

# TEEN ZONE

at the Mill Valley Community Center

## WINTER HOURS:

Mon 2:25-6pm, Tu & Th 3-6pm, Wed 1:25-6pm,  
Fri 2:25-5pm, Sat & Sun CLOSED

CLOSED: 11/11, 11/24-11/28, 12/22-1/2, 1/19-1/20,  
2/16-2/20, 3/16

## Welcome New Teen Coordinator!



This Fall we welcomed Gus Sandage as the new Teen Coordinator. Gus is a local, graduating from Mill Valley Middle School and Tam High. He earned his BS in Marine Biology and graduated with honors from UC Santa Cruz in 2013. You may recognize Gus from other Recreation programs. He has worked in the camp program for the past 6 years as a camp counselor then camp director. When Gus

is not in the Teen Zone, you can find him on stage performing with his band or SCUBA diving along the California coast. Please stop by and congratulate Gus on his new appointment. Gus and the entire Teen Zone team will be working hard to provide interesting and fun programs to the Mill Valley teen/pre-teen crowd.

## 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.

## 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.

## Holiday Ice Skating **TZ**

Join us for some holiday fun as we kick off the countdown to Winter Recess at the largest outdoor ice skating rink in San Francisco. On the way home, we will stop at In N' Out Burger for some grub and return to the Community Center by 8:30pm. This outing is for Teen Zone members only! Spots are limited, so sign up early!

Age	Day	Dates	Time	Course #
11-14	F	12/5	4-8:30pm	31402

Fee: TZ Member: \$30 / Non-Member \$40

## New Year's Bash for 7th Graders **TZ**

Congratulations! Come celebrate making it half way through your middle school career. Everyone will agree you deserve a party to mark the halfway point. So, come on down and spend the evening playing games, dancing, eating delicious treats and much more. This will be a don't miss celebration!

Age	Day	Dates	Time	Course #
11-14	F	1/9	5:30-8pm	31403

Fee: TZ Member: \$5 / Non-Member \$10

## Escape to House of Air **TZ**

Escape the winter weather and typical Teen Zone Wednesday afternoon activities to bounce at House of Air in San Francisco. We will leave from Teen Zone at 1:45pm, bounce for an hour and return to the Community Center by 6pm. Spots are limited, so sign up early!

Age	Day	Dates	Time	Course #
11-14	W	2/4	1:45-6pm	31405

Fee: TZ Member \$30 / Non-Member \$40

Trip includes: Transportation, chaperones, and all the jumping you can handle. Dress in comfortable clothing that is easy to move in and bring a pair of socks.

## Ultra Bowling **TZ**

Join us for some bowling with an exciting twist. We will be going to the bowling alley at Yerba Buena Center to partake in their awesome Ultra Bowling! This groovy night featuring glow in the dark bowling balls, disco balls and some of the newest popular music videos is a don't miss event! Sign up early, or you'll be sorry!

Age	Day	Dates	Time	Course #
11-14	W	3/18	5:30-10pm	31404

Fee: TZ Member \$40 / Non-Member \$50

Trip includes: transportation, chaperones, 2 hrs of bowling, & shoe rental.

Bring some money for food.

## 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, 8 classes / 7 classes

Age	Day	Dates	Time	Fee	Course #
11-14	Th	12/4-2/5	3:30-4:45pm	\$161	32184
11-14	Th	2/12-4/2	3:30-4:45pm	\$141	33015

Location: Community Center, Forest Room

No class 12/25, 1/1

## 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; and 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	1/31	9am-1pm	\$84	31367
11-16	Sa	3/21	9am-1pm	\$84	31368

Location: Community Center, Terrace Lounge



For THEATER, See Page 23

## 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 seven-week session will begin by meeting in person to meet each other and make goals, then proceed with online correspondence, and end with an in-person meeting to read our work.

*Instructor: Thais Derich*

Age	Day	Dates	Time	Fee	Course #
11-18	Sa	12/13	10-11am	\$281	32183

**Location: Community Center, Manzanita Room**

## NEW! Teens Meditate

With so much in transition during the teen years, from body and mind to friends and family, not to mention the pressure and demands of school, sports, and other pursuits, most teens could use some tools and strategies for handling all that change while staying open, excited and engaged with life as it unfolds. That is where meditation can help. Meditation is a way of allowing all of our different thoughts and feelings to settle within us, a way to find strength and resiliency, and openness to others. We will begin with meditation instruction, have a session of meditation, followed by a few minutes of discussion.

*Instructor: Kathie Fischer, 6 classes*

Age	Day	Dates	Time	Fee	Course #
12-18	Tu	12/2-1/27	4-5pm	\$49	32841
12-18	Tu	2/3-3/17	4-5pm	\$49	32842

**Location: Community Center, KidzWatch**

**Bring a cushion for sitting on the floor.**

**Wear loose, comfortable clothing.**

**No class 12/23, 12/30, 1/20, 2/17.**

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## NEW! Ultimate Stress Relief

Imagine being able to get through your day and your week without feeling stressed! It IS possible and not difficult. In this interactive session, you will learn about the root causes of stress, how stress gets activated, and how to clear it out of your life. The class includes a simple 17-minute holistic process that will melt away your stress. Join us for this combination of powerful, proven sciences for body-mind-being balance with simple techniques to reclaim your life, your energy, your health and your joy!

*Instructor: Christina James, RN, 1 class*

Age	Day	Dates	Time	Fee	Course #
13+	Sa	1/24	9:30am-12pm	\$26	32840

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

## The Protocol Academy: 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 hands-on 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](mailto:info@dailyprotocol.com)

*Instructor: Angie Allison, 1 classes*

Age	Day	Dates	Time	Fee	Course #
12-17	Sa	2/7	10am-2:30pm	\$131	32270

**Location: Community Center, Forest Room**

## 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 hands-on 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](mailto:info@dailyprotocol.com)

*Instructor: Angie Allison, 1 classes*

Age	Day	Dates	Time	Fee	Course #
14-17	Sa	2/28	1-4pm	\$91	32271

**Location: Community Center, Terrace Lounge**

