

JUMP INDOOR PLAY DAY! BEGINS SEPTEMBER 6TH

Looking for fun things to do with your child?

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

Ages 5 and under

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

- \$5 child or \$7 family
- No registration necessary.
- Exact change appreciated.
- No Class: 11/22, 12/27, 1/3, 4/11



Wednesdays | 9:00am -12:00pm | Cascade Room

Tiddlywinks

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

Instructor: Cynthia Davis. 15 classes

Age	Day	Dates	Time	Fee	Course #
18 mo-3	Th	9/7-12/14	9:10-10:40am	\$242	42699
18 mo-3	Th	9/7-12/14	10:30-11:40am	\$242	42702

Location: Community Center, Forest Room

No class 11/23

My First Preschool

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

Instructor: Yukie Sano. 15 classes

Age	Day	Dates	Time	Fee	Course #
2.5-3	Tu	9/5-12/19	9:15-11:15am	\$302	42706

Location: Community Center, Manzanita Room

No class 11/21

Learn In Play Land

Let your child explore and grow in this nurturing environment. We will sing, dance, play games and make crafts. Activities will help develop early-childhood skills like how to sort, count, learn the alphabet and numbers, develop balance and coordination, and socialize with other children. This is a great way to spend quality time with your toddler at our Community Center. In consideration of others, please refrain from bringing a sick child to play. Adults must stay and are responsible for their children. Come ready for fun!

Instructor: Pamela Connolly. 5 classes

Age	Day	Dates	Time	Fee	Course #
4 mo-5	Th	9/21-10/19	10-10:45am	\$102	42919
4 mo-5	Th	10/26-11/30	10-10:45am	\$102	42920

Location: Community Center, TeenZone Lounge

No class 11/23

NEW! The Big Blue Sea w/You & Me

Get ready to set sail as we explore the wonders of the deep blue sea. Sea creatures, mermaids, sandy snacks and beach games are sure to be a part of this underwater adventure.

Instructor: Yukie Sano. 1 class

Age	Day	Dates	Time	Fee	Course#
3-5	F	9/29	5:30-8pm	\$32	42708

Location: Community Center, Kids Watch

NEW! Little Artist Party

Crayons, paint and markers galore! A very artsy celebration we have in store. Bring your imagination and creativity for a craft filled evening of fun, food and games.

Instructor: Yukie Sano. 1 class

Age	Day	Dates	Time	Fee	Course#
3-5	F	12/8	5:30-8pm	\$32	42709

Location: Community Center, Kids Watch

NEW! Clay, Ceramics & Pottery

Create and play in clay with Studio 4 Art! Creatures, mosaics, plates and cups to eat from, animals, masks, and imagination are explored. Each session will have new projects. We will experiment with red clay, white clay, air dry clay and sculpey. Supply fees are included in class fee.

Instructor: Studio 4 Art. 6 classes/ 7 classes

Age	Day	Dates	Time	Fee	Course #
3-5	M	9/11-10/16	1-2pm	\$146	43682
4-6	M	9/11-10/16	2:30-3:30pm	\$146	43679
5-12	M	9/11-10/16	3:45-4:45pm	\$146	43678
3-5	M	10/23-12/11	1-2pm	\$170	43683
4-6	M	10/23-12/11	2:30-3:30pm	\$170	43680
5-12	M	10/23-12/11	3:45-4:45pm	\$170	43681

Location: Community Center, Forest Room

No class 11/20

NEW! Mixed Media Madness

From papermaking to pottery. This class is sure to excite! Each day students will experiment as we dabble in a bit of everything art. Mixing many different art mediums to create unique, fun, educational and inspiring projects. Each class is something new, often times, mixing materials that kids have not experienced before.

Instructor: Studio 4 Art. 6 classes/ 5 classes

Age	Day	Dates	Time	Fee	Course #
3-5	F	9/15-10/20	1-2pm	\$146	43684
4-6	F	9/15-10/20	2:30-3:30pm	\$146	43685
5-12	F	9/15-10/20	3:45-4:45pm	\$146	43686
3-5	F	10/27-12/15	1-2pm	\$122	43687
4-6	F	10/27-12/15	2:30-3:30pm	\$122	43688
5-12	F	10/27-12/15	3:45-4:45pm	\$122	43689

Location: Community Center, Forest Room

No class 11/10, 11/24, 12/1

NEW! Tinker Tech Inventors

Make a creative project every week in this dynamic and imaginative class. Students explore STEM (Science, Technology, Engineering, Math) through TinkerTech's unique themed activities. Inventing fun and hands-on tinkering for curious kids! TinkerTech is a popular mobile maker and coding class started in Marin. Students enjoy project-based learning using a mix of low-tech maker materials and popular edtech tools such as LittleBits, CircuitCubes, Tinkering Labs and Lectrify. Some take-home projects in this graduating program where students build on skills learned across the year. Materials fee of \$40 per student included in the class fee.

Instructor: Claire Comins. 6 classes/ 8 classes

Age	Day	Dates	Time	Fee	Course #
4-6	W	9/13-10/18	1:30-2:30pm	\$170	43768
5-7	W	9/13-10/18	2:45-3:45pm	\$170	43770
8-11	W	9/13-10/18	4-5pm	\$170	43772
4-6	W	10/25-12/20	1:30-2:30pm	\$226	43769
5-7	W	10/25-12/20	2:45-3:45pm	\$226	43771
8-11	W	10/25-12/20	4-5pm	\$226	43773

Location: Community Center, Tamalpais Room

No class 11/22

NEW! Ms. Hale's Art Class

Each week budding artist will explore materials, color, composition in pencil, charcoal and pastels. Taking our inspiration from the Masters such as Matisse, Degas and Vermeer, we will pursue line, shape and color. Miss Hale has been a Kindergarten aide at Edna Maguire for several years - she loves sharing her passion and training in art with children and encouraging young artists to develop their own artistic skills.

Instructor: Katherine Hale. 6 classes/ 8 classes

Age	Day	Dates	Time	Fee	Course #
5-12	Th	9/14-10/19	3:30-4:30pm	\$134	43643
5-12	Th	10/26-12/21	3:30-4:30pm	\$178	43721

Location: Community Center, Forest Room

No class 11/23

Poekie Nook Sewing

Come make Poekies with Sophia! For 16 years, Poekies have introduced various hand-sewing techniques to children age 6-12. Starting with easy, beginning animals, students sew their way up to advanced Poekie animals. Children are free to choose their animals depending on experience and ability. This class is a good introduction into the world of Poekie Making, for a special low price. Wonder what a Poekie is? They're not just 'stuffed animals,' they inspire you to create your own world. For more details, visit <http://poekienook.com> Tea and snack served.

Instructor: Sophia Van der Harst. 6 classes

Age	Day	Dates	Time	Fee	Course #
6-12	Tu	9/19-10/24	3:30-5pm	\$137	42720

Location: Poekie Nook, 247 Shoreline Hwy. Mill Valley

NEW! Adult & Child Paint Night- Animal Lovers

Have fun in this beginner's art one-night painting class. With step-by-step instruction, you both will learn to paint and learn many techniques using acrylic paints. All supplies, including an apron, are provided. Snacks or a dinner may be enjoyed while we paint. This class is recommended for anyone who loves art. Adults must be present for entire class. No experience necessary.

Instructor: Kathryn Yost. 1 class

Age	Day	Dates	Time	Fee	Course #
7+	W	9/27	6-8pm	\$62	42912

Location: Community Center, Mountain View Room

Class registration for both adult and child.



Spanish for Families and Young Children

The best time to start learning Spanish? - NOW! Babies, children and adults receive the benefits of learning language in different ways. Come join Colors of Spanish as you start your family on the path to bilingualism.

Canta Conmigo!

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

Instructor: Colors of Spanish. 9 classes

Age	Day	Dates	Time	Fee	Course #
1-4	W	9/13-11/15	3:45-4:30pm	\$182	42710
1-4	W	9/13-11/15	4:45-5:30pm	\$182	42719

Location: Community Center, Forest Room

No class 11/1

Early Childhood Spanish

This class is specifically for children ages 4 - 6 and encourages their interaction with the Spanish language through Hispanic themed songs, poetry, art, games, role playing and other age appropriate activities. Reduce apprehension and stimulate participation-both listening and production - so that early acquisition leads to bilingual adults! CD and songbook included.

Instructor: Colors of Spanish. 9 classes

Age	Day	Dates	Time	Fee	Course #
4-6	W	9/13-11/15	2:30-3:15pm	\$182	42705

Location: Community Center, Forest Room

No class 11/1

**NEW! Baby Sign Language - Introductory Workshop**

Want to be a baby whisperer? Stop guessing what your baby is trying to tell you.' Baby Sign Language gives babies the opportunity to communicate long before they can verbalize their wants and needs. Signing with babies accelerates language acquisition, reduces frustration, enhances a child's self esteem, and deepens the bond between parent and child. Fun activities and songs will show you how easy it can be to integrate more than 30 basic signs into your everyday routine and jump-start your child's verbal skills. You are welcome to bring your baby, but it is not required. Parents with babies from birth to 18 months. Expectant parents are welcome too.

Instructor: Bill White. 1 classes

Age	Day	Dates	Time	Fee	Course #
Adult	W	10/25	1-2:30pm	\$42	42717

Location: Community Center, TeenZone Lounge

NEW! Bonjour Les Petits!

This class for very young kids has music and movement at it's core. Catchy songs with gestures, puppetry and lots of visual cues will ensure that kids learn French effortlessly through play. Each class will revolve around a topic and all the toys and books will be carefully selected to catch the little one's attention. Whether you are a native speaker or a total beginner, there is something for everyone during these classes. Siblings under 12 months are free.

Instructor: Emilia Hagerman. 6 classes/8 classes

Age	Day	Dates	Time	Fee	Course #
1mo-3	Tu	9/12-10/15	12-12:30pm	\$122	43646
1mo-3	Tu	10/24-12/19	12-12:30pm	\$162	43648

Location: Community Center, Manzanita Room

No class 11/21

NEW! Bonjour Les Petits!

This class for pre-schoolers includes a little bit of everything that every child loves: songs, puppetry, games and stories. Kids will be encouraged to practice the language while talking to puppets and singing songs. Each class will revolve around the theme of the day be it farm animals, colors or numbers. The songs, the visual cues and the books will be carefully selected for each class so that the result is a cohesive class. Every aspect of the class will be tailored to help the kids understand the gist of the topic and learn while fully immersed in the Universe of French.

Instructor: Emilia Hagerman. 6 classes/8 classes

Age	Day	Dates	Time	Fee	Course #
3-5	Tu	9/12-10/17	12:45-1:15pm	\$122	43649
3-5	Tu	10/24-12/19	12:45-1:15pm	\$162	43647

Location: Community Center, Manzanita Room

No Class 11/21

learn



Kindermusik Cuddle & Bounce

In Cuddle & Bounce, a joyful first Kindermusik experience, parents and their newborns, infants, crawlers and walkers engage in instrument play, dance, exploration time, and together time. As they do so, they strengthen critically important early parent-child bonds; learn about their babies' early development, fine-tune their baby-communication skills, and receive expert advice and parenting resources based on the most recent research in early childhood development. Welcome to the magic time of life, that all-too-fleeting first chapter of life when miracles happen daily! Visit www.kindermusikwithandrea.com for complete theme descriptions.

Instructor: Andrea Ingraham. 9 classes

Fall Theme: Peas & Carrots/Nighty, Night!

Age	Day	Dates	Time	Fee	Course #
0-17 mo	F	9/15-12/15	11-11:45am	\$201	42842

Location: Community Center, TeenZone Lounge

*Drop-in: \$25 if minimum is met. \$25 material fee paid to instructor at 1st class meeting. No class 10/6, 10/27, 10/11, 11/24

Kindermusik Wiggle & Grow Up In The Sky/Down On The Ground

Wiggle & Grow is a music-filled class that celebrates the unique joys of the growing child. It features a mix of activities for parents and children that includes singing, dancing, and exploring and playing instruments. Children will get to practice their active listening, turn-taking, and social skills, as well as develop their gross- and fine-motor skills. Parents and caregivers will also get tips and ideas for using music throughout the week, taking the learning and fun home. Classes led by Licensed Kindermusik Educator, Andrea Ingraham (KindermusikwithAndrea.com for more information). Students are welcome to enroll mid-session and pay a prorated fee if space is available.

Instructor: Andrea Ingraham. 9 classes

Age	Day	Dates	Time	Fee	Course #
18 mo-3	F	9/15-12/15	10-10:45am	\$201	42843

Location: Community Center, TeenZone Lounge

*Drop-in: \$25 if minimum is met. \$25 material fee paid to instructor at 1st class meeting. No class 10/6, 10/27, 10/11, 11/24

Shake, Rattle and Roll

Our all ages Little Beats music classes is the perfect opportunity for you and your child to share the joys of singing, dancing and shaking to the music. Participants will hear familiar songs, be introduced to new songs and will also rock out during the group percussion jam. Games, dances and other fun activities make this a great opportunity to furthering your child's music education.

Instructor: Pamela Connelly. 6 classes

Age	Day	Dates	Time	Fee	Course #
4 mo-5	M	9/11-10/16	10-10:45am	\$137	42917
4 mo-5	M	9/11-10/16	11-11:45am	\$137	42918
4 mo-5	M	10/23-11/27	10-10:45am	\$137	43814
4 mo-5	M	10/23-11/27	11-11:45am	\$137	43815

Location: Community Center, Mountain View Room

Drop-in available if class minimum is met, \$25 per class.

Private Piano - Saturdays

Improve your piano skill with private lessons, from beginners through advanced. Lessons will introduce beginners to piano in a friendly environment and provide inspiration for experienced pianists to improve their skills. All ages welcome.

Instructor: Andrey Kovalenko. 12 classes

Age	Day	Dates	Time	Fee	Course #
5+	Sa	9/16-12/16	10-10:30am	\$482	42763
5+	Sa	9/16-12/16	10:30-11am	\$482	42764
5+	Sa	9/16-12/16	11-11:30am	\$482	42765
5+	Sa	9/16-12/16	11:30-12pm	\$482	42766
5+	Sa	9/16-12/16	1-2pm	\$962	42767
5+	Sa	9/16-12/16	2-3pm	\$962	42768

Location: Community Center, Digi lab

No class 11/25, 12/2

Private Piano - Weekdays

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

Instructor: Stephen Shen. 15 classes

Age	Day	Dates	Time	Fee	Course #
5-13	Tu	9/12-12/19	4-4:30pm	\$492	42751
5-13	Tu	9/12-12/19	4:30-5pm	\$492	42752
5-13	Tu	9/12-12/19	5-5:30pm	\$492	42753
5-13	Tu	9/12-12/19	5:30-6pm	\$492	42754
5-13	Tu	9/12-12/19	6-6:30pm	\$492	42755
5-13	W	9/13-12/20	4-4:30pm	\$492	42747
5-13	W	9/13-12/20	4:30-5pm	\$492	42748
5-13	W	9/13-12/20	5-5:30pm	\$492	42749
5-13	W	9/13-12/20	5:30-6pm	\$492	42750
5-13	W	9/13-12/20	6-6:30pm	\$492	42756
5-13	Th	9/14-12/21	4-4:30pm	\$492	42757
5-13	Th	9/14-12/21	4:30-5pm	\$492	42758
5-13	Th	9/14-12/21	5-5:30pm	\$492	42759
5-13	Th	9/14-12/21	5:30-6pm	\$492	42760
5-13	Th	9/14-12/21	6-6:30pm	\$492	42761

Location: Community Center, Digi Lab

No class 11/21, 11/22



NEW!

Z. CALDWELL INTERACTIVE PRESENTS

The Production of Peter Pan

It's "Off to Neverland" with this whimsical fully immersive Theatre Program! This production of Peter Pan welcomes all 3rd- 8th graders to develop their creative skills in this multidisciplinary enrichment program! Together students will act, dance and sing their way through a full-scale musical production of Peter Pan. Students will also be introduced to the concepts of character, motivation and objective as well as prop artistry and scenic design! Each cast member will audition on the first day of class and be placed in a role. For more program information visit Z. Caldwell Interactive Enrichment online at interactiveenrichment.com or email Zphyna at zphyna@interactiveenrichment.com with any questions.

Additional Rehearsals:

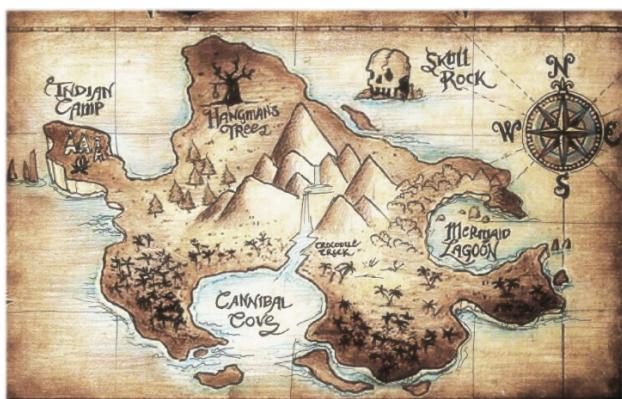
Saturday, December 9th 12:00- 6:00 pm
Monday, December 11th 3:30- 7:00 pm
Wednesday, December 13th 2:00-4:00 pm

Production Performance:

Saturday, December 16th at 5:00pm (Actor call at 2:30 pm)
Sunday, December 17th at 2:00pm (Actor call at 11:30 am)

* Please note these rehearsals are mandatory and attendance required in order for your child to perform.

Age	Day	Dates	Time	Fee	Course #
8-12	M	9/11-12/18	3:30-6:00pm	\$457	42927



NEW!

THEATER WORKSHOPS

These classes are a wonderful way for curious students to explore the amazing world of theater without having to make a long-term commitment. Story Adaptation is perfect for creative students who love to explore and play make-believe. This three-hour course, culminates with a mini share out presentation for family and friends.

Story Adaptation

Together we will learn the fundamentals of theme, plot and character as they adapt a beloved story and bring it to the stage!

Age	Day	Dates	Time	Fee	Course #
5-12	Sa	9/9	11am-1pm	\$42	42794

Intro to Improv

Students will play theater games and exercises that will help develop the fundamentals of improvisation while accepting ideas and building concepts.

Age	Day	Dates	Time	Fee	Course #
5-12	Sa	10/7	11am-1pm	\$42	42795

Beginning Broadway

Students will learn the fundamentals of choreography and a few classic steps such as grapevine, three-step turn and jazz square.

Age	Day	Dates	Time	Fee	Course #
5-12	Sa	11/4	11am-1pm	\$42	42796

Location: Community Center

Story to Stage

Theater Intensives are an excellent way for dedicated students to pursue their theatrical passion. Story to Stage is perfect for creative students who love to explore and play make-believe. Together we will learn the fundamentals of theme, plot and character as they adapt a beloved story into a staged production! This course, culminates with a mini share out presentation for family and friends.

Instructor: Z. Caldwell Interactive. 6 classes/ 7 classes

Age	Day	Dates	Time	Fee	Course #
3-6	Tu	9/12-10/17	2:30-3:15pm	\$110	42762
5-12	Tu	9/12-10/17	3:30-5pm	\$110	42784
3-6	Tu	10/24-12/19	2:30-3:15pm	\$128	42782
5-12	Tu	10/24-12/19	3:30-5pm	\$128	42786

Location: Community Center, No Class 11/7, 11/21

NEW! Mini Musical

Theater Intensives are an excellent way for dedicated students to pursue their theatrical passion. Mini Musical is perfect for students who love to act, dance and sing! Students will learn the fundamentals of demonstrative choreography, transitional dialogue and character development. This course, culminates with a mini share out presentation for family and friends.

Instructor: Z. Caldwell Interactive, 10 classes

Age	Day	Dates	Time	Fee	Course #
5-12	Th	9/28-12/7	3:30-5pm	\$182	42787

Location: Community Center, Manzanita Room, No class 11/23

Kendo - The Way of the Sword

Kendo is the formal art of Japanese swordsmanship that descended from the Samurai era. Today it is a modern martial art using a shinai (bamboo sword) with protective amour and is widely practiced by youths and adults of all ages. Many benefit from Kendo as a source of physical exercise and a way to strengthen one's inner character. Students learn the formalities (Rei ho-Etiquette) of Kendo, proper body movements, holding and swinging the shinai, key target areas and executing a proper strike using ki-ken-tai-ichi, the unity of mind, sword and body. No prior experience is necessary. Student's progress and learn based on his or her own skill and ability. The class includes general warm up and stretching exercises. Light workout clothes are preferred.

Instructor: Oakland Kendo Dojo. 14 classes

Age	Day	Dates	Time	Fee	Course #
9-17	Tu	9/12-12/12	6-8pm	\$77	43742
18+	Th	9/12-12/12	6-8pm	\$127	43741

Location: Community Center, Dance/Fitness Room
A \$25 shinai fee for each student will be collected at the first class. No class 10/10, 11/21

Aikido for Kids

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

Instructor: Al Loren. 13 classes

Age	Day	Dates	Time	Fee	Course #
3-4	M	9/11-12/11	2:30-3pm	\$178	42735

Location: Community Center, Cascade Room
No Class 11/20



Karate for Kids

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

Instructor: Al Loren. 13 classes

Age	Day	Dates	Time	Fee	Course #
5-8	M	9/11-12/11	3:15-4pm	\$178	42737
5-8	W	9/13-12/13	3:15-4pm	\$178	42738

Location: Community Center, Cascade Room

No Class 11/20, 11/22

Karate for Kids II

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

Instructor: Al Loren. 13 classes

Age	Day	Dates	Time	Fee	Course #
2.5-3	M	9/11-12/11	4:15-5pm	\$178	42739

Location: Community Center, Cascade Room

No Class 11/20

discipline

Playnastics

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

Instructor: Katie Bartok. 10 classes

Age	Day	Dates	Time	Fee	Course #
1-2	Th	9/28-12/7	10:15-10:45am	\$137	42743
1-2	Th	9/28-12/7	10:45-11:15am	\$137	42745
2-3	Th	9/28-12/7	11:15-11:45am	\$137	42744

Location: Community Center, Cascade Room

No Class 11/23

Tumbling

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

Instructor: Katie Bartok. 10 classes

Age	Day	Dates	Time	Fee	Course #
3-4	Th	9/28-12/7	1:30-2pm	\$137	42740
3-4	Th	9/28-12/7	1-1:30pm	\$137	42741

Location: Community Center, Cascade Room

No Class 11/23

stretch

Gymnastics

Gymnasts will work on floor exercises, advanced tumbling techniques, vaulting and balance beams and, in the process, will improve their confidence, balance and muscle control.

Note: For student safety, please wear long hair tied back, no clothing with buttons, snaps, or rivets. Girls wear leotards.

Instructor: Katie Bartok. 10 classes

Age	Day	Dates	Time	Fee	Course #
4-5	Th	9/28-12/7	2-2:45pm	\$147	42742

Location: Community Center, Cascade Room

No Class 11/23



Scholarship Program

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

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

areas of Southern and West Marin. Funding is limited. Eligibility requirements apply.

Funding for the scholarship program is comprised of private donations, and \$2 from each recreation program registration. If you would like more information and a scholarship application form or would like to make a donation to the program contact Mill Valley Recreation 383-1370.

Application is available online at www.millvalleyrecreation.org.

graceful

Pre-Ballet

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

Instructor: Mon, Tom Mayock; Tue & Wed, Bridget Bartholome
13 classes

Age	Day	Dates	Time	Fee	Course #
3-4	M	9/11-12/11	3:40-4:10pm	\$178	42725
3-4	Tu	9/12-12/12	3-3:30pm	\$178	42732

Location: Community Center, Dance/Fitness Room
No Class 11/20, 11/21

Pre-Ballet Cont.

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

Instructor: Bridget Bartholome. 13 classes

Age	Day	Dates	Time	Fee	Course #
3-4	W	9/13-12/13	3-3:30pm	\$178	42728

Location: Community Center, Dance/Fitness Room
No Class 11/22

Basic Ballet

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

Instructor: Bridget Bartholome. 13 classes

Age	Day	Dates	Time	Fee	Course #
7-9	Tu	9/12-12/12	3:35-4:20pm	\$178	42727
5-7	W	9/13-12/13	3:40-4:25pm	\$178	42729

Location: Community Center, Dance/Fitness Room
No Class 11/21, 11/22



Continuing Ballet

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

Instructor: Bridget Bartholome. 13 classes

Age	Day	Dates	Time	Fee	Course #
10-13	Tu	9/12-12/12	4:25-5:10pm	\$178	42731

Location: Community Center, Dance/Fitness Room
No Class 11/21

Kids Dance Brigade

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

Instructor: Tom Mayock. 13 classes

Age	Day	Dates	Time	Fee	Course #
3-6	M	9/11-12/11	4:15-5pm	\$180	42734

Location: Community Center, Dance/Fitness Room
No Class 11/20

Note for Ballet Classes

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

It's Yoga, Baby Yoga + Massage

Introduce your baby to the many benefits of yoga from the beginning of life. This sweet program includes yoga movement, songs and infant massage for babies that enrich their development and deepen the parent/caregiver and child bond. Connecting mind, body and breath, parents and caregivers open the upper body and build core strength incorporating baby as appropriate. This class is for newborn to pre-crawling.

Instructor: It's Yoga, Kids. 6 classes

Age	Day	Dates	Time	Fee	Course #
1-24 mo	F	9/15-10/20	10:45-11:35am	\$122	42713
1-24 mo	F	10/27-12/15	10:45-11:35am	\$122	42722

Location: Community Center, Mountain View Room

No class 11/24, 12/1

It's Yoga, Toddlers

Playful and fun, young children with a parent or caregiver, lay the foundation for yoga with animal yoga poses, songs, stories and games that help develop positive life skills.

Instructor: It's Yoga, Kids. 6 classes

Age	Day	Dates	Time	Fee	Course #
2.5-4	F	9/15-10/20	10-10:30am	\$122	42716
2.5-4	F	10/27-12/15	10-10:30am	\$122	42723

Location: Community Center, Mountain View Room

No Class 11/24, 12/1

Kids Yoga

Empower your child to take a more mindful approach to their world, through this fun and creative intro to yoga. This class will explore yoga poses, breathing exercises and relaxation techniques while conveying important lessons in self-awareness, self-control, social skills and positive thinking. Each class begins with storytelling and music, followed by group discussions and a yoga practice customized to the discussion theme, and will include an equal balance of active and passive poses. Classes are designed to engage the natural energy and enthusiasm of your child while teaching them how to focus, create and hold their own space, calm their mind and nurture their body.

Instructor: Amazing Kids Yoga. 6 classes/ 9 classes

Age	Day	Dates	Time	Fee	Course #
6-9	W	9/13-10/18	2:30-3:30pm	\$122	43703
6-9	W	10/25-12/20	2:30-3:30pm	\$162	43723

Location: Community Center, Kids Watch

*movin' &
groovin'*

NEW! Let's Play Soccer

Variety of fun soccer games designed to enhance the coordination, creativity and confidence of young soccer players. (Parent participation required)

Instructor: Marco Campos. 6 classes/7 classes

Age	Day	Dates	Time	Fee	Course #
4-5	Th	9/14-10/19	12:45-1:30pm	\$116	42707
5-6	Th	9/14-10/19	1:45-2:45pm	\$116	43692
4-5	Th	10/26-12/14	12:45-1:30pm	\$135	43693
5-6	Th	10/26-12/14	1:45-2:45pm	\$135	43694

Location: Community Center, Lawn Area

Party at the Center!

PARTY THEMES

Puppet Show

Belly Dancing

Amazing Magic

Fur, Scales & Tales

The Artist Within

Karate Kick-Off

Big Splash Pool Party

And Many More...

Choose one of our many party packages and whoosh your party planning worries away! Parties include activities, entertainment and tons of fun as well as 2-hour room rental for your celebration. Prices vary by theme, but start as low as \$225. For details, fees and a complete list of themes, go to www.millvalleyrecreation.org or call 415-383-1370.