

# High Quality Music Programs for all Ages

The recent addition of our extensive music program, *Rock Center*, has been a big hit. Students of all ages are taking advantage of the incredible teachers we have engaged and who are providing high quality private lessons, group classes and cool summer music camps.

This fall we are looking to get even more students involved in the outstanding private lesson (piano, guitar, voice, violin, and more) program we have created. The *Little Beats* music program, providing introductory music exploration for the 6 month to 5 year old crowd, is growing in popularity. Beginning guitar classes for teens and adults are also attracting new and ongoing students. The adult Ukulele classes first offered last spring have local Uke students asking for more and we are pleased to fulfill that request. And finally, two exciting new youth group chorus programs, *Sing! – The Princesses of Frozen* and *Glee Chorus* are guaranteed to fill up quickly.

And of course, there is our amazing Digi-Lab which includes an incredible collection of analog and digital instruments and top of the line recording equipment all set up in a very hip and inspiring creative space.

So check us out. You will be amazed at the outstanding music education opportunities offered through our *Rock Center*..





Our Little Beats music program ensures that your child begins their life long relationship with music in an engaging and super fun way. Early childhood music education is an essential component of a child's healthy development and the long-term effects will benefit your child musically, academically and socially. Each Little Beats class is specifically designed to provide age appropriate music, games and activities that you and your child will share, enjoy and keep you coming back for more.

# **Mighty Movers**

This super fun class provides children 4 months to 1 year with age appropriate musical selections and physical activities from the comfort of their parent/caregiver's lap. Crawlers have plenty of open space to explore. Our highly skilled early childhood music specialist uses lap songs, group sing-a-longs and rhythm and finger games to get your child moving and musically engaged. Join us and explore all of the joys and the benefits of actively participating in music with your child.

Instructor: Rachel Hoiem, 10 classes

Age	Day	Dates	Time	Fee	Course #
4 mo-1	W	9/10-11/12	11-11:45am	\$226	31541
4 mo-1	Sa	9/13-11/15	11-11:45am	\$226	31542

Location: Community Center, Mountain View Room Please bring a blanket



# **Super Shakers**

Our Super Shaker classes have one to three year olds and you, singing, dancing and shaking to the music. Participants will hear familiar songs, be introduced to new songs and will also rock out during the group percussion jam. Age appropriate games, dances and other fun activities make this a great opportunity to further your child's music education.

Instructor: Rachel Hoiem, 10 classes

Age	Day	Dates	Time	Fee	Course #
1-3	M	9/8-11/10	10:15-11am	\$226	31543
1-3	Tu	9/9-11/18	10:15-11am	\$226	31544
1-3	W	9/10-11/12	10:15-11am	\$226	31547
1-3	Th	9/11-11/13	10:15-11am	\$226	31548
1-3	Sa	9/13-11/15	10:15-11am	\$226	31549

Location: Community Center, Mountain View Room No class 11/11

# **Rockin' Tots**

Rockin' in, rockin' out. Rockin' Tots rock all about. This class takes everything to a new level to meet the growing needs of three to five year olds. At this age it's all about self-expression and creativity. Our experienced teaching artist introduces great new songs, more complex rhythms and different musical instruments and genres to further your child's musical journey. New dances and interactive musical games provide rich experiences that boost number, pattern and language skills. Each child becomes an important part of the larger group by adding his or her unique sound and voice to the mix. The introduction of song writing skills and an end of session costume parade make the Rockin' Tots class a truly unique music education experience.

Instructor: TBA, 10 classes

Age	Day	Dates	Time	Fee	Course #
3-5	M	9/8-11/10	11:15a-12p	\$226	31545
3-5	Tu	9/9-11/18	11:15a-12p	\$226	31546

Location: Community Center, Mountain View Room No class 11/11



# NEW Sing! - The Princesses of Frozen

This new group chorus features all of the popular songs from the hit Disney movie including favorites like *Let it Go, Do You Wanna Build a Snowman*, and more! We will learn the songs from *Frozen*, act out some scenes, and learn the dances of Arendalle. A live performance for family and friends will be presented during the last class session. *Instructor: Pamela Connelly, 10 classes* 

 Age
 Day
 Dates
 Time
 Fee
 Course #

 6-10
 Th
 9/18-11/20 3:30-5pm
 \$301 30856

**Location: Community Center, Mountain View Room** 

# NEW! Glee Chorus

If you love to sing and perform, this exciting vocal class is for you! Don't be shy and don't worry if you are not a trained singer. Our *Glee Chorus* will have students singing, dancing in every class. Students will learn songs and cool choreography while developing basic singing, team work, stage presence and performance skills in a group setting. Students will present a live performance for friends and family during the last class session.

Instructor: Pamela Connelly, 10 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 11-14
 F
 9/19-12/5
 4-5:30pm
 \$301
 31539

Location: Community Center, Mountain View Room

No class 10/31, 11/28

# NEW! Beginning Youth Guitar

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.

Instructor: TBA, 10 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 18+
 Tu
 9/16-11/18 3:30-4:15pm
 \$201 30855

**Location: Community Center, Forest Room** 

Students will need to provide their own acoustic guitar.

No class 11/11.

# **Scholarship Program**

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



# **FALL ENRICHMENT PROGRAM**

**Fall Session:** September 9 – November 8 (9-week session)

**Kindergarten Classes:** September 23 – November 8 (7-week session)

Supervised Play Session Dates: September 2 – November 21

November 12 – 22 (Conference Week)

# **REGISTRATION BEGINS!**

Monday, August 25, 2014 – By fax, online, mail, drop-off Tuesday, September 2, 2014 – Walk-In

**ONLINE:** www.mvprGoPlay.org

**FAX-IN:** (415) 383-1377

There is no advantage to faxing in a registration prior to 8/25/14

Registrations received early are mixed in

with registrations received on 8/25/14

# **MAIL-IN OR WALK-IN:**

Mill Valley Community Center 180 Camino Alto, Mill Valley, CA. 94941 Telephone (415) 383-1370

# For class descriptions or detailed info visit www.mvprGoPlay.org

# **POLICIES & PROCEDURES**

- Registration with fax-in, mail-in or walk-in must include the following:
  - Completed Registration Form
  - Full Payment of Class Fees via MAJOR CREDIT CARD OR CHECK made out to MVPR
- Children are expected to proceed to their Enrichment class location unassisted. Kindergarten students are picked up only for classes for Kindergarten only. The Enrichment Instructors will pick-up and return EDS students to the EDS Daycare room.
- Conference Weeks There will be no Enrichment classes scheduled during the two conference weeks.
- Parents are responsible for the transportation and further care of students at the end of each class.
- For Mill Valley Scholarship application and information contact the MVPR front desk at 383-1370. Takes 2-6 weeks for processing based on available funding.
- Class registration remains on a 1st come 1st serve basis.

- There will be no regular Enrichment Program classes on public school breaks, school holidays, or public school staff development days, NO CLASSES 10/20.
- Parents are responsible for communicating with the EDS Daycare Office regarding any change in their child's EDS schedule.
- All activities, dates and fees are subject to change.
- All classes will meet indoors when experiencing inclement weather, if space is available. Sports and outdoor classes have indoor curriculum plans.
- Patron requested refunds are only given if requested no later than 3 days after the first class meeting. A \$20 processing fee will be charged. Refunds will be given for cancelled courses and/or cancelled class meetings. Refund request may be made by phone or in person during regular business hours.
- To ensure your child's safety, we require that you pick up your child promptly at the end of his/her class or program. Repeated lateness will be considered cause for terminating your child's space in our program without a credit or refund.

QUESTIONS? Call Mill Valley Recreation at (415) 383-1370

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# **Edna Maguire School**

# Supervised Play begins week of 9/2/14

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31709	Supervised Play	M, T, Th, F	2:50-4pm	1-5	\$226	MVPR Staff	Playground
31710	Supervised Play	W	1:50-4pm	1-5	\$73	MVPR Staff	Playground
31715	Supervised Play Conference Week 11/10-11/21	M, T, Th, F	1:50-2:50pm	1-5	\$47	MVPR Staff	Playground

# The below classes begin the week of 9/8/14

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31687	Soccer	М	3-4pm	1-5	\$145	Lewis Usher	Field
31711	Strike a Chord - Group Guitar	М	3-4pm	1-5	\$177	Nuskuarts	3rd Gr.Middle Space
31692	TGA Premier Junior Golf	М	3-4pm	1-5	\$193	TGA of the North Bay	Field
31705	Art Adventures	М	3-4pm	1-5	\$193	Doodlebug	Art Rm
31689	Sew Much Fun	М	3-4pm	1-5	\$91	Sally Palmer	K Middle Space
31699	Young Writers Workshop	М	3-4pm	1-5	\$209	Thais Derich	1st Gr. Middle Space
31712	Adventures thru Time! Intro to Acting w/MTC	Tu	3-4pm	1-5	\$181	Marin Theater Company	2nd Gr. Middle Space
31695	Drawing	Tu	3-4pm	1-5	\$226	Richard Gelernter	1st Gr. Middle Space
31697	Intro. to Tae Kwon Do	Tu	3:15-4pm	1-5	\$118	West America Tae Kwon Do	West America
31700	Garden Club	Tu	3-4pm	1-5	\$208	Kristy Studnicki	Garden
31701	LEGO Constructron Vehicle & Machines	Tu	3-4:30pm	3-5	\$208	Play Well Teknologies	K Middle Space
31707	Flag Football -1st - 2nd	W	2-3pm	1-2	\$127	Jeremy Williams	Field
31714	Amazing Science	W	2-3pm	1-3	\$249	Amazing Science	3rd Gr. Middle Space
31690	Star Wars Arts & Crafts	W	2-3pm	1-5	\$208	Studio 4 Art	Art Rm
31708	Flag Football - 3rd - 5th	W	2-3pm	3-5	\$127	Jeremy Williams	Field
31704	Mad Science: Eureka! The Inventor's Academy	Th	3-4pm	1-5	\$199	Mad Science	1st Gr. Middle Space
31703	Chess	Th	3-4pm	1-5	\$154	Tondi Erickson	2nd Gr. Middle Space
31713	Clay Play	Th	3-4pm	1-5	\$217	Doodlebug	Art Rm
31696	Intro. to Tae Kwon Do	Th	3:15-4pm	1-5	\$118	West America Tae Kwon Do	West America

# Classes below begin the week of 9/22/2014

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31716	Soccer	M	1:30-2:30pm	K	\$109	Lewis Usher	Field
31693	Pre Engingeering Legos	Т	1:30-2:30pm	K	\$162	Play Well Teknologies	K Middle Space
31702	Mandarin for Kindies	W	1:30-2:30pm	Κ	\$159	Jie Zhena	K Middle Space

# **Old Mill School**

# Supervised Play begins week of 9/2/14

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31649	Supervised Play Wed	W	1:50-4pm	1-5	\$73	MVPR Staff	Auditorium
31685	Supervised Play Conference Week 11/10-11/21	M, Tu, Th, F	1:50-3pm	1-5	\$47	MVPR Staff	Auditorium

# The below classes begin the week of 9/8/14

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31660	Private Piano	М	3-3:30pm	K-5	\$281	Marin Music Conservatory	Rm 1A
31661	Private Piano	М	3:30-4pm	K-5	\$281	Marin Music Conservatory	Rm 1A
31662	Private Piano	М	4-4:30pm	K-5	\$281	Marin Music Conservatory	Rm 1A
31663	Private Piano	М	4:30-5pm	K-5	\$281	Marin Music Conservatory	Rm 1A
31664	Private Piano	М	5-5:30pm	K-5	\$281	Marin Music Conservatory	Rm 1A
31665	Private Piano	М	5:30-6pm	K-5	\$281	Marin Music Conservatory	Rm 1A
31679	All 4 Art	М	3-4pm	1-5	\$185	Studio 4 Art	Art Rm
31651	Drawing	М	3-4pm	1-5	\$201	Richard Gelernter	Library
31655	Tae Kwon Do	М	3-3:45pm	1-5	\$105	Patrick Siu	Multi
31676	Yoga 4 Kids	Tu	3-4pm	1-3	\$145	Tammie Winter	Stage
31682	Hand Sewing	Tu	3-4pm	1-5	\$163	Studio 4 Art	Rm 1A
31659	Mad Science: Eureka! The Inventor's Academy	Tu	3-4pm	1-5	\$199	Mad Science	Rm 2
31650	Paint, Paint, Paint	Tu	3-4pm	1-5	\$199	Doodlebug	Art Rm
31686	Dodgeball	Tu	3-4pm	2-5	\$91	Jeremy Williams	Multi
31654	Multi. Sports 1st - 3rd	W	2-3pm	1-3	\$118	One on One Basketball	Ball Court
31681	Adventures thru Time! Intro to Acting	W	2-3pm	K-5	\$181	Marin Theater Company	Stage
31656	Chess Wizards	W	2-3pm	K-5	\$154	Chess Wizards	Library
31677	Comedy, Clowing & Circus	W	2-3pm	K-5	\$163	Circus of Smiles	Multi
31666	Private Piano	W	2-2:30pm	K-5	\$316	Marin Music Conservatory	Rm 1A
31667	Private Piano	W	2:30-3pm	K-5	\$316	Marin Music Conservatory	Rm 1A
31668	Private Piano	W	3-3:30pm	K-5	\$316	Marin Music Conservatory	Rm 1A
31669	Private Piano	W	3:30-4pm	K-5	\$316	Marin Music Conservatory	Rm 1A
31670	Private Piano	W	4-4:30pm	K-5	\$316	Marin Music Conservatory	Rm 1A
31671	Private Piano	W	4:30-5pm	K-5	\$316	Marin Music Conservatory	Rm 1A
31672	Private Piano	W	5-5:30pm	K-5	\$316	Marin Music Conservatory	Rm 1A
31673	Private Piano	W	5:30-6pm	K-5	\$316	Marin Music Conservatory	Rm 1A
31675	Wild Animal Explorer	Th	3-4pm	1-5	\$226	Tree Frog Treks	Room 1
31680	After School Hoops	Th	3-4pm	1-3	\$118	One on One Basketball	Ball Court
31683	Fencing	Th	3-4pm	1-5	\$235	Northbay Fencing	Multi
31658	LEGO Construction Vehicles & Eng. FUNdamentals	Th	3-4:15pm	3-5	\$208	Play Well Teknologies	Stage
31652	Indoor Soccer K - 2nd	F	3-3:50pm	K-2	\$163	Lewis Usher	Auditorium

# Classes below begin the week of 9/22/2014

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31684	Hand Sewing - Kindergarten	Tu	1:30-2:30pm	K	\$127	Studio 4 Art	Rm 1A
31674	Wild Animal Explorer	Th	1:40-2:40pm	K	\$176	Tree Frog Treks	Room 1
31678	Madnarin for Kids	F	1:30-2:30pm	K	\$159	Jie Zheng	Rm 1A

# **Park School**

# Supervised Play begins week of 9/2/14

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31496	Supervised Play	M, Tu, Th, F	2:50-4pm	1-5	\$226	MVPR Staff	Playground
31479	Supervised Play	W	1:50-4pm	1-5	\$73	MVPR Staff	Playground
31517	Supervised Play Conference Week 11/10-11/21	M, Tu, Th, F	1:50-3pm	1-5	\$47	MVPR Staff	Playground

# The below classes begin the week of 9/8/14

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31537	After School Kicks 1st - 3rd	М	3-4pm	1-3	\$105	One on One Basketball	Meet@EDS/Boyle
31488	Tennis	М	3-4pm	1-5	\$145	Chris Reiff	Ball Court
31489	Clay Hand Building	М	3-3:45pm	1-5	\$121	Gwen Perin	Art Rm
31538	Comedy, Clowning & Circus	М	3-4pm	1-5	\$145	Circus of Smiles	Multi.
31490	Mad Science: Eureka! The Inventor's Academy	М	3-4pm	1-5	\$177	Mad Science	Rm 6
31504	After School Hoops	Tu	3-4pm	1-5	\$118	One on One Basketball	Ball Court
31516	Amazing Science	Tu	3-4pm	1-3	\$249	Amazing Science	Staff Rm
31507	Bead Creations	Tu	3-4:30pm	1-5	\$208	Latifa Tabachnick	Rm 3
31511	Chess	Tu	3-4pm	1-5	\$154	Tondi Erickson	Rm 8
31506	Strike a Chord - Group Guitar	Tu	3-4pm	1-5	\$199	Nuskuarts	Rm 7
31505	Tap/Jazz Dance	Tu	3-4pm	1-5	\$136	Carol Butler	Multi.
31513	Yoga	W	2-3pm	1-3	\$145	Tammie Winter	Rm 4
31508	Bead Creations	W	2-3:30pm	1-5	\$208	Latifa Tabachnick	Rm 12
31492	Capoeira	W	2-3pm	1-5	\$145	Micaela Flores	Multi.
31493	Drawing	W	2-3pm	1-5	\$226	Richard Gelernter	Rm 5
31499	Hip Hop Dance	W	2-2:45pm	1-3	\$181	Sarah Jones	Stage
31494	Adventures through Time! Intro.to Acting w/MTC	Th	3-4pm	1-5	\$181	Marin Theater Company	Stage
31480	Characters, Creatures and Crazy Cartooning!	Th	3-4pm	1-5	\$208	Studio 4 Art	Rm 11
31497	Hand/Machine Sewing	Th	3-4pm	1-5	\$163	Studio 4 Art	Rm 12
31481	Intro. to Tae Kwon Do	Th	3-3:45pm	1-5	\$118	Patrick Siu	Multi.
31482	Wheel Ceramics	Th	3-3:30pm	1-5	\$136	Gwen Perin	Art Rm
31483	Wheel Ceramics	Th	3:30-4pm	1-5	\$136	Gwen Perin	Art Rm
31484	Wheel Ceramics	Th	4-4:30pm	1-5	\$136	Gwen Perin	Art Rm
31515	Flag Football 1st - 2nd Grade	F	3-4pm	1-2	\$145	Jeremy Williams	Ball Court
31486	Art/ Mixed Media	F	3-3:45pm	1-5	\$136	Gwen Perin	Art Rm
31503	Private Piano	F	3-3:30pm	1-5	\$316	Miriam Kato	Multi.
31502	Private Piano	F	3:30-4pm	1-5	\$316	Miriam Kato	Multi.
31485	Private Piano	F	4-4:30pm	1-5	\$316	Miriam Kato	Multi.
31501	Private Piano	F	4:30-5pm	1-5	\$316	Miriam Kato	Multi.
31514	Flag Football 3rd - 5th Grade	F	3-4pm	3-5	\$145	Jeremy Williams	Ball Court

# Classes below begin the week of 9/22/2014

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31491	After School Kicks - Kindies	М	1:30-2:30pm	K	\$79	One on One Basketball	Meet@EDS/Boyle
31495	Comedy, Clowning & Circus-Kindies	М	1:30-2:30pm	K	\$109	Circus of Smiles	Rm 16
31579	Amazing Science	Tu	1:30-2:30pm	K	\$194	Amazing Science	Staff Rm
31510	Multi Sports - Kindies	Tu	1:30-2:30pm	K	\$92	One on One Basketball	Ball Court
31509	Children's Spanish for Kindies	W	1:30-2:15pm	K	\$141	Colors of Spanish	Rm15
31498	Hand Sewing Kindies	Th	1:30-2:30pm	K	\$127	Studio 4 Art	Rm 12
31500	Art for Kindies	F	1:30-2:10pm	K	\$106	Gwen Perin	Art Rm

# **Strawberry Point School**

# Supervised Play begins week of 9/2/14

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31617	Supervised Play	M, Tu, Th, F	2:50-4pm	1-5	\$226	MVPR Staff	Ball Court
31616	Supervised Play	W	1:50-4pm	1-5	\$73	MVPR Staff	Ball Court
31620	Supervised Play Conference Week 11/10-11/21	M, Tu, Th, F	1:50-3pm	1-5	\$47	MVPR Staff	Ball Court

# The below classes begin the week of 9/8/14

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Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31582	Private Piano	M	4-4:30pm	K-5	\$281	Stephen Shen	Multi
31584	Private Piano	М	4:30-5pm	K-5	\$281	Stephen Shen	Multi
31585	Private Piano	M	5-5:30pm	K-5	\$281	Stephen Shen	Multi
31583	Private Piano	М	5:30-6pm	K-5	\$281	Stephen Shen	Multi
31591	Multi Sports 1-3	М	3-4pm	1-3	\$105	One on One Basketball	Ball Court
31604	Yoga 4 Kids	М	3-3:45pm	1-3	\$129	Tammie Winter	Stage
31596	3-D Paper Arts	М	3-4pm	1-5	\$145	Kristen McCormack	Art Rm
31609	LEGO Construction Vehicles and Eng. FUNdamentals	M	3-4:30pm	1-5	\$185	Play Well Teknologies	Multi
31588	TGA Premier Junior Golf	Tu	3-4pm	K-5	\$217	TGA of the North Bay	Field
31590	Art/Mixed Media	Tu	3-3:45pm	1-5	\$136	Gwen Perin	Art Rm
31589	Chess Wizards	Tu	3-4pm	1-5	\$145	Chess Wizards	Staff Rm
31632	Comedy, Clowning & Circus	Tu	3-4pm	1-5	\$163	Circus of Smiles	Staff Rm
31614	Magic	Tu	3-4pm	1-5	\$181	Jeanne Fields	Stage
31601	Amazing Science	W	1:50-2:50pm	1-3	\$249	Amazing Science	Staff Rm
31605	Soccer	W	2-3pm	1-3	\$118	One on One Basketball	Field
31610	Hand Sewing	W	1:50-2:50pm	1-5	\$163	Studio 4 Art	Art Rm
31592	Tae Kwon Do	W	1:50-2:50pm	1-5	\$118	Patrick Siu	Multi
31597	Private Piano	Th	4-4:30pm	K-5	\$316	Stephen Shen	Multi
31598	Private Piano	Th	4:30-5pm	K-5	\$316	Stephen Shen	Multi
31586	Private Piano	Th	5-5:30pm	K-5	\$316	Stephen Shen	Multi
31587	Private Piano	Th	5:30-6pm	K-5	\$316	Stephen Shen	Multi
31618	Flag Football - 1st - 2nd	Th	3-4pm	1-2	\$127	Jeremy Williams	Field
31593	Drama Club!	Th	3-4pm	K-5	\$226	Kenn Adams	Stage
31615	Drawing	Th	3-4pm	K-5	\$163	Genna Panzarella	Art Rm
31595	Adventures in Photography	Th	3-4pm	3-5	\$217	Dana Spaeth Photography	Library
31619	Flag Football 3rd - 5th	Th	3-4pm	3-5	\$127	Jeremy Williams	Field
31594	Clay, Ceramics and Pottery	F	3-4pm	1-5	\$208	Studio 4 Art	Art Rm
31581	Fencing	F	3-4pm	1-5	\$235	Northbay Fencing	Multi

# Classes below begin the week of 9/22/2014

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31602	Pre Engneering LEGO	M	1:30-2:30pm	K	\$139	Play Well Teknologies	Multi
31607	Comedy, Clowning & Circus	Tu	1:45-2:45pm	K	\$127	Circus of Smiles	Staff Rm
31608	Drama Club! Kindergarten	Th	1:45-2:45pm	K	\$176	Kenn Adams	Stage

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# **Tam Valley School**

# The below classes begin the week of 9/8/14

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31450	Private Piano	M	3-3:30pm	K-5	\$281	Marin Music Conservatory	Music Rm
31446	Private Piano	M	3:30-4pm	K-5	\$281	Marin Music Conservatory	Music Rm
31447	Private Piano	M	4-4:30pm	K-5	\$281	Marin Music Conservatory	Music Rm
31448	Private Piano	M	4:30-5pm	K-5	\$281	Marin Music Conservatory	Music Rm
31445	Private Piano	M	5-5:30pm	K-5	\$281	Marin Music Conservatory	Music Rm
31449	Private Piano	М	5:30-6pm	K-5	\$281	Marin Music Conservatory	Music Rm
31451	Flag Football 1st - 2nd	М	3-4pm	1-2	\$113	Jeremy Williams	Field
31453	Bead Creations	М	3-4pm	1-5	\$177	Latifa Tabachnick	Multi
31452	Clay Play	М	3-4pm	1-5	\$161	Doodlebug	Rm 18
31467	Flag Football 3rd - 5th	М	3-4pm	3-5	\$113	Jeremy Williams	Field
31465	Drawing	Tu	3-4pm	1-5	\$163	Genna Panzarella	Library
31436	Sew Much Fun	Tu	3-4pm	1-5	\$106	Sally Palmer	Rm 27
31456	Soccer	Tu	3-3:50pm	1-5	\$163	Lewis Usher	Field
31457	Tae Kwon Do	Tu	3-3:45pm	1-5	\$118	Patrick Siu	Multi
31460	Basketball K-2nd	W	2-2:50pm	K-2	\$163	Lewis Usher	Playground
31435	All 4 Art	W	2-3pm	1-5	\$208	Studio 4 Art	Multi
31462	Chess	W	2-3pm	1-5	\$154	Tondi Erickson	Hallway
31474	Chess	W	3-4pm	K-5	\$154	Tondi Erickson	Hallway
31463	Strike a Chord - Group Guitar	W	2-3pm	K-5	\$199	Nuskuarts	Music Rm
31461	Basketball 3rd-5th	W	3-3:50pm	3-5	\$163	Lewis Usher	Playground
31426	Private Piano	Th	3-3:30pm	K-5	\$316	Marin Music Conservatory	Music Rm
31427	Private Piano	Th	3:30-4pm	K-5	\$316	Marin Music Conservatory	Music Rm
31428	Private Piano	Th	4-4:30pm	K-5	\$316	Marin Music Conservatory	Music Rm
31429	Private Piano	Th	4:30-5pm	K-5	\$316	Marin Music Conservatory	Music Rm
31430	Private Piano	Th	5-5:30pm	K-5	\$316	Marin Music Conservatory	Music Rm
31431	Private Piano	Th	5:30-6pm	K-5	\$316	Marin Music Conservatory	Music Rm
31437	Yoga 1-3rd	Th	3-4pm	1-3	\$145	Tammie Winter	Stage
31424	Comedy Clowning & Circus	Th	3-4pm	1-5	\$163	Circus of Smiles	Multi
31464	Magic	Th	3-4pm	1-5	\$181	Jeanne Fields	Rm 9
31476	TGA Premier Junior Golf	Th	3-4pm	1-5	\$217	TGA of the North Bay	Field
31432	Private Piano	F	3-3:30pm	K-5	\$316	Marin Music Conservatory	Music Rm
31440	Private Piano	F	3:30-4pm	K-5	\$316	Marin Music Conservatory	Music Rm
31441	Private Piano	F	4-4:30pm	K-5	\$316	Marin Music Conservatory	Music Rm
31442	Private Piano	F	4:30-5pm	K-5	\$316	Marin Music Conservatory	Music Rm
31443	Private Piano	F	5-5:30pm	K-5	\$316	Marin Music Conservatory	Music Rm
31444	Private Piano	F	5:30-6pm	K-5	\$316	Marin Music Conservatory	Music Rm
31434	Capoeira	F	3-4pm	1-5	\$145	Micaela Flores	Stage
31433	Mad Science - Eureka! The Inventor's Academy	F	3-4pm	1-5	\$199	Mad Science	Multi
31438	Tennis	F	3-4pm	1-5	\$145	Chris Reiff	Playground
31466	3D Paper Art	F	3-4pm	1-5	\$163	Kristen McCormack	Multi

# Classes below begin the week of 9/22/2014

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
31454	Power Hour	M	1:30-2:30pm	K	\$85	Jeremy Williams	Field
31455	Soccer -Kindies	Tu	1:30-2:30pm	K	\$127	Lewis Usher	Field



# Registration is open on a first come, first serve basis.

Class size is limited. For ongoing registration, existing participants (Fall Session) have priority to re-enroll in the same program for the upcoming Winter Session, before the class is opened to new participants. A Refund Fee of \$100 will be charged for any class cancellation in Kinder Cubs, Playschool Pandas or Busy Bees.

Kinder Cubs/Playschool Pandas/Busy Bees/Tiddlywinks Registration Dates:

Priority Registration for Winter Session: November 10 Open Registration for Winter Session: November 17

"JUMP" courses are held at The Mill Valley Community Center,

180 Camino Alto, Mill Valley, CA 94941

For more information on the "JUMP" program call the Recreation office at 383-1370.

No Class on 10/20, 11/11, 11/24-11/28



# **Playschool Pandas**

Playschool is for children 3 - 4 years of age and is designed to introduce your child to their first experience in a structured environment providing an opportunity for sharing and playing with other children. Activities include indoor and outdoor play, arts and crafts, storytelling and music movement. Class will consists of circle time, playtime and learning time. Children enrolling in this program must be fully toilet trained, and able to participate in program without parents being in the classroom. Scheduled payment plan is available for this class.

Instructor: Janine Martin, 43 classes

Age	Day	Dates	Time	Course #
3-4	M&W&F	9/3-12/19	9a-12:30p	30688

Fee: First Child \$1.468, 2nd Child \$1.102 Location: Community Center, Manzanita Room

No class 10/20, 11/24, 11/26, 11/28

# **Busy Bees**

A special class for children to explore and play together in a safe and secure enivironment. Children participate in cooperative activities such as art, music, outdoor play, and story time. Children enrolling in this program must be fully toilet trained, and able to participate in program without parents being in the classroom. Scheduled payment plan is available for this class.

Instructor: Celeste Melzer, 29 classes

Day Age Dates Time Course # 30689 3-5 9/2-12/18 9a-12:30p

Fee: 1st Child \$991, 2nd Child \$743 **Location: Community Center, Forest Room** 

No class 11/11,11/25,11/27

# **Kinder Cubs**

This program is designed for children who just missed the Kindergarten cut off or for those parents who decided to wait another year before sending them off to Kindergarten. This program will provide your child with individual attention from the teacher to further support their learning and exploration in a structured environment. The curriculum will include weekly themes, which will introduce colors, shapes, numbers and letter recognition through enrichment exercises, crafts and group activities. Your child will be exposed to a variety of activities that will better prepare them to enter Kindergarten in Fall 2015. Prior preschool experience is recommended. Scheduled payment plan is available for this class.

Instructor: Monica Fieber, 43 classes

Age	Day	Dates	Time	Course #
4-5	M,W,F	9/3-12/19	9a-12:30p	30691

Fee: First Child \$1,506, 2nd Child \$1,130 **Location: Community Center, Forest Room** No class 10/20.11/24.11/26.11/28

# **JUMP Preschool Extended Care**

Extended care is being offered to students who are presently in the Fall Jump into Preschool program. Instructor: Recreation Staff, 43 classes

Age Day **Dates** Fee Course # 12:30-1:30pm \$345 30726 3-5 M,W,F 9/3-12/19

**Location: Community Center, Forest Room** 

No class 10/20,11/24,11/26,11/28

# **Tiddlywinks**

Enjoy learning and playing with your toddler/preschooler in this parent - participation class. Together we will sing songs, play games, read books and make arts and crafts. Your child will be in a fun and creative environment that is developmentally appropriate for young children. There will be many opportunities to learn, socialize and play.

Instructor: Jean Samolis, 15 classes

Age	Day	Dates	Time	Fee	Course #
18 mo-3	Th	9/4-12/18	9-10:10am	\$232	30687
18 mo-3	Th	9/4-12/18	10:30-11:40am	ı \$232	30690

**Location: Community Center, Forest Room** 

No class 11/27

# **My First Preschool**

This program is designed to introduce your child to preschool. A fun, social environment where your child can develop new friendships while participating in arts & crafts, dramatic play, music and movement. This program is not parent participation.

Instructor: Deborah Calloway, 14 classes

Age	Day	Dates	Time	Fee	Course #
2.5-3	Tu	9/2-12/16	9:15-11:15am	\$274	30692

Location: Community Center, Manzanita Room No Class 11/11, 11/25

# NEW! Ted

# **Teddy Bear Picnic**

Join us for a snuggly story time, teddy bear crafts, teddy bear picnic, and a teddy bear parade! Please bring your teddy bear. Parent participation is not required.

Instructor: MVPR Staff, 1 class

Age	Day	Dates	Time	Fee	Course #
3-5	F	9/19	5:30-8pm	\$28	30724

Location: Community Center, KidsWatch

# NEW! Happily Ever After Princess Night

Learn how to be a princess, inside and out at this enchanted and magical evening. Pamper and spoil your inner princess as we create princess crowns, wands and get a princess makeover at our Bibbity Bobbity Boo Salon. Read magical tales, make fairy treats and have a princess tea as we live happily ever after. Parent participation is not required.

Instructor: MVPR Staff, 1 classes

Age	Day	Dates	Time	Fee	Course #
4-6	F	11/14	5:30-8pm	\$28	30725

Location: Community Center, KidsWatch

# **Canta Conmigo!**

In this parent participation class preschoolers will be introduded to the sounds, structure and vocabulary of the Spanish language through music, movement and song. Whether you are a native speaker who wants your family to conserve the language and traditions of your heritage, or if you want to encourage Spanish as a second language for your children, ¡Canta Conmigo! is where you begin with your littlest ones. Class includes a CD and Songbook.

Instructor: Colors of Spanish, 7 classes

Age	Day	Dates	Time	Fee	Course #
1-4	W	9/24-11/5	3:45-4:30pm	\$141	30857

**Location: Community Center, Forest Room** 



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# Wednesdays 9a-12p, Ongoing Cascade Room



# **JUMP INDOOR PLAY DAY!**

Looking for fun things to do with your child?

Play Area • Toys • Tumbling Mats • Jumpee Castle • Little Riders

### Ages 5 and under

Come over to our place to play! The Community Center Cascade Room offers a safe & secure place for children to run and play indoors. Join the fun and excitement of this indoor play program. In order to maintain a clean and healthy play environment, please refrain from eating and drinking in the playroom. Snacks and drinks may be enjoyed in the lobby or outside. In consideration of others please refrain from bringing sick children to play. Parents and/or caregivers are required to stay and are responsible for their children.

\$5 child or \$7 family, No registration necessary. Exact change appreciated.

No Class: 11/26, 12/24, 12/31



# Kindermusik Village - Zoom Buggy

Kindermusik Village class (0-18 months) provides a delightful environment unlike any other. Through a unique blend of multi-level activities that include creative movement, vocal play, object and instrument exploration, and a colorful literature component, baby's growth and development are stimulated and all senses engaged. We learn the benefits of baby sign language, baby massage, and exercise. We dance to diverse songs, rock to soothing lullabies and sing songs to baby. Kindermusik takes musical learning to the next level; our curriculum is proven to improve child brain development. Classes led by Licensed Kindermusik Educator, Andrea Ingraham (KindermusikwithAndrea.com for more information). Students are welcome to enroll mid-session and pay a prorated fee if space is available.

Instructor: Andrea Ingraham, 9 classes

Age	Day	Dates	Time	Fee	Course #
0-18 mo	F	9/12-11/7	11-11:45am	\$161	31477

Drop-in: \$24 if class minimum is met

Location: Community Center, Terrace Lounge- seating area Spring: \$50 material fee paid to instructor at 1st class

meeting. No class 10/3

### JAMaROO Kids Movement & Music

This is a unique class that JAMaROO Kids has created combining the best of our dance and music programs. In class we'll help children discover the joy of dance while being exposed to different styles of movement and music from around the world. Children will work on coordination, balance, flexibility, strength and positive body image through fantasy play and games. Children will sing traditional songs and learn many new ones. They will have the opportunity to play with a large variety of simple instruments, interact with puppets, use rhythm sticks, bean bags, and streamers. Activities will promote cognitive development through the use of numbers, colors, shapes and letters. For more information on JAMaROO Kids , please visit us at www.jamarookids.com.

Instructor: JAMaROO Kids. 5 classes

Age	Day	Dates	Time	Fee	Course #
1-3	Th	9/11-10/9	3:30-4pm	\$81	30891
1-3	Th	10/16-11/13	3:30-4pm	\$81	30858

**Location: Community Center, Manzanita Room** 



# **Kindermusik - Milk & Cookies**

Kindermusik Our Time (18 months-3 yrs) encourages toddlers to uncover an engaging musical world while building confidence, self-control, and communications skills. Singing, imitating sounds, rhyming, and object identification foster language skills, while creative movement to various musical moods develops a sense of balance, timing, and spatial awareness. Listening and turn-taking encourage blossoming social skills. Our Time reflects the emotional foundations of school readiness and the latest research on music and early childhood development. It is a unique opportunity for parent and child to interact and learn together in an unhurried and joyful manner. Kindermusik takes musical learning to the next level; our curriculum is proven to improve child brain development. Classes led by Licensed Kindermusik Educator, Andrea Ingraham (KindermusikwithAndrea.com for more information). Students are welcome to enroll mid-session and pay a prorated fee if space is available.

Instructor: Andrea Ingraham, 8 classes

Age	Day	Dates	Time	Fee	Course #
18 mo-3	F	9/12-11/7	10-10:45am	<b>\$</b> 161	31478

Drop-in: \$24 if class minimum is met

Location: Community Center, Terrace Lounge- seating area Spring: \$50 material fee paid to instructor at 1st class

meeting.
No class 10/3

# JAMaROO Kids Yoga

Here's a fun, healthy, educational and challenging class that kids love. In class children will work on strengthening their growing bodies, stretching their little muscles, while improving balance, coordination and concentration. Children will use their imaginations to understand yoga poses and learn about nature and the world that surrounds them. Yoga classes help teach children how to relax and slow down in a society that is moving so fast.

Instructor: JAMaROO Kids, 5 classes

Age	Day	Dates	Time	Fee	Course #
3-4	Th	9/11-10/9	4:15-4:45pm	\$81	30892
3-4	Th	10/16-11/13	4:15-4:45pm	\$81	30859

Location: Community Center, Manzanita Room

# **Mighty Movers**

This super fun class provides children 4 months to 1 year with age appropriate musical selections and physical activities from the comfort of their parent/caregiver's lap. Crawlers have plenty of open space to explore. Our highly skilled early childhood music specialist uses lap songs, group sing-a-longs and rhythm and finger games to get your child moving and musically engaged. Join us and explore all of the joys and the benefits of actively participating in music with your child.

Instructor: Rachel Hoiem, 10 classes

Age	Day	Dates	Time	Fee	Course #
4 mo-	1 W	9/10-11/12	11-11:45am	\$226	31541
4 mo-	1 Sa	9/13-11/15	11-11:45am	\$226	31542

Location: Community Center, Mt. View Room

Please bring a blanket

# **Super Shakers**

Our Super Shaker classes have one to three year olds and you, singing, dancing and shaking to the music. Participants will hear familiar songs, be introduced to new songs and will also rock out during the group percussion jam. Age appropriate games, dances and other fun activities make this a great opportunity to furthering your child's music education. *Instructor: Rachel Hoiem, 10 classes* 

Age	Day	Dates	Time	Fee	Course #
1-3	М	9/8-11/10	10:15-11am	\$226	31543
1-3	Tu	9/9-11/18	10:15-11am	\$226	31544
1-3	W	9/10-11/12	10:15-11am	\$226	31547
1-3	Th	9/11-11/13	10:15-11am	\$226	31548
1-3	Sa	9/13-11/15	10:15-11am	\$226	31549

Location: Community Center, Mt. View Room. No class 11/11

# **Rockin' Tots**

The Rockin' Tots class takes everything to a new level to meet the growing music education needs of three to five year olds. At this important age it's all about self-expression and creativity. Our experienced teaching artist introduces great new songs, more complex rhythms and different musical instruments and genres to further your child's music education in exciting ways.

Instructor: Rachel Hoiem, 10 classes

Age	Day	Dates	Time	Fee	Course #
3-5	М	9/8-11/10	11:15a-12p	\$226	31545
3-5	Tu	9/9-11/18	11:15a-12p	\$226	31546

Location: Community Center, Mt. View Room. No class 11/11

# **NEW!** Story Dancing: Jelly Jam Time

Using dance to explore story and story to discover new movement, Jelly Jam Time is a creative adventure in active literacy for children with vivid imaginations and the need to move. Jelly Jam Time combines storytelling, physical theatre, movement and dance. Each Jelly Jam Time class follows a story or a theme, often based on material in a book, and explores the ways to dance/move/act it into being. For example, while reading the story of a frogs's life cycle, we become the different stages and let our imaginations take flight. We mix teacher-directed and childgenerated movement and choreography. Children are active participants in the creation of the curriculum. It is a playful time to dance, laugh and learn!

Instructor: Risa L. A. Dye, 8 classes

Age	Day	Dates	Time	Fee	Course #
3-5	W	9/24-11/12	3:30-4:30pm	\$129	31392

**Location: Community Center, Kids Watch** 

# Adventures through Time! Intro. to Acting w/MTC

Step into MTC's time machine as we embark on an adventure through time. This introductory acting class will support students as they develop skills in storytelling, dialects, creative problem solving and character development. Students will join our professional teaching artists in the Wild West, Victorian England and Prehistoric times to create stories and characters through scene studies and theater games. Friends and family are invited to join us on the last class as we share what we've learned. Great for all levels of experience, this class will teach students the fundamentals of acting. The instructors are professional teaching artists from Marin Theatre Company – a premier nonprofit theater located right in Mill Valley.

Instructor: Marin Theater Company, 8 classes

Age	Day	Dates	Time	Fee	Course #
3-5	М	9/8-11/3	3:30-4:15pm	\$181	31535

**Location: Community Center, Kids Watch** 

No class 10/20

# **Parent & Me Mandarin**

Early childhood is a window of opportunity for parents to introduce their child to languages that will expand a child's world. This program involves parents and caregivers who enjoy learning Mandarin with their child! It incorporates many interactive activities between the parent and the toddlers, such as singing along with movement, playing games, reading and listening to children's stories.

Instructor: Jie Zheng, 6 classes

Age	Day	Dates	Time	Fee	Course #
3-5	Sa	9/20-10/25	11:15a-12p	\$109	30860
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**Location: Community Center, Manzanita Room** 

# Pee Wee Soccer

Kids and parents are in for a good time together in this perennial favorite that has become a Mill Valley tradition. The basic elements of soccer are introduced as children learn to kick, dribble, pass, and control the ball. Parents are encouraged to participate while Lewis and David direct drills for families to practice together. Instructors: Lewis Usher & David Fromer.

Instructor: Marin Soccer Camp, LLC, 5 classes

Age	Day	Dates	Time Fe	e Course #
3	Sa	9/27-10/25	9:30-10:15am \$7	31744
4	Sa	9/27-10/25	10:30-11:15am \$70	31745
5-6	Sa	9/27-10/25	11:30m-12:30p \$86	31746

Location: Hauke Park, Soccer Field (Hauke South)

# Shake, Wiggle & Roll

Shake Wiggle and Roll is a creative dance class expressly designed for young children. The class blends creative movement, stories and songs with dance fundamentals to encourage body and spatial awareness in a joyous setting. Carol uses props such as scarves, stuffed animals, parachutes, balloons, etc. to keep the children engaged and involved in this high energy class.

Instructor: Carol Butler, 9 classes

Age	Day	Dates	Time	Fee	Course #
3-5	М	9/22-11/17	2-2:30pm	\$118	31559

**Location: Community Center, Dance/Fitness Room** 

# **Beginning Guitar for Kids**

Keeping the kids engaged and having fun playing guitar is the focus of this class. Through learning simple chords, melodies, and songs, students will be prepared to take their learning to the next level. Jason Fischer has been playing guitar for over 20 years, specializing in rock and folk music. His experience as a performer, recording artist, and Montessori school teacher aids his unique approach to teaching students of all ages and disciplines.

Instructor: Jason Fischer, 8 classes

Age	Day	Dates	Time	Fee	Course #
8-12	W	10/1-11/19	3:30-4:15pm	\$201	31472

Location: Community Center, Manzanita Room

### **Private Piano**

This class offers one 30 minute private piano lessons for beginners through advanced. The program introduces beginners to piano offering friendly, thorough instruction for all ages. Lessons are tailored to each student.

Instructor: Stephen Shen, 9 classes

Age	Day	Dates	Time	Fee	Course #
5-13	W	9/10-11/5	4-4:30pm	\$316	31468
5-13	W	9/10-11/5	4:30-5pm	\$316	31469
5-13	W	9/10-11/5	5-5:30pm	\$316	31470
5-13	W	9/10-11/5	5:30-6pm	\$316	31471

**Location: Community Center, Terrace Lounge** 

# **Aikido for Kids**

This gentle and fun class emphasizes coordination development, mental focus and internal calmness.

Instructor: Al Loren, 11 classes

Age	Day	Dates	Time	Fee	Course #
3-4	M	9/8-11/24	2:30-3pm	\$150	31518
3-4	W	9/10-11/19	2:30-3pm	\$150	31519

**Location: Community Center, Cascade Room No class 9/29** 

# **Karate for Kids**

Children learn a self-defense awareness. This class concentrates on flexibility, balance, reflexes and character. Both girls and boys are encouraged to participate in this fun and challenging program.

Instructor: Al Loren, 11 classes

Age	Day	Dates	Time	Fee	Course #
5-8	M	9/8-11/24	3:15-4pm	\$150	31520
5-8	W	9/10-11/19	3:15-4pm	\$150	31521

**Location: Community Center, Cascade Room No class 9/29** 

# Karate for Kids II

Students will be exposed to martial arts movements and techniques consisting of punching, kicking, blocking, mental concentration and physical strengthening. This is a non-competitive environment where character development and self-esteem are emphasized.

Instructor: Al Loren. 11 classes

Age	Day	Dates	Time	Fee	Course #
9-12	М	9/8-11/24	4:15-5pm	\$150	31522

**Location: Community Center, Cascade Room No class 9/29** 

# Kung Fu Animal Power -Leadership, Fitness & Self Defense

Learn kicks, leaps, rolling and all sorts of fantastic Kung Fu moves! This fun class uses Kung Fu animals to teach leadership, character, body mechanics and self defense. We focus on developing self control and self awareness as we build strong, healthy bodies. After learning each Kung Fu animal's lessons on leadership, character, body mechanics and movements, the student earns a beautiful Animal Power Patch. Each animal also includes a great Fu Book of lessons, games, art and fun.

Instructor: 10,000 Victories Kung Fu Staff, 11 classes

Age	Day	Dates	Time	Fee	Course #
5-7	Th	9/11-11/20	3:30-4:15pm	\$221	31629
8-12	Th	9/11-11/20	4:15-5:15pm	\$221	31630

**Location: Community Center, Dance/Fitness Room** 

# Mad Science - Creatures Big & Small

Giant guys and small fries, creature come in every size! We'll meet and learn all about the amazing animals we share the planet with. We'll get down and dirty with squiggly-wiggly worms, take flight with our feathererd friends and go on a fossil dig to see what we can discover about that famous Giganta-saur T-Rex!

Instructor: Mad Science Staff, 6 classes

Age	Day	Dates	Time	Fee	Course #
3.5-6	Tu	9/9-10/14	4-4:45pm	\$140	31719

**Location: Community Center, Kids Watch** 

# Mad Science - World Around Us

How does science connect to the world around us? This class will explore the science of wind, lightning, and water flow. We'll ponder the science of noise and discover how music can be created. Through demonstrations and handson activities, preschoolers will learn the density of liquids, the magic of slime, the sublimating sensation of dry ice, and more! Take-home projects will allow kids to continue learning outside of class.

Instructor: Mad Science Staff. 6 classes

Age	Day	Dates	Time	Fee	Course #
3.5-6	Tu	10/21-11/25	4-4:45pm	\$140	31721

**Location: Community Center, Kids Watch** 

# **Playnastics**

Children enjoy 30 minutes of jumping, romping and rolling with their adult companion and other children in their age group. The focus is on developing coordination through motor skills with a strong emphasis on socialization and group involvement. Katie uses balance beams, mats, bar, parachutes and more to help challenge your child's natural desire to explore movement. She also teaches adults how to help their children properly use gymnastics equipment safely and effectively.

Instructor: Katie Bartok, 11 classes

Age	Day	Dates	Time Fee	Course #
1-2	Th	9/11-11/20	10:15-10:45am \$150	31530
1-2	Th	9/11-11/20	10:45-11:15am \$150	31532
2-3	Th	9/11-11/20	11:15-11:45am \$150	31531

**Location: Community Center, Cascade Room** 

# **Tumbling**

Young gymnasts will learn fundamental gymnastic positions and basic tumbling skills and techniques as they stretch, jump and roll. This is a great class to develop strength, balance, flexiblity and coordination as well as help improve the participants confidence, balance and muscle control. This class emphasizes social as well as physical development without parent participation. For student safety, please wear long hair tied back, no clothing with buttons, snaps, or rivets. Girls wear leotards.

Instructor: Katie Bartok, 11 classes

Age	Day	Dates	Time	Fee	Course #
3-4	Th	9/11-11/20	1-1:30pm	\$150	31527
3-4	Th	9/11-11/20	1:30-2pm	\$150	31526

**Location: Community Center, Cascade Room** 

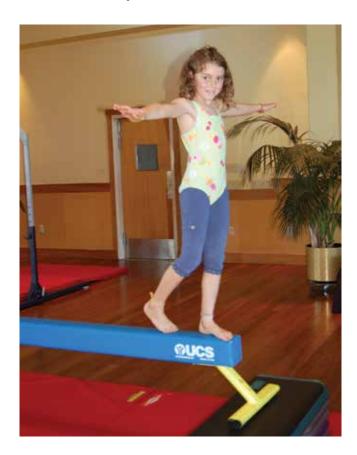
# **Gymnastics**

Gymnasts will work on floor exercises, advanced tumbling techniques, vaulting and balance beams and, in the process, will improve their confidence, balance and muscle control. Note: For student safety, please wear long hair tied back, no clothing with buttons, snaps, or rivets. Girls wear leotards.

Age	Day	Dates	Time	Fee	Course #
4-5	Th	9/11-11/20	2-2:45pm	\$160	31528
5-6	Th	9/11-11/20	2:45-3:30pm	\$160	31533
7-11	Th	9/11-11/20	3:30-4:15pm	\$160	31529

**Location: Community Center, Cascade Room** 

Instructor: Katie Bartok, 11 classes



# **Acrobatics**

Turn a bad case of the wiggles into some serious skills! In this class, learn to amaze your audience with cartwheels, forward and backward rolls, handstands and more. Key stretching and strengthening exercised will also be taught, giving students a foundation in safety for all their active play. Each class consists of a warm-up, skill review, new skill instruction, cool down, and lots of FUN!!

Instructor: Circus of Smiles, 8 classes

Age	Day	Dates	Time	Fee	Course #
5-7	W	9/10-11/5	3:30-4:15pm	\$109	31419
8-11	W	9/10-11/5	4:15-5:15pm	\$145	31420

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**Location: Community Center, Cascade Room** 

No class 9/24

# NEW! **Tiny Tappers**

A fun, exciting, energetic tap dance class for tiny tappers, ages 4 and 5. We will learn basic, simple tap steps and a choreographed routine to perform at the last class. Each child will also create his/her own steps using props such as scarves, pompoms, balloons, hula hoops, etc.

Instructor: Carol Butler, 9 classes

**Dates** Time Fee Course # Age Day 4-5 9/22-11/17 3:15-3:45pm \$118 31562

Location: Community Center, Dance/Fitness Room

# Tap Dance

Tap Dance is a fun filled, energetic and lively dance class. Children will learn basic tap steps and technique and develop a great sense of rhythm and timing in a lively, nurturing setting. The children will also have the opportunity to create their own tap steps. The class will culminate with a performance.

Instructor: Carol Butler, 9 classes

**Dates** Course # Age Day Time Fee 5-12 9/22-11/17 3:45-4:30pm \$118 31561 М

Location: Community Center, Dance/Fitness Room



# Jazz & Hip Hop Dance

Join dance teacher and choreographer Carol Butler in this exciting dance class. You will learn dance combinations enjoy a great fitness warm up; move across the floor and create your own moves to the latest music. The class will end with a performance of the choreographed Jazz and Hip Hop routine. No dance experience needed to take this fun class. Instructor: Carol Butler, 9 classes

Day **Dates** Time Fee Course # Age 7-11 9/22-11/17 5-5:45pm \$118 31560

# **Kids Dance Brigade**

With license to thrill, Kid Dance Brigade is an after school program showcasing the magic of the dance arts, hosted by Tom Mayock, known as Tiger during the Mill Valley Recreational Camps. Class with Tiger will consist of explorations of these dance genres: Contemporary, with Top 40 hits such as Dynamite by Taio Cruz, Firework by Katie Perry, Cultural dances such as The Morris Stick Dance, and Creative Movement explorations that develop kinetic movement skills. Tom Mayock's choreography for children has been televised on Evening Magazine, and has for 7 years been the Co-Artistic Director of the World Dance Festival, and The Classroom Connections Festival at Sun Valley. To know more, visit: www.tommayock.com

Instructor: Tom Mayock, 12 classes

Age Day **Dates** Time Course # Fee 4-6 9/9-11/25 31558 Tu 4-5pm \$144

Location: Community Center, Mountain View Room No class 11/11



whoosh your party planning worries away!

Parties include activities, entertainment and tons of fun as well as 2-hour room rental for your Location: Community Center, Dance/Fitness Room celebration. Prices vary by theme, but start as low as \$225. For details, fees and a complete list of themes, go to www.millvalleycenter.org or call 415-383-1370.

YOUTH **TEEN ZONE ADULT** GOLF ADULTS (50+) **TENNIS** 

# **Note for Ballet Classes**

To create an optimum learning environment parents and siblings are asked to wait outside of the ballet classroom. Each session there will be opportunities for families to observe their child's class. These dates will be the first week, fourth week, seventh week and last week of classes.

# **Pre-Ballet**

Lively music and classical dance positions and steps introduce children to the art of ballet. Easy-to-follow stretching and dancing will lead to turned-out legs and balancing positions. This class will emphasize fun and the imagination while exposing children to the discipline of a good ballet foundation.

Instructor: Tues: Bridget Bartholome, 10 classes Fri: Mia Camera, 11 classes

Age	Day	Dates	Time	Fee	Course #
3-4	Tu	9/9-11/18	3-3:30pm	\$136	31572
3-4	F	9/12-11/21	3-3:30pm	\$150	31564
3-4	F	9/12-11/21	3:35-4:05pm	\$150	31565

Location: Community Center, Dance/Fitness Room Please wear ballet slippers and leotard to class. No class 11/11

# **Pre-Ballet Cont.**

Keep on dancing! There is more fun and dance awaiting you in Pre-Ballet Continuing. This class is for the student who has already taken Pre-Ballet but is not ready for Basic Ballet.

Instructor: Bridget Bartholome, 11 classes

Age	Day	Dates	Time	Fee	Course #
3-4	W	9/10-11/19	3-3:30pm	\$150	31567

Location: Community Center, Dance/Fitness Room Please wear ballet slippers and leotard to class.

### **Twinkle Toes Ballet**

This class is for the more experienced child. Although continuing to learn through fantasy and games, the child is further introduced to the dance atmosphere by incorporating barre and center work. They are able to learn the basics techniques and positions of ballet in a fun and friendly classroom environment.

Instructor: Mia Camera, 11 classes

Age	Day	Dates	Time	Fee	Course #
4-6	M	9/8-11/17	4-4:45pm	\$161	31571

**Location: Community Center, Mountain View Room** 



# **Basic Ballet**

This ballet class welcomes new students and experienced beginners who will practice foot and leg articulation, as well as arm positions at the barre. This training will be extended into center combinations and end with practicing leaps and turns. Please wear leotard, tights, and ballet slippers, ballet skirts are optional.

Instructor: Tues. & Wed., Bridget Bartholome 11 classes Fri., Mia Camera 11 classes

Age	Day	Dates	Time	Fee	Course #
5-9	Tu	9/9-11/18	3:35-4:20pm	\$146	31566
5-9	W	9/10-11/19	3:40-4:25pm	\$161	31568
5-7	F	9/12-11/21	4:10-4:55pm	\$161	31569

Location: Community Center, Dance/Fitness Room No class 11/11

# **Continuing Ballet**

This class is designed for the serious young ballet dancer who has experience with ballet and is now ready to pursue traditional barre and center work. We will focus on technique and alignment in addition to basic choreography. *Instructor: Bridget Bartholome, 10 classes* 

Age	Day	Dates	Time	Fee	Course #
9-11	Tu	9/9-11/18	4:25-5:10pm	\$161	31570

Location: Community Center, Dance/Fitness Room No class 11/11

confidence

25



Fresh fruits and vegetables will star in this fun, engaging and healthy class. Learn about how food grows and how to prepare incredible farm to table recipes.

Instructor: The Culinary Dudes, 8 classes

Age	Day	Dates	Time	Fee	Course #
4-5	M	9/15-11/10	2-3pm	\$185	30760
6-11	M	9/15-11/10	3:30-4:30pm	\$185	30761

**Location: Community Center, Kitchen** 

No class 10/20

# **NEW**! Global Eats

Come travel the world... of food! We'll stamp our passports and explore wonderful cuisines from around the globe! You will learn about the people, culture and traditions of five different countries through the art of cooking.

Instructor: Sara Baporia, 5 classes

Age	Day	Dates	Time	Fee	Course #
5-7	Sa	9/27-10/25	11a-12:15p	\$126	31393

**Location: Community Center, Forest Room** 

# NEW! Kid's Knitting & Crochet

At last! A knitting and crochet class designed just for kids. Students will learn to knit and crochet small projects and accessories from a local textile artist. Projects selected for this class will build skills while increasing dexterity, concentration and creativity. Beginners and all levels welcome. Your hands + Yarn = Infinite possibilities.

Instructor: Amy Keefer. 8 classes

Age	Day	Dates	Time	Fee	Course #
8-12	М	9/22-11/10	3:30-4:30pm	\$121	31621

Location: Community Center, Manzanita Room Instructor will contact student before start of class with supply list.

# **NEW!** Drawing with Thread

Young artists will love learning to draw and write in color with embroidery. A class for the ultimate beginner, this weekly meeting will incorporate a new embroidery stitch every week. Students will learn about texture, color and composition while increasing concentration, dexterity and creativity. All materials will be provided in class. Stitching is a cinch!

Instructor: Amy Keefer, 8 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 8-12
 M
 9/22-11/10
 4:40-5:40pm
 \$121
 31720

Location: Community Center, Manzanita Room

\$10 material fee paid to instructor at first class meeting.

# **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	10/4	9a-1p	\$84	31365
11-16	Sa	11/15	9a-1p	\$84	31366

**Location: Community Center, Terrace Lounge** 

# The Protocol Academy: Etiquette & Dining Essentials

In a fun, captivating, and interactive setting, your children will actively learn and practice prized life skills through The Protocol Academy. Lessons in etiquette, manners, protocol and dining are delivered through fun, collaborative activities that include a hands-on dining experience each week. Topics include: Meet and Greet Essentials, Conversation and Communication Cues; Connecting with People; Family Politeness; Situational Conduct; Party Protocol; and Wardrobe Thought. In addition, your children will gain applied dining skills such as: Proper Place Settings; Napkin & Utensil Protocol; Dining at Home and Away Etiquette; Table Manners and Behavior; Styles of Dining; and more. Get Your Etiquette On! Please inform instructor of any food allergies.

Instructor: Angie Allison, 5 classes

Age	Day	Dates	Time	Fee	Course #
7-11	Th	9/4-10/2	3:30-5pm	\$151	31573

Location: Community Center, Kids Watch

# NEW! Writer's Workshop

Writing is a tool to shape thinking. With an artist's eye for creativity and an educator's eye on the common core standards and college readiness, published writer and young author mentor, Thais Derich, helps young writers get more comfortable shaping their thoughts through writing. Prepare to get hooked on writing!

Instructor: Thais Derich, 9 classes

Age	Day	Dates	Time	Fee	Course #
7-11	Th	9/11-11/6	4-5pm	\$235	31540

**Location: Community Center, Tamalpais Room** 

# CEEN ZONE at the Mill Valley Community Center

# **FALL HOURS:**

Mon 2:25-6pm, Tu & Th 3-6pm, Wed 1:25-6pm, Fri 2:25-5pm, Sat & Sun CLOSED CLOSED: 9/1, 10/20, 11/11 FIRST DAY OF TEEN ZONE: 8/27

# **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.

# NEW! T.Z.A.R.

T.Z.A.R. stands for Teen Zone Athletic Running. TZAR is a running club comprised of students and staff members with diverse running backgrounds and fitness goals. Join this club to be a part of a supportive group whose aim is to make running fun! This club is free to join however fees may apply for tee shirts, gear, and a 5K race in the Spring / Summer.

# **Fun Fitness**

You are never too young to start a healthy lifestyle and fun and variety are the key ingredients to getting teens to care about fitness! Participate in fun fitness activities at Teen Zone such as traditional and untraditional sports, dodgeball, dance, hiking, swimming, yoga and much more!

# **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. For more information on how to get involved, contact the Teen Zone Staff at 383-1370.



**DAILY ACTIVITIES SPECIAL EVENTS** TIKI SNACK BAR **FUN FITNESS** COOKING **DODGEBALL CLUB ARTS N' CRAFTS FLICKS VIDEO GAMES BIRTHDAY BASHES AIR HOCKEY POOL TABLE** COMPUTER

# 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 \$35 & can be purchased at any time during the school year.

**TEEN ZONE** ADULTS (50+) YOUTH **ADULT GOLF TENNIS** 

# **Friday Flicks**

It's Friday Flick night at Teen Zone! Join us for dinner and a movie! Come watch a new release or old time favorite on the big screen in Teen Zone. While you're watching, eat a delicious dinner inspired by the movie.

Age	Day	Dates	Time	Fee	Course #
11-14	F	9/12	5:30-8pm	Free	31400

Location: Community Center, TeenZone

# **New Kidz On The Block Party**

Celebrate surviving the first month of Middle School with a party for 6th graders ONLY! Come dance, play video & arcade games, get an airbrush tattoo or two, meet the staff and have fun with new friends.

Age	Day	Dates	Time	Fee	Course #
11-14	F	9/26	5:30-7:30pm	\$5	31401

Location: Community Center, TeenZone

# **Monday Night Football**

Don't spend another night watching ESPN at home! You're invited to wear your favorite team's jersey and watch the San Francisco 49er's play the St. Louis Rams on the Big Screen at Teen Zone. Play some games for prizes and enjoy game day food and refreshments on us!

Age	Day	Dates	Time	Fee	Course #
10-14	М	10/13	5:30-9pm	Free	31397

Location: Community Center, TeenZone

You must be a member of the Teen Zone to participate.

# Fright Night @ the Scream Zone

Join us in your costume for a fright filled night at the Scream Zone. Carve a pumpkin, dine with us in the Grand Scream Room, watch a scary movie, and play some Halloween themed games for candy and prizes. This special event is not for the faint hearted!

Age	Day	Dates	Time	Fee	Course #
11-14	F	10/24	5:30-8:30pm	\$15	31399

**Location: Community Center, TeenZone** 

# Friday Flicks at the Theater

This is not the typical Friday Flicks at Teen Zone. We are off to the movies to see Mocking Jay Part 1 of the Hunger Games Series (This movie is rated PG-13). Dinner will be available for purchase in Teen Zone from 5-6pm. Spots are limited, so sign up early!

Age	Day	Dates	Time	Fee	Course #
11-14	F	11/21	6-9pm	\$15	31398

Location: Community Center, TeenZone

# Tween/Teen Personal Communication & Dining Essentials

In an enjoyable and highly participatory setting with their peers, The Protocol Academy's innovative program is a must for tweens and teens. The dynamic workshop covers topics specifically designed for this age group, such as: Proper Meet/Greet/Introductions; Conversational Strategies and Cues; Affect Communication; Active Listening; Cyber Civility & Etiquette; Mobile and Phone Politeness; Informal Dining Essentials; Napkin/Linen Protocol; Utensil Protocol; Table Manners and Polite Dining Conversation. It is rich in role-play, discussion, self and peer observation, and handson learning. Tweens and teens will gain an edge in the communication and dining practices needed to prepare for high school and their future. Please inform instructor of any food allergies. For more information go to:

info@dailyprotocol.com

Instructor: Angie Allison, 1 class

Age	Day	Dates	Time	Fee	Course #
12-17	Sa	10/25	10a-2:30p	\$131	31574

Location: Community Center, Terrace Lounge \$5 material fee paid to instructor.

# NEW! The Protocol Academy: Tween/Teen Job Interview Skills Workshop

Tweens and teens, are you applying for that "perfect" job? Are you aware of how to separate yourself from all the other candidates in the interview process? Many critical communication tools and skills are needed in today's competitive workplace. In this highly interactive, low-stress workshop with The Protocol Academy, you'll learn what it takes to land that ideal job. Through handson learning, role-play and targeted activities, you'll focus on interview preparation and research, resume and cover letter procedures, and appropriate follow-up. Critical communication (personal and technology-focused), wardrobe, hiring manager expectations, appropriate thank you's and new job expectations will also be taught. You are welcome to bring a copy of your resume. Get Your Job Skills On! Sign-up now to gain the edge that can make the difference. For more information go to: info@dailyprotocol.com

Instructor: Angie Allison, 1 class

Age	Day	Dates	Time	Fee	Course #
14-17	Sa	10/11	10a-1p	\$91	31575

**Location: Community Center, Terrace Lounge** 

<sup>\*</sup>Dinner is available for purchase. Please contact Teen Zone by 9/12 at 12 noon.

# **NEW!** Glee Chorus

If you love to sing and perform, this exciting vocal class is for you! Don't be shy and don't worry if you are not a trained singer. Our Glee Chours will have students singing, dancing in every class. Students will learn songs and cool choreography while developing basic singing, team work, stage presence and performance skills in a group setting. Glee Chours students will present a live performance for friends and family during the last class session.

Instructor: Pamela Connelly, 10 classes

Age	Day	Dates	Time	Fee	Course #
11-14	W	9/17-11/19	4-5:30pm	\$301	31539

**Location: Community Center, Mountain View Room** 

# NEW! Beginning Youth Guitar

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, critical listening and improvisation.

Instructor: TBA, 8 classes

Age	Day	Dates	Time	Fee	Course #
13-17	Tu	9/16-11/11	3:30-4:15pm	\$201	30855

**Location: Community Center, Forest Room** 

# **NEW!** Fashion Runway

Let's go behind the scenes of the fashion runway and learn design techniques and secrets that make fashion what it is today. We will explore elements of design, learn basic sewing vocabulary and do some simple hand and machine sewing to learn first hand how a project is designed and then constructed. Using a miniature dress form, students can work together or independently to create an outfit which will be displayed to the rest of the class and then photographed for each student's portfolio. Each class will have a distinct theme and focus. At the end of the session, you will take home a portfolio loaded with your own creations and ideas. It will include fabric swatches, a color wheel exploration project, cut- outs from magazines, sketches and photos of the projects that are draped on miniature/life size dress forms. This is a hands-on class where your personal choice, color and accents will all contribute to making your fashion creations.

Instructor: Sally Palmer, 7 classes

Age	Day	Dates	Time	Fee	Course #
11-14	Th	9/11-11/6	3:30-4:45pm	\$141	31417

**Location: Community Center, Forest Room** 

No Class: 10/2, 10/9

# NEW: College Prep Writing for Middle School and HS students

Write 500 words a week for eight weeks with the skilled guidance of published writer and young author mentor, Thais Derich (ThaisDerich.com)

- Receive a writing inspiration email every Tuesday
- You email back 500 words every Friday
- Receive an email response with professional feedback and encouragement with an artist's eye for creativity and a teacher's eye on the common core standards.

What are you working on?

- Practice for your college essay
- Practice the SAT essay structure
- Practice common core requirements for all grade levels
- Practice for the ACT writing test
- Work on a creative story

The eight-week session will begin by meeting in person to meet each other and make goals, then end with an inperson meeting to read our work.

Instructor: Thais Derich, 8 weeks

Age	Day	Dates	Time	Fee	Course #
11-18	Sa	9/20	10-11am	\$321	31416

**Location: Community Center, Tamalpais Room** 

# **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	10/4	9a-1p	\$84	31365
11-16	Sa	11/15	9a-1p	\$84	31366

**Location: Community Center, Terrace Lounge** 



# **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 F	ee	Course #
18+	F	9/12-10/17	10:30-11:30am \$8	31	31414
18+	F	10/24-12/5	10:30-11:30am \$8	31	31415

**Location: Community Center, Mountain View Room** 

\*Drop-in: \$15 No Class 11/28

# 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	10/14-11/25	9-10am	\$88	30809

Location: Community Center, Mountain View Room No Class 11/11





# **NEW!** Soccer Coaching

This is a comprehensive course featuring 50 drills and activities to dramatically expand coaching abilities. Course will include such topics as: Coaching values; How to plan and run a practice with maximum player interest and effort; scrimmage and game management; drills to increase technique; 'games & drills for skills & thrills', offense, defense and more! Class will be presented by talented and multi-experienced Dave Fromer Soccer Directors.

Instructor: Dave Fromer, 1 class

Age	Day	Dates	Time	Fee	Course #
13+	Su	9/7	4-6pm	\$31	31635

**Location: Community Center, Forest Room** 



# **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: Sept. 5 classes, Oct. 6 classes

Age	Day	Dates	Time	Fee	Course #
40+	Tu	9/9-10/14	9:30-10:30am	\$41	30882
40+	Tu	10/21-12/2	9:30-10:30am	\$49	30813

Location: Community Center, Cascade Room No class 9/23, 11/11

# jazzercise<sub>®</sub>

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.



# See Aquatics & Fitness page 56 for Red Cross Courses

Water Safety Instructor (WSI) Lifeguard Training, Lifeguard Instructor Training, and MORE...

# **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	9/25	6-9pm	\$84	31369

**Location: Community Center, Terrace Lounge** 

# awareness



You've heard about the Get Ready program and by popular demand, it is returning to the Community Center. Learn how to be prepared to shelter at home for 5-7 days after an earthquake, what to take with you if you have to evacuate from a wildland fire and how to make your family emergency plan. Get Ready is a 1 1/2 hour FREE class. Bring your family and neighbors and get prepared together! Registration requested, drop-ins welcome.

To register contact Maggie Lang at 388-1327 or mgg\_lang@yahoo.com

# **Dates & Times:**

Saturday, 9/20, 10am-11:30am Tuesday, 11/18, 7-8:30pm

Location: Mill Valley Community Center

# Tai Chi

This series of 10 one-hour classes will focus on learning the movements of Yang style short form of Tai Chi and deepening personal relaxation. The practice of Tai Chi leads to relaxation, better balance, clear thinking, and strength. For more information of the teaching style Tai Chi go to: www.taichifoundation.org . This class is open to new students as well as those who have previously studied the form. Wear loose fitting clothing. Bring either socks or cotton soled shoes to wear during class.

Instructor: Julie Reinganum, 10 classes

Age	Day	Dates	Time	Fee	Course #
18+	M	9/15-11/17	6:30-7:30pm	\$191	31636

**Location: Community Center, Mountain View Room** 

# 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, 9 classes

Age	Day	Dates	Time	Fee*	Course #
16+	W	9/10-11/5	9-10am	\$136	31628

Location: Community Center, Mountain View Room \*Drop-in: \$21

# **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	9/8-10/13	7-8pm	\$37	31633
13+	M	10/20-11/24	7-8pm	\$37	31634

**Location: Community Center, Tamalpais Room** 

\*Drop-in: \$8

# NEW! Autumn Tea Time! Frost on the Pumpkin

The season is changing, the winds are blowing, the trees are full of vibrant colored leaves it's that time to sit back and have some tea with friends to share this time of year. Come and enjoy the afternoon with tea sandwiches, pumpkin bread pudding, delicious season treats and tea. A raffle will be held to all who attend for a chance to bring home an, Autumn Leaf Candle.

Instructor: Cara Williams, 1 class

Age	Day	Dates	Time	Fee	Course #
18+	Th	10/9	2:30-4:30pm	\$20	30887

**Location: Community Center, Terrace Lounge** 

# NEW! How to Use Your iPad/iPhone

Congratulations, you finally got your very own iPhone or iPad! There is only one problem, you have no idea how to use it! In this personalized, two week course, you'll be guided through how to make calls, send emails, send texts, download music and add applications. A course for those 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! (For Apple devices only)

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	Th	9/16 & 9/23	10a-12p	\$66	30884

**Location: Community Center, Tamalpais Room** 

# **NEW!** iPad/iPhone Applications

iPad and iPhone users, come discover the incredible world of applications! In this two week course, we will review some of the basics of how to use your device and then we will focus on some of the most helpful, fun and interesting applications that you can download. If you understand the basics of your device but are ready to see what else it can do, this is the course for you! Come discover how to use bar code scanners, Pandora radio, stock trackers, games, photo editing, and much more! A perfect sequel to the How to Use Your iPad/iPhone class. Don't forget to bring your device, Apple ID, and Apple password to class. 2 weeks

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	Tu	10/16 & 10	)/23 10a-12p	\$66	30885

**Location: Community Center, Terrace Lounge** 

# NEW! Be Your Own Travel Agent: Online Travel Tips & Deals

Looking to save on flights and hotels? Want to know the best places to eat when you are on vacation? If you like to travel and want to make the most of your time and budget, then this is the workshop for you. Bring your smart phone, tablet or laptop to class and we will show you the insiders tips to fun and frugal travel. Through travel apps and internet site tips, we will help you plan your dream vacation so you can have a stress free trip when you get there.

Instructor: Technology 4 Life, 1 classes

Age	Day	Dates	Time	Fee	Course #
18+	Th	11/6	10a-12p	\$26	30886

**Location: Community Center, Terrace Lounge** 

# **NEW!** Songs Children Love

Dust off that guitar that is sitting in the corner and bring the joy of music to the children in your life. This class will teach you three easy basic chords that you can use to play many wonderful children's songs. This class is perfect for parents, caregivers, teachers and camp counselors. Song sheets will be provided. Dave has performed, recorded, and taught music (singing & guitar) to adults and children for over fifty years.

Instructor: Dave Fromer, 1 class

Age	Day	Dates	Time	Fee	Course #
13+	Tu	10/7	6:30-8:30pm	\$26	31748

Location: Community Center, Terrace Lounge Bring your guitar.

# **Beginning Ukulele**

With a Ukulele you can accompany yourself, make music with an ensemble or do a sizzling solo which will amaze you and your friends. And best of all – take out your ukulele and people smile.

Instructor: Tucker Spolter, 9 classes

Age	Day Dates		Time	Fee	Course #
18+	W	9/17-11/19	10-10·50am	<b>\$</b> 91	31552

**Location: Community Center, Lobby** 

Students are asked to bring a ukulele, ukulele tuner, binder, graph paper notebook, a pen & pencil, and a desire to laugh, sing, hum, and make music.

### Intermediate Ukulele

If you can do a basic strum, pluck a few notes and get through the following chord patterns: C Am F G7 -- F Dm Bb C7 - G Em C D7 the Intermediate Class is for you. If you can't do the above you'll have more fun in the beginner class.

Instructor: Tucker Spolter, 8 classes

Age	Day	Dates	Time	Fee	Course #
18+	W	9/24-11/19	11am-12pm	\$81	31553

**Location: Community Center, Lobby** 

Students are asked to bring a ukulele, ukulele tuner, binder, graph paper notebook, a pen & pencil, and a desire to laugh, sing, hum, and make music.

35

# **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.

Instructor: TBA, 10 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 18+
 M
 9/8-11/24
 6:30-7:30pm
 \$251
 31550

**Location: Community Center, Forest Room** 

Students should provide their own favorite guitar.

No class 9/29, 11/10

# **Ukulele - Beginning**

Absolute beginners are welcome! Learn some simple chords and strums that you can use to play your favorite songs. All you need to bring is your ukulele, music is provided. For adults and teens. The ukulele is easy and fun to play.

Instructor: Joe Miller, 6 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 13+
 W
 9/17-10/22
 8:05-9:05pm
 \$126
 31643

Location: Eric Schoenberg Guitars 106 Main Street, Tiburon

# **Ukulele - Continuing**

For those who know about ten chords and can keep a steady beat. Continue improving your musical skills while playing songs like Over the Rainbow and California Dreamin'. The class will include an introduction to fingerpicking the uke.

Instructor: Joe Miller, 6 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 13+
 W
 10/29-12/3
 8:05-9:05pm
 \$126
 31644

Location: Eric Schoenberg Guitars 106 Main Street, Tiburon

# Folk/Pop Guitar Beginning

Learn to play the guitar! Absolute beginners are welcome. You will learn the fundamentals of playing folk, rock, and blues. The class covers all the basics and is also suitable for intermediate players who want to improve their skills: rhythm, reading music, and a few scales. Fee includes a method book.

Instructor: Joe Miller, 6 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 13+
 Th
 9/18-9/23
 8:05-9:05pm
 \$126
 31639

**Location: Roots Music Marin** 

1455C East Francisco Blvd, San Rafael

 Age
 Day
 Dates
 Time
 Fee
 Course #

 13+
 M
 11/10-12/15
 8:05-9:05pm
 \$126
 31638

Location: Eric Schoenberg Guitars 106 Main Street, Tiburon

# Folk/Pop Guitar Continuing

Continue playing songs like Surfin' USA and Heart of Gold, and get an introduction to fingerstyle guitar. Some experience reading music is required.

Instructor: Joe Miller, 6 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 13+
 Th
 10/30-12/4
 8:05-9:05pm
 \$126
 31640

**Location: Roots Music Marin** 

1455C East Francisco Blvd, San Rafael

No class 11/27

# Folk/Pop Guitar Intermediate

Continue to improve your skills in playing with other musicians. The class covers everything from fingerstyle blues to rhythm guitar and playing melodies with a pick.

Instructor: Joe Miller, 6 classes

Age	Day	Dates	Time	Fee	Course #
13+	W	9/17-10/22	7-8pm	\$126	31641
13+	W	10/29-12/3	7-8pm	\$126	31642

**Location: Roots Music Marin** 

1455C East Francisco Blvd, San Rafael

No class 11/26

# NEW! Music Theory for Guitarists & Other String Players Level 1

Guitarists at all levels are welcome, as are ukulele and mandolin players. Learn about major and minor scales, key signatures, transposing, the Circle of Fifths, and what chords go with what scales. If you are stuck in a rut, learning theory will help get you to a new level of ability. This is primarily a pencil and paper class, not a playing class. Those who want to learn to read music should consider taking the Beginning Folk/Pop Guitar Class. For more info please contact Joe Miller: JoeMiller1@gmail.com, or call (415) 480-9618.

Instructor: Joe Miller, 6 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 13+
 Th
 9/18-10/23
 7-8pm
 \$126
 31645

**Location: Roots Music Marin** 

1455C East Francisco Blvd, San Rafael

# **NEW!** Music Theory for Guitarists Level 2

More about which scales go with which chords. Prerequisite: Music Theory Level 1 or equivalent. This class will help you understand which notes to play and which notes to avoid, and how to communicate with other musicians.

Instructor: Joe Miller, 6 classes

 Age
 Day
 Dates
 Time
 Fee
 Course #

 13+
 Th
 10/30-12/11
 7-8pm
 \$126
 31646

**Location: Roots Music Marin** 

1455C East Francisco Blvd, San Rafael

No class 11/27

# MILL VALLEY GOLF COURSE

Reservations / Pro Shop / Lessons (415)388-9982

280 Buena Vista Ave, Mill Valley Website: www.mvgolfcourse.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.mvgolfcourse.org. Fees and rates subject to change

# **Golf Lessons**

Gil Bennett (415)388-9982

# **Tournament Information**

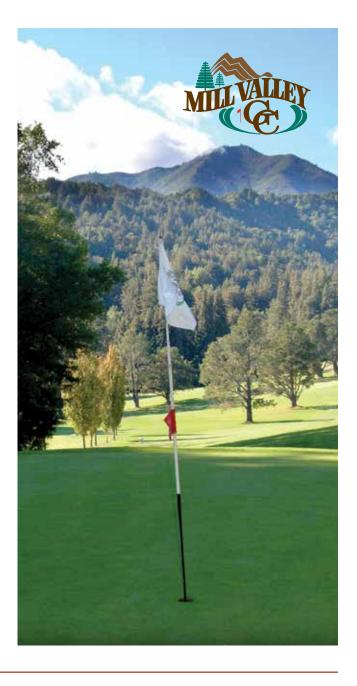
Gil Bennett (415)388-9982

### **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

CYO Basketball 507-4237

Mill Valley Soccer Club 381-KICK

Southern Marin Youth Football www.southernmarinfootball.com

Southern Marin Lacrosse www.smlax.com

Mill Valley Little League www.millvalleyll.org

# 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 cosponsor 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, 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).

Gil Bennett, as a PGA Professional, also provides private lessons to junior and adult players, again with a discount for interested junior golfers. Gil'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.

# 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!

# **KIDZWATCH**

# A Drop-In Quality Child Care Program

KidzWatch is a drop-in child-sitting service for the convenience of parents. We provide your child with a safe, positive, fun-filled experience. Children play in a toy-filled room or fenced in outdoor play area under the watchful eye of caring, trained staff. Children are accepted on a "first come, first-served" basis for a maximum of 2 hours.

We are not a licensed child-care facility. For children 3 months to 8 years of age, there is no diaper changing service.

### **HOURS:**

M – F 8:30a – 1:00p Sat 8:15a – 12:00p No Sunday Hours

# **Daily Drop-in**

Designed for parents who stay on-site either taking a swim, attending a class or enjoying another Community Center activity.

\$6 1st hour per child + \$2.25 every 15 minutes thereafter.

# LATE PICK UP:

If you pick up your child after our posted KidzWatch closing time, the fee is \$7 per child for every 15 minutes that you are late. If you are only late by 1-14 minutes, you will be charged \$7.

# **Daily Drop & Go**

Designed for parents running errands in Mill Valley or attending to adult-only appointments. Get coffee with friends, hit the public path for a work out or enjoy shopping in the Depot while we watch your child.

### FEES:

\$11 1st hour per child + \$2.25 every 15 minutes thereafter

### LATE PICK UP:

If you pick up your child after our posted KidzWatch closing time, the fee is \$10 per child for every 15 minutes that you are late. If you are only late by 1-14 minutes, you will be charged \$10.







# **KidzWatch Guidelines**

- Absolutely no sick children will be accepted into the KidzWatch Room (e.g., runny nose, cough, congestion, fever, vomiting, diarrhea, etc.). We strive to keep our room a healthy and happy place.
- Please make sure all of your child's belongings are labeled.
- Please make sure your child is fed and changed before checking them into the KidzWatch Room. You may bring snacks if needed. Nut-free zone.
- There is no diaper changing service.
- Children are supervised at all times. For the enjoyment
  of the children, the KidzWatch Room has an assortment
  of books, games, toys, and supervised activities/
  projects. Educational TV/learning videos are also used
  on occasion (especially during rainy days) to entertain
  the children. The Mill Valley Parks and Recreation
  Department cannot be responsible for anything broken,
  lost or stolen.

KidzWatch staff are fingerprinted, go through a Department of Justice Background check, and are CPR trained.

If you have items which you would like to donate to the KidzWatch Room, please contact the Aquatic/Fitness Center Supervisor. Any suggestions or comments are appreciated.

# **AMERICAN RED CROSS COURSES**

Cancellation & Refund Policy for all ARC Classes: Patron requested refunds/credits must be requested no later than 7 days prior to the program's start date. No refunds/credits will be given if requested after the 7-day deadline. No refunds/credits if student does not pass the course. No Exceptions.

# **Lifeguard Training Course**

This course teaches participants how to prevent, prepare for and respond to emergencies in, on and around the water. Students who complete this course successfully will be certified in American Red Cross Lifeguard Training/First Aid and CPR/AED for Lifeguards (valid 2 years). NO job guarantee comes with certification. Participants must be 15 years of age by last class meeting. Pre-requisite Swimming Test: Swim 300 yards using a combination of breaststroke and front crawl (freestyle), submerge 7 to 12 feet for a 10lb diving brick and swim with diving brick for 20 yards.

Age	Day	Dates	Time	Fee	Course #
15+	Sa-Tu	11/22-11/25	9a-4:30p	\$198	31312
15+	Sa	11/22-12/13	9:30a-3p	\$198	31313

**Location: Community Center** 

# **Lifeguard Review Training Course**

This is a review and re-certification course for Individuals with a current Lifeguarding/First Aid/CPR/AED certificate that is about to expire. The purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting. You must successfully take both the written and practical tests to receive certification. Must bring whistle and resuscitation mask to class or purchase on site for additional fee. Course fee includes ARC \$35 cert fee. Cancellation Policy: Patron requested refunds/credits must be requested no later than 7 days prior to the programs start date. No refunds/credits will be given if requested after the 7-day deadline.

Age	Day	Dates	Time	Fee	Course #
15+	M-Tu	11/24-11/25	9a-4:30p	\$126	31315
15+	Sa	12/6-12/13	9:30a-3:30p	\$126	31316

**Location: Community Center** 

For more information on training, contact the Aquatics Department at 415-383-1370 or email scortes@cityofmillvalley.org

# **Big Splash Pool Party**



# **AQUATASTIC!**

These wonderful parties are a great way to enjoy the pool with your own private room during your special occasion. Great for birthdays, family reunions, or just to have a private space for your group during public open swim. Parties are for children 6 years of age and older. Private pool rentals also available. Prices starting at \$225. All pool rules are in effect during the party.

**Go to www.millvalleycenter.org for details** For pricing, availability and booking please call 383-1370, ext. 4719

PRIVATE PARTY ROOM!

# **MILL VALLEY SWIM SCHOOL**

# **Swim Lesson Registration Info**

Mail/Fax/Online: Monday, August 25th Walk-in: Tuesday, September 2nd

### **WEEKDAY LESSONS**

Monday Privates - No class 11/10 & 11/24

Session 1: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13 (6 Lessons) Session 2: 10/20, 10/27, 11/3, 11/17, 12/1, 12/8 (6 Lessons)

Tuesday Privates - No class 11/11 & 11/25

Session 1: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14 (6 Lessons) Session 2: 10/21, 10/28, 11/4, 11/18, 12/2 12/9 (6 Lessons)

### Wednesday Privates - No class 11/26

Session 1: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15 (6 Lessons)

Session 2: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3 12/10 (7 Lessons)

# Thursday Privates - No class 11/27

Session 1: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16 (6 Lessons)

Session 2: 10/23, 10/30, 11/6, 11/13, 11/20, 12/4 12/11 (7 Lessons)

# Monday/Wednesday Groups - No class 11/10, 11/24, 11/26

Session 1: 9/8, 9/10, 9/15, 9/17, 9/22, 9/24, 9/29, 10/1, 10/6 10/8, 10/13, 10/15 (12 Lessons)

Session 2: 10/20, 10/22, 10/27, 10/29, 11/3, 11/5, 11/12, 11/17, 11/19, 12/1, 12/3, 12/8, 12/10 (13 Lessons)

### Tuesday/Thursday Groups - No class 11/11, 11/25, 11/27

Session 1: 9/9, 9/11, 9/16, 9/18, 9/23, 9/25, 9/30, 10/2, 10/7, 10/9, 10/14, 10/16 (12 Lessons)

Session 2: 10/21, 10/23, 10/28, 10/30, 11/4, 11/6, 11/13, 11/18, 11/20, 12/2, 12/4, 12/9, 12/11 (13 Lessons)

### WEEKDAY BRIDGE PRIVATE LESSONS

Weeks of 12/15 - 1/2 See Page 67 for Details & Dates

# **WEEKEND LESSONS**

Saturday Groups & Privates - No class 11/8 & 11/29

Session 1: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18 (7 Lessons) Session 2: 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (6 Lessons)

### Sunday Groups & Privates - No class 11/9 & 11/30

Session 1: 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (7 Lessons) Session 2: 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (6 Lessons)

# **Swim Lesson Policies, Procedures & Refunds**

- If the session has not yet started, Refunds/Credits/Transfers may be requested a minimum of 2 working days prior to the start of a session. No refunds, credits or transfers will be provided less than 2 working days in advance.
- All refund requests will be charged an administrative fee
  of \$20, even if made within our refund policy timeframe. If
  you want to leave a credit on your account, no fee will be
  accessed.
- We are sorry but, we cannot provide refunds, credits or makeup classes for missed classes. Even if you miss a day (or more) you must pay for the entire session of lessons.
- Private Swim Lessons are 30 minutes in length. There is a semi-private lesson option. Registration for semi-private lessons will only be accepted if two students are registered together and are of similar skill ability. Lessons must be paid for in full before start of lesson.
- Specific instructors or genders of instructors are not guaranteed in group or regular private lessons. Please request customized private lessons for a specific instructor.
- To maintain consistency and quality of our swim lesson program, new students will NOT be allowed to register for swim lessons after the end of the 3rd class. Only a senior staff member may transfer your child during the session if he/she believes the other class may be a better fit for your child.
- If your child is having a challenging time in swim lessons or you have developed a scheduling conflict, you have until the end of the 2nd day of lessons to notify us in writing to withdraw from the course to receive a prorated credit or refund. After the 2nd day of class, you will be charged the full amount of the course. No Exceptions.
- If the drop deadline has passed, we are NOT able to offer you make up lessons, a credit or refund for the rest of your lessons. Even if your child is sick, we are unable to withdraw your child and provide you a refund. If a serious illness, injury or circumstance occurs you may request an exception.
   Documentation will need to be provided and this is not guaranteed. Approval subject to each circumstance.
- If your session or a single class is cancelled by the Department due to unforeseen circumstances, an automatic credit will be placed on your account. It is your responsibility to request a refund
- If our regular schedule of group or private lessons does not fit your schedule or needs, you may request Custom Private Lessons for an additional fee. Please see page 67 for more information on Custom Private Lessons.

# PARENT INFANT/TOT

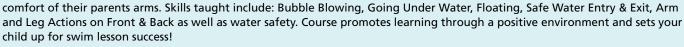
The Mill Valley Swim School is happy to announce its extensive Water Adjustment Classes for Ages 6 months – 36 months.

### PARENT/INFANT 6 - 18 Months

Children and their parents are introduced to the aquatic environment and encouraged to enjoy the water while singing songs, playing games and learning water safety. The course introduces babies to a positive water environment in a class setting. Great class for becoming oriented to swim lessons! Parent Participation is Required.

# PARENT/TOT 18 - 36 Months

Very young children are introduced to basic swimming skills while still in the security and



Parent Participation is Required.



# Swim Club - taught in a coaching style, emphasizing stroke practice and skill refinement

	Skills Practiced During Class	Exit Skills to Advance	Length	Ratio	Age
MiniMasters	Swimming for Fitness & Fun - Technical Stroke Refinement - Flip & Open Turns - Competitive Swimming Skills Introduced - Continuous Swimming - Workouts Ranging from 300 to 1500 yards	Focused Work on Technique - Continuous Swimming Enforced - Designed to be Repeated until Swimmer Reaches Age 7	35	6:1	4-6
Beginner	Intro to Stroke Refinement for Freestyle & Backstroke - Endurance Work on Breaststroke & Butterfly - Learns Basics of Pace Clock - Becomes Familiar w/ long distance swimming	Refined Strokes of Freestyle, Backstroke, Breaststroke, & Butterfly - Able to perform Open Turn & Mini Flip Turn - Must be able to swim 500 yards	45*	6:1	7-10
Intermediate	(Class runs concurrently w/ Advanced) Endurance Focus & Cont. Refinement on all 4 strokes - Speed Swimming Introduced - Not a main instruction class. Designed for skill practice	Child is able to Swim a minimum of 1000 yards during class - Has a refined knowledge of all 4 competitive strokes - Able to work on technical aspects of swimming	55*	8:1	8-15
Advanced	(Class Runs Concurrently w/Intermediate w/ an Additional 15 min). Continued refining of strokes and major emphasis on swim team drills & long distance swimming - Designed for Exercise - Learns Race Pacing & Competitive Aspects of Swimming	Great for Exercise & Fitness - Designed as a Swim Team Course with attention towards Endurance; Child swims min of 2000 yards during class; Continued practice on specific refinement on minutia	65*	8:1	10-15

\*Sat/Sun Swim Club is 45 minutes. See Weekend Group Lessons for more information.

swimming is fun!

# **SWIM SCHOOL CLASS DESCRIPTIONS**

# **Early Swimmer Program for Ages 3-5**

Level Name	Main Focus	Skills Practiced During Class	Exit Skills Necessary to Advance Levels	Length	Ratio	Age
Guppy	Water Adjustment	How to enter & exit water safely - blowing bubbles - Face Submersion - Floating - Games & Water Play	3 Independent Bobs - Water Comfort w/o parent - Back & Front Float supported - Child Swims w/Multiple Instructors	35	3:1	3-5
Turtles	Swimming Readiness	Breath Control - Face Submersion - Swimming Unsupported - Kicking with Flotation Devices - Supported Big Alternating Arms & Legs - Floating	10 Independent Bobs - Back & Front Float Unsupported - "Tootsie Roll" - Front & Back Glide 5 yards - Child Jump in & Swim to Wall	35	3:1	3-5
Sea Otter	Stroke Development	Swim w/o Support - Discuss Stroke Technique/Streamline on Front & Back - Taking Breaths while Swimming - Intro to deep H20 & Treading - Backstroke Arms & Legs	All Performed for 8 Body Lengths / 1/4 lap: 15 Independent Bobs - Front & Back Glide w/flotation Device - Retrieve Objects from Bottom of Cove - Proper Demonstration of Elementary Backstroke - Back Crawl - Front Crawl w/2 Survival Breaths	35	4:1	3-5
Dolphin	Stroke Refinement	Breaststroke Timing w/Arms & Legs - Technique/Smooth Swimming Work - Side Breathing & Breath Control - Body Positioning in Water - Practice Swimming Across Pool	All Performed for 12 Body Lengths / ½ lap: Unrefined Breaststroke - Elementary Backstroke - Front & Back Glide w/o Kicks - Backstroke - Front Crawl w/side breathing 25 yards - Kicking w/kickboard on Front & Back for 25 yards	35	5:1	3-5
Piranha	Endurance Development	Deep Water Class - Specific Refinement of Strokes - Heavy Emphasis on Endurance & Repeated Practice - Intro to Speed Swimming - Student Swims Multiple Laps During Lesson	All Performed for 25 Yards: 15 Deep Water Bobs - Front Crawl w/Side Breathing - Elementary Backstroke - Back Crawl - Breaststroke - Front & Back Kicking with Kickboard - Retrieve Objects off bottom of Deep End	35	5:1	3-5
MiniMasters	Refinement w/ Endurance	Swimming for Fitness & Fun - Technical Stroke Refinement - Flip & Open Turns - Competitive Swimming Skills Introduced - Continuous Swimming - Workouts Ranging from 300 - 1500 yds	Taught in Coaching Style - Focused work on Technique & Competivie Swimming - Continuous Swimming Enforced - Designed to be Repeated until Swimmer Reaches Age 6 & should Enroll in Swim Club or Level 5	35	6:1	4-6

# **Level Swim Program for Ages 6-15 years**

	Skills Practiced During Class	Exit Skills Necessary to Advance Levels	Length	Ratio	Age
Level 1	Aides students to feel comfortable in H20 - Basic Swim Skills - Head/Face submersion - Floating	"Tootsie Roll" - Unsupported Floating - 3 Independent Bobs - For 2 Body Lengths Arm & Leg Actions - Unsupported Glide	35	4:1	6-15
Level 2	Unsupported Floats - Wall Push Offs - Treading - Back Crawl - Kickboard Kicking on Front & Back	All Performed for 5 Lengths: Unrefined Front Crawl - Unrefined Back Crawl - Kickboard for 15 Body Lengths on Front & Back	35	5:1	6-15
Level 3	Repeated Endurance Swim Up to 15 yards - Side Breathing - Streamline & Smoothness Emphasized - Elementary Backstroke - Breaststroke Legs	All Performed for 15 Body Lengths (20 yards): Front Crawl with Side Breathing - Elementary Backstroke - Backstroke - Streamline Kicking Front & Back w/ Kickboard - Able to Swim Under Water & Retrieve Objects	35	6:1	6-15
Level 4	Works on Swimming Across Entire Pool - Swimming Underwater - Breaststroke Arms & Legs w/Timing - Intro to Butterfly - Works on Endurance	Swim Front Crawl with Side Breathing for 25 yards - For 20 Body Lengths: Breaststroke, Backstroke, Elementary Backstroke, Kicking Front & Back W/O Kickboard	35	8:1	6-15
Level 5/6	Stroke Refinement of Front Crawl, Back Crawl, Breaststroke, Butterfly - Endurance Build Up - Lap Swim Workouts - Discussion of Technique	Course Designed to be Repeated Multiple Times to Get Exercise & Perfection of Skills - Student Can Also Enroll in Swim Club	35	8:1	6-15

# **FALL WEEKDAY GROUP LESSONS**

# **Monday and Wednesday**

Session 1: 9/8, 9/10, 9/15, 9/17, 9/22, 9/24, 9/29, 10/1, 10/6, 10/8, 10/13, 10/15 (12 Lessons)
Session 2: 10/20, 10/22, 10/27, 10/29, 11/3, 11/5, 11/17, 11/19, 12/1, 12/3, 12/8, 12/10 (12 Lessons)

\* No Class 11/10, 11/24 & 11/26

Level	Time	Ages	Cost	Session 1	Session 2
Guppy	3:30 - 4:05pm	3 - 5 yrs	\$217	31054	31055
	4:10 - 4:45pm	3 - 5 yrs	\$217	31056	31057
Turtle	3:30 - 4:05pm	3 - 5 yrs	\$217	31068	31070
	4:10 - 4:45pm	3 - 5 yrs	\$217	31069	31071
Sea Otter	4:50 - 5:25pm	3 - 5 yrs	\$217	31081	31083
	5:30 - 6:05pm	3 - 5 yrs	\$217	31082	31084
Dolphin/Piranha Combo	5:30 - 6:05pm	3 - 5 yrs	\$217	31092	31093
Level 1	3:30 - 4:05pm	6 - 12 yrs	\$217	31097	31098
Level 2	4:10 - 4:45pm	6 - 12 yrs	\$217	31102	31103
Level 3	4:50 - 5:25pm	6 - 12 yrs	\$217	31107	31108
Level 4	4:50 - 5:25pm	6 - 12 yrs	\$217	31114	31115
Level 5/6	5:30 - 6:05pm	6 - 12 yrs	\$217	31119	31120
Swim Club for Ages 4 - 15	years				
MiniMasters	3:30 - 4:05pm	4 - 6 yrs.	\$217	31122	31123
Beginning Swim Club	3:30 - 4:15pm	7 - 15 yrs.	\$241	31124	31131
Intermediate Swim Club	4:20 - 5:05pm	8 - 15 yrs.	\$265	31125	31126
				31238	31239
Advanced Swim Club	4:20 - 5:20pm	10 -15 yrs.	\$313	31127	31128
				31242	31244

# **Splashball**

This program is designed to introduce the sport of water polo to children 7-12 years old. The intent is to provide basic skills and understanding of the sport in a recreational format. Although water polo is known for its

toughness and endurance, Splashball™ harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate. All skill levels welcome!

A great way to get fit and HAVE FUN!

Age	Day	Dates	Time	Fee	Course #
7-11	W	9/10-10/15	4:05-5:05pm	\$91	31293
7-11	W	10/22-12/10	4:05-5:05pm	\$106	31294

**Location: Community Center, Cove** 



# **FALL WEEKDAY GROUP LESSONS**



# **Tuesday and Thursday**

**Session 1**: 9/9, 9/11, 9/16, 9/18, 9/23, 9/25, 9/30, 10/2, 10/7, 10/9, 10/14, 10/16 (12 Lessons)

Session 2: 110/21, 10/23, 10/28, 10/30, 11/4, 11/6, 11/13, 11/18, 11/20, 12/2, 12/4, 12/9, 12/11 (13 Lessons)

\* No Class 11/11, 11/25 & 11/27

Level	Time	Ages	Cost	Session 1	Cost	Session 2
Guppy	3:30 - 4:05pm	3 - 5 yrs	\$217	31058	\$235	31060
	4:10 - 4:45pm	3 - 5 yrs	\$217	31059	\$235	31061
Turtle	3:30 - 4:05pm	3 - 5 yrs	\$217	31072	\$235	31073
	4:10 - 4:45pm	3 - 5 yrs	\$217	31074	\$235	31075
Sea Otter	4:50 - 5:25pm	3 - 5 yrs	\$217	31085	\$235	31086
	5:30 - 6:05pm	3 - 5 yrs	\$217	31087	\$235	31088
Dolphin	4:50 - 5:25pm	3 - 5 yrs	\$217	31094	\$235	31095
Piranha	5:30 - 6:05pm	3 - 5 yrs	\$217	31132	\$235	31133
	440 445	5 43	4047	24000	4225	24400
Level 1	4:10 - 4:45pm	6 - 12 yrs	\$217	31099	\$235	31100
	5:30 - 6:05pm	6 - 12 yrs	\$217	31101	\$235	31136
Level 2	4:10 - 4:45pm	6 - 12 yrs	\$217	31104	\$235	31105
	4:50 - 5:25pm	6 - 12 yrs	\$217	31106	\$235	31137
Level 3	4:10 - 4:45pm	6 - 12 yrs	\$217	31109	\$235	31110
	4:50 - 5:25pm	6 - 12 yrs	\$217	31111	\$235	31138
Level 4	4:50 - 5:25pm	6 - 12 yrs	\$217	31116	\$235	31139
	5:30 - 6:05pm	6 - 12 yrs	\$217	31117	\$235	31118
Level 5/6	5:30 - 6:05pm	6 - 12 yrs	\$217	31121	\$235	31140
Swim Club for Ages 4	1E voors					
_		4 6	¢247	24444	¢225	24442
MiniMasters	3:30 - 4:05pm	4 - 6 yrs.	\$217	31141	\$235	31142
Beg. Swim Club	3:30 - 4:15pm	7 - 15 yrs.	\$241	31143	\$261	31144
Int. Swim Club	4:20 - 5:05pm	8 - 15 yrs.	\$265	31129	\$287	31145
	5:25 - 6:10pm	8 - 15 yrs.	\$265	31146	\$287	31147
Adv. Swim Club	4:20 - 5:20pm	10 -15 yrs.	\$313	31130	\$339	31148
	5:25 - 6:25pm	10 -15 yrs.	\$313	31150	\$339	31151

# **FALL SATURDAY GROUP LESSONS**

# **Saturday Groups**

**Session 1**: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18 (7 Lessons) **Session 2**: 10/25, 11/1, 11/15, 11/22, 12/6, 12/13 (6 Lessons)

<sup>\*</sup> No Class 11/8 & 11/29

Level	Time	Ages	Cost	Session 1	Cost	Session 2
Parent Infant	9:10 - 9:45am	6-18 months	\$127	31190	\$109	31725
Parent Tot	9:00 - 9:35am 1	18-36 months	\$127	31192	\$109	31195
	10:30 - 11:05am 1	18-36 months	\$127	31193	\$109	31194
Guppy	9:10 - 9:45am	3 - 5 yrs	\$127	31062	\$109	31063
	9:50 - 10:25am	3 - 5 yrs	\$127	31064	\$109	31065
	10:30 - 11:05am	3 - 5 yrs	\$127	31066	\$109	31067
	11:10 - 11:45am	3 - 5 yrs	\$127	31196	\$109	31197
	11:50 - 12:25pm	3 - 5 yrs	\$127	31198	\$109	31199
Turtle	9:10 - 9:45am	3 - 5 yrs	\$127	31076	\$109	31200
	9:50 - 10:25am	3 - 5 yrs	\$127	31077	\$109	31201
	10:30 - 11:05am	3 - 5 yrs	\$127	31078	\$109	31202
	11:10 - 11:45am	3 - 5 yrs	\$127	31079	\$109	31203
	11:50 - 12:25pm	3 - 5 yrs	\$127	31080	\$109	31204
Sea Otter	9:10 - 9:45am	3 - 5 yrs	\$127	31089	\$109	31205
	9:50 - 10:25am	3 - 5 yrs	\$127	31090	\$109	31206
	11:10 - 11:45am	3 - 5 yrs	\$127	31091	\$109	31207
	11:50 - 12:25pm	3 - 5 yrs	\$127	31208	\$109	31209
Dolphin	10:30 - 11:05am	3 - 5 yrs	\$127	31096	\$109	31210
Piranha	11:10 - 11:45am	3 - 5 yrs	\$127	31134	\$109	31211
Laval 1	0.10 0.45 a.m.	C 12	¢127	21212	¢100	21215
Level 1	9:10 - 9:45am	6 - 12 yrs	\$127 \$127	31212	\$109 \$100	31215
	9:50 - 10:25am	6 - 12 yrs	\$127 \$127	31213	\$109	31216
Level 2	10:30 - 11:05am	6 - 12 yrs	\$127	31214	\$109 \$100	31217
Levei 2	9:10 - 9:45am 9:50 - 10:25am	6 - 12 yrs	\$127 \$127	31218 31219	\$109 \$109	31221 31222
		6 - 12 yrs				
Lovel 2	11:50 - 12:25pm	6 - 12 yrs	\$127	31220	\$109 \$100	31223 31113
Level 3	9:50 - 10:25am 10:30 - 11:05am	6 - 12 yrs	\$127	31112	\$109 \$100	31113
Level 4	10:30 - 11:05am	6 - 12 yrs	\$127 \$127	31224 31226	\$109 \$109	31229
Level 4	11:10 - 11:45am	6 - 12 yrs	\$127	31220	\$109 \$109	31229
		6 - 12 yrs				
Level 5/6	11:50 - 12:25pm 11:10 - 11:45am	6 - 12 yrs 6 - 12 yrs	\$127 \$127	31228 31232	\$109 \$109	31231 31233
Level 3/0	11.10 - 11.43aiii	0 - 12 yis	\$127	31232	\$10 <i>9</i>	31233
Swim Club Program						
Intermediate	9:00 - 9:45am	8 - 15yrs.	\$141	31234	\$121	31236
	11:10 - 11:55am	8 - 15yrs.	\$141	31235	\$121	31237
Advanced	9:00 - 9:45am	10 -15yrs.	\$141	31245	\$121	31247
	11:10 - 11:55am	10 -15yrs.	\$141	31246	\$121	31248

# **FALL SUNDAY GROUP LESSONS**

# **Sunday Groups**

**Session 1**: 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (7 Lessons) **Session 2**: 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (6 Lessons)

<sup>\*</sup> No Class 11/9 & 11/30

Level	Time	Ages	Cost	Session 1	Cost	Session 2
Parent Infant	9:35 - 10:10am	6-18 mo.	\$127	31191	\$109	31298
Parent Tot	9:00 - 9:35am	18-36 mo.	\$127	31299	\$109	31301
	10:10 - 10:45am	18-36 mo.	\$127	31300	\$109	31302
Guppy	9:00 - 9:35am	3 - 5 yrs	\$127	31303	\$109	31308
	9:35 - 10:10am	3 - 5 yrs	\$127	31304	\$109	31309
	10:10 - 10:45am	3 - 5 yrs	\$127	31305	\$109	31310
	10:50 - 11:25am	3 - 5 yrs	\$127	31306	\$109	31314
	11:30 - 12:05pm	3 - 5 yrs	\$127	31307	\$109	31317
Turtle	9:35 - 10:10am	3 - 5 yrs	\$127	31318	\$109	31322
	10:10 - 10:45am	3 - 5 yrs	\$127	31319	\$109	31323
	10:50 - 11:25am	3 - 5 yrs	\$127	31320	\$109	31324
	11:30 - 12:05pm	3 - 5 yrs	\$127	31321	\$109	31325
Sea Otter	10:10 - 10:45am	3 - 5 yrs	\$127	31326	\$109	31329
	10:50 - 11:25am	3 - 5 yrs	\$127	31327	\$109	31330
	11:30 - 12:05pm	3 - 5 yrs	\$127	31328	\$109	31331
Dolphin	10:50 - 11:25am	3 - 5 yrs	\$127	31332	\$109	31333
Piranha	11:30 - 12:05pm	3 - 5 yrs	\$127	31135	\$109	31334
1 14	40.40 40.45	c 43	¢427	24225	<b>#</b> 400	24227
Level 1	10:10 - 10:45am	6 - 12 yrs	\$127 \$127	31335	\$109 \$100	31337
	11:30 - 12:05pm	6 - 12 yrs	\$127	31336	\$109	31338
Level 2	10:10 - 10:45am	6 - 12 yrs	\$127 \$127	31339	\$109 \$100	31341
	10:50 - 11:25am	6 - 12 yrs	\$127	31340	\$109	31342
Level 3	10:10 - 10:45am	6 - 12 yrs	\$127	31343	\$109 \$100	31345
	10:50 - 11:25am	6 - 12 yrs	\$127	31344	\$109	31356
Level 4	10:50 - 11:25am	6 - 12 yrs	\$127	31357	\$109	31358
Level 5/6	11:30 - 12:05pm	6 - 12 yrs	\$127	31359	\$109	31360
Swim Club Program						
Intermediate	11:30 - 12:15pm	8 - 15yrs.	\$141	31361	\$121	31362
Advanced	11:30 - 12:15pm	10 -15yrs.	\$141	31363	\$121	31364

splish splash



# **FALL WEEKDAY PRIVATE SWIM LESSONS**

# **Mondays**

SESSION 1: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13 (6 Lessons) Cost: Private \$196/ SemiPrivate \$130 (per student)

Time	Course #	Course #	Course #
1:45 - 2:15pm	30995		
2:20 - 2:50pm	30996	30997	
2:55 - 3:25pm	30998	30999	31000
3:30 - 4:00pm	30936	30937	30938
4:05 - 4:35pm	30939	30940	30941
4:40 - 5:10pm	30942	30943	30944
5:15 - 5:45pm	30945	31031	30946
5:50 - 6:20pm	30974	30975	30947
6:25 - 6:55pm	30948	30949	

SESSION 2: 10/20, 10/27, 11/3, 11/17, 12/1, 12/8 (6 Lessons) \*No Class 11/10 & 11/24

Cost: Private \$196/ SemiPrivate \$130 (per student)

Time	Course #	Course #	Course #
1:45 - 2:15pm	30980		
2:20 - 2:50pm	30950	30951	
2:55 - 3:25pm	30952	30953	30954
3:30 - 4:00pm	30955	30994	30978
4:05 - 4:35pm	30956	30957	30958
4:40 - 5:10pm	30959	30984	30985
5:15 - 5:45pm	30982	30960	30961
5:50 - 6:20pm	30962	30963	30964
6:25 - 6:55pm	30965	30966	

# **Tuesdays**

SESSION 1: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14 (6 Lessons) Cost: Private \$196/ SemiPrivate \$130 (per student)

Time	Course #	Course #
2:55 - 3:25pm	30967	30897
3:30 - 4:00pm	30898	30899
4:05 - 4:35pm	30900	30901
4:40 - 5:10pm	30902	30903
5:15 - 5:45pm	30904	30976
5:50 - 6:20pm	30977	30905
6:25 - 6:55pm	30906	30981

SESSION 2: 10/21, 10/28, 11/4, 11/18, 12/2 12/9 (6 Lessons) Cost: Private \$196/ SemiPrivate \$130 (per student)

Time	Course #	Course #
2:55 - 3:25pm	30971	30972
3:30 - 4:00pm	30907	30909
4:05 - 4:35pm	30908	30910
4:40 - 5:10pm	31019	30911
5:15 - 5:45pm	30912	30913
5:50 - 6:20pm	30914	30915
6:25 - 6:55pm	30916	30917

# Wednesdays

SESSION 1: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15 (6 Lessons) Cost: Private \$196/ SemiPrivate \$130 (per student)

Time	Course #	Course #	Course #	Course #
1:45 - 2:15pm	31001			
2:20 - 2:50pm	31002	31003		
2:55 - 3:25pm	31004	31005	31006	31007
3:30 - 4:00pm	30918	30919	30920	30921
4:05 - 4:35pm	30986	31022		
4:40 - 5:10pm	30987	30988		
5:15 - 5:45pm	30989	30990	30991	31017
5:50 - 6:20pm	31023	30992	30993	
6:25 - 6:55pm	30922	30968		

SESSION 2: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10 (7 Lessons) \*No Class 11/26

Cost: Private \$229/ SemiPrivate \$152 (per student)

Time	Course #	Course #	Course #	Course #
1:45 - 2:15pm	30969			
2:20 - 2:50pm	30923	30924		
2:55 - 3:25pm	31008	31009	31010	31011
3:30 - 4:00pm	31012	13013	31014	30925
4:05 - 4:35pm	30926	30970		
4:40 - 5:10pm	30896	30927		
5:15 - 5:45pm	30928	30929	30930	30931
5:50 - 6:20pm	30932	30933	30934	
6:25 - 6:55pm	30935	30973		

# **Thursdays**

SESSION 1: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16 (6 Lessons)

Cost: Private \$196/ SemiPrivate \$130 (per student)

Time	Course #	Course #
2:55 - 3:25pm	31034	30979
3:30 - 4:00pm	30883	31015
4:05 - 4:35pm	31016	31018
4:40 - 5:10pm	31024	31043
5:15 - 5:45pm	31028	31027
5:50 - 6:20pm	31029	31036
6:25 - 6:55pm	31042	31020

SESSION 2: 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11 (7 Lessons) \*No Class 11/27

Cost: Private \$229/ SemiPrivate \$152 (per student)

Time	Course #	Course #
2:55 - 3:25pm	31021	31025
3:30 - 4:00pm	31026	31030
4:05 - 4:35pm	31032	31033
4:40 - 5:10pm	31035	31037
5:15 - 5:45pm	31047	31040
5:50 - 6:20pm	31041	31044
6:25 - 6:55pm	31038	31039

# **FALL WEEKEND PRIVATE LESSONS**

# **Saturdays**

SESSION 1: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18 (7 Lessons)

Cost: Private \$229/ SemiPrivate \$152 (per student)

Time	Course #					
8:00 - 8:30am	31045	31152	31153	31154	31155	31156
8:35 - 9:05am	31046	31157	31158	31159	31160	31161
9:10 - 9:40am	31048	31162				
9:50 - 10:20am	31049	31163				
10:30 - 11:00am	31050	31164				
11:10 - 11:40am	31051	31166				
11:50 - 12:20pm	31052	31167				

SESSION 2: 10/25, 11/1, 11/15, 11/22, 12/6, 12/13 (6 Lessons)

\*No Class 11/8 & 11/29

Cost: Private \$196/ SemiPrivate \$130 (per student)

Time	Course #					
8:00 - 8:30am	31053	31168	31169	31170	31171	31172
8:35 - 9:05am	31173	31174	31175	31176	31177	31178
9:10 - 9:40am	31179	31180				
9:50 - 10:20am	31181	31182				
10:30 - 11:00am	31183	31184				
11:10 - 11:40am	31185	31186				
11:50 - 12:20pm	31187	31188				

# **Sundays**

SESSION 1: 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (7 Lessons)

Cost: Private \$229/ SemiPrivate \$152 (per student)

Time	Course #	Course #	Course #	Course #
9:00 - 9:30am	31250	31251	31252	31253
9:35 - 10:05am	31254	31255	31256	31257
10:10 - 10:40am	31258	31259		
10:50 - 11:20am	31260	31261		
11:30 - 12:00pm	31262	31263		
12:05 - 12:35pm	31264	31265		

Time	Course #
1:30 - 2:00pm	31266
2:05 - 2:35pm	31267
2:40 - 3:10pm	31268
3:15 - 3:45pm	31269
3:50 - 4:20pm	31270
4:25 - 4:55pm	31271

SESSION 2: 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (6 Lessons)

\*No Class 11/9 & 11/30

Cost: Private \$196/ SemiPrivate \$130 (per student)

Time	Course #	Course #	Course #	Course #
9:00 - 9:30am	31272	31273	31274	
9:35 - 10:05am	31275	31276	31277	31278
10:10 - 10:40am	31279	31280		
10:50 - 11:20am	31282	31283		
11:30 - 12:00pm	31285	31286		
12:05 - 12:35pm	31287	31288		

Time	Course #
1:30 - 2:00pm	31289
2:05 - 2:35pm	31290
2:40 - 3:10pm	31291
3:15 - 3:45pm	31292
3:50 - 4:20pm	31295
4:25 - 4:55pm	31296

# **CUSTOM PRIVATE LESSONS**

# A GREAT WAY TO GET THE PERSONAL ATTENTION YOU DESERVE!

Custom private swim lessons are a great way to learn to swim for beginners or receive specialized technique instruction for the advanced swimmer while working with your busy schedule. Lessons are 30 minutes in length and can be scheduled as a solo lesson or in multiple blocks. Semi – Private Lessons are lessons with 1 instructor and 2 participants. As we are unable to assign partners, you must register with your partner for the same class.

Cost: \$35/ 1 Private Lesson for 1 Person\*

\$25/ Per Child for 1 Semi-Private Lesson\*

\*\$1 total gets added to every class registration to go towards the Mill Valley Scholarship Fund

# Ages 2 Years - Adult

To request private lessons, please go online and completely fill out a Custom Lesson Request Form & Registration Form at millvalleycenter.org. Click on Aquatics & Fitness Center and scroll to Swim Lesson Information. You may also call 415-383-1370 to request a form to be mailed, faxed, or emailed to you. Custom lessons follow the same refund policy as regular lessons.





# BRIDGE LESSONS DURING WINTER BREAK

\*All Lessons are Private or Semi-Private and a great way to stay active during the holiday break.

Monday - Thursday 12/15 - 12/18 (4 Lessons)
Cost: \$141 Private/ Semi-Private \$101 per student

Mondays 12/22 & 12/29 (2 Lessons)
Cost: \$71 Private/ Semi-Private \$51 per student

Time	Course #
2:20 - 2:50pm	31376
2:55 - 3:25pm	31377
3:30 - 4:00pm	31378
4:05 - 4:35pm	31379
4:40 - 5:10pm	31380
5:15 - 5:45pm	31381
5:50 - 6:20pm	31382
6:25 - 6:55pm	31383

Time	Course #
2:20 - 2:50pm	31384
2:55 - 3:25pm	31385
3:30 - 4:00pm	31386
4:05 - 4:35pm	31387
4:40 - 5:10pm	31388
5:15 - 5:45pm	31389
5:50 - 6:20pm	31390
6:25 - 6:55pm	31391

# Mill Valley Recreation Registration Form

		Adult/Guardian Infor	dian Information (Please Print)			:
Main Contact:			2nd Adult Name:			Mail to:
Home:	Work:	Cell:	Home:	Work:	Cell:	180 Camino Alto
Address:			Address:			94941
City, State, Zip:			City, State, Zip:			Fax to: (415) 383-1377
Email:			Email:			(2)

					_
Fee					
Course #				n Amount:	Total Fees:
2nd Choice Class Title / Dates				Scholarship Fund Donation Amount:	
Course #					
1st Choice Class Title / Dates					
Male/ Female					
Birthdate Male/ (under 18) Female				nged	
Participant Name				☐ My Address/Info has recently changed	

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.

	REFUNI	PLEASE READ B
Signature: Date:	Must sign to register.	Please check here if you require special assistance to maximize your participation. You will be contacted.

POLICY EFORE SIGNING.

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

Cash o MasterCard Cardholder Name (as it appears on card):		Exp. Date:	
to MVPR	Cardholder Name (as it appears on card):	Credit Card #:	
ish neck yable to MVPR	o MasterCard o Visa	o Discover o Amex	
<b>BY:</b> o Ch	o Cash PAY BY: o Check	Payable to MVPR	

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