ACTIVITY GUIDE

Creating Community Through People, Parks, and Programs



Pictured: MLK Kids Club

Parks & Recreation

WINTER 2027

PROGRAMS, CLASSES, EVENTS

JANUARY | FEBRUARY | MARCH

@smparksandrec | cityofsanmateo.org | (650) 522-7400

Winter 2027 Featured Events









Registration Information

Registration Dates

Residents ..... Tuesday, November 17 at 9am
Non-residents ..... Thursday, November 19 at 9am

Registration can be done online at www.sanmateorec.org

Need a physical registration form?

Please visit any of our recreation/community centers for a hard copy of registration forms or download a copy online at www.cityofsanmateo.org/activityguide

Holidays/Closures

- **New Years Day** ..... Friday, January 1
- **Dr. Martin Luther King Jr. Day** ..... Monday, January 18
- **Presidents Day** ..... Monday, February 15

Need help in another language?

We have bilingual staff available to help you with the activity guide and registration process. Contact us for more information! **(650) 522-7400**

Contamos con personal bilingüe disponible para ayudarle con la guía de actividades y el proceso de inscripción. ¡Comuníquese con nosotros para más información! **(650) 522-7400**

我们有双语工作人员可以协助您了解活动指南和办理注册手续。 联系我们了解更多信息!

¿Sabías que puedes traducir nuestro sitio web? Es fácil con el traductor de Google, ubicado en la esquina superior derecha de cada página

您知道我们的网站可以翻译吗? 使用谷歌翻译非常简单, 它位于每个页面的右上角。

Have Questions?

Parks & Recreation

Contact Us

parksandrecreation@cityofsanmateo.org
(650) 522-7400
Follow us to stay up to date:
@smparksandrec

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We do our best to make our guides perfect, but with so much planning and reviewing we sometimes make mistakes. Occasionally class details such as locations, times, dates, and fees are changed after the release of the guide and, of course, we have typos. Please be sure to read your receipts carefully for any updates. We will correct all changes/errors and alert you to any additional items and/ or fees necessary before the first day of class.

Registration & General Information

Registration Dates

Residents.....Tuesday, November 17 at 9 am
Non-residents.....Thursday, November 19 at 9 am
Season Begin/End..... Monday, January 4 to Sunday, March 7

Holidays/Closures

- **New Years Day** .....Friday, January 1
- **Dr. Martin Luther King Jr. Day**.....Monday, January 18
- **Presidents Day**.....Monday, February 15

Registration Options

ONLINE REGISTRATION
The fastest, most convenient way to register! Register online at www.sanmateorec.org. You can register for most classes online using a credit card or e-check. Please note, some classes may not be available online due to special enrollment or fee requirements.

MAIL-IN REGISTRATION
Mail your registration form to: San Mateo Parks & Recreation Department, 330 W. 20th Ave, San Mateo, CA 94403.

WALK-IN REGISTRATION
You may register in person at Beresford Recreation Center, Dr. Martin Luther King Jr. Community Center, Senior Center, and City Hall.

Verification of Residency

Residents must live or own property in the City of San Mateo. The City of San Mateo defines residents as those who live within the boundaries of the City of San Mateo and the jurisdiction of its municipal corporation. There are unincorporated parts of San Mateo, which are under the jurisdiction of the County of San Mateo and residents of that area are County residents. Staff may require proof of residency at any time. Acceptable proof of residency could be a current property tax document, utility bill or voter registration issued by local county elections officer.

Refund Policy

Class withdrawals for a prorated refund or credit (minus the non-refundable administrative fee) must be processed by the end of the 3rd class/course gathering. No refunds or credits will be issued beginning the day after the 3rd class/course meeting.

CAMPS: Participants may withdraw from a camp up to 7 calendar days prior to the camp start date for a refund or credit (minus the non-refundable administrative fee). No refunds or credits will be issued beginning within a week of the camp start date.

Convenience Fee Reminder

Customers who use a credit or debit card to make payments with the City of San Mateo will be subject to service fees. Companies that process credit or debit card transactions typically charge 3.25% of the billed amount. The fee is paid directly to the company processing the transaction and is not charged by the City. Customers can avoid these fees by paying with alternate methods such as cash, check, or e-check.

Household Credit Balances

Any household credit balances left on accounts for a period of six (6) months will be automatically refunded to the primary account holder as a check mailed to the home address on file. Please update your account in a timely manner to avoid returned checks. If you have paid with a credit card and would pre-fer a refund back to the card used, please call (650) 522-7400 before the six (6) month period.

Waitlist

Some enrollments may be placed on a waitlist if a class reaches its maximum capacity. If you are placed on a waitlist for a class, you will not be required to pay the registration fees unless a spot becomes available and you are selected for enrollment. Please note that placement on a waitlist does not guarantee enrollment. A staff person will contact you if a spot becomes available. If you do not hear from us you should assume enrollment is not available.

Recreation Fee Assistance Program

The Recreation Fee Assistance Program is designed to allow access to our programs for all City of San Mateo residents experiencing financial hardships – assistance is available to help offset the costs of camps. Qualifying applicants are currently eligible for either 30% or 60% fee waivers depending upon their reported income. A current application, accompanied by required income documentation (noted on the application), is needed for program enrollment. Interested city residents are encouraged to complete the Recreation Fee Assistance Enrollment Application which is available at all community centers and City Hall. It can also be downloaded at www.cityofsanmateo.org/1430/Activity-Guide. Applications must be submitted at least 10 business days before registration.

Americans with Disabilities Act

The City of San Mateo does not discriminate on the basis of disability in its programs, services, activities, and employment practices. If you need auxiliary aids and services for effective communication (such as a sign language interpreter, an assistive listening device or print material in digital format) or reasonable modification to programs, services or activities contact (650) 522-7400 or email parksandrecreation@cityofsanmateo.org as soon as possible, but no later than 10 business days before the start of the activity or program. A grievance procedure is available to resolve complaints. Upon request, this notice is available in alternative formats such as large print or Braille.

Satisfaction Guarantee

We constantly strive to provide you with the highest quality recreation programs. If, for any reason you are not completely satisfied with a class or activity, please tell us so we can respond to your concerns. In addition to using your feedback to help us improve, for nearly all our programs, we will arrange one of the following upon your request: 1. Transfer to another time or activity. 2. A full credit for future use for any activity we offer. 3. A full refund. Some of our programs, for example, Facility Rentals, Admissions, Adult Sports Leagues, Summer Camps, on-going/multi-session programs, and performance activities have different, specific policies which apply. Your complete satisfaction with these programs is equally valued, and we will work with you to resolve your concerns and satisfaction in these activities as well. Please contact us in writing, by phone or in person at any of our recreation centers. Requests must be made within 10 business days after the end of the session to receive a refund or credit.

Registro e información general

Fechas de inscripción

Residentes ..... martes 17 de noviembre a las 9 am
Non-residents.....jueves 19 de noviembre a las 9 am
Temporada... del lunes 4 de enero al domingo 7 de marzo

Días festivos/cierres

- **Día de Ano Nuevo (invierno)** .....viernes 1 de enero
- **Día de Dr. Martin Luther King Jr.**.....lunes 18 de enero
- **Día de los Presidentes**.....lunes 15 de febrero

Opciones de inscripción

INSCRIPCIÓN EN LÍNEA
¡La forma más rápida y conveniente de inscribirse! Regístrese en línea en www.sanmateorec.org. Puede inscribirse en la mayoría de las clases en línea con tarjeta de crédito o cheque electrónico. Tenga en cuenta que algunas clases estaran disponibles en línea debido a requisitos especiales de inscripción o pago.

INSCRIPCIÓN POR CORREO
Envíe su formulario de inscripción por correo a: Departamento de Parques y Recreación de San Mateo, 330 W. 20th Ave, San Mateo, CA 94403.

INSCRIPCIÓN SIN CITA PREVIA
Puede inscribirse en persona en el Centro Recreativo de Beresford, el Centro Comunitario Dr. Martin Luther King Jr., el Centro para Personas Mayores y el Ayuntamiento.

Verificación de residencia

Los residentes de la Ciudad de San Mateo deben vivir o ser dueños de propiedad en la ciudad de San Mateo. La ciudad de San Mateo define a los residentes como aquellos que viven dentro de los límites de la ciudad de San Mateo y la jurisdicción de su corporación municipal. Hay partes no incorporadas de San Mateo, que están bajo la jurisdicción del condado de San Mateo y los residentes de esa área son residentes del condado. El personal puede solicitar prueba de residencia en cualquier momento. Una prueba aceptable de residencia podría ser un documento actual de impuestos sobre la propiedad, una factura de servicios públicos o un registro de votante emitido por el funcionario electoral del condado local.

Política de reembolso

El retiro de una clase para obtener un reembolso o crédito prorrateado (menos la tarifa administrativa no reembolsable) debe procesarse antes del final de la tercera reunión de la clase/curso. No se emitirán reembolsos ni créditos a partir del día siguiente de la tercera reunión de la clase/curso.

CAMPAMENTOS: Los participantes pueden retirarse de un campamento hasta 7 días antes de la fecha de inicio del campamento para obtener un reembolso o crédito (menos la tarifa administrativa no reembolsable). No se emitirán reembolsos ni créditos dentro de una semana antes de la fecha de inicio del campamento.

Recordatorio de tarifa de conveniencia

Los clientes que utilicen una tarjeta de crédito o débito para realizar pagos con la ciudad de San Mateo estarán sujetos a tarifas de servicio. Las empresas que procesan transacciones con tarjeta de crédito o débito suelen cobrar el 3.25% del importe facturado. La tarifa se paga directamente a la compañía que procesa la transacción y no es cobrada por la ciudad. La clientela puede evitar estos cargos pagando con métodos alternativos como efectivo, cheque o cheque electrónico.

Créditos de cuenta

Cualquier saldo de crédito que quede en su cuenta durante un periodo de seis (6) meses, se reembolsará automáticamente al titular principal de la cuenta, en forma de cheque enviado por correo a la dirección residencial registrada. Actualice su cuenta de manera oportuna para evitar cheques devueltos. Si pagó con una tarjeta de crédito y prefiere un reembolso a la tarjeta utilizada, llame al (650) 522-7400 antes del periodo de seis (6) meses.

Listas de espera

Es posible que algunas solicitudes de inscripción pasen a una lista de espera si la clase alcanza su cupo máximo. Si el participante es colocado en una lista de espera para una clase, no tendrá que pagar las cuotas de inscripción a menos que quede un espacio libre y sea seleccionado para inscribirse. Tenga en cuenta que estar en una lista de espera no garantiza la inscripción. Un miembro del personal se pondrá en contacto con usted si queda un espacio disponible. Si no recibe noticias nuestras, debe asumir que no hay espacios disponibles para la inscripción.

Programa de asistencia con cuotas de recreación

El programa de asistencia con las cuotas de recreación está diseñado para que nuestros programas sean accesibles para todos los residentes de la ciudad de San Mateo. Los residentes que cumplan los requisitos de sus ingresos son elegibles para recibir del 30 al 60% de descuento en las cuotas. Para inscribirse en el programa, necesita llenar la solicitud de inscripción de asistencia de cuotas (Recreation Fee Assistance Enrollment Application), acompañada de documentación de sus ingresos. Esta solicitud está disponible en todos los centros comunitarios de la ciudad. También se puede descargar desde www.cityofsanmateo.org/1430/ActivityGuide. Las solicitudes deben ser entregadas por lo menos 10 días antes de la inscripción.

Ley de estadounidenses con discapacidades

La ciudad de San Mateo no discrimina por motivos de discapacidad en sus programas, servicios, actividades y prácticas de empleo. Si necesita ayuda y servicios auxiliares para una comunicación efectiva (como un intérprete de lenguaje de señas, un dispositivo de asistencia auditiva o material impreso en formato digital), o una modificación razonable a los programas, servicios o actividades, comuníquese (650) 522-7400 o por correo electrónico a parksandrecreation@cityofsanmateo.org tan pronto como sea posible, pero a más tardar 10 días hábiles antes de la actividad o programa. Existe un procedimiento para resolver las quejas. Este aviso está disponible en formatos alternativos, como letra grande o Braille, bajo solicitud.

Garantía de satisfacción

Nos esforzamos constantemente para ofrecerle programas de recreación de la más alta calidad. Si por alguna razón no está completamente satisfecho con una clase o actividad, por favor comuníquese con nosotros para poder responder a sus inquietudes. Además de usar sus comentarios para mejorar nuestros programas, podemos hacer los siguientes cambios bajo pedido: 1. Traslado a otro tiempo o actividad. 2. Un crédito completo para uso futuro para cualquier actividad que ofrecemos. 3. Un reembolso completo. Algunos de nuestros programas, como, por ejemplo: alquiler de instalaciones, admisiones, ligas deportivas para adultos, campamentos de verano, programas contínuos o de sesiones múltiples, y las actividades con presentación, tienen políticas diferentes y específicas que se aplican. Su satisfacción completa con estos programas es igualmente valorada, y trabajaremos con usted para resolver sus inquietudes. Por favor póngase en contacto con nosotros por escrito, por teléfono o en persona en cualquiera de nuestros centros de recreación. Las solicitudes deben hacerse dentro de 10 días hábiles después de la final de la sesión para recibir un reembolso o crédito.

San Mateo Police Activities League / Liga de Actividades Policiales de San Mateo

Building the Bond Between Cops and Kids. Established in 1997, San Mateo Police Activities League (PAL) provides recreational, educational, and leisure activities at little or no cost to thousands of San Mateo and neighboring city youth – bringing youth under the supervision and positive influence of our city's police officers and other positive role models. Supported by a volunteer board of directors and staff consisting of San Mateo Police officers and Parks and Recreation staff, San Mateo PAL is building a stronger and safer community through kids. Our goal is to provide everyone with an opportunity to participate in our activities, regardless of financial hardships.

Construyendo el vínculo entre policías y niños. Establecida en 1997, la Liga de Actividades Policiales de San Mateo (PAL) ofrece actividades recreativas, educativas, y de ocio a bajo costo o sin costo para miles de jóvenes de San Mateo y ciudades vecinas, poniendo a los jóvenes bajo la supervisión y la influencia positiva de los agentes de policía de nuestra ciudad y otros modelos positivos. Con el apoyo de una junta directiva voluntaria y personal compuesto por agentes de policía de San Mateo y personal de Parques y Recreación, San Mateo PAL está construyendo una comunidad más fuerte y segura a través de los niños. Nuestro objetivo es brindarles a todos la oportunidad de participar en nuestras actividades, independientemente de las dificultades financieras.

Benefits of Being a PAL Member

San Mateo PAL memberships are FREE and open to youth ages 5-18 years old. PAL members are eligible to register for a variety of activities at nominal rates. Members will receive regular emails detailing upcoming activities including hockey, martial arts, soccer, dance, cooking, arts and crafts, family nights and more.

Membership and Registration

To become a member, visit our website at www.sanmateopal.org or fill out a PAL membership form at any City of San Mateo Recreation Center.

All PAL activities and programs are available for registration online through www.sanmateorec.org and in-person at Dr. Martin Luther King Jr. Community Center: 725 Monte Diablo Ave. PAL staff is on-site Monday, Tuesday and Thursday from 4-8 p.m.

Please Note: Due to limited space and to ensure that all members have an equal opportunity to participate in our programs, enrollment may sometimes be subject to a lottery system. How does the lottery system work? All patrons interested in a program will be placed on an interest list upon registration, and then using a random generator, individuals will randomly be selected and notified with further instructions.

Beneficios de ser miembro de PAL

Las membresías de San Mateo PAL son GRATUITAS y están abiertas a jóvenes de 5 a 18 años. Los miembros de PAL son elegibles para registrarse para una variedad de actividades a tarifas nominales. Los miembros recibirán correos electrónicos periodicamente detallando las próximas actividades incluyendo hockey, artes marciales, fútbol, danza, cocina, arte, noches familiares y mucho más.

Membresía y registro

Para convertirse en miembro, visite nuestro sitio web www.sanmateopal.org o complete el formulario de membresía de PAL en cualquier Centro Recreativo de la Ciudad de San Mateo.

Todas las actividades y los programas de PAL están disponibles para registrarse en línea a través de www.sanmateorec.org y en persona en el Centro Comunitario Dr. Martin Luther King Jr.: 725 Monte Diablo Ave. El personal de PAL está disponible los lunes, martes y jueves de 4 a 8 p.m.

Tenga en cuenta: Debido al cupo limitado y para garantizar que todos los miembros tengan las mismas oportunidades de participar en nuestros programas, la inscripción puede quedar sujeta a un sistema de sorteo. ¿Cómo funciona el sistema de sorteo? Todos los que estén interesados en un programa se incluirán en una lista al registrarse y, mediante un generador aleatorio, se seleccionarán al azar y recibirán instrucciones adicionales.

@SanMateoPAL

200 Franklin Parkway - San Mateo, CA 94403
Telephone: (650) 522-7725
Web: www.sanmateopal.org
smpal@cityofsanmateo.org

Preschool
Building Blocks

Registration for the 2026-2027 School Year is Open

For over 20 years, the Building Blocks Preschool Programs have been dedicated to providing a safe environment for each child to grow emotionally, physically, socially, and intellectually. Our teachers make a commitment to support families and children by following Developmentally Appropriate Practices. In our programs, each child is recognized and respected as an individual, and each is nurtured and cherished. We strive to embrace your child's strengths while helping them build self-confidence and self-esteem. Through this process, our hope is that your child will leave our programs feeling accomplished and ready to move on to the next level of learning.

Building Blocks Preschool Programs
City of San Mateo Parks & Recreation Department



Payment Information

Building Blocks Preschool Programs include a $60.00 non-refundable registration processing fee that is due at the time of registration. The remaining balance can either be paid in full or through installment billing. **Installment billing allows monthly payments over the course of 10 months. The fees listed below are the planned monthly payments for each program offering.**

For more information, visit **www.cityofsanmateo.org/preschool** or contact Beresford Recreation Center (650) 522-7440.

Building Blocks Explorers

Is your child ready for independence at school, but not yet fully toilet trained? This class offers an opportunity for your child to learn independence, participate in social activities, movement and explore with our trained Building Blocks teachers. **A $60.00 non-refundable registration processing fee is due at the time of registration. Installment billing is offered for this program.**

Age: 2 through 3
Instructor: City Staff

Location: Beresford Recreation Center

Activity	Day	Time	Monthly Fees	Dates
610102-B1	M,W,F	9:15-11:45am	$360	8/17-6/2
610102-B3	Tu,Th	9:15-11:45am	$260	8/18-6/1

Location: Shoreview Recreation Center

Activity	Day	Time	Monthly Fees	Dates
610102-B5	M,W,F	9:15-11:45am	$360	8/17-6/2
610102-B7	Tu,Th	9:15-11:45am	$260	8/18-6/1

Building Blocks Discoverers

It's never too early to get your child excited about learning! Children in our Discoverers program will be exposed to social, cognitive, and physical activities that promote lifelong exploration and learning. Curriculum will include hands-on learning activities, early literacy and math skills, and group play opportunities. Your child will graduate from this foundational program well-adjusted and ready for Transitional Kindergarten. **A $60 non-refundable registration processing fee is due at the time of registration. Installment billing is offered for this program.**

Age: 3 through 5
Instructor: City Staff
Location: Shoreview Recreation Center

Activity	Day	Time	Monthly Fees	Dates
610103-C3	M,W,F	9am-12pm	$430	8/17-6/2
610103-C4	Tu,Th	9am-12pm	$310	8/18-6/1

Building Blocks Lunch Buddies

Join your favorite Building Blocks teachers for this one-hour program, where your child will enjoy lunch from home in a calm, social setting. Children will practice independence, table manners, and positive peer interactions while engaging in quiet, developmentally appropriate activities. **A $10 non-refundable registration processing fee is due at the time of registration. Installment billing is offered for this program.**

Age: 3 through 5
Instructor: City Staff
Location: Shoreview Recreation Center

Activity	Day	Time	Monthly Fees	Dates
610106-D1	M,W,F	12-1pm	$145	8/17-6/2
610106-D3	Tu,Th	12-1pm	$103	8/18-6/1

Dance

Zumbini®

We grow up together! The ultimate bonding experience designed for kids and caregivers. We move, sing, play instruments, dance, and learn together! Our program uses music and movement to promote cognitive, social, emotional, and motor development. Come join the fun with us!

Age: 0 through 3
Instructor: Kalina Kotseva
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130800-A2	Th	10-10:50am	$365	1/7-3/4

Ballet Baby & Me

A joyful first step into dance! Little ones build confidence, coordination, creativity, and a love of movement alongside their grown-up through playful ballet, music, and imaginative exploration.

Age: 18 months through 3
Instructor: Broadway Babies and Kids Staff
Location: Broadway Babies and Kids,
1463 Beach Park Blvd., Foster City

Activity	Day	Time	Fees	Dates
130801-A1	Tu	9:15-10am	$305	1/5-3/2
130801-A3	Sa	10-10:45am	$275	1/9-3/6

Hip Hop Baby & Me

Let's move, groove, and grow together! Little dancers explore rhythm, music, and creative movement while building confidence, coordination, self-expression, and a joyful foundation for the performing arts.

Age: 18 Months through 3
Instructor: Broadway Babies and Kids Staff
Location: Broadway Babies and Kids,
1463 Beach Park Blvd., Foster City

Activity	Day	Time	Fees	Dates
130819-A1	Sa	11-11:45am	$275	1/9-3/6

Creative Movement

It's never too early to get excited about dance, movement, and music! Students will explore and develop creative artistic spontaneity using props, musical instruments, and their own imaginations. Caregivers are welcome to participate.

Age: 1 through 3
Instructor: Better Together Dance Theatre Instructors
Location: Better Together Dance Theatre,
617 Mountain View, Unit 5, Belmont

Activity	Day	Time	Fees	Dates
130809-A1	Th	9:30-10:15am	$291	1/7-3/4
130809-A2	Sa	9:00-9:45am	$291	1/9-3/6

Tiny Dancer

Tiny Dancer is a dance class for students who will be 3 years old by August 1st. This class offers an introduction to dance in the styles of Tap and Ballet. Our goal is to build a love of dance as we explore music, rhythm, and body movement.

Age: 3 through 4
Instructor: Better Together Dance Theatre Instructors
Location: Better Together Dance Theatre,
617 Mountain View, Unit 5, Belmont

Activity	Day	Time	Fees	Dates
130810-A1	Th	3:15-4:00pm	$291	1/7-3/4
130810-A2	F	9:30-10:15am	$291	1/8-3/5
130810-A3	Sa	9:00-9:45am	$291	1/9-3/6
130810-A4	Sa	10:00-10:45am	$291	1/9-3/6

Sports

Preschool Tennis

Preschool Tennis is a fun introduction to movement and exercise specifically designed for you and your child. Together you will run, jump, hop, twist, bend, and swing while you keep your eye on the ball. Meet other people, have fun, and find out why tennis has never been easier to play and learn. This is a parent participation class. All equipment will be provided.

Age: 3 through 5
Instructor: Todd Dissly Athletics Staff
Location: Central Park Courts

Activity	Day	Time	Fees	Dates
130540-C1	Sa	9:20-9:55am	$185	1/23-3/6

SKYHAWKS

Skyhawks – Multi Sport Tots

Get your little athlete moving with Skyhawks Peninsula's Multi-Sport Tots class! This fun-filled program introduces young children to the basics of soccer, basketball, and volleyball through games and skill-based activities. Parent participation required for children below 3.5 years.

Instructor: Skyhawks Instructor
Location: Beresford Park

Age: 2 through 3.5

Activity	Day	Time	Fees	Dates
120754-B1	Su	3-3:45pm	$237	1/10-2/28

Age: 3.5 through 5

Activity	Day	Time	Fees	Dates
120754-B2	Su	4-4:45pm	$237	1/10-2/28

Skyhawks – Baseball Tots

Step up to the plate with Baseball Tots! This class focuses on developing motor skills and baseball basics like throwing, catching, hitting, and running. Parent participation required for children below 3.5 years.

Instructor: Skyhawks Instructor
Location: Casanova Park

Age: 2 through 3.5

Activity	Day	Time	Fees	Dates
190501-B1	Sa	9-9:45am	$237	1/9-2/27

Age: 3.5 through 5

Activity	Day	Time	Fees	Dates
190501-B2	Sa	10-10:45am	$237	1/9-2/27

Skyhawks – Soccer Tots

Our Soccer Tots program introduces young players to the world's most popular sport through age-appropriate games and activities. Kids develop coordination, balance, and basic soccer skills while having a blast with their peers. Parent participation is required for children below 3.5 years.

Instructor: Skyhawks Instructor
Location: Beresford Park

Age: 2 through 3.5

Activity	Day	Time	Fees	Dates
190502-B1	Sa	3-3:45pm	$237	1/9-2/27

Age: 3.5 through 5

Activity	Day	Time	Fees	Dates
190502-B2	Sa	4-4:45pm	$237	1/9-2/27

REBOUND BASKETBALL

The following basketball classes are offered by Rebound Basketball. For additional information, contact Manuel Minzer at manuelminzer@yahoo.com or (408) 499-6707.

Rebound Basketball – Parent/Tot

This is a parent-child class focuses on developing gross motor skills and coordination pertinent to the game of basketball. Activities include organized games that help children develop skills and teach children to follow directions. Parent participation is required.

Age: 2 through 3.5
Location: Beresford Park Basketball Court

Activity	Day	Time	Fees	Dates
130516-B1	Sa	9:35-10am	$145	1/9-3/6
130516-LP1	Su	9:35-10am	$145	1/10-3/7

Rebound Basketball – Pre-K

This basketball class is perfect for children starting to be more independent! Learn the fundamentals of basketball in a fun environment that includes age-appropriate activities like dribbling, shooting, and passing. Fun games will be played in each class!

Age: 3.5 through 5
Location: Beresford Park Basketball Court

Activity	Day	Time	Fees	Dates
130537-A2	Sa	10:05-10:35am	$165	1/9-3/6
130537-LP1	Su	10:05-10:35am	$165	1/10-3/7

Martial Arts

TAEKWONDO OLYMPIC SPARRING/SELF-DEFENSE

The following Olympic Taekwondo classes are taught by International Certified Master Luis Rosario and are held at the Central Park Recreation Center. See receipt confirmation for uniform and belt-level test fees. For additional information, please email lrosario@kickssm.com or visit www.kickssm.com

Beginner

A high-energy class designed for beginners including games, Olympic drills to improve overall acuity, develop motor and self-defense skills, build confidence and respect, all while having a blast in a safety-first environment! Parents must remain in class to manage bathroom and focus needs.

Age: 3 through 6

Activity	Day	Time	Fees	Dates
130571-A1	M	5:30-6pm	$185	1/4-3/1
130571-A2	W	5:30-6pm	$236	1/6-3/3
130571-A3	F	5:30-6pm	$236	1/8-3/5
130571-A4	M,W	5:30-6pm	$365	1/4-3/3
130571-A5	M,F	5:30-6pm	$365	1/4-3/5
130571-A6	W,F	5:30-6pm	$409	1/6-3/5
130571-A7	M,W,F	5:30-6pm	$541	1/4-3/5



Youth Afterschool Care

Payment Information

Beresford Kids Club and MLK Kids Club Afterschool Programs include a $60.00 non-refundable registration processing fee that is due at the time of registration. The remaining balance can either be paid in full or through installment billing. **Installment billing allows monthly payments over the course of 10 months. The fees listed below are the planned monthly payments for each program offering.**

For more information, visit www.cityofsanmateo.org/preschool or contact Beresford Recreation Center at (650) 522-7440.

Beresford Kids Club 26/27

Beresford Kinder Kids and Kids Club are licensed programs for children in grades TK-5. Daily, our trained staff pick up children from Beresford and Meadow Heights Elementary Schools and bring them to Beresford Recreation Center. **A $60 non-refundable registration processing fee is required. Installment billing is offered for this program.**

Age: 4 through 11
Instructor: City Staff
Location: Beresford Recreation Center

Kinder Kids

Activity	Day	Time	Monthly Fees	Dates
610201-A2	M-F	12:30-6pm	$787	8/17-6/4

School Age

Activity	Day	Time	Monthly Fees	Dates
610201-B2	M-F	2:30-6pm	$596	8/17-6/4



MLK Kids Club 2026/27

Exciting news for the 2026-2027 school year! The MLK Kids Club is coming to the Martin Luther King Jr. Community Center, offering a dynamic and engaging afterschool experience. Our caring staff will provide safe and reliable school pick-up for children enrolled at Fiesta Garden's International School, followed by a healthy and delicious snack to fuel the fun ahead. Kids will get homework help to stay on top of their studies, plus enjoy an exciting mix of games, arts and crafts, and hands-on activities that inspire creativity and teamwork. MLK Kids Club is the perfect place for your child to learn, play, and thrive. **A $60.00 non-refundable registration processing fee is required. Installment billing is offered for this program.**

Age: 6 through 11
Instructor: City Staff
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Monthly Fees	Dates
610202-A2	M,W,F	2:30-6pm	$250	8/17-6/4
610202-B1	Tu,Th	2:30-6pm	$128	8/18-6/3



PAL's Place 2026/27

Looking for a fun and supportive afterschool program for your teen? PAL's Place welcomes teens who are in 6th-10th grade to enjoy a safe space to engage with friends through gaming, art activities, sports, and more! Connect with San Mateo police officers, enjoy a healthy snack, and relax with friends. Homework support will be provided on site. Our awesome staff can provide reliable school pick-up for teens enrolled at Fiesta Garden's International School.

Age: 11 through 16
Instructor: City Staff
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
610203-A2	M-F	2:30-6pm	Free	8/17-6/4

Youth
Childcare and Vacation Camp

No School-Kids Day

Join your friends for a day of FUN! Kids will participate in games, arts and crafts, cooking, and sports. Spaces are limited, so early registration is recommended. Children must currently be enrolled in K through 5th grade to join this camp.

Age: 5 through 11
Instructor: City Staff
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
510205-A1	Th	8:30am-5:30pm	$75	12/17
510205-A2	F	8:30am-5:30pm	$75	12/18

Thanksgiving Break Camp

Looking for flexible childcare during Thanksgiving Break? Our Thanksgiving Break Camp is the perfect place for children to stay active, creative, and engaged while school is out. Each day features hands-on crafts, exciting games, STEM activities, art projects, and plenty of opportunities to make new friends. Register for the days you need or join us for the entire break. Children must be currently enrolled in kindergarten through 5th grade.

Age: 5 through 11
Instructor: City Staff
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
510207-A1	M	8:30am-5:30pm	$75	11/23
510207-A4	Tu	8:30am-5:30pm	$75	11/24
510207-A5	W	8:30am-5:30pm	$75	11/25

Winter Camp

Make winter break unforgettable at Winter Camp! Each day is filled with festive fun, including seasonal crafts, interactive games, winter-themed science activities, creative art projects, and camp traditions that keep campers smiling all day long. Spend the week making memories, building friendships, and enjoying a winter break filled with fun and adventure. Children must be currently enrolled in kindergarten through 5th grade.

Age: 5 through 11
Instructor: City Staff
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
510208-A1	M-W	8:30am-5:30pm	$225	12/21-23
510208-A3	M-W	8:30am-5:30pm	$225	12/28-30

Spring Kids Club

Spring Break is the perfect time for fun, creativity, and adventure! Campers will enjoy a week filled with exciting activities, including colorful crafts, games, science experiments, art projects, camp songs, and plenty of time with friends. Each day will bring something new to keep campers active, engaged, and have fun while school is out. Children must currently be enrolled in kindergarten through 5th grade to participate.

Age: 5 through 11
Instructor: City Staff
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
110207-A1	M-F	8:30am-5:30pm	$375	3/29-4/2

Play-Well TEKnologies

Choose from two half-day camps or enroll your camper in a full-day epic camp experience at a discounted rate! In our Pokemon Master Engineering camp, campers will learn special moves, evolve into powerful forms, and face off against the current champion in an epic battle using LEGO® materials. In the afternoon, campers with learn to build and program robots in our Minecraft Robotics camp using LEGO® SPIKE™ Prime. They'll work in pairs to code motors, sensors, and lights to explore biomes, gather resources, battle mobs, and help Steve take on the Ender Dragon!

Age: 6 through 11
Instructor: Play-Well TEKnologies Staff
Location: Beresford Recreation Center

Pokemon Master Engineering with LEGO® Materials Camp

Activity	Day	Time	Fees	Dates
121111-A1	F	9am-12pm	$75	1/15

Minecraft Robotics with LEGO® SPIKE™ Prime Camp

Activity	Day	Time	Fees	Dates
121111-A2	F	1-4pm	$85	1/15

Combo Camps: Pokemon and Minecraft Robotics

Activity	Day	Time	Fees	Dates
121111-A3	F	9am-4pm	$150	1/15



Brick Tech

In our Build'Em All camp, campers will design their own Pokemon, train for battle in the LEGO® gym, and unlock the secrets of LEGO® eggs! The Intro to LEGO® SPIKE™ Prime camp will have campers designing, building, programming, and testing robotics projects with the newest materials LEGO® has to offer! Choose between one of these exciting two-day camps or enroll in the all-day combo camp for the full two-day experience at a discounted rate!

Age: 6 through 11
Instructor: Brick Tech Staff
Location: Beresford Recreation Center

Build'em All Pokemon Adventure with LEGO® Materials Camp

Activity	Day	Time	Fees	Dates
121172-A1	M,Tu	9am-12pm	$177	1/4-1/5

Intro to Robotics with LEGO® SPIKE™ Prime Camp

Activity	Day	Time	Fees	Dates
121172-A2	M,Tu	1-4pm	$193	1/4-1/5

Combo Camps: Build'em All and Intro to Robotics

Activity	Day	Time	Fees	Dates
121172-A3	M,Tu	9am-4pm	$343	1/4-1/5

COMMUNICATION ACADEMY

Confident Debate: SPAR Camp

Students will learn to present their ideas and win arguments with Spontaneous Debate! They will learn how to think on their feet with exciting one-on-one debates using age-appropriate topics in this fast-paced, fun, and educational class.

Age: 8 through 11
Instructor: Communication Academy Staff
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
121180-A1	M,Tu	9am-3pm	$355	1/4-1/5



Create Mix and Mingle

Artistic Medley Camp

We will keep your child engaged and challenge them with new artistic mediums daily through projects that stimulate their minds using sculpture, painting, and drawing while combining them in creative ways!

Ages: 6 through 12
Instructor: Create Mix and Mingle Staff
Location: Create Mix & Mingle, 25 N Kingston St, San Mateo

Activity	Day	Time	Fees	Dates
121006-A1	M,Tu	9am-3pm	$255	1/4-1/5

A-Z Creativity

Build It! Art Studio Camp

In this dynamic sculpture camp, young artists will dive into wire, cardboard, dry air clay, and mixed media! They'll explore techniques, experiment with materials, and create meaningful artwork while building creativity, problem-solving, and using imagination.

Ages: 5 through 9
Instructor: A-Z Creativity Staff
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
121007-A1	F	9am-3pm	$130	1/15

Dragonfly Designs

Sparkle & Create: Art & Jewelry Camp

Kids will celebrate the season at our Sparkle & Create: Art & Jewelry Camp! They will create handmade gifts and wearable treasures using jewelry-making, painting, clay, and textiles while exploring creativity, artistic techniques, and festive holiday fun.

Ages: 6 through 11
Instructor: Dragonfly Designs Staff
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
121052-A1	M,Tu	9am-3pm	$356	1/4-1/5



SKYHAWKS

Skyhawks – Pickleball

Get in the game with Skyhawks Pickleball, your gateway to the fastest-growing paddle sport! Players build groundstrokes, volleys, and serves through fun drills and gameplay, with a focus on teamwork and sportsmanship. Paddles and balls provided.

Age: 6 through 9
Instructor: Skyhawks Instructor
Location: Shoreview Park Courts

Activity	Day	Time	Fees	Dates
120554-B1	W	3:45-4:45pm	$215	1/13-2/24

Skyhawks – Beginning Golf

Join our Skyhawks Beginning Golf class to be ready to hit the links! This class is designed to teach the basics of putting, driving, and golf etiquette. We use kid-friendly equipment and make learning fun with engaging drills, perfect for young golfers. All levels are sure to improve their game in this class!

Age: 5 through 10
Instructor: Skyhawks Instructor
Location: Casanova Park

Activity	Day	Time	Fees	Dates
130555-B1	Th	3:45-4:45pm	$215	1/14-2/25

Skyhawks –Volleyball

Bump, set, spike! Whether your child is new to the sport or building on existing skills, this program offers a fun, energetic environment that promotes teamwork, confidence, and athletic development. Participants will learn the fundamentals of volleyball – including passing, setting, and serving.

Instructor: Skyhawks Instructor
Location: Shoreview Park

Age: 5 through 8

Activity	Day	Time	Fees	Dates
120755-B3	Su	12:30-1:30pm	$215	1/10-2/28

Age: 9 through 12

Activity	Day	Time	Fees	Dates
120755-B4	Su	1:45-2:45pm	$215	1/10-2/28

WORLD CUP SOCCER

World Cup Soccer – Skills Clinic

World Cup Soccer Skill Clinics focus on a lot of ball touches and core skills like dribbling, passing, and shooting. Small groups ensure personal attention, and each session ends with a fun scrimmage to apply what they've learned.

Instructor: World Cup Soccer Staff
Location: Dr. Martin Luther King Jr. Community Park Field

Age: 4 through 6

Activity	Day	Time	Fees	Dates
130525-A1	F	4-5pm	$249	1/22-3/5
130525-A2	Sa	10-11am	$219	1/23-3/6
130525-A3	M	4-5pm	$189	1/25-3/1
130525-A4	W	4-5pm	$249	1/20-3/3

Age: 7 through 10

Activity	Day	Time	Fees	Dates
130525-B1	F	5-6pm	$249	1/22-3/5
130525-B2	Sa	11am-12pm	$219	1/23-3/6
130525-B3	M	5-6pm	$189	1/25-3/1
130525-B4	W	5-6pm	$249	1/20-3/3

REBOUND BASKETBALL

The following basketball classes are offered by Rebound Basketball. For additional information, contact Manuel Minzer at manuelminzer@yahoo.com or (408) 499-6707.

Rebound Basketball

This program emphasizes skill development, teamwork, and sportsmanship with engaging games incorporated through the season. Participants will learn the fundamentals of basketball, including dribbling, shooting, and passing.

Age: 5 through 7
Instructor: Manuel Minzer

Location: Beresford Park

Activity	Day	Time	Fees	Dates
130538-A1	M	3:15-4pm	$165	1/11-3/1
130538-A2	W	3:15-4pm	$286	1/6-3/3
130538-A3	Sa	10:45-11:30am	$195	1/9-3/6
130538-LP2	Su	10:45-11:30am	$195	1/10-3/7

Location: Los Prados Park

Activity	Day	Time	Fees	Dates
130538-LP3	F	3:15-4pm	$286	1/8-3/5

Rebound Basketball Clinic

The Rebound Basketball clinic is the perfect way for kids to hone their hoop skills – no matter skill level! We'll use fun exercises to improve each player's offense, defense, dribbling, passing, and shooting abilities. Students will get the chance to scrimmage during class.

Age: 8 through 14
Instructor: Manuel Minzer

Location: Beresford Park

Activity	Day	Time	Fees	Dates
130539-A1	M	4:05-5pm	$175	1/11-3/1
130539-A2	Sa	11:35am-12:30pm	$205	1/9-3/6
130539-A3	W	4:05-5pm	$298	1/6-3/3
130539-LP1	Su	11:35am-12:30pm	$205	1/10-3/7

Location: Los Prados Park

Activity	Day	Time	Fees	Dates
130539-LP2	F	4:05-5pm	$298	1/8-3/5



Junior Warriors

The City of San Mateo partners with the Golden State Warriors so we can provide our community with this amazing program. The goal of this program is for boys and girls to have fun while learning teamwork, sportsmanship, dedication and the fundamentals of basketball; both on and off the court. This is a competitive league!

Practices
Monday through Friday at the Dr. Martin Luther King Jr. Community Center or San Mateo High School Main Gym

Game Days:
Every Saturday between 9:00am and 1:00pm at the San Mateo High School Main Gym

Instructor: City Staff
Location: Dr. Martin Luther King Jr. Community Center

Age: 3rd through 5th Grade

Activity	Day	Time	Fees	Dates
130505-A10	Sat	9:00am-1:00pm	$147	1/11-3/20

Age: 6th through 8th Grade

Activity	Day	Time	Fees	Dates
130505-A11	Sat	10:30am-2:00pm	$147	1/11-3/20

Tennis and Pickleball

The following tennis programs are offered by Todd Dissly Athletics. For additional information contact Tennis Director, Paul Lin, paul@sanmateotennis.net or (650) 743-1382. Please check Threads for weather updates: www.threads.net/@sanmateotp.

Pre-Rallyball Tennis

Pre-Rallyball Tennis is the preparation stage for students ages 5-6 years old for the San Mateo pathway. Early skill acquisition depends on parent participation. To progress to Rallyball 1, students must demonstrate proper grip and focused ball tracking.

Age: 5 through 6

Location: Beresford Park Courts

Activity	Day	Time	Fees	Dates
130541-B1	M	4:15-4:55pm	$209	1/11-3/1

Location: Central Park Courts

Activity	Day	Time	Fees	Dates
130541-C1	Sa	10:15-10:55am	$209	1/23-3/6

Jr. Rallyball Tennis 1

Jr. Rallyball Tennis 1 is designed to engage young children in learning tennis as a team sport while having fun with their friends. To progress to Rallyball 2, students must demonstrate multiple touch rallies on a 36-foot court.

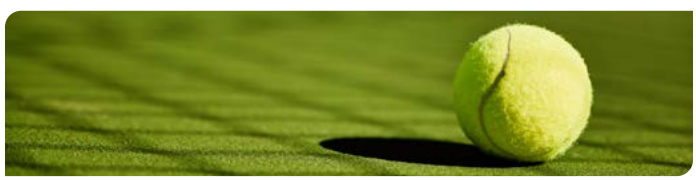
Age: 7 through 10

Location: Beresford Park Courts

Activity	Day	Time	Fees	Dates
130542-B2	M	5-5:55pm	$197	1/11-3/1

Location: Central Park Courts

Activity	Day	Time	Fees	Dates
130542-C1	F	4-4:55pm	$261	1/15-3/5
130542-C2	Sa	10-10:55am	$197	1/23-3/6



Jr. Rallyball Tennis 2

Jr. Rallyball Tennis 2 helps children improve their rally skills with better control of ball direction and depth. Overhead serving will also be polished for point play during this class. To progress to Rallyball 3, students must be able to serve and rally consistently on a 36-foot court. Prerequisite: Rallyball 1 and instructor's approval.

Age: 7 through 10
Location: Central Park Courts

Activity	Day	Time	Fees	Dates
130543-C1	F	5-5:55pm	$261	1/15-3/5
130543-C2	Sa	11-11:55am	$197	1/23-3/6

Jr. Rallyball Tennis 3

In Jr. Rallyball Tennis 3, students start to play with orange balls on a 60-foot court which requires more efficient footwork to navigate. Leg drive and weight transfer are also introduced to aid groundstroke depth in this course. To progress, students must demonstrate solid techniques and control. Prerequisite: Rallyball 2 and instructor's approval.

Age: 7 through 10
Location: Central Park Courts

Activity	Day	Time	Fees	Dates
130558-C1	M	4-4:55pm	$197	1/11-3/1

Jr. Beginning Tennis

Jr. Beginning Tennis is ideal for teenagers who have never learned to play tennis. To progress to Intermediate, students must be able to serve and rally consistently on a 60-foot court.

Age: 11 through 17
Location: Central Park Courts

Activity	Day	Time	Fees	Dates
130544-C1	F	4-4:55pm	$261	1/15-3/5

Jr. Intermediate Tennis

Jr. Intermediate Tennis is perfect for students who are ready to play with green balls on a full 78-foot court. All basic strokes will be revisited with an emphasis on match play strategies during this class. Prerequisite: Jr. Beginning and instructor approval.

Age: 11 through 17
Location: Central Park Courts

Activity	Day	Time	Fees	Dates
130545-C1	M	5-5:55pm	$197	1/11-3/1
130545-C2	F	5-5:55pm	$261	1/15-3/5

Jr. Pickleball – Beginner

Calling all teenagers who are new to Pickleball! Join your peers to learn the fundamentals of the fastest growing sport in the U.S. and start playing the game from the first lesson! You may borrow paddles and balls will be provided during class.

Age: 10 through 17
Location: Central Park Courts

Activity	Day	Time	Fees	Dates
130640-C1	W	5-5:55pm	$261	1/13-3/3

Jr. Pickleball - Intermediate

For experienced young players, this class will polish your fundamentals while helping strategize for your game. Coach approval required if you have not attended the Beginner class.

Age: 10 through 17
Location: Central Park Courts

Activity	Day	Time	Fees	Dates
130641-C1	W	4-4:55pm	$261	1/13-3/3

Skateboarding

The following Skateboarding classes are taught by Mike Manidis and are held at the Beresford Skate Park.

Skateboarding: Getting Started

This beginner skateboard program teaches the fundamentals of riding a skateboard with an emphasis on fun and safety. Students will learn to push and roll on their skateboards, ride up and down ramps, and more.

Age: 5 through 14

Activity	Day	Time	Fees	Dates
130557-B3	Sa	9-10am	$134	1/16-2/20

Skateboarding: Basic Tricks

This intermediate skateboard program builds upon the fundamentals learned in the Getting Started class and focuses on teaching novice tricks as well as skateboarding around the park more comfortably.

Age: 5 through 14

Activity	Day	Time	Fees	Dates
130556-B2	Sa	10-11am	$134	1/16-2/20

Martial Arts

KARATE

The following Karate classes are taught by Sensei Bernard Edwards and are held at the San Mateo Senior Center. For additional information, please call (650) 207-3550.

Karate 1: Intro/Beginning

Karate helps build confidence and increase concentration. This class will emphasize hand-eye coordination, body awareness, and Karate concepts including blocking, kicking, punching, and striking. Karate Gi (uniform) is required.

Age: 5 through 7

Activity	Day	Time	Fees	Dates
130510-A1	Tu	5:45-6:30pm	$208	1/12-3/2

Karate 2: Intro/Beginner

This advanced beginner level course will stress the more advanced basics of Karate. Students must have completed Karate 1 and have the instructor's approval to join this class.

Age: 7 through 13

Activity	Day	Time	Fees	Dates
130532-A1	Th	5:45-6:30pm	$208	1/14-3/4

Karate 3: Intermediate/Advanced

Our intermediate/advanced level class will help experienced students master their Karate skills. Students must have completed three consecutive sessions of Karate 2 and have the instructor's approval to join this class.

Age: 8 through 17

Activity	Day	Time	Fees	Dates
130531-A1	Tu,Th	6:30-7:30pm	$395	1/12-3/4



MU SOOL

The following Mu Sool classes are taught by Tim Sheehan and are held at the Central Park Recreation Center. For additional information, please email kuksoolmastertimsheehan@gmail.com or call (650) 570-5991

Beginner/Intermediate

Discover the dynamic world of Mu Sool, a comprehensive Korean martial arts system that combines kicking, striking, joint locks, throws, and traditional forms. This beginner-friendly class focuses on building discipline, coordination, self-confidence, and respect, all while getting a fun and challenging workout. No experience necessary!

Age: 6 through 12

Activity	Day	Time	Fees	Dates
130576-A1	Tu	5:15-5:50pm	$257	1/5-3/2
130576-A2	Th	5:15-5:50pm	$257	1/7-3/4
130576-A3	Tu,Th	5:15-5:50pm	$455	1/5-3/4

Intermediate/Advanced

Designed for students with prior experience in Mu Sool or a similar martial art, this class builds on foundational techniques and emphasizes discipline, fitness, self-defense, and continued personal growth in a structured, supportive environment. Whether training for the next belt or sharpening skills, this class is the next step in a student's martial arts journey. Prerequisite: Prior Mu Sool experience to the rank of Blue Belt or above or instructor approval.

Age: 10 through 17

Activity	Day	Time	Fees	Dates
130535-A1	Tu	6-6:55pm	$257	1/5-3/2
130535-A2	Th	6-6:55pm	$257	1/7-3/4
130535-A3	Tu,Th	6-6:55pm	$455	1/5-3/4

Kendo

Kendo, Japanese fencing, is rooted in the sword-fighting techniques of ancient samurai. This martial art conditions the body and spirit through demanding exercises. In addition to the registration fee, San Mateo Kendo Dojo will collect required membership fees that vary depending on the type of membership. Please visit www.sanmateokendo.org for current member fees and details.

Age: 9 and over
Instructor: San Mateo Kendo Dojo Staff
Location: Dr. Martin Luther King Jr. Community Center

Beginner

Activity	Day	Time	Fees	Dates
130553-C1	Tu	6-7pm	$35	1/5-3/2

Advanced

Activity	Day	Time	Fees	Dates
130553-D1	Tu	7-8:30pm	$40	1/5-3/2



TAEKWONDO

The following Olympic Taekwondo classes are taught by International Certified Master Luis Rosario and are held at the Central Park Recreation Center. See receipt confirmation for uniform and belt-level test fees. For additional information, please email lrosario@kickssm.com or visit www.kickssm.com

A high energy, 1-hr class, designed for athletic development, speed, strength, agility, self-defense, and overall acuity using structured games, Olympic Taekwondo, SAC drills, and BlazePod! Students will build confidence and respect all while having a blast! Classes are adapted to meet the needs of every level.

Junior

Age: 5 through 11

Activity	Day	Time	Fees	Dates
132810-A1	M	6-7pm	$215	1/4-3/1
132810-A2	W	6-7pm	$275	1/6-3/3
132810-A3	F	6-7pm	$275	1/8-3/5
132810-A4	M,W	6-7pm	$416	1/4-3/3
132810-A5	M,F	6-7pm	$416	1/4-3/5
132810-A6	W,F	6-7pm	$468	1/6-3/5
132810-A7	M,W,F	6-7pm	$576	1/4-3/5

Advanced

Age: 10 through 17

Activity	Day	Time	Fees	Dates
132811-A1	M	7-8pm	$215	1/4-3/1
132811-A2	W	7-8pm	$275	1/6-3/3
132811-A3	F	7-8pm	$275	1/8-3/5
132811-A4	M,W	7-8pm	$416	1/4-3/3
132811-A5	M,F	7-8pm	$416	1/4-3/5
132811-A6	W,F	7-8pm	$468	1/6-3/5
132811-A7	M,W,F	7-8pm	$576	1/4-3/5



Youth Dance

Additional Preschool Age Dance & Fitness classes are listed under 'Preschool Activities' on page 6.

Kids Yoga Series

Pod Yoga and Yogalings

Children are introduced to yoga through movement, breath-work, mindfulness, games, and relaxation in a way that feels natural, engaging, and age-appropriate. It's not just another physical activity but absorbing a lifelong skillset. The program is designed to help children build strength, balance, focus, and body awareness while also supporting emotional well-being and self-confidence. Each class creates a calm, supportive environment where children are encouraged to move mindfully, express themselves freely, and develop healthy tools for managing stress, emotions, and everyday challenges.

Instructor: Bright Roots Yoga Instructors
Location: Beresford Recreation Center

Pod Yoga

Age: 5 through 9

Activity	Day	Time	Fees	Dates
130522-A1	Tu	4-5pm	$213	1/5-2/2

Yogalings

Age: 10 through 12

Activity	Day	Time	Fees	Dates
130523-A1	Tu	4-5pm	$152	2/9-3/2

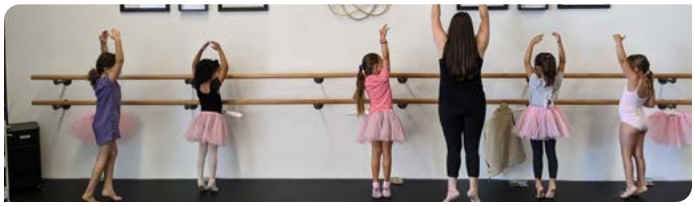
Creative Dance

Kinderdance

Children will explore their creativity through dance while being introduced to basic dance technique in our Kinderdance class. Using Modern dance technique as a base, children will explore levels, qualities of movement, and rhythmic structures. They will use these tools to make their own dances, as well as work together to create group dances.

Age: 4 through 6
Instructor: Tina Burke
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130804-B2	Sa	9:30-10:15am	$139	1/9-3/6



Creative Dance

This class is the next step after Kinderdance for dancers who have the basics down. Dancers will learn movements, technique, and the fundamentals of creating a dance. Create something special!

Age: 6 through 10
Instructor: Tina Burke
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130805-B1	Sa	10:30-11:15am	$139	1/9-3/6

Contemporary/Lyrical: Mixed Levels

Contemporary dance combines the strong, controlled legwork of ballet, the expressive use of the torso from modern dance, and the dynamic lines and quick movements of jazz. Lyrical dance, rooted in jazz, focuses on expressing the emotions of a song's lyrics through movement. In this class, dancers will work on technique, learn floor work, and explore improvisation, interpretive dance, and lyrical styles. Beginners are welcome!

Age: 7 through 18
Instructor: Kristine Chambers
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130807-B2	F	5-6pm	$185	1/8-3/5

Ballet

Creative Ballet

Dancers will build a strong foundation in ballet technique while exploring creative movement in a fun and supportive environment. Each class includes creative warm-ups, ballet barre exercises, across-the-floor activities, and creative dance experiences that help develop coordination, confidence, and self-expression. Dancers will combine their ballet and creative dance skills to learn and create fun routines. Join us for an exciting class filled with movement, creativity, and dance!

Age: 6 through 12
Instructor: Tina Burke
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130814-B1	Sa	11:30am-12:20pm	$139	1/9-3/6



Ballet Teen/Adult: Mixed Levels

Designed for beginners through professionals, this traditional ballet experience is taught by a professional dancer with extensive teaching experience at Bay Area dance studios. Technique is emphasized in a welcoming setting that supports all skill levels.

Age: 12 and over
Instructor: Kristine Chambers

Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141701-H2	F	6:15-7:30pm	$185	1/8-3/5

Location: Virtual Program (Hosted via Zoom)

Activity	Day	Time	Fees	Dates
141701-H1	F	6:15-7:30pm	$185	1/8-3/5

Jazz

Beginning/Intermediate Jazz

Jazz dance involves dynamic movements, performed with a low center of gravity and soft knees to maintain balance and clean transitions from one movement to the next. This series develops students' dance skills while pumping up their energy and confidence. Students will learn technique, basic jazz steps, and fun dance combinations, then continue building on these skills with more challenging steps while focusing on musicality in choreography.

Age: 8 through 16
Instructor: Tina Burke
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130822-B1	Tu	5:20-6:20pm	$139	1/5-3/2



Specialty Dance

Musical Theatre Kids

Take the stage! This introductory class explores acting, singing, and dancing while helping young performers build confidence, creativity, and courage in front of a crowd. The session ends with an in-class performance!

Age: 4 through 8
Instructor: Broadway Babies and Kids Staff
Location: Broadway Babies and Kids, 1463 Beach Park Blvd., Foster City

Activity	Day	Time	Fees	Dates
130823-A1	W	1:30-2:30pm	$369	1/6-3/3

Indian Fusion Kids

Discover the joy of movement and culture! Dancers explore Indian dance styles blended with contemporary movement while building confidence, creativity, musicality, and self-expression. The session culminates in an in-class performance!

Age: 5 through 12
Instructor: Broadway Babies and Kids Staff
Location: Broadway Babies and Kids, 1463 Beach Park Blvd., Foster City

Activity	Day	Time	Fees	Dates
130824-A1	Th	5:45-6:45pm	$369	1/7-3/4

Boys Dance

For all of you out there who want to move, funk it up, and dance! Whether you're new to dance or have some dancing chops, join this great program geared toward boys. We focus on athletizing, fun and games, all set to great music.

Age: 7 through 16
Instructor: Kevin Stanford
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
130851-K1	M	5-5:50pm	$135	1/4-3/1

Traditional Irish Dance

Dancers will learn basic Irish steps while getting a good foundation in dance training. We will build stamina, develop coordination and balance, all while gaining self-confidence and having FUN! The instructor is registered with the Irish Dancing Commission in Dublin, Ireland.

Instructor: Mary-Jo Feeney and Patricia Feeney-Conefrey
Location: Beresford Recreation Center

New Beginner

Age: 4 through 5

Activity	Day	Time	Fees	Dates
130860-B1	Th	3:45-4:30pm	$230	1/7-3/4

Beg 1/2

Age: 6 and over

Activity	Day	Time	Fees	Dates
130860-B2	Th	4:15-5pm	$230	1/7-3/4

Beg 2/Novice/Prize

Age: 6 and over

Activity	Day	Time	Fees	Dates
130860-B4	Th	5-6pm	$260	1/7-3/4

Champs

Age: 6 and over

Activity	Day	Time	Fees	Dates
130860-B5	Th	5:45-7pm	$260	1/7-3/4

Street Dance

Get on your feet and out of your seat -we're dancing in the street! This class is packed with dances from hip hop to hop-scotch and ballet to breakdance, plus loads of fun games that are sure to get you movin'!

Age: 7 through 16
Instructor: Kevin Stanford
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
130852-K1	M	4-4:50pm	$135	1/4-3/1

Mexican Folkloric Dance

This series of Mexican Folkloric I, II, II, and Adult classes provide the San Mateo community with the opportunity to celebrate and explore the rich traditions of Mexican dance, music, and folklore.

Location: Dr. Martin Luther King Jr. Community Center

Level I

Age: 5 through 10
Instructor: Karina Vela

Activity	Day	Time	Fees	Dates
130861-K1	M	4:30-5:20pm	$122	1/4-3/1

Level II

Age: 6 through 11
Instructor: Karina Vela

Activity	Day	Time	Fees	Dates
130861-K2	M	5:30-6:30pm	$122	1/4-3/1

Level III

Age: 8 through 13
Instructor: Brittney Samora Delgadillo

Activity	Day	Time	Fees	Dates
130861-K3	W	5-6pm	$155	1/6-3/3

Adult

Age: 14 and over
Instructor: Brittney Samora Delgadillo

Activity	Day	Time	Fees	Dates
141735-K1	W	7:10-8:10pm	$155	1/6-3/3



Youth Dance & Fitness Winter Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Street Dance 4:00-4:50pm 7-16 yrs. MLK	**Ballet Baby & Me** 9:15-10:00am 18 mos.-3 yrs. BBK	**Musical Theatre Kids** 1:30-2:30pm 4-8 yrs. BBK	**Creative Movement** 9:30-10:15am 1-3 yrs. BTDT	**Tiny Dancer** 9:30-10:15am 3-4 yrs. BTDT	**Creative Movement** 9:00-9:45am 1-3 yrs. BTDT
Mexican Folkloric I 4:30-5:20pm 5-10 yrs. MLK	**Pod Yoga/ Yogalings** 4:00-5:00pm 5-12 yrs. BRC	**Jazz Ma Tazz** 4:30-6:00pm 11-18 yrs. BRC	**Zumbini®** 10:00-10:50am 0-3 yrs. BRC	**Dance Party for Teens & Adults with Disabilities** 4:00-5:00pm 12+ yrs. BRC	**Tiny Dancer** 9:00-9:45am 3-4 yrs. BTDT
Boys Dance 5:00-5:50pm 7-16 yrs. MLK	**Beg/Int Jazz** 5:20-6:20pm 8-16 yrs. BRC	**Mexican Folkloric III** 5:00-6:00pm 8-13 yrs. MLK	**Tiny Dancer** 3:15-4:00pm 3-4 yrs. BTDT	**Contemporary/ Lyrical** 5:00-6:00pm 7-18 yrs. BRC	**Kinderdance** 9:30-10:15am 4-6 yrs. BRC
Mexican Folkloric II 5:30-6:30pm 6-11 yrs. MLK		**Mexican Folkloric Adult** 14+ yrs. 7:10-8:10pm MLK	**Irish Dance** New Beginner 3:45-4:30pm 4-5 yrs. BRC	Ballet Teen/Adult Mixed Levels 6:15-7:30pm 12+ yrs. BRC & ZOOM	Ballet Baby & Me 10:00-10:45am 18 mos.-3 yrs. BBK
			Irish Dance Beginner 1/2 4:15-5:00pm 6+ yrs. BRC		**Tiny Dancer** 10:00-10:45am 3-4 yrs. BTDT
			Irish Dance **Beg 2/Novice/Prize** 5:00-6:00pm 6+ yrs. BRC		**Creative Dance** 10:30-11:15am 6-10 yrs. BRC
			Irish Dance Champs 5:45-7:00pm 6+ yrs. BRC		**Hip Hop Baby & Me** 11:00-11:45am 18 mos.-3 yrs. BBK
			Indian Fusion Kids 5:45-6:45pm 5-12 yrs. BBK		**Creative Ballet** 11:30am-12:20pm 6-12 yrs. BRC



Location Key

BBK Broadway Babies & Kids
BRC Beresford Recreation Center
BTDT Better Together Dance Theatre
MLK Dr. Martin Luther King Jr. Community Center
ZOOM Virtual Class Via Zoom

Dance Party for Teens & Adults with Disabilities

Enjoy movement, music, and self-expression in a fun, welcoming, and supportive environment. Participants will learn basic dance steps and warm-up exercises tailored to individual abilities, explore creative movement and improvisation, and dance to a variety of favorite songs requested by the group. Led by a professional dance instructor with experience teaching teens and adults with disabilities, this class encourages creativity, confidence, social connection, and enjoyment through dance. Caregivers are welcome to accompany participants who require assistance. Join us for a lively and inclusive dance party!

Age: 12 and over
Instructor: Kristine Chambers
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141705-B1	F	4-5pm	$185	1/8-3/5



Performance Troupe

Jazz Ma Tazz

If you're a middle or high school dancer looking for more opportunities to perform, Jazz Ma Tazz would love to welcome you! Our performing troupe has showcased its talents throughout the Peninsula at community parades, College of San Mateo dance productions, the San Mateo County Fair, and the City of San Mateo's two annual dance showcases. If you have a passion for dance and enjoy performing, come be part of our energetic and supportive troupe!

Age: 11 through 18
Instructor: Tina Burke
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130866-A1	W	4:30-6pm	$155	1/6-3/3

Youth
Music and Drama

Introduction to Group Piano

Learn to play the keyboard! This course will encourage confidence and enthusiasm in players as they explore their way around the keyboard and learn basic piano techniques, note reading, and basic theory.

Age: 7 through 12
Instructor: Willie Wong
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130901-A1	Th	6-7pm	$278	1/14-3/4

Mini Group Piano 1

Small class size makes learning fun and engaging! Students will learn Middle C position, note reading, and basic theory. Great introduction to piano lessons and preparation for the possibility of future private study. For effective learning and regular practice, students are required to have access to a piano or keyboard at home.

Age: 6 through 8
Instructor: Willie Wong
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130903-A1	Th	4:15-4:50pm	$395	1/7-3/4
130903-A2	Th	5-5:35pm	$395	1/7-3/4

NEW Mini Group Piano 2

This program is designed for students who have completed Mini Group Piano 1 or beginners who know and have practiced from the Middle C position. Students will learn more songs and explore more of the keyboard.

Age: 6 through 8
Instructor: Willie Wong
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130905-A1	Th	3:30-4:05pm	$395	1/7-3/4



Private Music Lessons

Private weekly lessons in piano, voice, ukulele, and guitar (acoustic and electric) are held in late afternoon, evenings, and Saturday mornings. A piano is provided for lessons. Students provide their own instrument for guitar and ukulele lessons. All levels welcome!

Willie Wong (Piano Only)

Age: 6 through 18
Instructor: Willie Wong
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130902-A1	W	3-3:30pm	$455	1/6-3/3
130902-A2	W	3:30-4pm	$455	1/6-3/3
130902-A3	W	4-4:30pm	$455	1/6-3/3
130902-A4	W	4:30-5pm	$455	1/6-3/3
130902-A5	W	5-5:30pm	$455	1/6-3/3
130902-A6	W	5:30-6pm	$455	1/6-3/3
130902-A7	W	6-6:30pm	$455	1/6-3/3
130902-A8	W	6:30-7pm	$455	1/6-3/3
130902-C1	F	3:30-4pm	$405	1/8-3/5
130902-C2	F	4-4:30pm	$405	1/8-3/5
130902-C3	F	4:30-5pm	$405	1/8-3/5
130902-C4	F	5-5:30pm	$405	1/8-3/5
130902-C5	F	5:30-6pm	$405	1/8-3/5
130902-C6	F	6-6:30pm	$405	1/8-3/5
130902-C7	F	6:30-7pm	$405	1/8-3/5

Matthew Magennis (Piano and Guitar)

Age: 5 through 14
Instructor: Matthew Magennis
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130904-A1	M	7:30-8pm	$332	1/4-3/1
130904-A2	M	8-8:30pm	$332	1/4-3/1
130904-A3	M	8:30-9pm	$332	1/4-3/1

Frank Martinez (Piano, Guitar, Voice and Ukelele)

Age: 4 through 18
Instructor: Frank Martinez
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
130906-A1	Sa	10-10:30am	$445	1/9-3/6
130906-A2	Sa	10:30-11am	$445	1/9-3/6
130906-A3	Sa	11-11:30am	$445	1/9-3/6
130906-A4	Sa	11:30am-12pm	$445	1/9-3/6
130906-A5	Sa	12-12:30pm	$445	1/9-3/6

Youth Adventure and Learning

Junior Chef Stars

Whisk Around the World

Whisk Around the World is your child's ticket to a global kitchen adventure! In this flavorful after-school program, your junior chef will "whisk" away to a new country each week, exploring international cuisines through hands-on cooking fun!

Age: 7 through 13
Instructor: Junior Chef Stars Staff
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
131120-A1	W	4:15-5:30pm	$635	1/6-3/3



Chess Academy

Chess Academy provides a strong foundation in the rules and strategies needed to play chess. Our lessons will promote growth and development of skills in concentration, logic, decision-making, and planning. Starters is designed for beginners and Intermediate/Advanced is for students with previous experience. All participants play in training games with other participants. Fee includes a ribbon award.

Instructor: Chess Academy Staff
Location: Beresford Recreation Center

Starters

Age: 5 through 8

Activity	Day	Time	Fees	Dates
131166-A1	Th	3:35-4:30pm	$275	1/7-3/4
131166-A2	Sa	10:05-11am	$215	1/9-3/6

Intermediate/Advanced

Age: 8 through 13

Activity	Day	Time	Fees	Dates
131167-A1	Th	4:35-5:30pm	$275	1/7-3/4
131167-A2	Sa	11:05am-12pm	$215	1/9-3/6

Poplar Creek Golf

For Green Fees & Reservations

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Dana Banke, Head Golf Professional..... (650) 522-7515
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Get Golf Ready Group Lessons

These four-week programs meet once a week and are designed to progressively get you ready for the game of golf. Participants receive 4 one-hour lessons, a golf shop discount card, and a free bucket of range balls for each week while the clinic is in session. **Check our website** www.poplarcreekgolf.com **for schedule and sign-ups.**

Driving Range

Poplar Creek has an 18-stall driving range, a large practice putting green, and a short game practice area (daily fee applies).

VIP Membership

Join our VIP program and enjoy a 14-day tee time booking window, early access to afternoon rates, and free use of short game practice area. Visit out website www.poplarcreekgolf.com for more information and to sign-up.

GOLF AT POPLAR CREEK GOLF COURSE

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Book your tournament now!
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Golf at Poplar Creek Golf Course is year-round. Warm up on our driving range and get out and play. Private and group lessons are available - learn more by calling (650) 522-7515. Book your tournament now – call (650) 522-4653.

Poplar Creek Golf Shop carries a large inventory of gear from leading golf manufacturers: Titleist, Callaway, Taylor Made, Foot-Joy, Sun Mountain, Cleveland Golf, Adidas, Bridgestone, and many others.

Adult Sports Instruction and Play

San Mateo High School Gym Rentals

Are you interested in renting the San Mateo High School Gym for volleyball, basketball, pickleball, corporate events, etc.? Rentals are available Monday through Friday from 7-10pm and on the weekends. Please contact Community Services Coordinator at (650) 522-7470 for more information.



Open Gym for Winter 2027

At the Dr. Martin Luther King Jr. Community Center
725 Monte Diablo Ave, San Mateo, CA 94401

January 4, 2027 to March 4, 2027

Age 18 + · $4 fee to play

Monday	Pickleball	9:00am – 1:00pm
	Volleyball	6:30pm – 8:30pm
Tuesday	Pickleball	9:00am – 1:00pm
Wednesday	Basketball	9:00am – 1:00pm
	Volleyball	6:30pm – 8:30pm
Thursday	Volleyball	9:00am – 1:00pm

San Mateo High School Open Gym

PICKLEBALL

Sundays, 10:00am-3:00pm
Ages: 18+ years • $5/session

Join us every Sunday from 10:00am to 3:00pm for open gym pickleball at San Mateo High School (506 N. Delaware Street, San Mateo, CA 94401). Adults (18years and older) are welcome to drop in and enjoy friendly games with the community. Come play, meet other pickleball enthusiasts, and have some fun on the courts! All experience welcome!



Tennis and Pickleball

The following tennis programs are offered by Todd Dissly Athletics. For additional information, contact Tennis Director, Paul Lin, paul@sanmateotennis.net or (650) 743-1382. Please check Threads for weather updates: www.threads.net/@sanmateotp.

Students must be 18 years or older to register for Adult lessons.

Adult Beginning Tennis 1

This class is designed for anyone who's ready to take advantage of the new teaching technique. You will be able to rally with a partner within an hour of the first class. To progress to Beginning Tennis 2, you need to develop ball-reading/tracking skills and coordinate your body to allow smooth racquet swinging.

Age: 18 and over
Location: Central Park

Activity	Day	Time	Fees	Dates
141212-C1	M	8-8:55pm	$197	1/11-3/1
141212-C2	W	6:30-7:25pm	$261	1/13-3/3
141212-C3	F	7:30-8:25pm	$261	1/15-3/5
141212-C4	Sa	11-11:55am	$197	1/23-3/6

Adult Beginning Tennis 2

Beginning Tennis 2 classes are for players who can already load in time and hit with fluid follow-through. All basic shots will be introduced to prepare you for match play. To progress to Intermediate Tennis 1, you need to demonstrate accurate ball reading, adequate footwork, and consistent rally from the baseline.

Age: 18 and over

Location: Beresford Park

Activity	Day	Time	Fees	Dates
141213-B1	M	8-8:55pm	$233	1/11-3/1
141213-B2	Th	7-7:55pm	$261	1/14-3/4

Location: Central Park

Activity	Day	Time	Fees	Dates
141213-C1	M	7-7:55pm	$197	1/11-3/1
141213-C2	F	10-10:55am	$261	1/15-3/5

Location: Los Prados Park

Activity	Day	Time	Fees	Dates
141213-LP1	Su	9-9:55am	$233	1/10-2/28

Adult Intermediate Tennis 1

In Intermediate Tennis 1, lessons are fast paced, but we will still review the previous lesson's instruction. The goal of each lesson segment is to introduce one or more skills necessary to play tennis at a higher level. Instructor approval is required.

Age: 18 and over

Location: Beresford Park

Activity	Day	Time	Fees	Dates
141214-B1	M	7-7:55pm	$233	1/11-3/1

Location: Central Park

Activity	Day	Time	Fees	Dates
141214-C1	W	7:30-8:25pm	$261	1/13-3/3
141214-C2	Th	7-8:25pm	$365	1/14-3/4
141214-C3	F	11-11:55am	$261	1/15-3/5

Location: Los Prados Park

Activity	Day	Time	Fees	Dates
141214-LP1	Su	10-10:55am	$233	1/10-2/28



Adult Intermediate Tennis 2

Intermediate Tennis 2 is perfect for players who are starting to develop topspin groundstroke and spin serves. Singles and/or doubles point play will be crucial to gauge your understanding of tactics. Prerequisite: Solid rally with both pace and control from the baseline.

Age: 18 and over

Location: Beresford Park

Activity	Day	Time	Fees	Dates
141215-B1	W	6:30-7:25pm	$261	1/13-3/3
141215-B2	Th	8-8:55pm	$261	1/14-3/4

Location: Central Park

Activity	Day	Time	Fees	Dates
141215-C1	Su	9-9:55am	$145	1/31-2/28
141215-C2	M	10-11:25am	$185	2/1-3/1
141215-C3	Tu	7-8:25pm	$365	1/12-3/2

Adult Intermediate Tennis 3

Intermediate Tennis 3 is for players with an aggressive serve, consistent topspin groundstroke and solid volley technique. To progress to Advanced level, you need to demonstrate a well-rounded game with reliable skills to win points. Prerequisite: Solid game with excellent footwork both at net and from the baseline.

Age: 18 and over

Location: Beresford Park

Activity	Day	Time	Fees	Dates
141217-B1	W	7:30-8:25pm	$261	1/13-3/3

Location: Central Park

Activity	Day	Time	Fees	Dates
141217-C1	F	6:30-7:25pm	$261	1/15-3/5
141217-C2	Su	10-10:55am	$145	1/31-2/28

Pickleball – Beginner 1

Perfect for those new to the sport or looking to brush up on the basics. You'll learn the fundamentals of pickleball, including how to serve, rally, and score. No prior experience needed! Just bring a positive attitude and willingness to learn!

Age: 18 and over

Location: Central Park

Activity	Day	Time	Fees	Dates
141221-C1	Tu	10-10:55am	$261	1/12-3/2
141221-C2	F	7:30-8:25pm	$261	1/15-3/5

Location: Los Prados Park

Activity	Day	Time	Fees	Dates
141221-LP1	M	7-7:55pm	$197	1/11-3/1
141221-LP2	Sa	10-10:55am	$197	1/23-3/6
141221-LP3	Tu	7-7:55pm	$261	1/12-3/2

Pickleball – Beginner 2

Prerequisite: Beginner 1 or equivalent experience. Designed for players with solid fundamentals, this class aims to improve your consistency, movement, and court positioning, which are required to transition your game to the intermediate level.

Age: 18 and over

Location: Central Park

Activity	Day	Time	Fees	Dates
141224-C3	Su	2-2:55pm	$197	1/10-2/28
141224-C4	Tu	11-11:55am	$261	1/12-3/2
141224-C5	W	6:30-7:25pm	$261	1/13-3/3
141224-C6	F	11-11:55am	$261	1/15-3/5
141224-C7	F	6:30-7:25pm	$261	1/15-3/5

Location: Los Prados Park

Activity	Day	Time	Fees	Dates
141224-LP3	M	8-8:55pm	$197	1/11-3/1
141224-LP4	Th	8-8:55pm	$261	1/14-3/4
141224-LP5	Sa	11-11:55am	$197	1/23-3/6



Pickleball – Intermediate

Be a part of the fastest growing sport in the U.S. Learn key skills and start playing the game at your first lesson. Intermediate classes are suited for players with previous experience or approved by instructors from Beginner classes.

Age: 18 and over

Location: Central Park

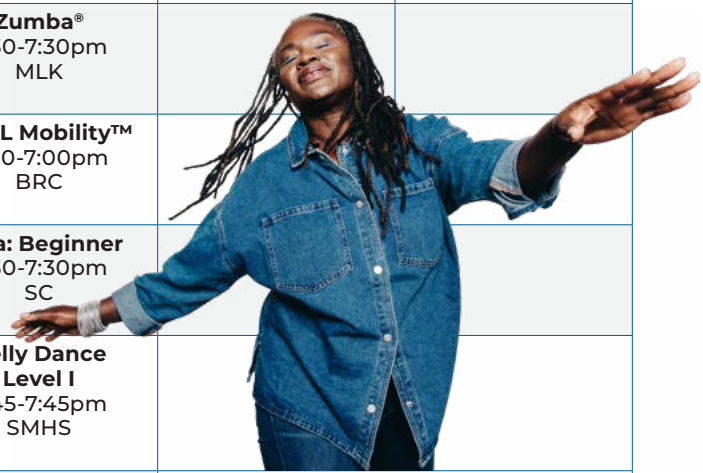
Activity	Day	Time	Fees	Dates
141222-C1	Su	3-3:55pm	$197	1/10-2/28
141222-C2	W	7:30-8:25pm	$261	1/13-3/3
141222-C3	F	10-10:55am	$261	1/15-3/5

Location: Los Prados Park

Activity	Day	Time	Fees	Dates
141222-LP1	Tu	8-8:55pm	$261	1/12-3/2
141222-LP2	Th	7-7:55pm	$261	1/14-3/4

Adult Dance and Fitness Winter Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Resistance 9:00-10:00am BRC	**Cardio/Strength & Stretch** 9:00-10:00am BRC & ZOOM	**Strength & Resistance** 9:00-10:00am BRC	**Zumba® Gold** 9:00-9:50am BRC	**Strength & Resistance** 9:00-10:00am BRC	**Cardio Kickboxing** 9:15-10:15am BRC
Zumba® 9:30-10:30am BRC	**Cardio/Strength & Stretch for 50+** 10:00-11:10am SC	**Cardio Blast & Toning** **9:00-10:00am** BRC & ZOOM	**Cardio/Strength & Stretch for 50+** 10:00-11:10am SC	**Cardio/Strength & Stretch for 50+** 10:00-11:10am SC	**Zumba®** 10:30-11:30am BRC
Staying Fit with Arthritis 10:00-11:10am SC	**Gentle Aerobics** 10:00-11:00am MLK	**Pilates Mat: Strong/Flexible** 10:00-11:00am ZOOM	**Gentle Aerobics** 10:00-11:00am MLK	**Pilates Mat & Strengthening** 10:00-11:00am BRC & ZOOM	
Pilates Mat: Strong/Flexible 10:00-11:00am ZOOM	**Strength Training/ Healthy Living** 10:15-11:15am BRC	**Staying Fit with Arthritis** 10:00-11:10am SC	**Strength Training/ Posture Power** 10:15-11:15am BRC	**Cardio Dance** 10:15-11:15am BRC	
Cardio Dance 10:15-11:15am BRC	**Chair Yoga** 12:30-1:30pm BRC & ZOOM	**Yoga Flow** 10:15-11:15am BRC	**Chair Yoga** 12:30-1:30pm BRC & ZOOM	**Dance Party for Teens & Adults with Disabilities** 4:00-5:00pm 12+ yrs. BRC	
Beg Strength & Resistance Training 11:45am-12:30pm BRC	**Jazz Funk** 5:00-6:00pm BRC	**Cardio Dance** 10:15-11:15am BRC	**Zumba®** 5:30-6:30pm BRC	**Ballet Teen/Adult** Mixed Levels 6:15-7:30pm BRC & ZOOM	
American Line Dance 1:30-2:30pm SC	**Tai Chi-Beginning** 6:00-7:00pm SC	**Int/Adv Jazz** 11:45am-1:00pm BRC	**Yoga I** 6:00-7:00pm ZOOM		
Music & Motion 2:30-3:30pm SC	**Yoga I** 6:00-7:00pm ZOOM	**Strength Training/ Posture Power** 12:15-1:15pm BRC	**Zumba®** 6:30-7:30pm MLK		
Cardio/Strength & Stretch 6:00-7:00pm BRC	**Zumba®** 6:15-7:15pm BRC	**Staying Fit with Arthritis** 1:00-2:00pm SC	**CIRCL Mobility™** 6:30-7:00pm BRC		
Zumba® 6:30-7:30pm SMHS 6:30-7:30pm MLK	**Piloxing** 6:30-7:30pm SMHS	**Gentle Yoga** 5:05-6:20pm SC	**Hula: Beginner** 6:30-7:30pm SC		
Tap II 6:30-7:30pm BRC	**Yoga Fusion** 6:30-7:30pm BRC	**Mexican Folkloric Adult** 14+ yrs. 7:10-8:10pm MLK	**Belly Dance Level I** 6:45-7:45pm SMHS		
Tap I 7:45-8:45pm BRC	**Tai Chi Intermediate** 7:15-8:30pm SC	**Zumba® Toning** 6:30-7:30pm BRC	**Adult Indian Fusion** 7:00-8:00pm BBK		
	Argentine Tango I 7:30-8:20pm BRC	**Yoga I** 6:30-7:45pm SC	**Hula: Intermediate** 7:30-8:30pm SC		
	Intro to Tap 7:45-8:45pm BRC	**Line Dance** Beg: 6:30-7:30pm Intermediate: 7:30-8:30pm BRC	**Belly Dance** Level II 7:50-8:50pm SMHS		
	Argentine Tango II 8:30-9:20pm BRC				



Location Key

BBK	Broadway Babies and Kids
BRC	Beresford Recreation Center
MLK	Dr. Martin Luther King Jr. Community Center
SC	Senior Center
SMHS	San Mateo High School
ZOOM	Virtual Class Via Zoom

Martial Arts

Taekwondo Olympic Sparring/Self-Defense

The following Olympic Taekwondo classes are taught by International Certified Master Luis Rosario and are held at the Central Park Recreation Center. See receipt confirmation for uniform and belt-level test fees. For additional information, please email lrosario@kickssm.com or visit www.kickssm.com.

A high energy, 1-hr class, designed for athletic development, speed, strength, agility, self-defense, and overall acuity using structured games, Olympic Taekwondo, SAC drills, and BlazePod!

Adults

Age: 18 and over

Activity	Day	Time	Fees	Dates
142810-A1	M	7-8pm	$215	1/4-3/1
142810-A2	W	7-8pm	$275	1/6-3/3
142810-A3	F	7-8pm	$275	1/8-3/5
142810-A4	M,W	7-8pm	$416	1/4-3/3
142810-A5	M,F	7-8pm	$416	1/4-3/5
142810-A6	W,F	7-8pm	$468	1/6-3/5
142810-A7	M,W,F	7-8pm	$576	1/4-3/5



Kendo

Kendo

Kendo, Japanese fencing, is rooted in the sword-fighting techniques of ancient samurai. This martial art conditions the body and spirit through demanding exercises. In addition to the registration fee, San Mateo Kendo Dojo will collect required membership fees that vary depending on the type of membership. Please visit www.sanmateokendo.org for current member fees and details.

Age: 9 and over
Instructor: San Mateo Kendo Dojo Staff
Location: Dr. Martin Luther King Jr. Community Center

Beginner

Activity	Day	Time	Fees	Dates
130553-C1	Tu	6-7pm	$35	1/5-3/2

Advanced

Activity	Day	Time	Fees	Dates
130553-D1	Tu	7-8:30pm	$40	1/5-3/2

Adult Fitness

Cardio

Zumba®

Zumba is a Latin-inspired dance and fitness workout. The class format combines fast and slow rhythms that tone and sculpt the body. The cardio-based dance movements are easy to follow and designed for everyone. Our instructors are Zumba certified.

Age: 16 and over

Instructor: Shoko Boyd
Location: San Mateo High School, Dance Studio, 506 N. Delaware St. (inside gym)

Activity	Day	Time	Fees	Dates
141502-B5	M	6:30-7:30pm	$145	1/4-3/1

Instructor: Gaby Torres
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141502-B2	M	9:30-10:30am	$115	1/11-3/1
141502-B1	Tu	6:15-7:15pm	$170	1/5-3/2
141502-S1	Sa	10:30-11:30am	$152	1/9-3/6

Instructor: Gaby Torres
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
141502-K1	M	6:30-7:30pm	$115	1/11-3/1
141502-K2	Th	6:30-7:30pm	$170	1/7-3/4

Instructor: Kalina Kotseva
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141502-B7	Th	5:30-6:30pm	$170	1/7-3/4



Zumba Gold®

Zumba is a Latin-inspired dance and fitness workout led by certified instructors. Zumba Gold offers the same fun moves you love, modified for active older adults at a lower intensity.

Age: 16 and over
Instructor: Gaby Torres
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141545-B1	Th	9-9:50am	$170	1/7-3/4

Cardio Kickboxing (Non-Contact)

Boost your cardio fitness and relieve stress in this energetic class! Enjoy lively combinations of punches and kicks set to fun music, along with core exercises designed with modifications and options so participants can work at the level that feels right for them. All fitness levels are welcome.

Age: 16 and over
Instructor: Mary Brinig
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141535-H1	Sa	9:15-10:15am	$85	1/9-3/6

Cardio Dance

Cardio Dance is a high-intensity whole body dance workout that combines Jazz, Latin, Hip Hop, and Pop Dance moves as well as balance, flexibility, and strength. The instructor is certified by the American College of Sports Medicine (ACSM).

Age: 16 and over
Instructor: Patti Michelsen
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141536-B1	M	10:15-11:15am	$87	1/4-3/1
141536-B2	W	10:15-11:15am	$110	1/6-3/3
141536-B3	F	10:15-11:15am	$110	1/8-3/5

Cardio/ Strength & Stretch for 50+

This is a low-impact class combining a cardio warm-up, followed by strength training using weights/elastic bands for flexibility, stretching, and abdominal work which can be done on the floor or seated in a chair.

Age: 16 and over
Instructor: Mary Furuta
Location: Senior Center

Activity	Day	Time	Fees	Dates
141537-S2	Tu	10-11:10am	$125	1/5-3/2
141537-S3	Th	10-11:10am	$125	1/7-3/4
141537-S1	F	10-11:10am	$125	1/8-3/5

Cardio Blast & Toning

Gain the benefits of cardio, muscle toning, and core strengthening! Boost your metabolism, strength and mobility and end the class feeling energized! All levels are welcome.

Age: 18 and over
Instructor: Rhonda Fitzpatrick

Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141538-S2	W	9-10am	$102	1/6-3/3

Location: Virtual Program (Hosted via Zoom)

Activity	Day	Time	Fees	Dates
141538-S3	W	9-10am	$95	1/6-3/3

Strength

Beginning Strength & Resistance Training

Designed to strengthen and tone muscle groups while improving balance, mobility, and bone strength. Proper form and body mechanics are emphasized. Equipment is provided, with chair or wall support available and no floor work required. The instructor is certified by the American College of Sports Medicine (ACSM). A great way to get started.

Age: 16 and over
Instructor: Patti Michelsen
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141541-B1	M	11:45am-12:30pm	$81	1/4-3/1

Strength & Resistance Training

Designed to strengthen and tone muscle groups while improving balance, mobility, and bone strength. Proper form and body mechanics will be taught. Equipment is provided. The instructor is certified by the American College of Sports Medicine (ACSM). All levels are welcome.

Age: 16 and over
Instructor: Patti Michelsen
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141540-B1	M	9-10am	$81	1/4-3/1
141540-B2	W	9-10am	$102	1/6-3/3
141540-B3	F	9-10am	$102	1/8-3/5

Strength Training/Posture Power

Enjoy a Pilates-based full-body workout using weights, bands, and balls with both standing and seated exercises. Build strength, improve posture, enhance core stability and body awareness, while increasing flexibility and balance. Join the fun, move at your own pace, and enjoy the music!

Age: 16 and over
Instructor: Jill Daly
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141542-B1	W	12:15-1:15pm	$86	1/6-3/3
141542-B2	Th	10:15-11:15am	$86	1/7-3/4



Strength Training/Healthy Living

Gain strength, mobility, and balance while building stronger bones. We will focus on functional movement and alignment in both seated and standing exercises, supported by music to inspire your workout. All levels are welcome, and modifications are provided.

Age: 16 and over
Instructor: Mae Chesney
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141543-B1	Tu	10:15-11:15am	$93	1/12-3/2



Zumba® Toning

Zumba Toning blends body sculpting and Zumba moves into one calorie-burning class. Learn how to use weights to enhance rhythm, build strength, and tone all the target areas.

Age: 15 and over
Instructor: Gaby Torres
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141544-H1	W	6:30-7:30pm	$170	1/6-3/3

Cardio/Strength & Stretch

Get it ALL in one class in this great workout that incorporates cardio and interval training. Strengthen your lower and upper body muscle groups. End with stretching and lengthening muscles, leaving you feeling relaxed and renewed. All levels are welcome.

Age: 16 and over
Instructor: Mary Brinig
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141546-B2	M	6-7pm	$87	1/4-3/1

Age: 15 and over
Instructor: Rhonda Fitzpatrick
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141546-B4	Tu	9-10am	$102	1/5-3/2

Age: 15 and over
Instructor: Rhonda Fitzpatrick
Location: Virtual Program (Hosted via Zoom)

Activity	Day	Time	Fees	Dates
141546-B3	Tu	9-10am	$95	1/5-3/2

Specialty Fitness

Yoga Fusion

Yoga Fusion awakens every body part, including the heart and soul. Strengthening and lengthening exercises combined with the joy of movement to music create the perfect workout experience. Adding to the atmosphere, participants bring a welcoming, yogi-inspired warmth that fills the room even before the session begins.

Age: 16 and over
Instructor: Donna Lanam
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141553-B1	Tu	6:30-7:30pm	$140	1/5-3/2

Piloxing

Piloxing combines the power, speed and agility of boxing with the sculpting and flexibility of Pilates. Class exercises will incorporate the use of weighted gloves (available for purchase from the instructor) which add to the workout by toning the arms and maximizing cardiovascular health.

Age: 16 and over
Instructor: Shoko Boyd
Location: San Mateo High School, Dance Studio, 506 N. Delaware St. (inside gym)

Activity	Day	Time	Fees	Dates
141554-H1	Tu	6:30-7:30pm	$165	1/5-2/23

Gentle Aerobics

Join our low-impact aerobic workout to challenge your cardiorespiratory system.

Age: 55 and over
Instructor: Peninsula Family YMCA
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
142529-A1	Tu	10:15-11:15am	$41	1/5-3/2
142529-A3	Th	10:15-11:15am	$41	1/7-3/4



Adult
Movement Awareness

Yoga I

Feel renewed, centered, and enriched by this comprehensive Hatha Yoga class. A steady flow of relaxation between asanas is offered with guided instruction throughout. Beginners and intermediate students welcome.

Age: 18 and over

Instructor: Adriana Buenaventura
Location: Senior Center

Activity	Day	Time	Fees	Dates
141601-B1	W	6:30-7:45pm	$160	1/6-3/3

Instructor: Peggy Guaraldi
Location: Virtual Program (Hosted via Zoom)

Activity	Day	Time	Fees	Dates
141601-S1	Tu	6-7pm	$159	1/5-3/2
141601-S2	Th	6-7pm	$159	1/7-3/4



Gentle Yoga

Receive the benefits of relaxation, flexibility and recovery with this slow-paced class for all ages and levels. Gentle movements, breathing exercises, and relaxation tools will allow you to loosen tight muscles, relax your mind, improve balance and build healthy tissues in your body. Most of the postures are done seated on the floor.

Age: 18 and over
Instructor: Adriana Buenaventura
Location: Senior Center

Activity	Day	Time	Fees	Dates
141607-B1	W	5:05-6:20pm	$160	1/6-3/3

Yoga Flow

This flowing Vinyasa class blends breath and movement to increase mobility, flexibility, and balance. With clear guidance you will move mindfully on and off the mat, explore variations, and leave feeling centered and refreshed.

Age: 15 and over
Instructor: Rhonda Fitzpatrick
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141604-B1	W	10:15-11:15am	$125	1/6-3/3



Chair Yoga

Designed to deepen connection with your body and breath while exploring simple Yoga poses using a chair for support. Improve your strength, flexibility, and balance while cultivating greater ease. Leave class feeling more grounded and revitalized!

Age: 18 and over
Instructor: Mae Chesney

Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141605-S3	Tu	12:30-1:30pm	$101	1/12-3/2
141605-S4	Th	12:30-1:30pm	$101	1/14-3/4

Location: Virtual Program (Hosted by Zoom)

Activity	Day	Time	Fees	Dates
141605-S1	Tu	12:30-1:30pm	$101	1/12-3/2
141605-S2	Th	12:30-1:30pm	$101	1/14-3/4

Staying Fit with Arthritis

Through a combination of slow movements to loosen up stiff joints, strengthen muscles, and increase flexibility, this low-impact intensity workout will improve endurance and balance. All the exercises can be performed seated or standing.

Age: 18 and over
Instructor: Mary Furuta
Location: Senior Center

Activity	Day	Time	Fees	Dates
141632-B2	M	10-11:10am	$98	1/4-3/1
141632-B5	W	10-11:10am	$125	1/6-3/3
141632-B4	W	1-2pm	$125	1/6-3/3

CIRCL Mobility™

A low intensity stretching class that focuses on flexibility, breathwork, and mobility exercises to help you move better and longer. Set to a soundtrack of healing tones and sound frequencies to help your mind focus and release stress.

Age: 18 and over
Instructor: Kalina Kotseva
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141608-A1	Th	6:30-7pm	$155	1/7-3/4

Pilates Mat: Strong & Flexible

Build strength, flexibility, endurance, and balance while working all the major muscle groups in this multi-level class. We welcome all, from beginning students to those with Pilates experience. This class offers variations to add challenge as well as modifications to make the movements more accessible.

Age: 18 and over
Instructor: Kim Moore
Location: Virtual Program (Hosted via Zoom)

Activity	Day	Time	Fees	Dates
141620-S1	M	10-11am	$65	1/11-3/1
141620-S2	W	10-11am	$85	1/13-3/3

Pilates Mat & Strengthening

Build abdominal/core strength and increase balance and flexibility in this class which is designed to help people of all ages and fitness levels improve their posture, mobility, and body awareness.

Age: 15 and over
Instructor: Rhonda Fitzpatrick

Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141621-S2	F	10-11am	$110	1/8-3/5

Location: Virtual Program (Hosted via Zoom)

Activity	Day	Time	Fees	Dates
141621-S1	F	10-11am	$110	1/8-3/5

TAI CHI SERIES

Chen Taiji form is the ancestor of all Tai Chi styles. This class emphasizes the basic Taiji foundation, silk-reeling exercises, and Qigong. The lessons are designed to encourage life-long physical wellness, mind-body connection, stress reduction and better joint mobility. Movements can be performed slowly and gently, or faster and more powerful for fitness and self-defense applications. **Tai Chi-Intermediate** will cover the entire Tai Chi First Form with martial arts applications and Tai Chi principles. Health benefits from practicing may include improving lifelong physical wellness, immune system, joint mobility and much more.

Age: 18 and over
Instructor: Loren Chin
Location: Senior Center

Beginning

Activity	Day	Time	Fees	Dates
141633-S1	Tu	6-7pm	$125	1/5-3/2

Intermediate

Activity	Day	Time	Fees	Dates
141636-S2	Tu	7:15-8:30pm	$140	1/5-3/2

Adult Dance

Ballet Teen/Adult: Mixed Levels

Designed for beginners through professionals, this traditional ballet experience is taught by a professional dancer with extensive teaching experience at Bay Area dance studios. Technique is emphasized in a welcoming setting that supports all skill levels.

Age: 12 and over
Instructor: Kristine Chambers

Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141701-H2	F	6:15-7:30pm	$185	1/8-3/5

Location: Virtual Program (Hosted via Zoom)

Activity	Day	Time	Fees	Dates
141701-H1	F	6:15-7:30pm	$185	1/8-3/5



Adult Indian Fusion

Dance, connect, and grow! Explore the vibrant fusion of traditional Indian and contemporary dance while building confidence, creativity, musicality, and self-expression in an energizing, welcoming environment.

Age: 18 and over
Instructor: Broadway Babies and Kids Staff
Location: Broadway Babies and Kids, 1463 Beach Park Blvd., Foster City

Activity	Day	Time	Fees	Dates
141704-A1	Th	7-8pm	$305	1/7-3/4

Dance Party for Teens & Adults with Disabilities

Enjoy movement, music, and self-expression in a fun, welcoming, and supportive environment. Participants will learn basic dance steps and warm-up exercises tailored to individual abilities, explore creative movement and improvisation, and dance to a variety of favorite songs requested by the group. Led by a professional dance instructor with experience teaching teens and adults with disabilities, this class encourages creativity, confidence, social connection, and enjoyment through dance. Caregivers are welcome to accompany participants who require assistance. Join us for a lively and inclusive dance party!

Age: 12 and over
Instructor: Kristine Chambers
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141705-B1	F	4-5pm	$185	1/8-3/5

TAP SERIES

Intro to Tap is for the absolute beginner with little to no tap experience. **Tap I** builds on your technical skills and includes longer combinations. **Tap II** is for the dancer with several years of experience who is ready for more.

Age: 18 and over
Instructor: Melissa Cheu
Location: Beresford Recreation Center

Intro to Tap

Activity	Day	Time	Fees	Dates
141711-B1	Tu	7:45-8:45pm	$118	1/5-3/2

Tap I

Activity	Day	Time	Fees	Dates
141712-H1	M	7:45-8:45pm	$93	1/4-3/1

Tap II

Activity	Day	Time	Fees	Dates
141713-H2	M	6:30-7:30pm	$93	1/4-3/1



Jazz Funk

Come join this exciting all-level Jazz Funk class to get your body moving and lift your spirits! The class includes a warm-up, stretching, across-the-floor exercises, and choreography. No experience is needed—everyone is welcome!

Age: 13 and over
Instructor: Gina Lorton
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141720-B1	Tu	5-6pm	$185	1/5-3/2

Intermediate/Advanced Jazz

Intermediate to advanced jazz dance class featuring warm-ups, jazz technique, and a strong focus on choreography. Prior dance experience is required for this fast-paced session.

Age: 18 and over
Instructor: Patti Michelsen
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141719-B1	W	11:45am-1pm	$155	1/6-3/3

BELLY DANCE SERIES

Experience this joyful cultural dance tradition. Our **Level I** class consists of gracefully stretching and strengthening while learning basic steps, movements and expression. No experience necessary. All are welcome! The **Level II** class builds and enhances your Belly Dance knowledge. Learn advanced steps, choreography, graceful arms, and expressive performance skills. Prior Belly Dance experience/teacher approval required. Practice videos provided for both classes. More info here: http://www.bellydancer.net.

Age: 18 and over
Instructor: Malia DeFelice
Location: San Mateo High School, Dance Studio, 506 N. Delaware St. (inside gym)

Level I

Activity	Day	Time	Fees	Dates
141730-H1	Th	6:45-7:45pm	$110	1/7-3/4

Level II

Activity	Day	Time	Fees	Dates
141731-H1	Th	7:50-8:50pm	$110	1/7-3/4

HULA SERIES

Immerse yourself in Hawaiian culture by learning the language of the heart. Hula is a fun, easy way to exercise your body and mind while enjoying the relaxing rhythms of the islands. Come join us for a rich cultural experience.

Age: 16 and over
Instructor: Valentina Linsangan
Location: Senior Center

Beginner

Activity	Day	Time	Fees	Dates
141733-S1	Th	6:30-7:30pm	$130	1/21-3/4

Intermediate

Activity	Day	Time	Fees	Dates
141734-S1	Th	7:30-8:30pm	$130	1/21-3/4

Mexican Folkloric Dance

Celebrate and explore the traditional dance, music, and folklore of Mexican culture while connecting with the San Mateo community.

Age: 14 and over
Instructor: Brittney Samora Delgadillo
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
141735-K1	W	7:10-8:10pm	$155	1/6-3/3

LINE DANCE SERIES

Have fun while learning line dance moves to a variety of music genres. Classes build on prior weeks. In Intermediate, raise your dancing skills and learn dances that are popular at local line dance socials. Previous experience is recommended. Sign up for Line Dance Combo to gain access to both Beginning and Intermediate line dance classes at a 10% discount!

Age: 18 and over
Instructor: Cathy Dacumos
Location: Beresford Recreation Center

Line Dance – Beginning

Activity	Day	Time	Fees	Dates
141740-B1	W	6:30-7:30pm	$58	1/6-3/3

Line Dance – Intermediate

(Prior Line Dancing experience recommended)

Activity	Day	Time	Fees	Dates
141741-B1	W	7:30-8:30pm	$58	1/6-3/3

Line Dance – Combo (10% discount)

Activity	Day	Time	Fees	Dates
141742-B1	W	6:30-8:30pm	$100	1/6-3/3



American Line Dancing

Get lively, move with confidence, and stay fit in this FUN in-person, multi-week series. Learn various forms of line dancing (country, waltz, cha cha, rumba, NC 2-steps, and more) using a progressive method with varying music rhythms and genres. Line dance is for everyone!

Age: 18 and over
Instructor: Allen Isidro
Location: Senior Center

Activity	Day	Time	Fees	Dates
141743-S1	M	1:30-2:30pm	$47	1/25-3/1

Music & Motion

Our low-impact exercise program is conducted while seated and incorporates full body movement. The motion patterns are modified to accommodate all levels of participants as they perform mental and physical coordination activities. This entertaining program helps develop muscle memory for adults and seniors. For more info, contact ldvali1955@gmail.com.

Age: 18 and over
Instructor: Allen Isidro
Location: Senior Center

Activity	Day	Time	Fees	Dates
141744-S1	M	2:30-3:30pm	$30	1/25-3/1

ARGENTINE TANGO SERIES

Argentine Tango I – The Basics is designed for absolute beginners looking to learn authentic Argentine Tango, as well as for dedicated dancers aiming to improve their partnering skills. **Argentine Tango II – Beyond the Basics** is open to those who have completed Beginning Basics and introduces more intricate steps while continuing to build strong lead-and-follow techniques for social dancing. Both singles and couples are welcome. Dance shoes are strongly recommended.

Age: 18 and over
Instructor: David and Nancy Mendoza
Location: Beresford Recreation Center

Argentine Tango I – The Basics

Activity	Day	Time	Fees	Dates
141750-B1	Tu	7:30-8:20pm	$122	1/5-3/2

Argentine Tango II – Beyond the Basics

Activity	Day	Time	Fees	Dates
141751-B1	Tu	8:30-9:20pm	$122	1/5-3/2



Adults Arts and Crafts and Cooking

CERAMICS

Explore the wonderful world of ceramics. Whether you are a beginner or an advanced artist, we have the class for you. The following classes are taught at the Central Park Ceramics Studio located at 50 E. 5th Ave. A glaze/firing fee is included in the registration. Clay can be purchased when registering for the class. Instructors: Shikha Hutchins and Meral Agi.

Pottery Basics

We'll begin with the foundations of hand building, such as pinching, coiling, and slab building, in the first weeks of the session. Then we'll introduce basic throwing techniques on the pottery wheel. Bring your sketchbook and get ready to create in clay!

Age: 18 and over

Activity	Day	Time	Fees	Dates
141921-A1	W	3:30-6pm	$244	1/6-3/3

Core Ceramics

Whether you're a novice or advanced student, these classes will introduce you to new pottery skills including hand building with coil, pinch, slab techniques, and throwing on the wheel.

Age: 18 and over

Mixed Levels

Activity	Day	Time	Fees	Dates
141927-A1	M	6-9pm	$230	1/4-3/1
141927-A4	Sa	10am-1pm	$287	1/9-3/6

Beginning/Intermediate

Activity	Day	Time	Fees	Dates
141927-A2	Tu	6-9pm	$287	1/5-3/2

Intermediate/Advanced

Activity	Day	Time	Fees	Dates
141927-A3	W	6:30-9:30pm	$287	1/6-3/3

Coffee & Clay: Intermediate/Advanced

Get creative with ceramics and work on your own personalized projects. Settle in for a morning of creativity, clay, and community. This class is designed for students with basic ceramics experience. No major instruction is given during class.

Age: 18 and over

Activity	Day	Time	Fees	Dates
141922-A1	Tu	10am-1pm	$287	1/5-3/2
141922-A2	Th	10am-1pm	$287	1/7-3/4

Open Studio

Open Studio time is geared for intermediate/advanced students looking for extra time to work on self-directed projects. No instruction will be given during this time.

Age: 18 and over

Activity	Day	Time	Fees	Dates
141926-A1	Th	1:30-4pm	$244	1/7-3/4
141926-A2	Sa	1:30-4pm	$244	1/9-3/6

Japanese Calligraphy

Have fun discovering the beauty of calligraphy strokes and learn a little Japanese, too! Beginners are welcome.

Age: 18 and over
Instructor: Akie Karahashi
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141912-A1	M	7-8:30pm	$90	1/25-3/1

The Joy of Watercolor

Students will learn essential elements of watercolor and gain confidence having fun with composition, color theory, and perspective under the guidance of an award-winning instructor through lectures, demonstrations, and in-class painting time. Class is designed for people who are fairly new to watercolor.

Age: 18 and over
Instructor: William Dunn
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141939-A1	Tu	6:30-9pm	$225	1/5-3/2

More Joy of Watercolor

For more experienced students. This class will expand your skills with concentration on composition, color, and creativity.

Age: 18 and over
Instructor: William Dunn
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141910-A1	Sa	9:30am-12pm	$198	1/9-3/6

Watercolor Painting

Through lectures and demonstrations, students will learn the basics of watercolor, wet into wet, dry brush, washes, glazes, and the behavior of water to paper. Students will create images from still life and landscape. Beginners and experienced painters are welcome.

Age: 18 and over
Instructor: Richard Becker
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141915-A2	F	10am-1pm	$181	1/8-3/5

Acrylic & Oil Painting

Discover the Renaissance within! Paint your imagination using traditional and modern techniques in acrylic and oil painting including color mixing, direct painting, scumbling, and glazing. Master the elements of composition, form, and color! Individual attention will be given for all levels of instruction. Beginners and experienced painters are welcome.

Age: 18 and over
Instructor: Richard Becker
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141917-A1	W	6:30-9pm	$203	1/6-3/3

Watercolor with San Mateo Adult School

This class offers the perfect blend of structured instruction and individualized mentorship for intermediate and advanced adult watercolorists. Instructor, Matt Crane, will demonstrate helpful techniques to control water, effectively layer colors, and bring depth to your compositions. Individual one-to-one consultations available upon request to get personalized feedback on your specific projects.

Age: 50 and over
Instructor: Matt Crane
Location: Senior Center

Activity	Day	Time	Fees	Dates
141902-A1	Th	9:30am-12pm	$169	1/7-3/4

Cardmaking with New Techniques

Create projects using a variety of techniques with paper crafting, decorative papers, and rubber stamps! We'll use several methods that may be new to you, yet simple enough to still bring a touch of artfulness to your greetings. Open to all levels!

Age: 18 and over
Instructor: Maya Togashi
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
141909-A1	Tu	6:30-8:30pm	$50	2/16

Crochet and Hand Knitting

Knitters of all levels are welcome! Learn basic and advanced skills in this fun and collaborative knitting/crochet workshop. Beginners learn to read pattern books and may design and create their own knitted garments or gifts. Master your techniques and bring projects you're currently working on.

Age: 18 and over
Instructor: Paola Trombetta
Location: Senior Center

Activity	Day	Time	Fees	Dates
141937-A1	W	10:30am-12:30pm	$65	1/6-1/27
141937-A2	W	10:30am-12:30pm	$80	2/3-3/3

Hand and Machine Knitting

Master hand and machine knitting techniques in this fun class that teaches basic and advanced skills. You will learn how to read patterns and even design your own knitted creations. Discover new techniques and get guidance on your current knitting projects. Required supplies will be listed on your confirmation receipt.

Age: 18 and over
Instructor: Paola Trombetta
Location: Senior Center

Activity	Day	Time	Fees	Dates
141938-A1	W	1-3pm	$65	1/6-1/27
141938-A2	W	1-3pm	$80	2/3-3/3

JUNIOR CHEF STARS

Instructor: Junior Chef Stars Staff
Location: Dr. Martin Luther King Jr. Community Center

Street Food of Thailand

Experience the bold flavors, fresh ingredients, and vibrant energy of Thailand's famous street food scene in this hands-on cooking class designed for adventurous food lovers of all skill levels!

Age: 18 and over

Activity	Day	Time	Fees	Dates
141949-A1	Th	6-8pm	$114	1/14

An Evening in Italy

Transport yourself to Italy for an evening of fresh ingredients, handmade dishes, and classic flavors in this hands-on cooking experience designed for adults of all skill levels!

Age: 18 and over

Activity	Day	Time	Fees	Dates
141950-A1	Th	6-8pm	$114	2/11



Dumpling Workshop

In this workshop, you'll master the techniques behind making delicious dumplings completely from scratch! You'll prepare flavorful fillings and learn to fold, shape, and cook dumplings like a pro.

Age: 18 and over

Activity	Day	Time	Fees	Dates
141951-A1	Th	6-8pm	$107	3/11

SENIOR CHEF STARS

Instructor: Junior Chef Stars Staff
Location: Senior Center

Mediterranean Mezza Madness

Indulge in the rich and diverse flavors of the Mediterranean as we transport you to the shores of Greece, the hills of Italy, and the markets of Morocco! As you chop, sauté, and simmer, you'll become a maestro of the Mediterranean, ready to bring the tastes of this sun-kissed region to your own table.

Age: 50 and over

Activity	Day	Time	Fees	Dates
141952-A1	M	4-6pm	$128	1/11



Roll With It: Sushi Skills for Grown-Ups

In this hands-on sushi skills class for grown-ups, you'll master the art of sushi-making using fresh ingredients, perfecting sushi rice, to rolling like a pro! It's a deliciously fun time with friends making tasty creations. Come hungry and leave a sushi expert!

Age: 50 and over

Activity	Day	Time	Fees	Dates
141953-A1	M	4-6pm	$128	2/8



Adult Music

Ukulele, Play and Sing-a-long

Playing the ukulele is simply more fun if you are in the company of others. If you are looking for that perfect group to show off your skills, look no further. Bring your Ukulele and join us. We are here to have fun!

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
141800-A1	Tu	10-11:30am	Free	1/5-3/2

Acoustic Music Jam

Join in on playing generations of popular music, including folk, Americana, R&B, and Western Swing. This class is open to various skill levels and created as a way to build up your musical abilities. Ideal for acoustic instruments.

Age: 19 and over
Instructor: Curtis Jeung
Location: Senior Center

Activity	Day	Time	Fees	Dates
141803-A1	Th	6-8pm	$65	1/7-3/4

Acoustic & Folk Play Session (Intermediate)

Play along with a variety of multi-generational music using acoustic instruments. Current attendees play guitar, ukulele, mandolin, bass and more. Song styles include folk, pop, folk rock, Americana, and Western Swing.

Age: 19 and over
Instructor: Curtis Jeung
Location: Senior Center

Activity	Day	Time	Fees	Dates
141804-A1	Tu	1-3:15pm	$65	1/5-3/2

Fiddle Jam

Join others in playing a collection of "fiddle tunes" such as: Angelina Baker, Joe Bane's Barn Dance, Whiskey Before Breakfast. Fiddles are optional, bring your guitar, mandolin or whatever to play along. Styles vary from bluegrass to Irish reels.

Age: 19 and over
Instructor: Curtis Jeung
Location: Senior Center

Activity	Day	Time	Fees	Dates
141807-A1	M	10am-12pm	$65	1/4-3/1



String Instrument Private Lessons

Start that new hobby in music! We offer individual music lessons on popular string instruments, such as guitar, bass, ukulele, and mandolin. We teach the basics of playing so you can join musical groups, records, or even back yourself as a singer.

Age: 18 and over
Instructor: Curtis Jeung
Location: Senior Center

Activity	Day	Time	Fees	Dates
141805-A1	M	3-3:45pm	$250	1/4-3/1
141805-A2	M	4-4:45pm	$250	1/4-3/1
141805-B1	Tu	5-5:45pm	$315	1/5-3/2
141805-B2	Tu	6-6:45pm	$315	1/5-3/2
141805-C1	W	4-4:45pm	$315	1/6-3/3
141805-C2	W	5-5:45pm	$315	1/6-3/3
141805-C3	W	6-6:45pm	$315	1/6-3/3
141805-D1	Th	3-3:45pm	$315	1/7-3/4
141805-D2	Th	4-4:45pm	$315	1/7-3/4
141805-D3	Th	5-5:45pm	$315	1/7-3/4

Karaoke and Sing Along

Singing is good for mental and physical health. Whether you think you are a good or bad singer, it doesn't matter! Singing is for fun. We have 7000 songs, and we hope you can find your favorite songs. Sing with us!

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
141809-A1	F	1-3pm	Free	1/8-3/5

Golden Tones Chorus

Love to sing? Join our friendly chorus and enjoy singing tunes from the Great American Songbook! It's lots of fun: relaxing, sociable, and good for your health, brain, and mood. Share your love of music and make new friends. No experience necessary!

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
141812-A1	F	11am-12pm	Free	1/8-3/5

The Senior Center Band

Do you play an instrument? The Senior Center Band is always looking for new musicians at all levels. This activity is not only fun, but it is good for your mental and physical health. Bring your instrument. All are welcome!

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142210-A1	F	9:30-11am	Free	1/8-3/5

Adult Lifelong Learning

Games

Chess Club

This weekly gathering is the perfect place to play a match, keep your mind sharp, and connect with fellow chess enthusiasts. Whether you are a seasoned player looking for a challenge or a beginner wanting to practice your moves, all skill levels are welcome. There is no formal instruction, just drop in, grab a board, and enjoy the game.

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142019-A1	M	10-11:30am	Free	1/4-3/1



Shanghai Rummy

Looking for a fun, social way to challenge your mind? Learn to play Shanghai Rummy, an easy-to-learn, strategic card game. Whether you're new or experienced, this class teaches rules, gameplay, and tips to master all seven rounds.

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142023-A1	Th	1-3:30pm	Free	1/7-3/4

Bingo

Who doesn't like the thrill of waiting for the last number you need, raising your hand and shouting BINGO? Plan a FUN Wednesday afternoon with your friends! Doors open at 1:45pm and cards are $1.

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
742214-A2	W	2-3:30pm	Free	1/6-12/15

California Mahjong Open Play – Intermediate

Continue the fun and excitement of California Mahjong. Join your friends and other Mahjong enthusiasts in creating exciting hands. Please note that completion of two sessions of Beginning Mahjong is a requirement.

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142406-A1	M	1-3pm	$5	1/4-3/1
142406-A2	Tu	1-3pm	$5	1/5-3/2
142406-A3	Th	10am-12pm	$5	1/7-3/4
142406-A4	Th	1-3pm	$5	1/7-3/4



Health and Wellness

Senior Support & Community Resource Connection

Need help finding resources or navigating services? Our staff provide personalized support to older adults, individuals with disabilities, and their families. We work one-on-one to identify needs, explore available options, and connect participants with programs and services such as caregiving support, transportation, housing, benefits assistance, health services, and other community resources that promote independence and well-being.

Age: 50 and over
Instructor: Catholic Charites
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
142014-A1	Tu	10-11:30am	Free	1/12
142014-A2	Tu	10-11:30am	Free	2/9
142014-A3	Tu	10-11:30am	Free	3/2

Doctor Talk: Gut Health

Join Dr. Ou, a Kaiser Permanente physician, for a virtual discussion on Gut Health. The gut has many important functions beyond digestion and nutrient absorption. It is an important part of our immune system and closely tied to our emotional health. We will discuss the importance of gut health, along with ways to maintain and improve it.

Age: 19 and over
Instructor: Sharon Ou
Location: Virtual Activity

Activity	Day	Time	Fees	Dates
142503-V1	W	2-3pm	Free	1/20

Health Screening

The Breathe California Team will be doing a health screening to measure blood pressure, oxygen saturation, and lung health. Once done, you will be given the results on paper and recommendations to follow up with your healthcare provider for abnormal readings.

Age: 50 and over
Instructor: Breathe California Team
Location: Senior Center

Activity	Day	Time	Fees	Dates
142516-A1	W	11am-12pm	Free	2/24



Breathing Exercises

Learn the fundamentals of yoga breathing. From seated position in chairs, participants will practice breathing awareness, belly breath, chest breathing, and alternate nostril breathing. Lessons are very relaxed, 20 minutes long, and for beginners.

Age: 50 and over
Instructor: Breathe California Team
Location: Senior Center

Activity	Day	Time	Fees	Dates
142518-A1	M	1-2pm	Free	2/8

Redefining Aging

Active older adults- Mid-Peninsula Village offers shared activities and services for aging in place in our own homes and apartments by helping maintain your home, reduce stress, and keep you mobile. Join us as a member or as a volunteer!

Age: 19 and over
Instructor: Eric Hanson
Location: Senior Center

Activity	Day	Time	Fees	Dates
142533-A1	F	10:30-11:30am	Free	2/5

Having Trouble Hearing on the Phone?

This is a federally funded no-cost program providing FREE caption phone, phone line (VOIP) and a caption app for iPhone and iPad to individuals with hearing loss. We will talk about the benefits and how it helps to be independent and connected to loved ones.

Age: 19 and over
Instructor: Elli Tehrani
Location: Senior Center

Activity	Day	Time	Fees	Dates
142606-A1	W	10:30-11:30am	Free	1/6
142606-A2	W	10:30-11:30am	Free	2/17

Caregiving and Aging Support

Whether you're currently caregiving or just beginning to plan, these presentations offer valuable education, support, and peace of mind. You'll walk away with practical tools, community resources, and a deeper understanding of how to care for the people who matter most. Led by an experienced caregiver and the owner of Assisting Hands San Carlos, each session is grounded in real-world knowledge and compassion.

Age: 19 and over
Instructor: Tri Tran
Location: Senior Center

How to be Your Own (or Your Loved One's) Best Medical Advocate

Activity	Day	Time	Fees	Dates
142543-A1	M	1-2pm	Free	1/25

Dementia: How it Shows and How to Care for Loved Ones

Activity	Day	Time	Fees	Dates
142543-A2	M	1-2pm	Free	2/22

Connect and Learn

Senior Writers' Club

Do you enjoy writing? Whether you are writing your memoir, fiction, or poetry, join us as we practice our craft, learn proper technique, and offer encouragement. Bring in your text and share it with others in a non-judgmental atmosphere.

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142630-A1	Tu	10-11am	Free	1/5-3/2



The Makers Circle: A Creative Gathering

The Maker's Circle is a welcoming space to slow down, connect, and explore creativity through hands-on art projects. No experience needed—just come curious and leave each session with your own handmade creation. All materials provided.

Age: 18 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142037-A1	Tu	1-3pm	$25	1/12-2/9



History of Rock 'n Roll

Continue to learn about the History of Rock 'n Roll! This class is PART 2 in a series of classes. PART 1 is not required but recommended. PART 2 begins with Elvis Presley and focuses on the influences of radio and television on Rock 'n Roll in the late 1950s to early 1960s.

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142632-A1	M	1-2pm	Free	1/4-3/1

Fridays at the Movies

Grab a seat and join us for Fridays at the Movies at the Senior Center! Enjoy a fun mix of new releases, classic 90s hits, and timeless black-and-white films. Bring your favorite snack or just indulge in FREE popcorn while you relax and unwind!

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142209-A1	F	1-3:15pm	Free	1/8-3/5

Watercolor with San Mateo Adult School

This class offers the perfect blend of structured instruction and individualized mentorship for intermediate and advanced adult watercolorists. Instructor, Matt Crane, will demonstrate helpful techniques to control water, effectively layer colors, and bring depth to your compositions. Individual one-to-one consultations available upon request to get personalized feedback on your specific projects.

Age: 50 and over
Instructor: Matt Crane
Location: Senior Center

Activity	Day	Time	Fees	Dates
141902-A1	Th	9:30am-12pm	$169	1/7-3/4

SENIOR CHEF STARS

Instructor: Junior Chef Stars Staff
Location: Senior Center

Mediterranean Mezza Madness

Indulge in the rich and diverse flavors of the Mediterranean as we transport you to the shores of Greece, the hills of Italy, and the markets of Morocco! As you chop, sauté, and simmer, you'll become a maestro of the Mediterranean, ready to bring the tastes of this sun-kissed region to your own table.

Age: 50 and over

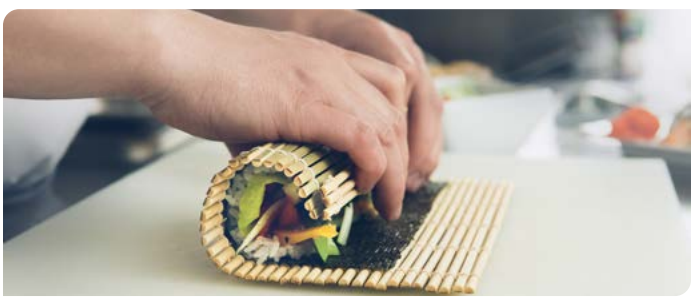
Activity	Day	Time	Fees	Dates
141952-A1	M	4-6pm	$128	1/11

Roll With It: Sushi Skills for Grown-Ups

In this hands-on sushi skills class for grown-ups, you'll master the art of sushi-making using fresh ingredients, perfecting sushi rice, to rolling like a pro! It's a deliciously fun time with friends making tasty creations. Come hungry and leave a sushi expert!

Age: 50 and over

Activity	Day	Time	Fees	Dates
141953-A1	M	4-6pm	$128	2/8



Support Groups

Retirement Peer Support Group

Retirement is a big life change, and everyone experiences it differently. Whether you're planning for retirement, newly retired, or have been retired for years, this group is a place to connect with others, share experiences, and explore ways to stay active, involved, and connected.

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142036-A1	W	10:30-11:30am	Free	1/6-3/3

You're Not Alone: Support Group

Caring for others can be both meaningful and exhausting and doing it alone makes it even harder. Our "Talk, We Listen" group offers a supportive space for older adults and caregivers to connect, share experiences, and feel heard. Come as you are, no judgment, just support.

Age: 19 and over
Instructor: Peninsula Family Services

Grief and Loss

Location: Senior Center

Activity	Day	Time	Fees	Dates
142509-A1	Th	10:30-11:30am	Free	1/7-3/4

Navigating Old Age

Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
142509-A2	Th	1-2pm	Free	1/7-3/4

Latino/Latina Discussion Group

The Latino/Latina Discussion Group brings community members together to gain friendships, knowledge, support, and assistance. The group will provide laughter, motivation, and a wide variety of discussion topics. All are welcome!

El Grupo de Discusión Latino/Latina reúne a los miembros de la comunidad para obtener amistades, conocimiento, apoyo y asistencia. El grupo proporcionara risas, motivación, y una amplia variedad de temas de discusion. ¡Todos son bienvenidos!

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
742211-B1	W	11am-12:30pm	Free	1/13-12/8

Senior Hubs

Senior Hubs programs continue to grow, with new Senior Hubs launching at the Dr. Martin Luther King Jr. Community Center this winter!

Senior Hub – Rose Care 101

Learn how to keep your roses healthy and beautiful! Join a Master Gardener to explore pruning, dormant spraying, mulching, and simple rose care. Plus, learn how to propagate new roses from Valentine's Day bouquets.

Age: 18 and over
Instructor: Senior Center Volunteer
Location: Dr. Martin Luther King Jr. Community Center

Activity	Day	Time	Fees	Dates
142015-A1	Tu	1-3pm	Free	2/9

Senior Hub – Intro to Pickleball Clinic

Learn the basics of pickleball in a fun and supportive environment while connecting with others in your community. Participants are encouraged to wear comfortable tennis shoes and bring water. Bringing your own paddle is recommended, though a limited number of loaner paddles will be available. Balls will be provided.

Age: 50 and over
Instructor: City Staff
Location: Dr. Martin Luther King Jr. Community Center

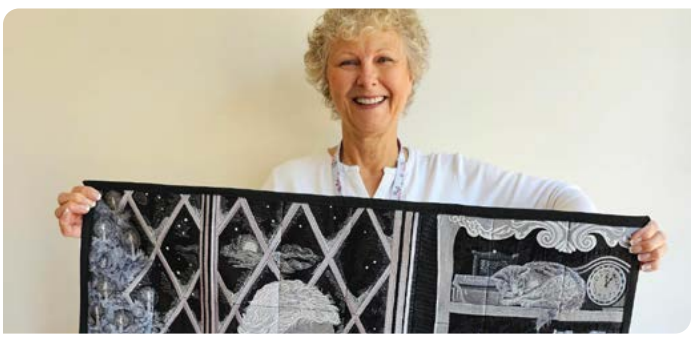
Activity	Day	Time	Fees	Dates
142222-A1	W	10am-12pm	Free	1/20
142222-A3	W	10am-12pm	Free	3/17

Senior Hub – Friendship Quilting Group

Enjoy a welcoming and creative environment where friendship and community come together through quilting. This class focuses on the art of quilting, giving participants the opportunity to learn techniques, build skills, and connect with peers while working on a variety of quilted projects. Please bring your own sewing machine and fabric to each session, as well as necessary tools such as rulers & cutting pads.

Age: 50 and over
Instructor: Senior Center Volunteer
Location: Beresford Recreation Center

Activity	Day	Time	Fees	Dates
142226-A1	F	1:30-4:30pm	Free	1/8-3/5



Technology

Tech Talk

Join us monthly for a discussion of the latest ins and outs of today's technology. In an informative presentation, we will cover topics in the areas of tech trends, privacy & security, common tech issues, and tech best practices. This class is offered in-person and via Zoom.

Age: 50 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142701-A1	M	1-2:15pm	$15	1/11-2/8

Location: Virtual

Activity	Day	Time	Fees	Dates
142701-V1	M	1-2:15pm	$15	1/11-2/8

Tech Tutoring – Tech Tutoring Basics

New to technology or looking to build your confidence? Learn the basics of using your phone, tablet, or other devices, including common icons, settings, calls, texting, and everyday functions. Our tutors provide personalized guidance to help you feel more comfortable using technology in daily life.

Age: 50 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142700-A1	M	11:30am-12:30pm	$15	1/25-2/1
142700-B1	M	11:30am-12:30pm	$15	2/22-3/1



Tech Tutoring – Apple Products, iPhone, iPad

Get the most out of your iPhone or iPad with personalized support tailored to your needs. Learn how to navigate your device, use key apps, manage settings, and explore helpful features that make everyday tasks easier. Our tutors will help you build confidence and make your Apple device work for you.

Age: 50 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142707-A1	M	1-2:30pm	$15	2/22-3/1
142707-B1	M	1-2:30pm	$15	1/25-2/1



Tech Tutoring – Google Products and Android

Want to get more out of your Chromebook, Android phone, or Google apps? Learn how to use tools like Gmail, Google Drive, and Google Photos, organize files, manage your account, and make the most of your device's features. Our tutors provide personalized support to help you build practical skills for everyday use.

Age: 50 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142710-A1	W	10-11:30am	$15	1/20-1/27
142710-B1	W	10-11:30am	$15	2/10-2/17

Tech Tutoring – Microsoft Products, PC, and Laptops

Get the most out of your Windows PC or laptop with personalized support tailored to your needs. Learn how to navigate your device, use Microsoft tools like Word, Excel, and Outlook, manage settings, organize files, and explore features that make everyday tasks easier. Our tutors will help you build confidence and use your computer more effectively for daily life.

Age: 50 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142712-A1	Th	10-11am	$15	1/21-1/28
142712-B1	Th	10-11am	$15	2/11-2/18

Artificial Intelligence: Take the Next Step

You've tried AI. Now take control of it. Learn to ask better, check smarter, and put AI to work on writing, research, planning, and family life — while deciding what it remembers, who gets to see it, and how closely it's guarded. You'll leave with your own personal AI memory, built your way. Curious? Come find out. Prerequisite: the beginner class, or comfort using ChatGPT, Claude, or Gemini. No coding or technical background needed.

Age: 19 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142716-A1	Th	1-2pm	$15	1/21-2/18



iPhone/iPad Class

Looking to get more out of your iPhone? Take your skills to the next level by learning the latest features, functions, tips, and tricks. The comprehensive class will be interactive and hands-on with plenty of time for Q&A.

Age: 50 and over
Instructor: Senior Center Volunteer
Location: Senior Center

Activity	Day	Time	Fees	Dates
142711-A1	W	1-2:30pm	$15	1/13-2/3

Senior Center Winter Programs

Are you an active adult looking for more things to do? Check out our programs held at both Dr. Martin Luther King Jr. Community Center as well as the Senior Center!

All Senior Center programs require registration. Questions? Call (650) 522-7490

Monday	Tuesday	Wednesday	Thursday	Friday
Chess Club 10am-11:30am Senior Center	**Senior Writing Club** 10am-11am Senior Center	**Retirement & Peer Support Group** 9:00am-10:30am Senior Center	**Ping Pong** 10:30am-2:30pm MLK Center	**Senior Center Band** 9:30am-11:30am Senior Center
Senior Lunch 12pm-1pm Senior Center	**Ukulele, Play and Sing-a-long** 10 am-11:30 am Senior Center	**Senior Lunch** 12pm-1pm Senior Center	**Senior Lunch** 12pm-1pm MLK Center	**Golden Tones Chorus** 11am-12pm Senior Center
History of Rock 'n Roll 1pm-2pm Senior Center	**Senior Lunch** 12pm-1pm MLK Center	**Bingo** 1:45pm-3:45pm Senior Center	**You're not Alone: Navigating Old Age** 10:30am-11:30am Senior Center	**Senior Lunch** 12pm-1pm Senior Center
Intermediate Mahjong 1pm-3pm Senior Center	**MLK Senior Hubs** 1pm-3pm MLK Center	**Latino/Latina Discussion Group** 11am-12:30pm Senior Center	**You're Not Alone: Caregiver and Peer Support Group** 1:00pm-2:00pm MLK Center	**Drop-In Games** 1pm-3pm Senior Center
			Shanghai Rummy 1pm-3:30pm Senior Center	**Friday Movie** 1pm-3pm Senior Center
				Karaoke 1pm-3pm Senior Center

Senior Lunch Program

BAY TREE BISTRO

The Bay Tree Bistro is a lunch program for Seniors 60 years and older. Our nutritious, delicious meals include a salad, main course, and fruit or dessert. The dining room doors open at 11:30am. Lunch is served at 12:00pm. The dining room will remain open from 12:00pm – 1:00pm. Please note there are no arrivals past 12:15pm. Check out the menus online at www.cityofsanmateo.org/baytreebistro or visit the Senior Center. Reservations can be made in person or by calling (650) 522-7490.

San Mateo Senior Center

- Monday, Wednesday, Friday: 12 pm–1:00 pm
- 2645 Alameda de las Pulgas, San Mateo
- The cost for lunch is $7.00. Check-in at the front desk before entering the lunchroom.

Dr. Martin Luther King Jr. Community Center*

- Tuesday & Thursday: 12 pm–1:00 pm
- 725 Monte Diablo Ave., San Mateo
- The voluntary contribution for patrons 60+ is $5.00.

*The Older Americans Act partially funds this program.

Get Around! Senior Rides Transportation Program

Affordable transportation for City of San Mateo residents 60+ years old.

For questions or to join the waitlist please contact the San Mateo Senior Center at (650) 522-7490.

We understand the importance of reliable transportation, and you can find additional resources and transportation options within San Mateo County at Peninsula Rides www.peninsularides.com.

Come grow with us...

San Mateo Arboretum Society

A "member and volunteer powered" organization dedicated to the preservation of San Mateo's rich horticultural heritage. Activities include monthly seminars and workshops, plant sales every weekend from 12:00pm – 3:00pm, and rentals at the Kohl Pumphouse and Victorian Garden

Location
San Mateo Central Park, Kohl Pumphouse
101 Ninth Avenue, San Mateo
Enter the park at Ninth Ave. & Palm Ave.

Contact
SanMateoArboretum.org
(650) 579-0536 x3
info@sanmateoarboretum.org

@sanmateoarboretumsociety





San Mateo Garden Center

605 Parkside Way, San Mateo

Gardens | Clubs | Event Rentals

The San Mateo Garden Center is home to more than an acre of gardens in Beresford Park, providing the perfect setting for community gatherings and private events.

https://www.sanmateogardencenter.org/
info@sanmateogardencenter.org

Self-Help for the Elderly
安老自助處

Since 1966, Self-Help for the Elderly has provided assistance and support to seniors in the San Francisco area. We provide trustworthy and devoted care for seniors to promote their independence, dignity, and self-worth. Our non-profit services and companionship help guide seniors to wellness and happiness. We want to contribute to longer, healthier, more purposeful lives for seniors.

50 E Fifth Avenue, San Mateo, CA 94401
(650) 342-0822

info@selfhelpelderly.org
selfhelpelderly.org

Age-Friendly Business Certification Program

The Age-Friendly Business Certification program aims to recognize and promote San Mateo Businesses and organizations that demonstrate a commitment to meeting the needs of older adults.

Find out how your business can get certified and see what businesses are already part of the program!

www.cityofsanmateo.org/AgeFriendly



City of San Mateo Contacts

City of San Mateo

City Manager | Alex Khojikian
Interim Director | Marie Silva

Parks & Recreation Admin Services

330 W 20 Ave. | (650) 522-7400
parksandrecreation@cityofsanmateo.org
Street Trees ..... trees@cityofsanmateo.org
Picnics ..... picnicreservations@cityofsanmateo.org

Visitor Services & Harbor Patrol

Park Rangers ..... (650) 787-9153
Harbor Patrol ..... (650) 522-7467 (May-Sep)

Poplar Creek Golf Course

1700 Coyote Point Dr. | (650) 522-7510
Reservations ..... (650) 522-4653

Parks & Landscape Services

2001 Pacific Blvd. | (650) 522-7420

Police Activities League (PAL)

200 Franklin Pkwy. | (650) 522-7725
Police Headquarters, 2 Floor

Recreation Facilities

Beresford Recreation Center

2720 Alameda de las Pulgas | (650) 522-7440

Central Recreation Center

50 E 5 Ave. (Central Park)
Building Reservations ..... (650) 522-7490
Self-Help for the Elderly ..... (650) 342-0822

Dr. Martin Luther King Jr. Community Center

725 Monte Diablo Ave. | (650) 522-7470
Athletics ..... (650) 522-7430
Field Conditions ..... (650) 522-7439
Pool (June-Aug) ..... (650) 522-7465

Joinville Swim Center (June-Aug)

211 Kehoe Ave. | (650) 522-7460

Senior Center

2645 Alameda de las Pulgas | (650) 522-7490

Shoreview Center

950 Ocean View Ave. | (650) 522-7486
Building Blocks Preschool

Commissions

Park & Recreation Commission

1st Wednesday of every month
www.cityofsanmateo.org/PRC
prcommission@cityofsanmateo.org

Senior Advisory Commission

2nd Monday of every other month
www.cityofsanmateo.org/SAC
seniorcommission@cityofsanmateo.org

City Council

1st & 3rd Mondays of every month
www.cityofsanmateo.org/CityCouncil
citycouncil@cityofsanmateo.org

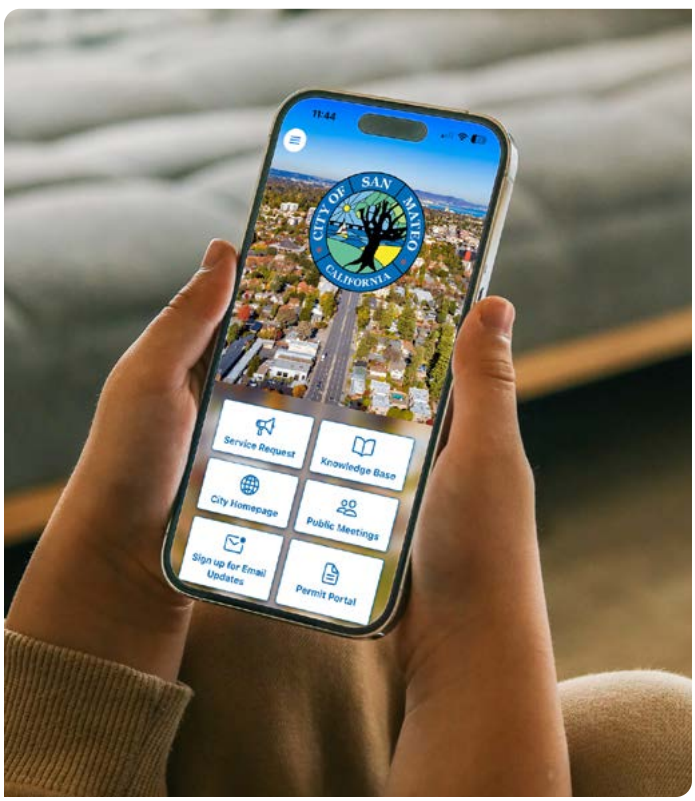
Not sure who to call?

Submit a contact form online:
www.cityofsanmateo.org/contactus

My San Mateo – Online Service Request Portal & Mobile App

Whether you're reporting a streetlight outage, overgrown weeds, graffiti or another concern, your request is sent directly to the appropriate City staff for review and response. Visit the My San Mateo Online Service Request Portal and request a wide variety of services.

www.cityofsanmateo.org/MySanMateo



City of San Mateo **Parks**

San Mateo Parks	Baseball	Basketball	Boating	Bocce Ball	Dog Park	Dog Off Leash Areas	Exercise Equip.	Play Area	Pickleball	Picnic Area	Picnic Shelter	Rec. Center	Restrooms	Sand Beach	Skate Park	Soccer	Swimming	Tennis	Walking Trails	Water Fountains
Regional Parks																				
Ryder Park – 1801 J. Hart Clinton Drive								✔		✔			✔						✔	✔
Seal Point Park – 1901 J. Hart Clinton Drive					✔								✔						✔	✔
Community Parks																				
Bay Meadows Park – 301 East 28th Avenue								✔		✔			✔			✔				✔
Bayside/Joinville Park & Pool – 2111 Kehoe Avenue	✔				✔			✔	✔	✔			✔			✔	✔	✔		✔
Beresford Park and Center – 2720 Alameda de las Pulgas	✔	✔		✔		✔	✔	✔	✔	✔	✔	✔	✔		✔			✔		✔
Central Park and Center – 50 East 5th Avenue	✔					✔		✔	✔	✔		✔	✔					✔		✔
Dr. Martin Luther King Jr. Park, Center & Pool – 725 Monte Diablo Ave.	✔	✔						✔		✔		✔	✔			✔	✔			✔
Lakeshore Park – 1550 Marina Court	✔	✔								✔			✔	✔						✔
Los Prados Park – 1837 Bahia Street	✔	✔			✔			✔	✔	✔			✔			✔		✔		✔
Parkside Aquatic Park – 1595 Seal Street			✔					✔		✔			✔	✔			✔			✔
Shoreview Park – 950 Ocean View Avenue	✔	✔						✔	✔	✔	✔	✔	✔		✔			✔		✔
Neighborhood Parks																				
Borel Park – 425 Barneson Ave								✔												✔
Casanova Park – 4012 Casanova Drive		✔						✔		✔			✔							✔
Harborview Park – 1725 Monte Diablo Avenue	✔	✔						✔		✔			✔							✔
Indian Springs Park – 313 West 39th Avenue								✔		✔			✔							✔
Laurelwood/Sugarloaf Park – 3471 Glendora Drive		✔						✔		✔			✔						✔	✔
Laurie Meadows Park – 111 Laurie Meadows Park					✔		✔	✔		✔						✔				✔
Mariners Island Park – 1550 Shoal Drive	✔							✔					✔							✔
Paddock Park – 2900 Baze Road		✔						✔		✔			✔							✔
Trinta Park – 150 19th Avenue	✔	✔						✔		✔			✔							✔
Small & Mini Parks																				
Bay Tree Park – 150 Darthmouth Rd.																				
Concar Playground – 650 Connie Ave.								✔												✔
DeAnza Historical Area – 100 Arroyo Ct.																				
East Hillsdale Park – 123 31st Ave.								✔										✔		✔
Fiesta Meadows Park – 1141 Bermuda Dr.																✔				✔
Gateway Park – 800 E 3rd Ave.								✔												
Hayward Square Park – 1189 S B St.																				
Landing Green – 200 E 28th Ave.																				✔
Sunnybrae Playground – 625 Folkstone Ave.								✔												✔
Washington Playground – 1768 Washington St.		✔						✔												✔
West Hillsdale Park – 345 31st Ave.		✔						✔												✔

GET HELP AT THE LIBRARY

On-going programs for research and tech assistance

JobSeekers Assistance: Experienced Volunteers are available to help you with job searching, writing a resume or cover letter, and filling out online job applications.

Day	Time
Tuesdays	1:00pm – 3:00pm
Wednesdays	11:00am – 1:00pm
Thursdays	10:00am – 12:00pm 1:00pm – 3:00pm

Genealogy Reference Assistance: Research your family history at the Library. Volunteers from the San Mateo County Genealogical Society are available for reference assistance Tuesdays, Thursdays, and Saturdays. Appointments are required.

eBook Appointments: Learn how to checkout and download free eBooks from the San Mateo Public Library during a one-on-one 30-minute appointment.

1:1 Tech Help: Do you need assistance with computers or electronic devices? Come to the Main Library or Hillsdale Branch to get help with your device. We offer assistance with questions about email, computer software, etc. Each appointment provides one-on-one instruction for 30 minutes.

For Genealogy, eBook, and 1:1 Tech Help, please visit cityofsanmateo.org/Library to book an appointment.



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REAL ESTATE TEAM

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San Mateo
Parks and Recreation Department
330 West 20th Avenue
San Mateo, CA 94403

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PERMIT NO. 905

OPENING THIS FALL

Come visit one of our newly reopened completely reimagined playgrounds!

Central Park
50 E 5th Avenue



Reopening Information Coming Soon!

East Hillsdale Park
123 31st Avenue



Now Open!

Scan the QR code to visit the project webpages & learn more!

@smparksandrec | cityofsanmateo.org | (650) 522-7400