be purchased at any time during the school year.

NEW!

Zipline Into Springtime

Join us as we soar through the redwoods and zipline into springtime! This outdoor adventure experience teaches teens to take healthy risks, encourage their peers, and step out of their comfort zone. You will not want to miss out on this Saturday event. There are only 6 spots, so sign up early! *Must weigh at least 70 lbs.

Instructor: Teen Zone Staff

Age	Day	Dates	Time	Fee	Course #
11-14	Sa	3/29	9a-4p	$80	30320

Location: Meet @ Community Center
Sonoma Canopy Tours, Occidental, CA

Friday Flicks at the Theater

We are off to see the new Captain America movie in theaters! Spots are limited, so please sign up early. This film is reated PG-13. Final date & time are subject to change.

Instructor: Teen Zone Staff

Age	Day	Dates	Time	Fee	Course #
11-14	F	4/4	6-9pm	$15	30321

Location: Meet @ Community Center
Local Movie Theater

End of School Pool Party

Come count down the last month of school at the Teen Zone's End of Year Pool Party. We will swim, get airbrush tatoos, eat pizza and make smores on the patio. Any middle school student is welcome. This is a private pool event, advanced registration is recommended.

Instructor: Teen Zone Staff

Age	Day	Dates	Time	Fee	Course #
11-14	F	5/16	7-9:30pm	$20	30322

Location: Community Center, Swimming Pool Area

NEW!

Guitar for Teens I

This group class is especially tailored for young beginning guitarists with little or no experience on the instrument. Students will learn open chords, power chords, movable chords, single note (melody) playing, accompaniment techniques, and a variety of playing techniques and styles. The class also introduces music fundamentals, music theory, songs, performances, listening, improvising, as well as an overview of standard music notation and guitar tablature. In addition, students will be encouraged to attend performances, and participate in ensemble performances.

Instructor: TBA, 10 classes

Age	Day	Dates	Time	Fee	Course #
13-17	Th	3/13-5/22	3:30-4:30pm	$226	29794

Location: Community Center, Mountain View Room
No Class 4/17

NEW!

Guitar for Teens II

Guitar II is for students who have completed Guitar I and/or have a few months of playing experience. Guitar II covers more songs and additional skills, including basic finger-picking. Going into Guitar II, students should be familiar with at least eight of the following chords: E, A, D, G, C, Em, Am, E7, A7, D7. Students should be fairly comfortable with syncopated strumming patterns and the bass note/ after strum or boom-chuck technique. The class will review (or relearn) the basic chords, techniques and music theory covered in the Guitar I class. By the end of the class the student will have a repertoire of a half-dozen songs that he or she can play from beginning to end.

Instructor: TBA, 10 classes

Age	Day	Dates	Time	Fee	Course #
13-17	W	6/11-8/13	3:30-4:30pm	$226	29835

Location: Community Center, Forest Room

SUMMER JOBS
DAY CAMP COUNSELORS

Ages: 16 & up

Summer jobs are available for persons who enjoy, and have experience (paid or volunteer) working with children. Recreation leaders provide leadership and supervision for children 5 to 12 years old at day camp, playgrounds and field trip activities. This position offers 20 to 40 hours of work per week and runs from June 23rd to August 15th, with mandatory in-service training in June. Pay depends on experience. Full-time and part-time positions are available. Interested persons can pick up applications at the Mill Valley Community Center, 180 Camino Alto, or call 383-1370. Applications will be accepted until available positions are filled.

team

Counselor In Training

For students 13 to 15 years of age, we are offering an opportunity to participate in our camps by providing a Counselor In Training program. CITs get work experience by assisting camp staff in the supervision of campers, with set-up and clean-up of activities, and share in the excitement and enthusiasm of the camp program. CITs attend all field trips and receive a CIT shirt. All CITs are required to commit to a minimum of two consecutive weeks, fill out an application, attend an interview, and a mandatory training workshop Wednesday, June 4th, 3:30-6pm and pay a $80 registration fee. Participants need to be committed to the program and available every day of the session. Space in each session is limited. Due to the high demand for this program, participants may only register for one session. Registrations for all sessions must be received by Friday, May 30.

Age	Day	Dates	Time	Fee	Course #
13-15	M-F	6/23-7/3*	9:30a-4p	$80	30223
13-15	M-F	7/7-7/18	9:30a-4p	$80	30224
13-15	M-F	7/21-8/1	9:30a-4p	$80	30225
13-15	M-F	8/4-8/15	9:30a-4p	$80	30226

Location: Community Center
MANDATORY Training Day is Wednesday, June 4th, 3:30-6pm
Participant may only register for 1 session
FEE is NON-REFUNDABLE after 6/3/14.
***No camp/CIT on 7/4**

ROAD WARRIORS

Sign up for these weekday camps just for teens. Road Warriors offers daily field trips to exciting locations all over the Bay Area. Spend time with friends, try new things and get out of the house this summer! All three sessions of Road Warriors are themed, offering a variety of experiences each week. Camp meets at 9:00am in the Community Center Lobby. From there we will travel by van to our destination and return to the Community Center by 4:00pm. A daily camp itinerary with planned activities will be made available a few weeks before the camp. Laughter and good times guaranteed. Space is limited; first-come first-serve.

NEW! Session 1: Wild West

During this week of Road Warriors we're going to the Wild, Wild West. Examples of activities include: an adventure on the Russian River, geocaching in Bodega Bay, an archery lesson, Safari West, and more (itinerary subject to change).

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	6/23-6/27	9a-4p	$409	30323

NEW! Session 2: All Ball

All Ball is a sport-themed week that is sure to get you pumped up. Examples of activities include: A's vs. Giants game, Dodgeball at House of Air, Paintball, bowling, Six Flags and more (itinerary subject to change).

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	7/7-7/11	9a-4p	$409	30324

NEW! Session 3: High Flyin'

High Flyin' week will include a diverse array of experiences to make the heart soar. Examples include: I-fly indoor sky-diving, a trapeeze lesson, zip-lining and more (itinerary subject to change).

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	7/21-7/25	9a-4p	$409	30325

EXTREME Road Warriors

Calling all extreme thrill seekers for the ultimate Road Warriors experience! Don't miss the fun and intensity of this one-week camp! This camp combines the most heart-pounding, thrill-giving activities of previous weeks (and maybe a few new ones!) into one camp. Examples of activities include: extreme go-karting, extreme lazer tag, Six Flags Discovery Kingdom and more (itinerary subject to change).

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	8/4-8/8	9a-4p	$485	30326

Summer Service Leaders Camp

Make friends, build leadership skills, and make a difference in the community! Summer Service Leaders will partner with local non-profit agencies and be involved in a week of exciting service projects. Have fun while learning how your talents can be used to impact the community. On the last day of camp leaders will be rewarded for their hard work by spending the day at Six Flags Discovery Kingdom. Camp meets at 9am in the Community Center Lobby. From there we will travel by van to our service project and return to the Community Center by 4pm.

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	7/14-7/18	9a-4p	$300	30328

California Outdoor Adventures

Explore the beautiful outdoors in the Bay Area during a week of outdoor recreation activities. Go sailing on Lake Merced, paddle boarding and kayaking in Tomales Bay, soak up the sun during a picnic at Stinson Beach, and more. Have fun while appreciating the beauty of the outdoors. Space is limited; first-come first-serve; full camp needed or activities may change.

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	7/28-8/2	9-12am	$409	30327

Junior Lifesaver Academy

Learn how to become an extreme Red Cross hero! This day camp is an action packed adventure where you will learn skills that can help save lives. In addition to practicing your skills and developing a diverse lifesaving background, camp will be filled with fun and games such as arts & crafts, sports and games. At the end of 2 weeks you will be certified through the ARC in Basic First Aid, CPR for Adults, Children & Infants and Babysitters Training. You will also experience the high energy and fun ARC GuardStart Program! Participants will also learn the basics of swim instructing and help Water Safety Instructors during our Mill Valley Swim School program! You will receive interactive ARC manuals, CDRoms and all necessary materials. Campers need to arrive in swim suit, bring a change of clothes, lunch, water bottle, tennis shoes, towel and any snacks. This is a certification course. Fee includes $37 material fee collected by ARC.

Age	Day	Dates	Time	Fee	Course #
11-14	M-F	6/23-7/3*	8:45a-3:30p	$311	29677
11-14	M-F	7/7-7/18	8:45a-3:30p	$346	29678
11-14	M-F	7/21-8/1	8:45a-3:30p	$346	29679
11-14	M-F	8/4-8/15	8:45a-3:30p	$346	29680

Location: Community Center, Forest Room
***No class 7/4**

NEW! My Stage - Rock Camp For Girls

This camp is specifically geared towards girls going into Grades 4-7 (Fall 2013) who want to learn to rock. Campers will learn to play simple pop and rock songs and perform at the end of the week. Some musical experience is helpful, but is not a requirement – girls will learn to play parts at whatever level of musicianship they bring with them. End of camp performance for family and friends late Friday afternoon.

Instructor: TBA, 5 classes

Age	Day	Dates	Time	Fee	Course #
8-13	M-F	6/23-6/27	10am-3pm	$551	29797

Location: Ring Mtn School, Multi Purpose Rm

NEW! Camp Rockit!

This is a rocking music performance camp for beginning musicians going into Grades 5-8 who have some previous instruction. Six months of lessons on an instrument is recommended. Activities include trying different instruments, playing easy songs, songwriting, singing, jamming and other musical games! Drum circles help kids get in the groove, singing teaches ear-training and performance skills, and basic keyboard and guitar classes get everyone playing in a band. End of camp performance for family and friends late Friday afternoon.

Instructor: TBA TBA, 5 classes

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	7/14-7/18	10a-3p	$551	29798

Location: Ring Mtn School, Multi Purpose Rm

NEW! Rock Academy

This is a rocking music performance camp for intermediate musicians going into Grades 8 - 11 who have significant previous instruction. One year of lessons on an instrument is recommended. Repertoire is selected by the group, which rehearses every day. A typical day includes group lessons in the morning, a lunchtime jam with staff, and band rehearsals in the afternoon. End of camp performance for family and friends late Friday afternoon.

Instructor: TBA, 5 classes

Age	Day	Dates	Time	Fee	Course #
14-17	M-F	8/4-8/8	10a-3p	$551	29799

Location: Ring Mtn School, Multi Purpose Rm

rock out!!

The Mill Valley Arts Commission enhances the cultural life of the community by promoting the visual and performing arts in Mill Valley, by marshaling resources that support the arts and by encouraging the efforts of local arts and arts organizations.

Below are the highlights of Arts Commission activities that will occur during the spring and summer months in 2014.

Call for Artwork: Every year, the Arts Commission distributes a call for artists and curators with work to be displayed at City Hall or the Community Center during the upcoming fiscal year (July to June). Applications (on website) must be received by March 4, 2014. At its March meeting, the Commission juries the work of both individual and group show candidates from throughout the greater Bay Area. It then selects artists for each month of the year at both venues, at which lively, monthly opening receptions are held on the first Tuesday of each month. Each public venue can accommodate about 20 wall-mounted pieces.

First Tuesday ArtWalks: On the first Tuesday of every month, the Arts Commission promotes an ArtWalk from 5:30pm to 8pm. This is an open invitation for touring City Hall, the Community Center and over 20 galleries, businesses or shops in town, each displaying their chosen artist's work for a month. The artist may be present to discuss his/her work and techniques or even to do a live demonstration. We invite everyone to join us on the ArtWalk. Artists may either apply to the Commission (see Call for Artwork above) or contact any of the many venues listed in each month's ArtWalk Guide to see if they would like to show your work.

Call for Musicians: Every spring, the Arts Commission sends out a Call for Musicians who will have the chance to play in Depot Plaza before a large crowd. The concerts occur on four Sunday afternoons in August. Applications must be received by April 7, 2014. At its May meeting, the Commission juries and selects the musicians. Musicians should be able to play a 45-60 minutes set. Original music is encouraged. Applications will be available in February on the website.

Comedy Night: At an event eagerly anticipated and enjoyed by many, the Arts Commission offers a free Comedy Night in the Plaza each June. Watch for notices about this hilarious evening event.

Concerts in the Plaza: The Arts Commission will present the 29th Annual Concerts in the Plaza series in August 2014. The concerts will take place on the first four Sunday afternoons in August, 1pm-3pm. These sunny events fill the plaza with a wide range of music by local musicians. Audiences listen, sing along and many, from the very young to older, dance! Bring your lawn chairs and dancing shoes. Concerts in the plaza will be the first four Sundays in August (August 3, 10, 17 & 24).

Call for Arts Commissioners: In Spring 2014, there will be three openings for Arts Commissioners. The City solicits applications beginning in January and the City Council interviews and selects new commissioners in February. Interested applicants are encouraged to apply for this "hands-on", 7-member commission that puts on a wide array of free public arts events each year…and has fun doing so!

Call for Volunteers: The Arts Commission is an active commission that arranges, sets up and conducts an array of cultural events year-round. We also are initiating a survey of our town's artists, art-related events, assets, organizations, venues, outreach means and other resources that can better support our artistic community and thereby the community as a whole. We would welcome volunteers who want to help support the arts.

To find out more about the Arts Commission and its events or to volunteer, you may attend our meetings the second Tuesday of every month at 7pm at City Hall or go to: www.cityofmillvalley.org/artcommission. Entry forms for the Arts Commission events will be posted at this site. You can also join the Mill Valley Arts Commission on Facebook to see more images and get updates.

Creative Japanese Flower Arranging-Sogetsu Ikebana

Do you love flowers or gardening? Are you an artist, photographer, or designer seeking to better understand negative space, color, proportion, line and mass, or the visual power of asymmetry? Could your designs, have more energy and creative impact? If you answered, 'YES' to any of the above, studying the art of Ikebana, Japanese Floral Design, could be both enjoyable and rewarding! Each week you will design your own arrangement, using surprisingly few flowers and branch material you have collected. There will be an instructor demonstration, time to create your own arrangement and individual assistance during class.

Instructor: Annette Sullivan, 10 classes

Age	Day	Dates	Time	Fee	Course #
13+	W	3/12-5/28	12:15-1:45pm	$201	29821

Location: Community Center, Mountain View Room
No class 3/26, 4/2

Chinese Brush Painting

Learn to paint landscapes, flowers, birds and other animals in the traditional Chinese style. Class will also cover how to mount on rice paper, scroll making and how to cut your name into the stamping stone. A supply list will be provided at the first class meeting. Students may also purchase supplies from the instructor.

Instructor: Madeleine Fu, 10 classes. 7/16-8/13, 5 classes.

Age	Day	Dates	Time	Fee*	Course #
18+	W	2/26-4/30	2-3:30pm	$91	29820
18+	W	5/7-7/9	2-3:30pm	$91	30334
18+	W	7/16-8/13	2-3:30pm	$46	30335

Location: Community Center, Forest Room
***Drop-in: $11**

express yourself

Acrylic Painting with Marin Artist Bernard Healey

Sharpen your acrylic art skills in these Thursday morning sessions. Paint and join with us in our constructive group critiques at the end of each class. Beginners and advanced students are welcome. Supply list will be provided at first class meeting. Sign-up in advance, class size is limited. Sorry, no drop ins.

Instructor: Bernard Healey, 4 classes

Age	Day	Dates	Time	Fee	Course #
18+	Th	3/6-3/27	10:30a-1:30p	$81	28459
18+	Th	4/3-4/24	10:30a-1:30p	$81	29822
18+	Th	5/1-5/22	10:30a-1:30p	$81	29823

Location: Community Center, Mountain View Room

Photo Essentials I: DSLR & RAW

Develop your passion for photography & learn to take control of your camera! Join us for hands-on photography and Camera RAW processing,in-the-field shooting, and critical review of work produced. Learn to take your camera off of automatic mode and make the most of the manual adjustments. Students will have weekly assignments and critiques of their work. Participants must have a passion for photography, a digital SLR camera and a portable computer with Adobe® Photoshop® installed. Date & time for the on-location shoot will be announced in class. Required: Digital SLR Camera (DSLR), Photoshop® CS5 or higher Questions contact: Stuart Schwartz or Matt Schriock at 388-3569.

Instructor: The Image Flow, 6 classes

Age	Day	Dates	Time	Fee	Course #
18+	M	4/21-6/2	7-9pm	$276	29830

Location: The Image Flow 401 Miller Ave, Suite A, Mill Valley
No class 5/26

Photo Essentials II

Push your camera and digital darkroom skills to the next level. Join us for hands-on work with Adobe® Photoshop® CS and critical review of work produced. After a review of manual shooting and camera settings, we will get right into advanced Camera RAW processing and advanced layer masking in Photoshop®. Students will have weekly assignments and critiques of their work. Required: Digital SLR Camera (DSLR), Photoshop® CS5 or higher, Basic understanding of RAW processing & file management, Intermediate Computer Skills, Portable computer for in-class work. Questions contact: Stuart Schwartz or Matt Schriock at 388-3569.

Instructor: The Image Flow, 6 classes

Age	Day	Dates	Time	Fee*	Course #
18+	W	4/23-5/28	7-9pm	$276	29831

Location: The Image Flow 401 Miller Ave, Suite A, Mill Valley

Pilates Based Mat Class

Pilates is a highly effective method of physical conditioning that enhances breathing, flexibility, strength, alignment and body awareness. Drop-in registration occurs on-site at time of class. Bring small towel to class.

Instructor: MinJae Laws, 6 classes

Age	Day	Dates	Time	Fee	Course #
18+	F	2/21-3/28	10:30-11:30am	$79	28553
18+	F	4/4-5/9	10:30-11:30am	$79	30126
18+	F	5/16-6/20	10:30-11:30am	$79	30127
18+	F	6/27-8/8	10:30-11:30am	$79	30128

Location: Community Center, Mountain View Room
***Drop-in: $15**
No class 7/4

Stretch and Flex

This long-running class has many devoted followers who enjoy the sociability and fun of their moderate, ongoing exercise program using a method developed by Alicia Clark La Pointe. The classes consist of an hour of strengthening, stretching, flexibility exercises and isometrics. Ankle and hand weights are also utilized and are provided in class. Students should wear comfortable clothing.

Instructor: Gail LaForge, 12 classes

Age	Day	Dates	Time	Fee	Course #
18+	Tu/Th	1/28-3/6	9-10am	$85	28734
18+	Tu/Th	3/11-4/17	9-10am	$85	29838
18+	Tu/Th	4/22-5/29	9-10am	$85	29839
18+	Tu/Th	6/3-7/10	9-10am	$85	30123
18+	Tu/Th	7/15-8/28	9-10am	$85	30124
18+	Tu/Th	9/2-10/9	9-10am	$85	30125

Location: Community Center Classroom

FILM NIGHTS

THEY ARE IN THE WORKS!

Please visit www.millvalleycenter.org or call 415-383-1370 for film information, dates, times, locations, and movie titles.

ZUMBA Gold

Join the party with ZUMBA GOLD, a fitness program geared towards not only the older active adult but also anyone who wants to go at a slower pace than the regular ZUMBA class. Using Latin and international dance rhythms like the meringue, tango, salsa etc., the class is exercising but at the same time having fun. Jump in with Stephanie Neira a certified ZUMBA GOLD instructor

Instructor: Stephanie Neira, 5 classes

Age	Day	Dates	Time	Fee	Course #
40+	Tu	3/18-4/22	9:30-10:30am	$51	29841
40+	Tu	4/29-5/27	9:30-10:30am	$51	29842

Location: Community Center, Cascade Room
No class 4/15

jazzercise

Jazzercise is an effective, total-body conditioning program that will help you feel great, look terrific, and bring new energy to your life. Jazzercise combines the art of jazz dance and today's hottest music for an easy-to-follow fun workout! Susan Kreuz Flint, a certified Jazzercise instructor, teaches a 60-minute class that includes a gentle warm-up, 30-minute aerobic workout, muscle-toning and strengthening segment with weights, and a stretch finale.

Day	Dates	Time	Fee
M&W	Ongoing	6:15-7:15pm	$15 Drop-in

LOCATION: Cascade Room
FEE: Value priced passes available.
REGISTRATION: Registration is ongoing, takes place on-site, and can be done 10 minutes prior to any Jazzercise class.

For more information on classes, please call Susan at (415) 383-8094 or email to skflint@gmail.com or visit www.jazzercise.com for more information on this class.

stay fit

Using Poles for Walking, Mobility & Outdoor Exercise

Pole Walking feels good! Learn vital skills to restore spine function and to help improve endurance, strength, confidence, walking gait, & posture - Feel Taller! Achieve, maintain and even regain mobility and agility. Easy to learn techniques and gentle exercises will help you navigate everyday obstacles. Learn how to use your upper body muscles to help support and preserve your joints. Variety of Top Quality Poles Provided - Discover which poles fit you best and will help you achieve your goals. This class is for people who like to walk and who want to stay active and alert. It is ideal for those with mild to moderate mobility issues. It's helpful for preparing for or recovering from joint surgery. People with arthritis, diabetes, weight issues, balance concerns, Parkinson's, MS, peripheral neuropathy, older adults, etc all feel benefits from learning these skills.

Instructor: Jayah Paley, 1 class

Age	Day	Dates	Time	Fee	Course #
55+	W	3/12	1-4:30pm	$26	29840

Location: Community Center, Tamalpais Room

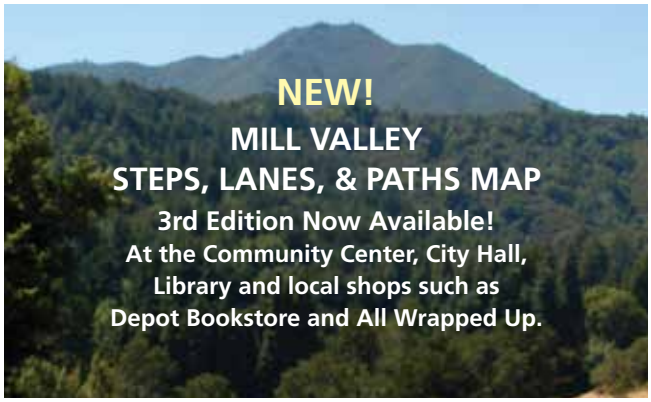
Leisure Walks in Marin

Do you find the rugged trails of Marin too challenging? Join us for easy and fun walks in the flat lands and gentle slopes of Marin. We'll take time to do bird watching, admire the wild flowers and meditate on the beautiful scenery around us. This is a great opportunity to adventure outside, meet new people and enjoy the magic of nature. Length of walk is approximately 2 miles. Classes are coed. Enrollment is limited. Led by nature guide Donna Simonsen who also teaches Gentle Yoga Classes. Spend the day at home and you'll never remember it; spend the day outdoors and you'll never forget it. - Mrs. Terwilliger

Instructor: Donna Simonsen, 4 classes

Age	Day	Dates	Time	Fee	Course #
18+	F	3/7-3/28	2-3:30pm	$69	28542
18+	F	4/4-4/25	2-3:30pm	$69	30065
18+	F	5/2-5/23	2-3:30pm	$69	30066
18+	F	6/6-6/27	2-3:30pm	$69	30067
18+	F	7/11-8/1	2-3:30pm	$69	30068
18+	F	8/8-8/29	2-3:30pm	$69	30069

Location: Participants must pick up a list of trailhead directions at the Community Center before the first outing.
***Drop-in: $20**



Women's Hiking & Yoga Adventures

Join us for an inspiring hike and discover the magic of fields and hills covered with beautiful wildflowers. Connect with nature to rejuvenate, replenish and nurture yourself and reawaken the elements of wilderness within. We will pause to do some simple yoga amidst the beauty of nature and then explore Marin's most magnificent hiking trails with abundant magical redwood forests, majestic mountains, winding creeks and rolling hills. The hikes are moderately challenging and average 4 to 6 miles. Participants need to be in good health and able to hike at a twenty minute mile pace. We hike in light rain, so bring the rain gear. Enrollment is limited.

Instructor: Donna Simonsen, 4 classes

Age	Day	Dates	Time	Fee*	Course #
18+	F	3/7-3/28	9am-12pm	$89	28541
18+	F	4/4-4/25	9am-12pm	$89	30061
18+	F	5/2-5/23	9am-12pm	$89	30062
18+	F	6/6-6/27	9am-12pm	$89	30063
18+	F	7/11-8/1	9am-12pm	$89	30064
18+	F	8/8-8/29	9am-12pm	$89	30070

Location: Participants must pick up a list of trailhead directions at the Community Center before the first outing.
***Drop-in: $25**

RELAY FOR LIFE

August 23, 2014
at the Mill Valley Community Center

RELAY FOR LIFE
American Cancer Society

Join our MVPR team or create your own!
To learn more go to:
www.relayforlife.org

get movin'

CPR

This 3-hour American Safety & Health Institute course includes adult, child & infant CPR, plus choke-saving. A certificate of completion will be provided to all students upon completion of the class. CPR cards provided following administrative processing. Pre-registration required. (This class is not sufficient for health care professionals or continuing education credits.)

Instructor: Carole Gathman, 1 class

Age	Day	Dates	Time	Fee	Course #
13+	Th	3/20	6-9pm	$84	30265
13+	Th	5/15	6-9pm	$84	30076
13+	Th	7/17	6-9pm	$84	30267

Location: Community Center, Terrace Lounge

See Aquatics & Fitness page 69 for Red Cross Courses

WATER SAFETY INSTRUCTOR (WSI)
LIFEGUARD TRAINING
LIFEGUARD INSTRUCTOR TRAINING
AND MORE...

Join Bloomathon for Planting Day - May 10

Source Qigong: Cultivating the Qi for Health

In this class, we will practice the spiral training exercises from taiji and twelve different qigong exercises to improve energy, immunity and clarity. Qigong, pronounced chee gung, combines a focus on breath, visualization and the qi or life energy. Qigong is a Chinese word that means energy exercise. Qi refers to the life energy of all living things. The exercises are done while standing and are mostly circular movements, using the whole body. We will also practice some static standing postures that are designed to cultivate the qi energy. Suitable for all ages, the practice of qigong and spiral training is very relaxing and effective to build inner strength. Wear comfortable clothing and flat shoes. Raymond Himmel L.Ac, OMD has practiced Oriental Medicine and Chinese health exercises for more than 35 years.

Instructor: Raymond Himmel, 12 classes

Age	Day	Dates	Time	Fee*	Course #
16+	W	3/12-6/4	9-10:15am	$181	30059

Location: Community Center, Mountain View Room
No class 4/16
***Drop-in: $21**

awareness

Meditation Made Easy

Meditation to music? Yes! Learn the skills and joys of meditation while listening to soothing music. Relax and let your mind focus on the melody for 20 minutes, then flow into one of Gail's guided visualizations and you have the keys to a wonderful, simple approach to meditation. An ideal way to take a time out from a hectic schedule to heighten awareness, reduce stress and tension and provide you with a wonderful daily energy boost. Meditation works great in groups and by yourself at home - so treat yourself to a moment of balance and tranquility. This is an ongoing group and drop-ins are always welcome. Instructor donates her fee to the MVCC scholarhip fund.

Instructor: Gail Consulter, 6 classes

Age	Day	Dates	Time	Fee	Course #
13+	M	2/10-3/31	7-8pm	$37	28555
13+	M	4/7-5/12	7-8pm	$37	30071
13+	M	5/19-6/30	7-8pm	$37	30072
13+	M	7/7-8/11	7-8pm	$37	30073

Location: Community Center, Tamalpais Room
No class 5/26

Folk/Pop Guitar Beginning

Learn to play the guitar! Absolute beginners are welcome. You will learn the fundamentals of playing folk, rock, blues and Jazz. Fee includes a method book. *Guitar Classes are held at the Eric Schoenberg 106 Main Street, Tiburon.

Instructor: Joe Miller, 6 classes

Age	Day	Dates	Time	Fee	Course #
13+	M	3/31-5/5	8:05-9:05pm	$126	30278

Location: Eric Schoenberg Guitar Studio

NEW! Adult Guitar I

This group class is for adult beginning guitarists with little or no experience on the instrument. Students will learn open chords, power chords, movable chords, single note (melody) playing, accompaniment techniques, and a variety of playing techniques and styles. The class also introduces music fundamentals, music theory, songs, performances, listening, improvising, as well as an overview of standard music notation and guitar tablature. In addition, students will be encouraged to attend performances and participate in ensemble performances. Students should bring their favorite acoustic guitar.

Instructor: TBA, 10 classes

Age	Day	Dates	Time	Fee	Course #
18+	M	3/10-5/19	6:30-7:30pm	$251	29795
18+	M	6/9-8/11	6:30-7:30pm	$251	29833

Location: Community Center, Mountain View Room
Students should bring their favorite acoustic guitar.
No Class on 4/14

NEW! Blues Guitar II

Blues Guitar Class focuses on the 12-bar blues harmony, basic rhythm, picking, and strumming technique, as well as the pentatonic and blues scales. You'll learn to incorporate some of the nuances of the masters into your playing - from doubling the bass over a shuffle in the style of Buddy Guy, to combining major and minor pentatonic scales in the style of B.B. King and T-Bone Walker. Whether you're trying to achieve a traditional blues sound, or add more depth and feel to any style of music, as Keith Richards said, If you don't know the blues... there's no point in picking up the guitar and playing rock and roll or any other form of popular music. Students should bring their favorite acoustic guitar.

Instructor: TBA, 10 classes

Age	Day	Dates	Time	Fee	Course #
18+	M	3/10-5/19	7:30-8:30pm	$251	29796
18+	M	6/9-8/11	7:30-8:30pm	$251	29834

Location: Community Center, Mountain View Room
Students should bring their favorite acoustic guitar.
No Class on 4/14

NEW! How to Use Your iPad/iPhone

If you are the proud owner of an IPhone or IPad, but are not quite sure how to use it, this class is for you! In this personalized course, you'll learn to make phone calls, send e-mails and texts, download music, and add applications. Geared towards those who are new to the smart phone/ wireless device world, each session provides one-on-one help and comes with instructional handouts so you can practice at home. Don't let that amazing technology sit in its box any longer! Please bring any passwords for your e-mail or Facebook accounts with you to class.

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	F	3/7-3/14	10am-12pm	$66	30299

Location: Community Center, Terrace Lounge

NEW! iPad/iPhone Applications

You've learned the basics and now want to find out the apps the cool kids are using. There are apps for everything. In this workshop, we will highlight the most popular, fun and useful apps to get the most out of your i-device. Prerequisite: How to us iPad/iPhone (or experience)

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	F	4/4-4/11	10a-12p	$66	30300

Location: Community Center, Terrace Lounge

Scholarship Program

Our Scholarship program provides access to recreation activities offered by the Mill Valley Recreation Department as well as use of the Aquatics & Fitness Center.

The funds will provide the recipient with funds that can be used 100% all at once or spread out over a one year period. Funding is available to individuals and families of Mill Valley and some areas of Southern and West Marin. Funding is limited. Eligibility requirements apply.

Funding for the scholarship program is comprised of private donations, and $1 from each recreation program registration.

If you would like more information and a scholarship application form or would like to make a donation to the program contact Mill Valley Recreation 383-1370.

Application is available online at
www.millvalleycenter.org

MILL VALLEY GOLF COURSE

Reservations / Pro Shop / Lessons
(415)388-9982
280 Buena Vista Ave, Mill Valley
Website: www.millvalleycenter.org

The beautiful Mill Valley Municipal Golf Course is truly one of the hidden jewels of Marin County and by far the best golf deals around! This 9-hole par 33 (par 32 for back nine) is hidden amongst 42 acres of hills, creeks and mature redwoods. Call and reserve your tee time one week in advance or just drop in and play. There may be a delay in opening the course due to rain, frost or ice. Closure may only be for a few hours, so call the Pro Shop (if in doubt).

In the Spotlight:

2 for 20? - The course is fast becoming known in Marin and recognized by the NGGA as a "2 for 20" course. What's that? It's "Golf in 2 hours and under 20 bucks" course. Perfect for those extended lunch hours…

Reservation Procedures

Tee times can be reserved by calling, no earlier than one week in advance. Drop-in play welcome. For Tee Time call (415)388-9982.

Fees

Our fees and rates are available online at www.millvalleycenter.org. Fees and rates subject to change

Golf Lessons
Doug Acton (415)388-9982

Tournament Information
Doug Acton (415)388-9982

Golf Clubhouse Reservations
Seth Allingham (415)383-1370

Contacts for Mill Valley Golf Club
www.mvgolf.com

IMPORTANT SPORTS CONTACT INFO

Boyle Park Tennis Courts	388-6523
Mill Valley Soccer Club	381-KICK
Southern Marin Youth Football	www.southernmarinfootball.com
Southern Marin Lacrosse	www.smlax.com
Mill Valley Little League	383-4250
CYO Basketball	507-4237

Are the fields open or closed??
Call the hotline for current field conditions: 383-7818.
Remember, fields are closed for 24 hours after measurable rain.

Volkssport

If you like WALKING –
You are going to love VOLKSSPORTS!

The Mill Valley Recreation Department is proud to co-sponsor two year-round events with the American Volkssport Association and the Vaca Valley Volks. Both events start and finish at the Mill Valley Community Center. One walk, 10 kilometers in length, is through the village of Mill Valley, and the second, 12 kilometers long, is through the town of Sausalito. Maps describing each of these events are available at the front desk of the Fitness Center.

YOUTH ON COURSE

The City of Mill Valley is proud to present Youth on Course, a program sponsored by the Northern California Golf Association (NCGA), designed to encourage junior golf, as well as family golf play locally. YOC offers discounts to numerous courses in Northern California for participating juniors. As an example, an adult can take a YOC member to courses like Harding Park or Bayonet/Black Horse in Monterey with a junior fee well below the normal fare.

As part of the NCGA's YOC program, and in partnership with Mill Valley Recreation and Course Concessionaire Doug Acton, the Mill Valley Junior Club hosts junior tournaments throughout the year, including our annual Parent / Child event and Junior Club Championship. Membership includes the YOC card, membership into the NCGA with a host of benefits (ncga.org), as well as discounted play Mon-Fri for only $5.00 (a daily savings of $8-10).

Doug Acton, as a PGA Professional, also provides private lessons to junior and adult players, again with a discount for interested junior golfers. Doug's students range from raw beginner to National champions. For information regarding the Junior Club or private instruction, please call the Golf shop directly at 415-388-9982, or email Doug at doug@pga-personalpro.com www.pga-personalpro.com.

PAR 3 COURSE

In addition, we have completed a special Par 3 course inside our traditional course to encourage play by beginners. This special short course comes complete with proper tee markers, yardage plates and scorecards.

Come and enjoy this local gem, as you build relationships, stay fit and make memories which will last a lifetime!

fore fun!

BOYLE PARK TENNIS COURTS

All adult tennis players utilizing the courts must have a valid tennis pass. Daily, Monthly and Annual are available at the Tennis Pro Shop. Tournament play is restricted by a specific set of guidelines established by the Parks and Recreation Commission. Limited tournament play is occasionally granted by the Parks and Recreation Commission. Notices alerting players to such tournaments will be posted two weeks in advance at the courts. For more information call the Pro Shop, 388-6523 or the Community Center, 383-1370. Mill Valley's Boyle Park tennis pro is Chris Reiff, joined by Frank Van Riggelen. Both men are USPTA pros. They keep regular hours at the Pro Shop and offer a full array of services including racquet stringing, balls, accessories, information about classes, leagues, tournaments and tennis activities.

Boyle Park Tennis Pass Fees

Daily		**One Year**	
Resident & Non-Res.	$2	Resident*	$38
Youth under 18	Free	Non-resident	$48
		Seniors**	$22
One Month			
Resident*	$7	**Family Rates (annual only)**	
Non-resident	$9	2 Adults (Res.)	$60
Seniors**	$4	2 Adults (Non-res.)	$80
Six Months			
Resident*	$21		
Non-resident	$27		
Seniors**	$12		

*To qualify as a resident, you must live within city limits and show proof with a valid driver's license.

**60 years or older qualifies for senior rate.

Visit the Boyle Park Tennis Website at www.boyleparktennis.com

Looking for tennis partners & match play?
Boyle Park Tennis has programs & events designed to find you a game. Call the pro shop, 388-6523.

Saturday Morning Doubles Tennis

Drop-in Play

8:30-10:30am

This program will include brief doubles instruction followed by match play. Play will be arranged by an informal round robin format. Play is limited to a maximum of 20 players.

Price is $13 drop-in.

TENNIS

Adults & Youths 15+

Tennis is a great way to stay fit! Classes are offered for all levels of experience. Come brush up on the basics, learn a new shot, or meet some playing partners.

Instructors: Chris Reiff & Frank Van Riggelen

Morning Schedule

Tuesday & Thursday
September - July

Advanced/Intermediate:
9-10 am
Match play drills, doubles strategy and some stroke analysis.

Beg./Int. Stroke Production:
10-11am
Develop the fundamental skills needed for match play.
Morning classes run Sept. through June.

Evening Schedule

Tuesday & Thursday
March - November

Beginning/Intermediate:
6 to 7pm
Stroke production and introduction to match play.

Advanced:
7 to 8pm
Active drills and advanced match play.

All tennis classes are offered on Tuesdays and Thursdays at the Boyle Park Tennis Courts. Classes are ongoing. You may purchase a class card (no expiration) for $96 which allows you to participate in 8 classes, or you can purchase classes on a drop-in basis for $13/class. 5 Evening classes run March through November.

When it's raining, tennis classes are cancelled. If in doubt of class status, call the Pro Shop at 388-6523

SUPPORT THE COURTS!

Join our fundraising efforts to renovate the Boyle Park tennis courts.

To find out how, email:
recreate@cityofmillvalley.org
or call (415) 383-1370.

NEW! Bridge from A to ...B

Bridge is the most popular card game in the world. For those socially inclined there is kitchen table bridge and for the more competitive there is duplicate bridge. It provides a vigorous mental workout, but most of all it is fun. Although no one can completely master the intricacies of bridge in a few weeks, by the end of the class you will be able to sit at a bridge table and feel confident and at ease playing the game of bridge. James Chohen is a bronze life master and is certified by the American Contract Bridge League as an instructor.

Instructor: Jim Cohen, 6 classes

Age	Day	Dates	Time	Fee	Course #
40+	M	3/10-4/21	1:30-2:30pm	$109	30276

Location: Community Center, Terrace Lounge seating area
No class 4/14

NEW! How to Use Your iPad/iPhone

If you are the proud owner of an IPhone or IPad, but are not quite sure how to use it, this class is for you! In this personalized course, you'll learn to make phone calls, send e-mails and texts, download music, and add applications. Geared towards those who are new to the smart phone/wireless device world, each session provides one-on-one help and comes with instructional handouts so you can practice at home. Don't let that amazing technology sit in its box any longer! Please bring any passwords for your e-mail or Facebook accounts with you to class.

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	F	3/7-3/14	10a-12p	$66	30299

Location: Community Center, Terrace Lounge

NEW! iPad/iPhone Applications

You've learned the basics and now want to find out the apps the cool kids are using. There are apps for everything. In this workshop, we will highlight the most popular, fun and useful apps to get the most out of your i-device. Prerequisite: How to us iPad/iPhone (or experience)

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	F	4/4-4/11	10a-12p	$66	30300

Location: Community Center, Terrace Lounge

Movie Matinee

Hey movie buffs! Have you heard about Movie Matinee at the Mill Valley Community Center? Every 1st & 3rd Thursday of the month at 1pm, we convert our Terrace Room into a virtual theater, complete with large screen and theater-style sound, featuring movies that range from old classics to recent releases (monthly movie schedule is available at the Center). No Pre-registration required. Free of charge.

Show dates: 3/20, 4/3, 4/17, 5/1, 5/15, 6/5, 6/19, 7/3, 7/17. No movies in August

CRAFTY CRAFTERS!

Come join us, bring an art, craft or learn a craft, every Monday, 10am-12pm in the Terrace room. Projects include seasonal items as well as jewelry making, greeting cards, origami, collage, felting and items of interest to the group. No experience necessary. All seniors welcome!

DAYS/TIME: Mondays, 10am - 12pm, Ongoing
Location: Community Center, Terrace Lounge

NIFTY KNITTERS: Let's get together!

Come spend a few happy hours every Thursday morning to knit, talk, laugh and enjoy each others company, while we work on those hats, scarves, lap robes, sweaters, etc. that we've started and need motivation to finish. This is not a class; however we can guarantee that you'll enjoy sharing patterns, hints and techniques, and in no time will have made something special.

DAYS/TIME: Thursdays, 10am - 12pm, Ongoing
Location: Community Center, Terrace Lounge

NEW!

Tinnitus & Balance

What's that Ringing in my Ears? Why is my Balance Unsteady? Join us to learn about tinnitus, its causes, and things that can be done to reduce the annoyance of tinnitus. We will also review what you should know about balance disorders and how dizziness symptoms can be attributed to and inner ear disorder and/or be associated with hearing loss. Presented by Dr. Toni Will

Instructor: Audiology Assoc. Staff, 1 classes

Age	Day	Dates	Time	Fee	Course #
18+	W	4/30	12:30-2:30pm	Free	30297

Location: Community Center, Tamalpais Room

AARP Smart Driver

AARP Smart Driver Courses are for drivers 50 and older. A certificate is awarded upon completion that may entitle a graduate to auto insurance discounts for three years. AARP recommends that students check with their insurance company before attending the class to determine whether they are eligible for a discount and how much the discount will be. Developed by AARP, the course reviews the effects of aging and defines what drivers can do to compensate for them. The course covers rules of the road, how to get a good fit with your car, car maintenance, the effects of medication and alcohol on driving and when it may be time to stop driving. The Renewal Course (4 ½ hours) is available to those who have completed the 8-hour course within the last four years.

Instructor: AARP Staff, 2 class

Age	Day	Dates	Time	Course #
55+	M & W	5/12, 5/14	9a-1:00p	29849

Location: Community Center, Terrace Lounge
$15/AARP, $20/non-AARP

Seniors in Balance – Introduction to the modified Tai Chi Form

This class is an introduction to the Seniors in Balance modified Tai Chi form, which is specifically designed to promote balance, providing individual attention; we focus on alignment, coordination, lower body strength and flexibility of the feet. As we learn this shortened form, our movements become more fluid, calm and meditative. This class complements the Seniors in Balance Tai Chi Qigong class, but is not a required prerequisite.

Instructor: Sandy Smith
(New students encouraged to come at 9:30am)

Day	Dates	Time	Fee
M	Ongoing	9:30-10:50am	$5 drop-in

Location: Cascade Room
No class: 2/17, 5/26, No classes in August

Seniors in Balance – Tai Chi Qigong

A blend of Tai Chi Qigong, Yoga and Western Mind/Body Science to Improve Balance and Coordination. This class is appropriate for seniors with reasonable mobility who are motivated to take responsibility for their health and wish to prevent falls and restore, or maintain, good balance of spirit, mind and body throughout their lives. The program, now in its 10th year includes balance principles and practices from Tai Chi, Qigong, yoga therapy and brain stimulating exercises from western science. The program is distinguished from either western exercise-based balance classes, or Tai Chi classes, by its comprehensive blend of eastern and western movement therapies, which specifically address age related changes to balance. The carefully orchestrated practices work simultaneously on all dimensions of balance, fostering both stability and flexibility.

Instructor: Shirley Dockstader

Day	Dates	Time	Fee
M	Ongoing	11a-12p	$5 drop-in

Location: Cascade Room
No class: 2/17, 5/26, No classes in August

GO VAN-GO! DAY TRIPPERS

See page 3 for registration procedures.
Space is limited. Nine (9) passenger Community Center Van. Pick-up/Drop-off at the Mill Valley Community Center.
Register online at: www.mvprGoPlay.org

Go Van Go!
Marin History Museum, San Rafael

Since 1959 the Boyd Gate House has served as the home of the Marin History Museum. The Gothic Revival style house was created as an overflow guesthouse and gatehouse to the Cook & Boyd family home next-door Maple lawn, now the Elk Club of San Rafael. Let's explore this museum and discover the great history of Marin. No-host lunch on 4th St. San Rafael.

Age	Day	Dates	Time	Fee	Course #
55+	W	3/12	10:30a-3:30p	$20	29843

Go Van Go!
Hallberg Butterfly Grove, Sebastopol

Walk through Miss Louise Hallberg's Butterfly Garden witnessing the life cycle of the butterfly and experience the beautiful, natural habitat in which our butterflies thrive. Nestled among the apple orchards of Western Sonoma County, the Hallberg Butterfly Garden covers nine acres of overgrown vines and thickets, flowering pathways and meadows. While walking the paths we may run into Miss Hallberg, this remarkable woman who has devoted her life to them and their preservation. Loose gravel on pathways. No-host lunch at local eatery.

Age	Day	Dates	Time	Fee*	Course #
55+	Th	4/24	10a-3:30p	$20	29847

***$1 entrance fee in addition to class fee**

socialize

Go Van Go!
Ca. Missions Museum, Cline Cellars

Walk the entire Mission Trail Under One Roof: In 1939 the California Mission Models made their debut at the World's Fair at Treasure Island. All were designed to scale, and are faithful representations of the original missions. In 1998 the Cline Family saved the models from being auctioned off individually, they created the museum as a fitting showcase. In addition to the models, two stained glass panels originally housed in Mission Dolores and a life size figure of Father Junipero Serra. Bring your lunch & picnic on the Cline Cellars grounds.

Age	Day	Dates	Time	Fee	Course #
55+	Th	5/22	10a-3:30p	$20	29848

RELAY FOR LIFE
August 23, 2014
at the Mill Valley Community Center

RELAY FOR LIFE
American Cancer Society

Join our MVPR team or create your own!
To learn more go to:
www.relayforlife.org

SPECIAL EVENTS

10th Annual Flea Market Extraordinaire!

Saturday, June 21, 2014
Registration forms & information available April 2014

Board Game Social

Enjoy an evening of playing board games, such as scrabble, golf and skip-bo with your friends. Light dinner and drinks will be available. Sign up early to reserve your space!!!

Instructor: MVPR Staff, 1 classes

Age	Day	Dates	Time	Fee	Course #
55+	Th	3/13	4:30-6:30p	$5	29850
55+	Th	7/10	4:30-6:30p	$5	29851

Location: Community Center, Terrace Lounge

Senior Art Show

May 2014
Registration and information available March 2014
Registration forms must be received by April 24, 2014.

NEW!

Starduster Tuesdays!

Slip into your dancing shoes and kick up your heels where there is plenty of room in our elegant Cascade Ballroom to dance the night away to the fabulous sounds of The Starduster Orchestra.

The Starduster Orchestra is a traditional big band. While playing music from all periods, they specialize in swing, and other dance music, from the 30's, 40's and 50's. Because they perform original arrangements with original instrumentation, our audiences get to enjoy the swingin' sound of the Big Band Era the way it was played…the excitement of their music compels audiences from eighteen to eighty to get up and dance.

Tuesdays: 3/18, 4/22, 5/20, 6/17, 7/15, 8/12. 7pm to 9pm.
Location: Community Center, Cascade Room
$5 per person!

THE Starduster ORCHESTRA

TRAVEL & TRIPS

"Hollywood's Road to Reno" April 5 – 6, 2014

They drove into town in their Cadillacs, Lincolns and Coupes ready to "Party and Shine". Hollywood's Road to Reno was a well-traveled freeway for celebrities who came to "The Biggest Little City in the World" for their own entertainment. This private evening is exclusive to TravelCenter Tours and Travel, and one you won't want to miss. A Hollywood-style welcome begins your evening in The National Automobile Museum, a hosted sit down dinner amongst these famous cars, an exclusive production, "Hollywood's Road to Reno," produced by Karen Burns Production. Through musical vignettes and narration you will be entertained and enlightened with the history of these celebrities "during their time".

Cost includes: Roundtrip motorcoach transportation, overnight accommodations at the Nugget Hotel & Casino, baggage handling, reserved seats and hosted dinner for the "Hollywood Road to Reno"

Casino Bonus: Silver Legacy ~ $5 free play / Nugget Casino $5 free play and $3 food credit.

Cost per person: $162 double occ. / $187 single

To register, contact the MV Seniors' Club / KC Wilgenbush at 415-383-1370

Filoli Gardens & Estate May 20, 2014

Enjoy a docent led tour of the internationally famous Filoli Gardens and Estate in Woodside. Untouched by the passage of time Filoli Gardens and estate is known throughout the world for its magnificent gardens. Filoli Mansion was built in 1916 and is one of the few Georgian Revival houses in California that remains intact in its original setting. Come and join us and discover the beauty and treasures of the past and present.

Cost: $68 per person – hosted lunch is included

To register, contact the MV Seniors' Club

explore

The Kitchen Kut-ups Tuesday, July 15, 2014 Spreckles Theater, Rohnert Park

The Razzle Dazzle Musical Review! Join the MV Seniors' for a fun and extraordinary day with the Kitchen Kut-Ups. This energetic review performed by talented and enthusiastic adults over the age of 50 continues to be a summer highlight.
(15 piece band, 12 dancers and 9 vocalists).

No-host lunch at a local eatery.

Cost: $45 per person

To register, contact the MV Seniors' Club / KC Wilgenbush at 415-383-1370

Historic Skunk Train in Ft. Bragg September 23 - 25, 2014

Come ride the SKUNK TRAIN in its natural habitat. Forty miles of railroad run through majestic redwood forests, scenic mountain meadows, and over 30 trestles bridging the pristine mountain waters of Northern California. This 3 - 4 hour round-trip train ride travels along the Pudding Creek estuary immediately out of the city limits of Ft. Bragg. Quietly slipping into Tunnel No. 1, the train emerges into the Noyo River Canyon, before arriving at the turn-around point in Northspur.

Trip includes:

- Round-trip Motorcoach transportation from Mill Valley to Ft. Bragg
- Overnight hotel accommodations in Ft. Bragg with continental breakfast
- Skunk Train: Round-trip from Ft. Bragg to Northspur
- Mendocino Coast Botanical Gardens
- Dinner at the Cliff House Restaurant
- Gratuities for hotel and driver

Cost per person: $340 pp double occ/ $438 single occ.
Deposit: $50.00 per person due with application / Final payment due by July 17, 2014

To register, contact the MV Seniors' Club / KC Wilgenbush at 415-383-1370

Mill Valley Recreation Registration Form

Adult/Guardian Information (Please Print)	
Main Contact:	2nd Adult Name:
Home: Work: Cell:	Home: Work: Cell:
Address:	Address:
City, State, Zip:	City, State, Zip:
Email:	Email:

Mail to:
MVPR
180 Camino Alto
Mill Valley, CA
94941
Fax to:
(415) 383-1377

Participant Name	Birthdate (under 18)	Male/ Female	1st Choice Class Title / Dates	Course #	2nd Choice Class Title / Dates	Course #	Fee

☐ My Address/Info has recently changed

Scholarship Fund Donation Amount: _____

Total Fees: _____

Be sure to read and sign below: I hereby agree to indemnify and hold harmless the City of Mill Valley and its officers and employees from and against any and all liabilities for any injury which may be suffered by me or by my child arising out of or in any way connected with participation in the program noted above. In case of emergency, my child maybe treated by a qualified physician. I give permission to use mine or my child's photograph in Mill Valley Recreation brochures or publicity.

Signature: _____ **Date:** _____

Must sign to register.

☐ Please check here if you require special assistance to maximize your participation. You will be contacted.

REFUND POLICY
PLEASE READ BEFORE SIGNING.

You can register 24/7 at www.MillValleyCenter.org

PAY BY:
- o Cash
- o Check Payable to MVPR
- o MasterCard
- o Visa
- o Discover
- o Amex

Cardholder Name (as it appears on card): _____

Credit Card #: _____ Exp. Date: _____ V-Code: _____

Office Use Only	Fee Paid	Registrar	Date Processed	COA	Cash	Check #	Credit Card	Mill Valley Recreation Phone: **(415) 383-1370**