



SPRING & SUMMER | 2018

# MillValley

RECREATION & COMMUNITY CENTER



FIND YOUR  
CENTER



SPRING

# Eggstravaganza

Saturday  
March 24, 2018

## BUNNY BREAKFAST

8:30 – 10:00AM

\$6 Adults & \$4 Children

3 & Under Free

Breakfast generously sponsored  
by Whole Foods Market



## FREE EGG HUNT

10:00AM 2yrs & Under

10:15AM 3-8 years

Egg Hunt provided by  
Mill Valley Senior Club





## Mill Valley City Council

Stephanie Moulton-Peters, Mayor  
Jim Wickham, Vice Mayor  
John McCauley  
Sashi McEntee  
Jessica Sloan

## Parks & Recreation Commission

David Mak, Chair  
Greg Moore, Vice Chair  
Betsy Bikle  
Suzanne Thompson  
Kirk Knauer

## Arts Commission

Sharon Valentino, Chair  
Katie Ezzeddine  
Daniel Kahn  
Pamela Livingston  
Sean Pakenham  
Amy Torrano  
Jackie La Lanne

## Recreation Staff

### Director of Arts & Recreation

Jenny Rogers

### Superintendent of Recreation & Community Services

Sean McGrew

### Administrative Assistant

Lauren Buchholz

### Aquatics/Fitness Admin. Assistant

Linda Love

### Aquatics/Fitness Supervisor

Kat Reisinger

### Facilities Supervisor

John Murphy

### Program Supervisors

Molly Given  
Jeren Seibel (interim)

### Accounting Analyst

Vera De Ferrari

### Aquatics Coordinator

Katlin Radecke (interim)

### Arts Coordinator

Kathryn Yost

### Facilities Coordinator

Annie Bricca

### Seniors Coordinator

Deborah Callaway

### Teen Coordinator

Gus Sandgag

### Volunteer Coordinator

Ronnie Moore

## Table of Contents

Welcome .....	3
Registration Form.....	108
How to Register/Refund Policy .....	4
Scholarship Program .....	18, 33
Adaptive Needs Programs .....	29-30
Adult & Teen Classes.....	54-67
Art .....	54-55
Movement.....	57-61
Special Interest .....	62-65
Adults (50+) Programs .....	66, 70
M.V. Seniors' Club .....	67
Aquatics & Fitness Center .....	73-107
Golf, Adult.....	72
Golf, Youth.....	24
Special Events .....	Covers, 2, 53
Teen Zone.....	46-49
Tennis, Adult.....	71
Tennis, Youth .....	23
Youth Programs .....	5-45
After School Enrichment.....	5-12
Art .....	15
Birthday Parties.....	89
Camps, Spring.....	27-28
Camps, Summer.....	31-42
Camps, Specialty .....	43-45
Center of Play.....	5
JUMP Preschool Program .....	13, 14
Language .....	16
Movement.....	19-21
Music & Theater .....	17-18
Special Interest .....	25-26
Recreational Soccer .....	22



## Have your next event at the Center!

180 Camino Alto

Phone: (415) 383-1370

Fax: (415) 383-1377

[www.millvalleyrecreation.org](http://www.millvalleyrecreation.org)

## Community Center Hours

Monday - Friday: 8:30am - 5pm

Evenings & Weekends for scheduled programs.

## Community Center Holidays

Monday, February 19 – President's Day

Monday, May 28 – Memorial Day

Wednesday, July 4 – Independence Day

## See page 73 for Aquatics + Fitness Center Hours + Holidays

Although this publication was prepared on the basis of the best information available at the time, all information (including locations, dates, times, fees, etc.) is subject to change without notice.





# Mill Valley Community Center

## Spring & Summer Events 2018

### MARCH

- 20 Stardusters Ballroom Dance**  
Tuesday, 7:30 – 9:30pm
- 24 Eggstravaganza**  
Bunny Breakfast/Egg Hunt  
Saturday, 8am - 12noon
- 25 MV Live Show**  
Prop Comic & Juggler Fred Anderson  
Sunday, 11am-12pm

### APRIL

- All EARTH Month April 2018**  
Citywide programming
- 17 Stardusters Ballroom Dance**  
Tuesday, 7:30 – 9:30pm
- 22 MV LIVE Show**  
Circus Arts & Comedy w/ Bri Crabtree  
Sunday, 11am-12pm
- 29 Volunteer Celebration Day**  
Sunday, 11am-2pm

### MAY

- 1 Senior Art Show Reception**  
Tuesday, 6 - 8pm
- All Senior Art Exhibition**  
for Older Americans Month
- 5 I ♥ Mom's Spring Craft & Gift Market**  
Saturday, 9am-4pm
- 15 Stardusters Ballroom Dance**  
Tuesday, 7:30 – 9:30pm

### JUNE

- 8 Movies in the Park**  
Friday, starting at dusk in Old Mill Park
- 20 Comedy on the Plaza**  
Featuring Jake Johannsen, Carlos Alazraqui,  
Alicia Datner & Brian Copeland  
Wednesday 6-8pm on the Downtown Plaza
- 19 Stardusters Ballroom Dance**  
Tuesday, 7:30 – 9:30pm

### JULY

- National Parks & Recreation Month!
- 6 Movies in the Park**  
Friday, starting at dusk in Old Mill Park
- 21 Mill Valley Community Campout**  
Saturday & Sunday, July 21st-22nd

### AUGUST

- 3 Movies in the Park**  
Friday, starting at dusk in Old Mill Park
- 5, 12, 19, 26 Concerts on the Plaza**  
Sunday 3-5pm on the Plaza
- 20 Enrichment Expo • Trucks, Trucks, Trucks**  
Monday 4-6pm

\* Free outdoor recreation the first 3 Saturdays of the month.

All events are at the Mill Valley Community or Aquatics & Fitness Center unless otherwise stated. Visit [millvalleyrecreation.org](http://millvalleyrecreation.org) for more information.



## A Message from the Director, Jenny Rogers



Most of the country, and great parts of the world, were pummeled this past winter by record breaking storms, cold weather and temperatures far below sub zero. My 2018 New Year's Resolution started with this - a deep appreciation for where we live, our high quality of life and a promise to practice a little gratitude each day throughout the new year.

As part of this practice and as an introduction to our 2018 Spring & Summer Activity Guide, I want you to know that we, your Recreation Department, feel grateful for this beautiful Community Center in which we are blessed to work, and for you and this wonderful community that we have the great fortune to service. In fact, we have been hard at work planning a plethora of engaging activities and events to ensure that perfect spring and summer you've been dreaming of. Whether you are looking for classes for yourself, for the kids or the best summer camps around, we've got you covered-- our Spring & Summer Activity Guide 2018 is jampacked with the best programming Marin has to offer.

Speaking of summer camps, please check out our super charged camp offerings, now with a galore of exiting new amenities – **curbside drop off, hot lunch options, extended pre- & aftercare, expanded selection of entertainers and entertainment, and special multi-session & sibling discounts.** We've got the best variety of awesome Summer Camps & Classes for all ages including: our uber popular **Splash Camps for K-5th grade now all summer long in one week sessions;** an array of outstanding **Specialty Arts Camps** including **Camp Creative** staffed by the Bay Area's most talented teaching artists; enhanced **Teen Road Warriors & Counselors-In-Training** for the teen set; **CAMP PAASS Without Boundaries**, our adaptive needs camp now has sessions throughout the summer; and our stellar **Learn to Swim Program** has an amazing variety of **Swim Lessons** for all ages, levels and abilities at our Aquatics & Fitness Center's indoor natatorium!

And don't forget to check out our awesome community events all spring and summer long!

- Let us entertain you and the kids with **MILL VALLEY LIVE**, a family friendly performance series for kids, parents and families the 4th Sunday of each month, this winter and spring, January-April 2018, (1/28, 2/25, 3/25 & 4/22);

- Dance the night away at our **Starduster Dances**, adult ballroom & big band dance party featuring the amazing Starduster Orchestra the 3rd Tuesday of each month all year round. Center Dances Jan-May 2017, (1/16, 2/20, 3/20, 4/17, & 5/15);
- **FREE Yoga in the Park, Family Fitness & Zumba at the Center** – join us for FREE fitness Saturdays, February – August 2018 (weather permitting). On the 1st Saturday discover your inner yogi at Free Yoga at Old Mill Park, (2/3, 3/3, 4/7, 5/5, 6/2, 7/3 & 8/4); on the 2nd Saturday, enjoy Free Family Fitness with all ages at the Center (2/10, 3/10, 4/14, 5/12, 6/9, 7/14 & 8/11); and on the 3rd Saturday, unleash your Free Zumba on Friends Field behind the Community Center, (2/17, 3/17, 4/21, 5/19, 6/16, 7/21 & 8/18);
- **Eggstravaganza**, our Bunny Breakfast and Egg Hunt Event on Saturday, March 24th;
- Find that perfect gift for mom at our **"We ♥ Mom - Spring Gift & Crafts Fair"** on Sat., May 5th, free admission, kids activities & parking at the MV Community Center;
- **April is Earth Awareness Month** – upcoming special green/earth activities;
- Back by popular demand, the **Mill Valley Community CampOut @ the Center**, we will again be hosting this highly popular outdoor event on Sat. & Sun., July 21st-22nd in celebration of National Parks & Recreation Month this July!
- Enjoy a movie as part of our expanded outdoor movies series, **Movies in the Park**, this summer at the Community Center and Old Mill Park (movies starts at dusk).

Best,

*Jenny Rogers*

Jenny Rogers, Director of Arts & Recreation, City of Mill Valley

**Going Green! Get the Activity Guide Online!** [www.millvalleyrecreation.org](http://www.millvalleyrecreation.org)

As part of our citywide efforts to "Go Green," the Fall activity Guide is available online. Recycle paper guides will also be available at the following sites: Mill Valley City Hall, Mill Valley Community Center, Mill Valley Aquatics & Fitness Center, Mill Valley Library, and Mill Valley Chamber of Commerce. **Pick one up today!**



**KEEP CURRENT ON CLASSES. LIKE US ON FACEBOOK! MILL VALLEY RECREATION**

## Four Ways to Register...

### Online

**Begins February 26, 7am**  
**mvprGoPlay.org**

Login and PIN needed.

Go to mvprGoPlay.org and follow link on home page or call (415) 383-1370.

MasterCard, VISA, AmEx, and Discover are accepted for online registrations.

Online registrations are subject to a non-refundable convenience fee.

### Fax-In

**Begins February 26**

**Fax: (415) 383-1377**

24 hours a day using MasterCard, VISA, AmEx, or Discover

### Mail-In

**Begins February 26**

**M.V.R.**

**180 Camino Alto,  
Mill Valley, CA 94941**

using check, money order or credit card.

### Walk-In

**Begins February 27**

**M.V. Community Center**

**180 Camino Alto  
Mill Valley, CA 94941**

during business hours.

See page 4 for Center business hours.

All registrations submitted by fax or mail before the first day of registration will be entered beginning at 9am on February 26 with no priority given. Online registrations are recorded at the completion of the transaction.

Some programs have special registration dates and procedures. See individual programs for details.

## Policies

- Only one family per registration form.
- All activities, dates and fees are subject to change.
- Age level indicates the participant must be that age by the first day of class. We reserve the right to ask for proof of age for any class with an age restriction.
- No registration will be taken over the phone.
- Participants may not make up classes which have been missed. Class make-ups will be made due to Department cancellations only.
- When registering, if the class is full, your name will be placed on a waiting list and you will be notified by phone. If a space opens or a new class is created, you will be notified. IF WAIT LISTED, DO NOT ATTEND THE FIRST CLASS IF YOU HAVE NOT BEEN NOTIFIED TO DO SO.
- Program/class will be canceled if minimum enrollment is not met. A full refund will be provided (excluding online non-refundable convenience fee).
- Returned checks will incur a \$20 service charge.
- See Aquatics & Fitness, page 74, for additional policies and procedures.

## Refund Policy

- Online registrations are subject to a non-refundable convenience fee.
- Patron-requested refunds are only given if requested no later than 3 working days after the first class meeting.
- Credit may be left on your Recreation account when a withdrawal from a program takes place prior to the 3 day cancellation deadline.
- 1 Day Workshops, Trips, & Camps: Patron requested refunds/credits must be requested no later than 7 working days prior to the programs start date. No refunds/credits will be given if requested after the 7 day deadline.
- Some programs may have special refund/credit restrictions. These restrictions will be stated in program descriptions.
- Refund/Credit requests may be made by phone, fax, in person or in writing during regular business hours (excluding online non-refundable convenience fee).
- Patron requested refunds will incur a \$20 processing fee.
- Full refunds will be given for classes canceled by the Department.
- See Aquatics & Fitness, page 94, for swim lesson refund policies.

### Confirmation/Receipts

Confirmation/receipts will be e-mailed or snail mailed when a self-addressed, stamped envelope is provided.

### Scholarships

Scholarships are available for eligible applicants. For more information, visit millvalleyrecreation.org or call (415) 383-1370. Donating to our scholarship fund can provide recreational activities for financially challenged families. Your donation is tax deductible. You may donate any amount you wish directly on your registration form.

**Funding for scholarships is comprised of \$2 from each Mill Valley Recreation registration, private donations, and generous support from the Mill Valley Friends of Parks & Recreation.**

### Americans with Disabilities Act:

The City of Mill Valley does not discriminate against any individual with a disability. Upon request, City publications, programs and activities will be made available in an alternate format to persons with disabilities.



# After **ScHooL** Program



**School Year Program**  
M-F, 1:30-6pm, K-5th

## **COST**

Under \$400 per month  
Drop-in passes available

## **TRANSPORT TO THE CENTER**

Park School • MVR pick up  
Edna & Strawberry • Yellow School Bus  
Other schools • Self transportation

## **THE CENTER OF PLAY!**

### **PROGRAM HIGHLIGHTS**

- Friday Swim Day
- Cooking
- Games
- Sports
- Homework Time
- Arts & Crafts

For more information visit [millvalleyrecreation.org](http://millvalleyrecreation.org)  
or contact Molly Given (415) 383-1370 or [mgiven@cityofmillvalley.org](mailto:mgiven@cityofmillvalley.org)

## SPRING ENRICHMENT PROGRAM

March 26 - June 8 (10 week session)

### REGISTRATION BEGINS!

Monday, February 26, 2018 – By fax, online, mail, drop-off

Tuesday, February 27, 2018 – Walk-In

**ONLINE: [www.mvprGoPlay.org](http://www.mvprGoPlay.org)**

Online registration begins at 7am on February 26th

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

There is no advantage to faxing in a registration prior to February 26th. Registrations received early are mixed in with registrations received on February 26th and processed in random order.

### MAIL-IN OR WALK-IN:

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

For class descriptions or detailed info visit [www.millvalleyrecreation.org](http://www.millvalleyrecreation.org)

### POLICIES & PROCEDURES

- Registration with fax-in, mail-in or walk-in must include the following:
  - Completed Registration Form
  - Full Payment of Class Fees via MAJOR CREDIT CARD OR CHECK made out to Mill Valley Recreation
- Children are expected to proceed to their Enrichment class location unassisted. Kindergarten students are picked up only for classes for Kindergarten only. The Enrichment Instructors will pick-up and return EDS students to the EDS childcare room.
- Parents are responsible for the transportation and further care of students at the end of each class.
- For Mill Valley Scholarship application and information contact the Mill Valley Recreation front desk at (415) 383-1370. Takes 2-6 weeks for processing based on available funding.
- Class registration remains on a 1st come, 1st served basis.
- There will be no regular Enrichment Program classes on public school breaks, school holidays, or public school staff development days, NO CLASSES 4/9-4/13, 5/23, 5/28, 5/30. \*NOTE: Wednesday classes are 8 week sessions.
- Parents are responsible for communicating with the EDS Childcare Office regarding any change in their child's EDS schedule.
- All activities, dates and fees are subject to change.
- All classes will meet indoors when experiencing inclement weather, if space is available. Sports and outdoor classes have indoor curriculum plans.
- Patron requested refunds are only given if requested no later than 3 days after the first class meeting. A \$20 processing fee will be charged. Refunds will be given for canceled courses and/or canceled class meetings. Refund request may be made by phone or in person during regular business hours.
- To ensure your child's safety, we require that you pick up your child promptly at the end of his/her class or program. Repeated lateness will be considered cause for terminating your child's space in our program without a credit or refund.

### QUESTIONS?

**Call Mill Valley Recreation at (415) 383-1370**  
**Enrichment Programming, now 3 full sessions.**  
**\*Please note longer sessions.**



# Edna Maguire School

Classes below begin the week of 3/26/2018

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
44998	Sewing with Sally	M	1:40pm-2:40pm	Tk-K	\$155	Sally Palmer	Rm 1
45009	Kindie Soccer	M	1:40pm-2:40pm	Tk-K	\$155	One on One Basketball	Field
44975	TinkerTech Inventors-Kindies	M	1:40pm-2:40pm	Tk-K	\$272	Tinker Tech	Kindergarten Middle Space
44999	Sewing with Sally	M	3pm-4pm	1-5	\$155	Sally Palmer	Rm 1
45011	Miss Hale's Art Club	M	3pm-4pm	1-5	\$227	Katherine Hale	TBA
44997	Soccer	M	3pm-4pm	1-5	\$155	One on One Basketball	Field
44976	TinkerTech Invent and Code	M	3pm-4pm	3-5	\$272	Tinker Tech	Kindergarten Middle Space
44983	Math Adventures- TK/Kindies	Tu	1:40pm-2:40pm	Tk-K	\$222	Tina Campdoras	Kindergarten Middle Space
45005	Drawing	Tu	3pm-4pm	1-5	\$252	Richard Gelernter	2nd Gr. Middle Space
45001	Mixed Sports	Tu	3pm-4pm	1-3	\$192	Marco Campos	Ball Court
44978	Softball Fundamentals	Tu	3pm-4pm	1-3	\$202	Kathleen Frasco	Field
45006	Intro. to Tae Kwon Do	Tu	3pm-4pm	1-5	\$152	West America Tae Kwon Do	West America
46633	Miss Hale's Art Club	Tu	3:05pm-4:05pm	1-5	\$252	Katherine Hale	Art Rm
44994	Amazing Science - Kindies	W	1:40pm-2:40pm	Tk-K	\$207	Amazing Science	Kindergarten Middle Space
44993	Awesome Kids Yoga-Kindies	W	1:40pm-2:40pm	Tk-K	\$162	Awesome Kids Yoga	Rm 4
44995	Amazing Science 1st-2nd	W	1:55pm-3:05pm	1-2	\$207	Amazing Science	1st Gr. Middle Space
44981	Flag Football -1st - 2nd	W	1:55pm-2:55pm	1-2	\$122	Jeremy Williams	Field
44984	Garden Club	W	1:55pm-2:55pm	1-5	\$162	Catherine Wolfers	Garden
44996	Amazing Science 3rd-5th	W	1:55pm-2:55pm	3-5	\$207	Amazing Science	3rd Gr.Middle Space
44982	Flag Football - 3rd - 5th	W	1:55pm-2:55pm	3-5	\$122	Jeremy Williams	Field
44974	Girls' Force Leadership	W	1:55pm-2:55pm	3-5	\$202	Hilary McGinnis	1st Gr. Hallway
44986	Softball Skills- Intermediate	W	1:55pm-2:55pm	3-5	\$162	Kathleen Frasco	Field
44991	Awesome Kids Yoga- Kindies	Th	1:40pm-2:40pm	Tk-K	\$202	Awesome Kids Yoga	Rm 4
46928	Math Adventures-TK/Kindies	Th	1:40pm-2:40pm	Tk-K	\$222	Tina Campdoras	Kindergarten Middle Space
44980	Afterschool Hoops	Th	3pm-4pm	1-3	\$172	One on One Basketball	Ball Court
44992	Awesome Kids Yoga	Th	3pm-4pm	1-3	\$202	Awesome Kids Yoga	Rm 4
44979	Clay, Ceramics and Pottery	Th	3:05pm-4:05pm	1-5	\$242	Studio 4 Art	Art Rm
44977	Continuing Chess	Th	3pm-4pm	1-5	\$202	Tondi Erickson	1st Gr. Middle Space
45008	Theatre Kindies-Impro on the Go	F	1:40pm-2:40pm	Tk-K	\$182	Z.Caldwell Interactive	Kindergarten Middle Space
45003	Glass Creations!	F	1:40pm-2:40pm	Tk-K	\$352	Made It! Glass Creations	Kindergarten Middle Space
45002	Glass Creations!	F	3pm-4pm	1-5	\$352	I Made It! Glass Creations	Kindergarten Middle Space
44985	Chess Basics	F	3pm-4pm	1-5	\$222	Tondi Erickson	1st Gr.Middle Space
45010	Theatre-Impro On the Go	F	3pm-4pm	1-5	\$182	Z.Caldwell Interactive	3rd Gr. Middle Space
44990	Beg. Guitar for Kids	F	3pm-3:45pm	2-5	\$252	Jason Fischer	2nd Gr. Middle Space

No classes 4/9 - 4/12, 5/23, 5/28, 5/30

## Old Mill School

**Classes below begin the week of 3/26/2018**

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
45848	Amazing Science- 1st-3rd	M	2:50pm-3:50pm	1-3	\$207	Amazing Science	Rm 6
45849	Drawing	M	2:50pm-3:50pm	1-5	\$227	Richard Gelernter	Art Rm
45857	Introduction toTae Kwon Do	M	2:50pm-3:35pm	1-5	\$137	Patrick Siu	Multi
45858	Private Piano	Tu	3pm-3:30pm	K-5	\$452	Jan She	Rm 1A
45835	Private Piano	Tu	3:30pm-4pm	K-5	\$452	Jan She	Rm 1A
45836	Private Piano	Tu	4pm-4:30pm	K-5	\$452	Jan She	Rm 1A
45837	Private Piano	Tu	4:30pm-5pm	K-5	\$452	Jan She	Rm 1A
45838	Private Piano	Tu	5pm-5:30pm	K-5	\$452	Jan She	Rm 1A
45850	After School Hoops	Tu	2:50pm-3:50pm	1-3	\$172	One on One Basketball	Multi
45830	Fashion Design	Tu	2:50pm-3:50pm	1-5	\$242	Studio 4 Art	Art Rm
45855	Beg. Guitar for Kids	Tu	2:50pm-3:35pm	2-5	\$252	Jason Fischer	Rm 7
45839	Private Piano	W	2pm-2:30pm	K-5	\$362	Jerry Frohamader	Rm 1A
45841	Private Piano	W	2:30pm-3pm	K-5	\$362	Jerry Frohamader	Rm 1A
45842	Private Piano	W	3pm-3:30pm	K-5	\$362	Jerry Frohamader	Rm 1A
45843	Private Piano	W	3:30pm-4pm	K-5	\$362	Jerry Frohamader	Rm 1A
45844	Private Piano	W	4pm-4:30pm	K-5	\$362	Jerry Frohamader	Rm 1A
45845	Private Piano	W	4:30pm-5pm	K-5	\$362	Jerry Frohamader	Rm 1A
45840	Private Piano	W	5pm-5:30pm	K-5	\$362	Jerry Frohamader	Rm 1A
45834	Chess Wizards	W	1:45pm-2:45pm	1-5	\$154	Chess Wizards	Multi
45854	Clay, Ceramics and Pottery	W	1:45pm-2:45pm	1-5	\$194	Studio 4 Art	Art Rm
45851	Scrimmage Soccer	W	1:45pm-2:45pm	3-5	\$146	Coach JoJo	Outdoor Turf Area
45852	Awesome Kids Yoga	Th	2:50pm-3:50pm	1-3	\$202	Awesome Kids Yoga	Library
45833	Glass Creations	Th	2:50pm-3:50pm	1-5	\$352	I Made It! Glass Creations	Art Rm
45846	Sprin-It Table Tennis	Th	2:50pm-3:50pm	1-5	\$152	Alan Gulick	Multi
45831	Theatre-Impro On the Go	Th	2:50pm-3:50pm	1-5	\$182	Z.Caldwell Interactive	Stage
45853	Girls' Force Leadership	Th	2:50pm-3:50pm	3-5	\$252	Hilary McGinnis	Rm 5
45847	GROOV3 Hip Hop	F	2:50pm-3:50pm	1-5	\$137	Jeffrey Carley	Multi
45856	Scrimmage Soccer	F	2:50pm-3:50pm	3-5	\$192	Coach JoJo	Outdoor Turf Area
45832	TinkerTech Invent and Code	F	2:50pm-3:50pm	3-5	\$302	Tinker Tech	Rm 14

**No classes 4/9 - 4/12, 5/23, 5/28, 5/30**



## Park School

**Classes below begin the week of 3/26/2018**

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
45874	Tennis for Kindies	M	1:30pm-2:15pm	Tk-K	\$164	Chris Reiff	Meet@EDS/Boyle
45872	Awesome Kids Yoga	M	2:50pm-3:50pm	1-3	\$182	Awesome Kids Yoga	Multi.
45882	Adv. Mixed Media/Sculpture	M	2:50pm-3:35pm	1-5	\$164	Gwen Perin	Art Rm
45875	Tennis	M	2:50pm-3:50pm	1-5	\$164	Chris Reiff	Meet@EDS/Boyle
45871	Theatre- Impro On The Go	M	2:50pm-3:50pm	1-5	\$164	Z.Caldwell Interactive	Rm 6
45873	Scrimmage Soccer	M	2:50pm-3:50pm	3-5	\$164	Coach JoJo	Playground
45883	Amazing Science Kindies	Tu	1:30pm-2:30pm	Tk-K	\$249	Amazing Science	Staff Rm
45889	After School Hoops	Tu	2:50pm-3:50pm	1-3	\$172	One on One Basketball	Ball Court
45886	Amazing Science- 1st-4th	Tu	2:50pm-3:50pm	1-4	\$249	Amazing Science	Staff Rm
45888	Bead Creations	Tu	2:50pm-4:20pm	1-5	\$272	Latifa Tabachnick	Rm 17
45887	Chess	Tu	2:50pm-3:50pm	1-5	\$222	Tondi Erickson	Rm 10
45869	Spin-It Table Tennis	Tu	2:50pm-3:50pm	1-5	\$152	Alan Gulick	Multi.
45868	GROOV3 Hip Hop	Tu	2:50pm-3:50pm	1-5	\$122	Jeffrey Carley	Stage
45890	Mixed Media Madness - Kindies	W	1:30pm-2:30pm	Tk-K	\$194	Studio 4 Art	Rm 16
45893	Glass Creations!	W	1:45pm-2:45pm	1-5	\$282	I Made It! Glass Creations	Staff Rm
45860	Bead Creations	W	1:45pm-3:15pm	1-5	\$245	Latifa Tabachnick	Rm 17
45861	Drawing	W	1:45pm-2:45pm	1-5	\$202	Richard Gelernter	Rm 9
45891	IE Yoga	W	1:45pm-2:45pm	1-5	\$162	Z.Caldwell Interactive	Stage
45859	Tinker Tech	W	1:45pm-2:45pm	1-2	\$242	Tinker Tech	Rm 5
45885	Amazing Science Kindies	Th	1:30pm-2:30pm	Tk-K	\$249	Amazing Science	Staff Rm
45884	Amazing Science- 1st-4th	Th	2:50pm-3:50pm	1-4	\$249	Amazing Science	Staff Rm
45862	Introduction To Tae Kwon Do	Th	2:50pm-3:35pm	1-5	\$152	Patrick Siu	Multi.
45864	Wheel Ceramics	Th	2:50pm-3:20pm	1-5	\$182	Gwen Perin	Art Rm
45865	Wheel Ceramics	Th	3:20pm-3:50pm	1-5	\$182	Gwen Perin	Art Rm
45866	Wheel Ceramics	Th	3:50pm-4:20pm	1-5	\$182	Gwen Perin	Art Rm
45863	Beg.Guitar for Kids	Th	2:50pm-3:35pm	2-5	\$252	Jason Fischer	Rm 3
45876	Art for Kindies	F	1:30pm-2:15pm	Tk-K	\$182	Gwen Perin	Art Rm
45877	Private Piano	F	2:50pm-3:20pm	K-5	\$452	Miriam Kato	Multi.
45878	Private Piano	F	3:20pm-3:50pm	K-5	\$452	Miriam Kato	Multi.
45879	Private Piano	F	3:50pm-4:20pm	K-5	\$452	Miriam Kato	Multi.
45880	Private Piano	F	4:20pm-4:50pm	K-5	\$452	Miriam Kato	Multi.
45891	Private Piano	F	4:50pm-5:20pm	K-5	\$452	Miriam Kato	Multi
45894	Art/ Mixed Media	F	2:50pm-3:35pm	1-5	\$182	Gwen Perin	Art Rm
45881	Flag Football	F	2:50pm-3:50pm	2-5	\$152	Jeremy Williams	Playground
45892	Girls' Force Leadership	F	2:50pm-3:50pm	3-5	\$252	Hilary McGinnis	Rm 11

**No classes 4/9 - 4/12, 5/23, 5/28, 5/30**

# Strawberry Point School

Classes below begin the week of 3/26/2018

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
45906	Theatre-Showstoppers	M	1:15pm-2:15pm	Tk-K	\$164	Z.Caldwell Interactive	Staff Rm
45913	Afterschool Hoops	M	2:30pm-3:30pm	1-3	\$155	One on One Basketball	Field
45904	Chess	M	2:30pm-3:30pm	1-5	\$200	Tondi Erickson	Library
45897	GROOV3 Hip Hop	M	2:30pm-3:30pm	1-5	\$127	Jeffrey Carley	Multi
45903	Theatre-Impro On The Go	M	2:30pm-3:30pm	1-5	\$164	Z.Caldwell Interactive	Staff Rm
45896	Creative Sewing with Darlene-Kindies	Tu	1:15pm-2:15pm	Tk-K	\$172	Darlene Elko	Staff Rm
45899	Art/Mixed Media	Tu	2:30pm-3:30pm	1-5	\$182	Gwen Perin	Art Rm
45895	Creative Sewing with Darlene	Tu	2:30pm-3:30pm	1-5	\$182	Darlene Elko	Staff Rm
45905	Scrimmage Soccer	Tu	2:30pm-3:30pm	3-5	\$182	Coach JoJo	Field
45898	Glass Creations!	W	1:30pm-2:30pm	1-5	\$282	I Made It! Glass Creations	Staff Rm
45910	Introduction to Tae Kwon Do	W	1:30pm-2:15pm	1-5	\$117	Patrick Siu	Multi
45908	TinkerTech Inventors- Kindies	Th	1:15pm-2:15pm	Tk-K	\$302	Tinker Tech	Staff Rm
46942	TinkerTech Inventors- Kindies	Th	2:30pm-3:30pm	1-2	\$302	Tinker Tech	Library
45909	TinkerTech Inventors and Coding	Th	2:30pm-3:30pm	3-5	\$302	Tinker Tech	Staff Rm
45912	Awesome Kids Yoga- Kindies	F	1:15pm-2:15pm	Tk-K	\$202	Awesome Kids Yoga	Rm 4
45900	Clay, Ceramics and Pottery	F	2:30pm-3:30pm	1-5	\$242	Studio 4 Art	Art Rm

No classes 4/9 - 4/12, 5/23, 5/28, 5/30

# MILL VALLEY RECREATION & DAVE FROMER SOCCER presents

# SOCCER FOR KINDERGARTEN

## PROGRAM HIGHLIGHTS

- Practices Options M-Th 2-3:30pm
- Choose 1,2,3 or 4 days a week!
- 5 V 5 Saturday Games

millvalleyrecreation.org  
davefromersoccer.com

## DAVE FROMER SOCCER



# Tam Valley School

## Classes below to begin the week of 3/26/2018

Course #	Course Title	Day	Time	Grade	Fee	Instructor	Location
45028	Basketball Kindies	M	1:15pm-2:15pm	Tk-K	\$173	Lewis Usher	Playground
45031	Power Hour	M	1:15pm-2:15pm	Tk-K	\$137	Jeremy Williams	Field
45053	Private Piano	M	2:30pm-3pm	K-5	\$407	Jan She	Music Rm
45054	Private Piano	M	3pm-3:30pm	K-5	\$407	Jan She	Music Rm
45061	Private Piano	M	3:30pm-4pm	K-5	\$407	Jan She	Music Rm
45055	Private Piano	M	4pm-4:30pm	K-5	\$407	Jan She	Music Rm
45056	Private Piano	M	4:30pm-5pm	K-5	\$407	Jan She	Music Rm
45057	Private Piano	M	5pm-5:30pm	K-5	\$407	Jan She	Music Rm
45027	Basketball 1st - 3rd	M	2:30pm-3:30pm	1-3	\$173	Lewis Usher	Playground
45032	Bead Creations	M	2:30pm-4pm	1-5	\$245	Latifa Tabachnick	Multi
45033	Beginning Guitar for Kids	M	2:30pm-3:15pm	2-5	\$227	Jason Fischer	Multi
45030	Flag Football 2nd-5th	M	2:30pm-3:30pm	2-5	\$137	Jeremy Williams	Field
45029	Basketball 4th-5th	M	3:30pm-4:30pm	4-5	\$173	Lewis Usher	Playground
45025	Soccer -Kindies	Tu	1:15pm-2:15pm	Tk-K	\$192	Lewis Usher	Field
45052	Introduction To Tae Kwon Do	Tu	2:30pm-3:15pm	1-5	\$152	Patrick Siu	Multi
45051	Soccer	Tu	2:30pm-3:30pm	1-5	\$192	Lewis Usher	Field
45059	Girls' Force Leadership	Tu	2:30pm-3:30pm	3-5	\$252	Hilary McGinnis	Multi
45058	TinkerTech Invent and Code	Tu	2:30pm-3:30pm	3-5	\$302	Tinker Tech	Multi
45034	Awesome Kids Yoga	W	1:30pm-2:30pm	1-3	\$162	Awesome Kids Yoga	Multi
45012	Chess	W	1:30pm-2:30pm	1-5	\$178	Tondi Erickson	Hallway
45013	Clay, Ceramics, and Pottery	W	1:30pm-2:30pm	1-5	\$194	Studio 4 Art	Multi
45026	Creative Sewing with Darlene	W	1:30pm-2:30pm	1-5	\$155	Darlene Elko	Rm 9
45048	Private Piano	Th	2:30pm-3pm	K-5	\$452	Stephanie Webster	Music Rm
45043	Private Piano	Th	3pm-3:30pm	K-5	\$452	Stephanie Webster	Music Rm
45044	Private Piano	Th	3:30pm-4pm	K-5	\$452	Stephanie Webster	Music Rm
45045	Private Piano	Th	4pm-4:30pm	K-5	\$452	Stephanie Webster	Music Rm
45046	Private Piano	Th	4:30pm-5pm	K-5	\$452	Stephanie Webster	Music Rm
45047	Private Piano	Th	5pm-5:30pm	K-5	\$452	Stephanie Webster	Music Rm
45035	Drawing	Th	2:30pm-3:30pm	1-5	\$202	Genna Panzarella	Multi
45036	Magic	Th	2:30pm-3:30pm	1-5	\$232	Jeanne Fields	Rm 11
45060	Glass Creations	F	2:30pm-3:30pm	1-5	\$352	I Made It! Glass Creations	Multi
45042	Private Piano	F	2:30pm-3pm	K-5	\$452	Stephanie Webster	Music Rm
45038	Private Piano	F	3pm-3:30pm	K-5	\$452	Stephanie Webster	Music Rm
45037	Private Piano	F	3:30pm-4pm	K-5	\$452	Stephanie Webster	Music Rm
45039	Private Piano	F	4pm-4:30pm	K-5	\$452	Stephanie Webster	Music Rm
45040	Private Piano	F	4:30pm-5pm	K-5	\$452	Stephanie Webster	Music Rm
45041	Private Piano	F	5pm-5:30pm	K-5	\$452	Stephanie Webster	Music Rm
45049	STEM Challenge w/ LEGO®	F	2:30pm-3:30pm	1-5	\$252	Play Well Technologies	Stage
45014	Theatre- Impro On The Go	F	2:30pm-3:30pm	1-5	\$182	Z.Caldwell Interactive	Multi

**No classes 4/9 - 4/12, 5/23, 5/28, 5/30**

MILL VALLEY RECREATION

FREE EVENT

# Enrichment EXPO

*End of Summer Bash* & Trucks, Trucks, Trucks!



- X MEET & ENGAGE WITH ENRICHMENT & CENTER OF PLAY STAFF
- X TEEN ZONE TOURS
- X ACTIVITIES FOR ALL
- X TRUCKS, TRUCKS, TRUCKS!  
Explore your favorite TRUCKS & HEAVY MACHINERY and meet the people who protect, serve and build Mill Valley!



**MONDAY**  
**AUG 20**  
**4:00-6:00 PM**  
**2018**

Mill Valley Community Center  
180 Camino Alto  
[millvalleyrecreation.org](http://millvalleyrecreation.org)  
(415) 383-1370

Host a truck or showcase your program.  
Call for vendors: Applications available March 26  
Deadline for submission May 31.





REGISTRATION FOR FALL 2018-19 WILL OPEN FEBRUARY 26, 2018

# JUMP

## Jump Up and Move into Preschool!



### JUMP Preschool courses are held at: Mill Valley Community Center, 180 Camino Alto, Mill Valley.

The JUMP Preschool program provides a nurturing environment where each child can grow, learn to express themselves and have fun! All of our teachers and aides are committed to the success of each of our students.

Class activities for all programs include circle time, sharing, arts & crafts, games, music and free play (inside and outside). We encourage all students to participate in craft and academic activities. Daily we gather together on the carpet for thematically based lesson, stories, songs, finger plays which continue to build on our theme for the week. Every day the students also enjoy snack time and outdoor recess. Children in all stages of development are welcome (however they must be fully potty trained).

Registration can be paid in full for the Sept. – June school year or a scheduled payment plan is available for the classes. A refund fee of \$100 will be charged for any class cancellation in Kinder Cubs, Playschool Pandas or Busy Bees. Our program follows the Mill Valley School District's holiday schedule.

### Playschool Pandas

Our 3 yr old Panda Program is an introductory program to all areas of social, emotional, cognitive, fine motor, gross motor, and sensory development. Our focus is on thematic play-based curriculum with academic components. Children enrolling in this program must be fully toilet trained, and able to participate in program without parents being in the classroom.

**Instructor: Janine Martin**

Age	Day	Dates	Time	Course #
3-4	M/W/F	9/5-5/31	9am-12:30pm	46053

**Fee: First Child \$3,969, 2nd Child \$2,977\***

**Location: Community Center, Manzanita Room**

**Scheduled payment plan is available.**

### Busy Bees

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

**Instructor: TBA**

Age	Day	Dates	Time	Course #
3-5	Tu/Th	9/4-5/30	9am-12:30pm	46061

**Fee: First Child \$2,664, 2nd Child \$1,941\***

**Location: Community Center, Forest Room**

**Scheduled payment plan is available.**

### Kinder Cubs

Our 4 year old program is a Kindergarten readiness program that enhances social, emotional, cognitive, fine motor, gross motor and sensory development. This is a thematic play-based program supplemented with academic components. Your child will be exposed to a variety of activities that will better prepare them to enter Kindergarten in Fall 2017. Prior preschool experience is recommended. Scheduled payment plan is available for this class.

**Instructor: Yukie Sano**

Age	Day	Dates	Time	Course #
4-5	M/W/F	9/5-5/31	9am-12:30pm	46063

**Fee: First Child \$3,969, 2nd Child \$2,977\***

**Scheduled payment plan is available.**

**Location: Community Center, Forest Room**

**\* \$100 nonrefundable deposit due at registration**

## Wednesdays @ The Center

# JUMP INDOOR PLAY DAY! AGES 5 AND UNDER

Looking for fun things to do with your child?

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

Come to the Community Center Cascade Room for safe, secure and clean place for children to run and play indoors.

### Drop In Details:

- No registration necessary
- \$5 child or \$7 a family (exact change appreciated)
- Punch passes available
- Snack and drinks may be enjoyed in lobby or outside
- Please no sick kids
- Parents and/or caregivers are required to stay and are responsible for their children

### Program Details:

- Open September-May 23, 2018
- Closed: 2/21, 4/1
- Closed 5/30-8/29 (summer)
- Reopens Fall 9/5



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. 10 classes**

Age	Day	Dates	Time	Fee	Course #
18 mo-3	Th	3/29-5/31	9-10:10am	\$146	46052
18 mo-3	Th	3/29-5/31	10:30-11:40am	\$146	46062

**Location: Community Center, Forest Room**

**No class 4/12**

**Program offered again Fall 2018-Spring 2019**

## 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. 9 classes**

Age	Day	Dates	Time	Fee	Course #
2.5-3	Tu	3/27-5/29	9am-11am	\$182	46066

**Location: Community Center, Manzanita Room**

**No class 4/10**

**Program offered again Fall 2018-Spring 2019**

## 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](http://www.millvalleyrecreation.org) or call (415) 383-1370.

## 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. 8 classes**

Age	Day	Dates	Time	Fee	Course #
3-6	M	3/26-5/21	2:30pm-3:30pm	\$194	45787
5-12	M	3/26-5/21	3:45pm-4:45pm	\$194	45786

**Location: Community Center, Forest Room**

**No class 4/9**

## 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. 8 classes**

Age	Day	Dates	Time	Fee	Course #
3-6	F	3/30-5/25	3:00pm-4:00pm	\$194	45793
5-12	F	3/30-5/25	4:15pm-5:15pm	\$194	45794

**Location: Community Center, Forest Room**

**No class 4/13**

## 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: Tinker Tech. 9 classes**

Age	Day	Dates	Time	Fee	Course #
5-7	W	3/28-5/30	3:30pm-4:30pm	\$272	45803
8-11	W	3/28-5/30	4:45pm-5:45pm	\$272	45805

**Location: Community Center, Tamalpais Room**

**No class 4/11**

## Miss Hale's Art Class

Each week budding artists 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. 9 classes**

Age	Day	Dates	Time	Fee	Course #
5-12	Th	3/29-5/31	3:30pm-4:30pm	\$227	45799

**Location: Community Center, Forest Room**

**No class 4/12**



## 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 poekienook.com. Tea and snack served.

**Instructor: Sophia Van der Harst. 6 classes**

Age	Day	Dates	Time	Fee	Course #
6-12	Tu	4/17-5/22	3:30pm-5pm	\$177	45789

**Location: Poekie Nook, 247 Shoreline Hwy, Mill Valley**

## Adult & Child Paint Night-Starry Tamalpais

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. We'll create a fun painting of Mt. Tamalpais, inspired by Van Gogh's Starry Night. 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. Class registration is for both adult & child. Adults must be present for entire class. No experience necessary.

**Instructor: Kathryn Yost. 1 class**

Age	Day	Dates	Time	Fee	Course #
7+	W	4/18	6:00pm-8:00pm	\$62	45781

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



### 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, ¡Canta 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	3/28-5/30	3:45pm-4:30pm	\$182	46072
1-4	W	3/28-5/30	4:45pm-5:30pm	\$182	46081

**Location: Community Center, Forest Room**

**No class 4/11**

### 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. 10 classes**

Age	Day	Dates	Time	Fee	Course #
5-8	W	3/28-5/30	2:30-3:15pm	\$182	46065

**Location: Community Center, Manzanita Room**

**No Class 4/11**

### 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 #
18+	W	4/25	2-3:30pm	\$40	46079

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

### Bonjour Les Petits!

This class for very young kids has music and movement at its 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. 9 classes**

Age	Day	Dates	Time	Fee	Course #
1 mo-3	Tu	3/27-5/29	12pm-12:30pm	\$182	46084

**Location: Community Center, Manzanita Room**

**No Class 4/10**

### 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. 9 classes**

Age	Day	Dates	Time	Fee	Course #
3-5	Tu	3/27-5/29	12:45pm-1:15pm	\$182	46054

**Location: Community Center, Manzanita Room**

**No class 4/10**



## 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](http://www.kindermusikwithandrea.com) for complete theme descriptions.

**Instructor: Andrea Ingraham. 9 classes**

### Spring Theme: Red Caboose/Bluebird, Bluebird

Age	Day	Dates	Time	Fee	Course #
0-17mo	F	3/30-5/25	11:00am-11:45am	\$182	45914

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

### Summer Theme: Zoom Baby Peek-a-boo/Busy Days

Age	Day	Dates	Time	Fee	Course #
0-17mo	F	6/22-8/10	11:00am-11:45am	\$162	46347

**Location: Community Center, Lobby**

**Drop in: \$27 if minimum is met. \$25 material fee paid to instructor at 1st class meeting. Includes music, books & instrument.**

## Kindermusik- Wiggle & Grow

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](http://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**

### Spring Theme: Colors & Shapes On The Farm / Time For Lunch

Age	Day	Dates	Time	Fee	Course #
18 mo-3	F	3/30-5/25	10:00am-10:45am	\$182	45916

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

### Summer Theme: Beach Days / Family & Friends

Age	Day	Dates	Time	Fee	Course #
18 mo-3	F	6/22-8/10	10:00am-10:45am	\$162	46349

**Location: Community Center, Lobby**

**Drop in: \$27 if minimum is met. \$25 material fee paid to instructor at 1st class meeting. Includes music, books & instrument.**

**No class 4/13**

## 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. 8 classes**

Age	Day	Dates	Time	Fee	Course #
4 mo-5	M	3/26-5/21	10:00am-10:45am	\$194	45915
4 mo-5	M	3/26-5/21	11:00am-11:45am	\$194	45917

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

**Drop-ins: \$27 if class minimum is met.**

**No class 4/9.**

## Private Piano

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

**Instructor: Stephen Shen. 9 classes**

Age	Day	Dates	Time	Fee	Course #
5-13	Tu	3/27-5/29	4:00pm-4:30pm	\$317	45954
5-13	Tu	3/27-5/29	4:30pm-5:00pm	\$317	45955
5-13	Tu	3/27-5/29	5:00pm-5:30pm	\$317	45956
5-13	Tu	3/27-5/29	5:30pm-6:00pm	\$317	45957
5-13	Tu	3/27-5/29	6:00pm-6:30pm	\$317	45958
5-13	W	3/28-5/30	4:00pm-4:30pm	\$317	45941
5-13	W	3/28-5/30	4:30pm-5:00pm	\$317	45942
5-13	W	3/28-5/30	5:00pm-5:30pm	\$317	45952
5-13	W	3/28-5/30	5:30pm-6:00pm	\$317	45953
5-13	W	3/28-5/30	6:00pm-6:30pm	\$317	45959
5-13	Th	3/29-5/31	4:00pm-4:30pm	\$317	45960
5-13	Th	3/29-5/31	4:30pm-5:00pm	\$317	45961
5-13	Th	3/29-5/31	5:00pm-5:30pm	\$317	45962
5-13	Th	3/29-5/31	5:30pm-6:00pm	\$317	45963
5-13	Th	3/29-5/31	6:00pm-6:30pm	\$317	45964
5+	Sa	3/31-6/2	10:00am-10:30am	\$317	45966
5+	Sa	3/31-6/2	10:30am-11:00am	\$317	45967
5+	Sa	3/31-6/2	11:00am-11:30am	\$317	45968
5+	Sa	3/31-6/2	11:30am-12:00pm	\$317	45968
5+	Sa	3/31-6/2	1:00pm-2:00pm	\$632	45970
5+	Sa	3/31-6/2	2:00pm-3:00pm	\$632	45971

**Location: Community Center, Digi Lab**

**No class 4/10, 4/11, 4/12, 4/14**

*Without music,  
life would be a  
mistake.*

## Story to Stage

Theatre 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 Enrichment. 9 classes**

Age	Day	Dates	Time	Fee	Course #
3-6	Tu	3/27-5/29	2:30pm-3:15pm	\$164	45965
5-12	Tu	3/27-5/29	3:30pm-5:00pm	\$218	45944

**Location: Community Center, Forest Room**

**No class 4/10**

## Mini Musical

Theatre 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! Together children 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 Enrichment. 9 classes**

Age	Day	Dates	Time	Fee	Course #
3-6	Th	3/29-5/31	2:30pm-3:15pm	\$164	45945
5-12	Th	3/29-5/31	3:30pm-5:00pm	\$218	45946

**Location: Community Center, Manzanita Room**

**No class 4/12**

## SCHOLARSHIP PROGRAM

Our Scholarship Fund 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. Scholarship funding is limited and occurs 4x/year. Eligibility requirements apply. Please contact our offices for more information and specific program details.

Funding for the Scholarship program is comprised of \$2 from each Mill Valley Recreation program registration, private donations, and generous support from the Mill Valley Friends of Parks & Recreation.

For more information or to make a donation, call 415-383-1370 or email [recreate@cityofmillvalley.org](mailto:recreate@cityofmillvalley.org).

**Application is available online at  
[www.millvalleyrecreation.org](http://www.millvalleyrecreation.org).**

## 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.

### Creating a Character

In Creating a Character creative students will sing, dance and play theatre games.

**Instructor: Z.Caldwell Interactive Enrichment. 1 classes**

Age	Day	Dates	Time	Fee	Course #
5-12	Sa	3/31	11:00am-1:30pm	\$67	45949

**Location: Community Center, Forest Room**

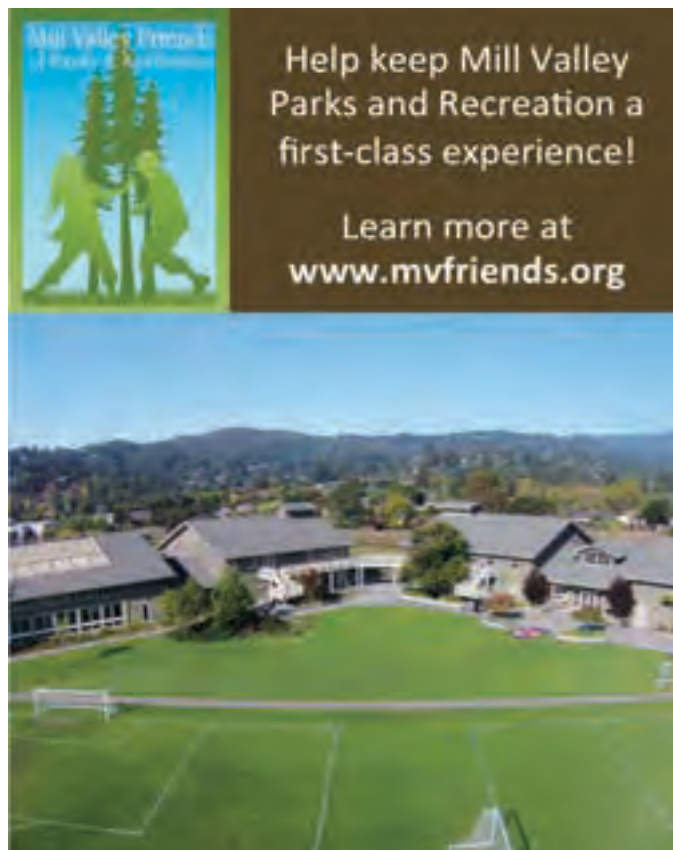
### Fairytale Braids and Makeup

They will also learn specialty braiding techniques along with fantasy make up application. This 2.5 hr workshop culminates with a mini share out celebration. Bring your BFF and learn the basics of being Fairytale Fabulous!

**Instructor: Z.Caldwell Interactive Enrichment. 1 classes**

Age	Day	Dates	Time	Fee	Course #
5-12	Sa	5/12	11:00am-1:30pm	\$67	45948

**Location: Community Center, Forest Room**





## 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 armour 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 (Reiho-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. 10 classes**

Age	Day	Dates	Time	Fee	Course #
9-17	Tu	3/27-5/29	6pm-8pm	\$82	45772
18+	Tu	3/27-5/29	6pm-8pm	\$116	45771
9-17	Tu	6/19-8/7	6pm-8pm	\$66	45777
18+	Tu	6/19-8/7	6pm-8pm	\$94	45776

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

## Aikido for Kids

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

**Instructor: Al Loren. 8 classes**

Age	Day	Dates	Time	Fee	Course #
3-4	M	3/26-5/21	2:30pm-3:00pm	\$110	45927

**Location: TBD**

**No class 4/9**

## 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. Mon 8 classes. Wed 9 classes**

Age	Day	Dates	Time	Fee	Course #
5-8	M	3/26-5/21	3:15pm-4:00pm	\$110	45929
5-8	W	3/28-5/30	3:15pm-4:00pm	\$124	45930
5-12	M	6/18-8/6	3:30pm-4:15pm	\$97	46753

**Location: TBD**

**No class 4/9, 4/11, 7/3**

## 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. 8 classes**

Age	Day	Dates	Time	Fee	Course #
9-12	M	3/26-5/21	4:15pm-5:00pm	\$110	45931
5-12	M	6/18-8/6	3:30pm-4:15pm	\$97	46753

**Location: TBD**

**No class 4/9**



## 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. 9 classes**

Age	Day	Dates	Time	Fee	Course #
1-2	Th	3/29-5/31	10:15-10:45am	\$124	45923
1-2	Th	3/29-5/31	10:45-11:15am	\$124	45925
2-3	Th	3/29-5/31	11:15-11:45am	\$124	45924

**Location: Community Center, Cascade Room**  
**No class 4/12**

## 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. 9 classes**

Age	Day	Dates	Time	Fee	Course #
3-4	Th	3/29-5/31	1:30pm-2:00pm	\$124	45920
3-4	Th	3/29-5/31	1:00pm-1:30pm	\$124	45921

**Location: Community Center, Cascade Room**  
**No class 4/12**



## 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. 9 classes**

Age	Day	Dates	Time	Fee	Course #
4-5	Th	3/29-5/31	2:00pm-2:45pm	\$128	45922

**Location: Community Center, Cascade Room**  
**No class 4/12**

## Let's Play Soccer

Variety of fun soccer games designed to enhance the coordination, creativity and confidence of young soccer players.

**Instructor: Marco Campos. 9 classes**

Age	Day	Dates	Time	Fee	Course #
5-6	Th	3/29-5/31	1:45pm-2:45pm	\$173	46069

**Location: Community Center, Lawn Area**  
**No class 4/12**

### Free OUTDOOR Recreation

**YOGA**  
at Old Mill Park  
1st Saturday  
of the Month  
9-10AM

**FAMILY FITNESS**  
at The Center  
2nd Saturday  
of the Month  
9-10AM

**ZUMBA**  
at The Center  
3rd Saturday  
of the Month  
9-10AM

## 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. 8 classes**

**Tues: Bridget Bartholome. 9 classes**

Age	Day	Dates	Time	Fee	Course #
3-4	M	3/26-5/21	3:40pm-4:10pm	\$110	45810
3-4	Tu	3/27-5/29	3:00pm-3:30pm	\$124	45817

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

**Please wear ballet slippers and leotard to class. No class 4/9, 5/28.**

## 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. 9 classes**

Age	Day	Dates	Time	Fee	Course #
3-4	W	3/28-5/30	3:00pm-3:30pm	\$124	45813

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

**Please wear ballet slippers and leotard to class. No class 4/11**

## 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. 9 classes**

Age	Day	Dates	Time	Fee	Course #
7-9	W	3/28-5/30	3:35pm-4:20pm	\$124	45814
5-7	Tu	3/27-5/30	3:35pm-4:20pm	\$124	45812

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

**Please wear ballet slippers and leotard to class. No class 4/11**

**DANCE RECITAL MAY 31ST  
5:30PM • CASCADE ROOM**

### 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.

## 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](http://www.tommayock.com)

**Instructor: Tom Mayock. 8 classes**

Age	Day	Dates	Time	Fee	Course #
3-6	M	3/26-5/21	4:15pm-4:45pm	\$110	45829

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

**Dance Recital 5/31. No class 4/9**



## GROOV3 Hip Hop

45 minutes of nonstop music mixed by professional DJs. This dance class emphasizes boosting confidence, building communities, and putting the fun back in fitness. With the hottest jams and simple combinations made for all levels, GROOV3 is elevating YOUR dance experience. GROOV3 us your way to a healthier and happier lifestyle... DANCE SWEAT LIVE!

**Instructor: Jeffrey Carley. 8 classes**

Age	Day	Dates	Time	Fee	Course #
3-6	Th	4/5-5/31	2:30pm-3:15pm	\$110	46618
7-9	Th	4.5-5/31	3:15pm-4:00pm	\$110	46619

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

**No class 4/12**



## RECREATIONAL SOCCER



Mill Valley Recreation in partnership with Dave Fromer Soccer is excited to offer Fall Soccer 2018! This program includes mid-week small group skill-building sessions and Saturday games, both run by professional coaches. (Teams will be coached by parent volunteers for Saturday games.) All teams play 5 v 5 (4 players + goalkeeper). Team rosters will have 8-9 players.

5 v 5 soccer, played in the streets throughout the world, has grown to become an internationally recognized form of soccer, known for its fast-pace and highly fluid play. We're excited to bring you this same worldly style to the fields of Marin, where our kids can be immersed in the game as they grow with their teammates! Play with friends, train with pro coaches, and have fun!

- **8 week season beginning Tuesday, September 4, 2018**
- **For boys and girls from Kindergarten through 8th Grade**
- **Mid-week- Small Group Skill-Building Sessions**
- **Games will take place on Saturdays**
- **Registration fee: \$225- includes weekly skill-building sessions on Mondays–Thursdays, Saturday games, and coaching clinics for parent volunteers. Fee is \$325 to attend both Wednesday and Thursday skill-building sessions. Saturday games and coaching clinics are also included.**
- **Special End of Season Celebration on Saturday, November 3rd - 5 v 5 pick-up games, music, food, and fun for the whole family!**

**Dave Fromer Soccer** has been providing quality soccer programs in the Bay Area since 1974. More than 80,000 youth have participated in a variety of these programs. Offerings include soccer camps, classes, clinics, an indoor league, and our new 5 v 5 program. Dave Fromer Soccer coaches are dedicated, experienced, and inspiring. They make learning soccer fun! They help to build self-esteem through teaching new ball skills and tactics in a positive and supportive environment. They spread unity and joy by sharing their passion for soccer.



## Pee Wee Tennis

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

**Instructor:** Chris Reiff, Joe Kells & Staff

Age	Day	Dates	Time	Fee
4-6	Sa	Ongoing	10-10:45am	\$10 drop-in per class

**Location:** Boyle Park, Tennis Courts

**No Class 4/15**

## Tennis Skills Class

These classes are for beginning and intermediate juniors. We will introduce and develop the fundamental skills needed to play and have fun playing the game of tennis. 4 classes.

**Instructor:** Chris Reiff. 5 classes

Age	Day	Dates	Time	Fee	Course #
5-7	W	3/28-5/2	3:30pm-4:30pm	\$92	45995
8-12	W	3/28-5/2	3:30pm-4:30pm	\$92	45991
5-7	F	3/30-5/4	3:30pm-4:30pm	\$92	45990
8-12	F	3/30-5/4	3:30pm-4:30pm	\$92	45989
5-7	W	5/9-6/6	3:30pm-4:30pm	\$92	45994
8-12	W	5/9-6/6	3:30pm-4:30pm	\$92	45993
5-7	F	5/11-6/8	3:30pm-4:30pm	\$92	45992
8-12	F	5/11-6/8	3:30pm-4:30pm	\$92	45987

**Location:** Boyle Park, Tennis Courts

**No class 4/11, 4/13**

**Tennis shoes required. Loaner racquets are available at courts.**

**Drop-in of \$22 paid at courts on the day of class & subject to availability.**

## Saturday - 10 & U Tennis

This is a wonderful program for kids ages 6-10. It helps them develop essential skills needed to play tennis and also fosters healthy and positive attitudes towards sports & competition. Quick Start Tennis offers a standardized progression of court size, racquet size and ball speed appropriate to age and skill level. Smaller courts, lighter and more manageable racquets and slower bouncing balls allow the kids to play right away and fall in love with this great sport for life.

**Instructor:** Chris Reiff. 7 classes

Age	Day	Dates	Time	Fee	Course #
6-10	Sa	3/24-5/19	11:00am-12:00pm	\$128	45984

**Location:** Boyle Park, Tennis Courts

**No class on 4/7 and 4/14**

**Drop-in of \$22 paid at courts on the day of class & subject to availability.**



## Spring Break Tennis Camp

Instruction, games, conditioning exercises, and lots of fun. Children will learn stroke technique, hand-eye coordination, footwork, scoring and tennis etiquette. This is a fun active camp that promotes tennis as a game kids will enjoy for the rest of their lives. We keep them moving! Kids are informally grouped by age and ability and these groups rotate through a comprehensive array of activities held on each of our five courts. We offer morning, afternoon and full day options. Register by the week and drop in for the day. Refreshments will be provided. All participants will receive a Boyle Park Tennis t-shirt.

**Instructor:** Chris Reiff. 5 classes

Age	Day	Dates	Time	Fee	Course #
5-13	M-F	4/9-4/13	9:30am-4pm	\$328	46014
5-13	M-F	4/9-4/13	9:30am-12:30pm	\$177	46013
5-13	M-F	4/9-4/13	1-4pm	\$177	46015

**Location:** Boyle Park, Tennis Courts Upper

**This is a "shine-only" camp, rain will cancel this camp.**

**Drop-in: 1/2 day - \$40 per class if space is available**

**Full Day - \$75 per class if space is available**

**Must wear court shoes. Loaner racquets available at camp.**

**Extended Care available: 8:30 - 9:30am & 4-5pm**

**\$5 per hour block; pay at time of drop-off.**



## Youth On Course

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

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

A PGA Professional, also provides private lessons to junior and adult players, again with a discount for interested junior golfers. Students range from raw beginner to National champions. For information regarding the Junior Club or private instruction, please call the Golf shop directly at (415) 388-9982.

## Par 3 Course

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

## Golf Lessons

Lessons are designed to create interest and foster development in all golfers. Strong emphasis is placed on the fundamentals-stance, grip, posture, full swing, rules & etiquette, etc. The lessons are taught at the Mill Valley Golf Course by golf professional.

## Summer Golf Camp

Join longtime Golf instructor Paul Rojas in this fun-filled week of camp! Hone your skills at the beautiful and historic Mill Valley Golf Course. Paul's positive style of instruction offers a great atmosphere to improve your game. The camp focuses on chipping, putting, full-swing technique, rules and etiquette. Snacks, drinks, and shirts will also be provided for all campers. Come play the fun way this summer! We recommend campers bring their own clubs, if they have them. If they do not own clubs we will provide clubs for them.

**Instructor: Paul Rojas. 5 classes**

Age	Day	Dates	Time	Fee	Course #
8-14	M-F	6/25-6/29	9:30am-12:30pm	\$299	46864
8-14	M-F	7/9-7/13	9:30am-12:30pm	\$299	46865
8-14	M-F	7/16-7/20	9:30am-12:30pm	\$299	46866
8-14	M-F	8/13-8/17	9:30am-12:30pm	\$299	46867

**Location: Golf Course, 1st Tee/Putting Green**



# New Junior Golf

**PROGRAM COMING SOON!**

YOUTH GOLF LESSONS, CLINICS AND  
CAMPS ARE AVAILABLE THROUGHOUT THE YEAR

**Junior Golf Classes,  
Lessons & Camps**

**Call the MV Golf Course at  
(415) 388-9982 for the current schedule**

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



## Coding for Kids

Are you looking for an opportunity to introduce technology concepts and programming knowledge to your child? We offer a program where you work in teams on different technologies using - data mining, python, java, Angular, JS, ruby on rails, blender and more. More information: [www.siliconvalley4u.com](http://www.siliconvalley4u.com)

**Instructor:** Siliconvalley4u. 6 classes

Age	Day	Dates	Time	Fee	Course #
6-9	M	4/16-5/21	3:30pm-4:30pm	\$152	45936

**Supply Cost:** \$30 due first day of class.

**Location:** Community Center, Tamalpais Room

## Basics of 3D Printing

This course will teach your child the basics of 3D modeling and printing, converting images to 3D models, and critical basic concepts in computer aided design (CAD). We use both TinkerCAD and Blender for teaching. Supply cost \$45 due first day of class. More information: [www.siliconvalley4u.com](http://www.siliconvalley4u.com)

**Instructor:** Siliconvalley4u. 6 classes

Age	Day	Dates	Time	Fee	Course #
6-9	Th	4/19-5/24	4:45-5:45pm	\$152	46353

**Supply Cost:** \$30 due first day of class.

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

## Minecraft Madness

This immensely popular building computer game will provide your child with basic to intermediate design principles, improve creativity, spatial reasoning, and teamwork skills. We will meet to play Minecraft, socialize and engage in STEM learning. Through Minecraft students will participate in individual and group challenges and learn to download and apply their own Minecraft mods! More information: [www.siliconvalley4u.com](http://www.siliconvalley4u.com)

**Instructor:** Siliconvalley4u. 6 classes

Age	Day	Dates	Time	Fee	Course #
6-9	Th	4/19-5/24	3:30pm-4:30pm	\$152	45938

**Supply Cost:** \$30 due first day of class.

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

## Movie Making for Kids

This movie adventure class is perfect for aspiring coders. Your child will create animated stories and games while learning programming concepts with Scratch, using a drop-and-drag platform, they'll play with sprites and blocks to set a foundation of computational thinking. More information: [www.siliconvalley4u.com](http://www.siliconvalley4u.com) Supply cost: \$30 due first day of class.

**Instructor:** Siliconvalley4u. 6 classes

Age	Day	Dates	Time	Fee	Course #
7-9	M	4/16-5/21	4:45pm-5:45am	\$152	45937

**Supply Cost:** \$30 due first day of class.

**Location:** Community Center, Tamalpais Room





## Kids Cooking for Life

Kids Cooking for Life Junior Chef Program is a 6 to 7 week course introducing children to culinary skills and nutrition education. We begin by teaching kitchen and food safety, then age-appropriate knife skills. Next, students will practice culinary skills including measuring, mixing, whisking, peeling, grating and cracking eggs. Throughout the course, students will learn to follow recipes and understand the basics of food labels through USDA-based nutrition lessons. Each class closes with a feast we've prepared together followed by clean-up and a class discussion reflecting upon skills practiced and information learned. On the last day, students receive cookbooks including all recipes learned throughout the course for students to share with friends and family.

**Instructor: Kids Cooking for Life. 10 classes**

Age	Day	Dates	Time	Fee	Course #
4-7	Tu	3/27-6/5	3:15pm-4:15pm	\$292	45822
6-12	Tu	3/27-6/5	4:30pm-5:30pm	\$292	45826

**Location: Community Center, Kitchen**

**No class 4/10**

## Babysitting Course

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

**Instructor: Carole Gathman. 1 classes**

Age	Day	Dates	Time	Fee	Course #
11-16	Sa	3/3	9am-1pm	\$85	44914
11-16	Sa	4/28	9am-1pm	\$85	45742
11-16	Sa	6/23	9am-1pm	\$85	45743

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

# SCHOLARSHIP PROGRAM

Our Scholarship Fund 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. Scholarship funding is limited and occurs 4x/year. Eligibility requirements apply. Please contact our offices for more information and specific program details.

Funding for the Scholarship program is comprised of \$2 from each Mill Valley Recreation program registration, private donations, and generous support from the Mill Valley Friends of Parks & Recreation.

For more information or to make a donation, call 415-383-1370 or email [recreate@cityofmillvalley.org](mailto:recreate@cityofmillvalley.org).

**Application is available online at  
[www.millvalleyrecreation.org](http://www.millvalleyrecreation.org).**



# SPRING BREAK CAMP

## GRADES: K-6th

Join our enthusiastic staff of trained recreation leaders for a lively and entertaining mix of activities, crafts, sports and spring surprises. Camp hours are 9am–4pm. Extended Care is available before and after our scheduled camp hours; 8am–9am and 4pm–6pm.

Camp is for children currently enrolled in Kindergarten through 6th grade.

### Spring Camp: K-6th

Join our enthusiastic staff of trained recreation leaders for a lively and entertaining mix of activities, crafts, sports and spring surprises. Camp hours are 9am–4pm. Extended care is available before and after our scheduled camp hours; 8–9am and 4–6pm. Camp is for children currently enrolled in Kindergarten through 6th grade.

**Instructor: TBA. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-12	M-F	4/9-4/13	9am-4pm	\$232	46606
5-12	M-F	4/9-4/13	8am-6pm	\$327	46948
5-12	M	4/9	9am-4pm	\$66	46607
5-12	Tu	4/10	9am-4pm	\$66	46608
5-12	W	4/11	9am-4pm	\$66	46609
5-12	Th	4/12	9am-4pm	\$66	46610
5-12	F	4/13	9am-4pm	\$66	46611

**Location: Community Center, Cascade Room**

### Extended Care: K-6th

Extended care is a supervised play time. Activities may include, but are not limited to, board games, outdoor play, coloring, and drawing. On Thursday afternoons an age appropriate movie is shown.

**Fee \$18/day. Hours 8-9am & 4-6pm**



## slime SPRING CAMP HIGHLIGHTS

**MONDAY 4/9**

Ice Cream and Slime

**TUESDAY 4/10**

Swimming and Jumpee

**WEDNESDAY 4/11**

Tie Dye and Smoothies

**THURSDAY 4/12**

Swimming and Scavenger Hunt

**FRIDAY 4/13**

Pizza and Bubble Lady Show!

**DAILY ACTIVITIES INCLUDE:**

Arts & Crafts, Cooking, Games,  
Singing & More!

**SPACE IS LIMITED  
REGISTER EARLY!!**



# SPRING BREAK CAMPS

## Chess Wizards

Have fun this spring break with tons of challenging chess lessons, exciting games, and cool prizes. Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this session, each student will have had the chance to participate in a mini-chess tournament.

**Instructor: Chess Wizards. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-12	M-F	4/9-4/13	9am-4pm	\$326	46368
5-12	M-F	4/9-4/13	9am-12pm	\$205	46369
5-12	M-F	4/9-4/13	1pm-4pm	\$205	46370

**Location: Community Center, Manzanita Room**

## Art Exploration Camp

Have fun and adventure in the exploratory art camp. Campers will learn a wide variety of art mediums that inspire imagination and strengthen observation skills through exploration of paint, sculpture, found object collage, drawing, mixed-media, jewelery making, clay and more.

**Instructor: TBA. 5 classes**

Age	Day	Dates	Time	Fee	Course #
6-12	M-F	4/9-4/13	9am-4pm	\$277	46367

**Location: Community Center, Tamalpais Room**

## From Concept to Character

This weeklong camp will have students explore with the idea of creating characters. Together first and fifth graders will play theater games, design costumes and build arts and crafts. Fantastic Friday we will have a bounce house, popcorn, PJs and a movie! This five day camp culminates with a mini share presentation and art show for friends and family.

**Instructor: Z.Caldwell Interactive Enrichment. 5 classes**

Age	Day	Dates	Time	Fee	Course #
6-12	M-F	4/9-4/13	9am-4pm	\$337	46371

**Location: Golf Clubhouse, 267 Buena Vista Ave., Mill Valley**

## From Concept to Character - Artist Teaching Program

Middle School Students are invited to develop their leadership skills in this artist development program. Participants will assist in facilitation of From Concept to Character. This program will be an enriching experience for mature and responsible middle school students. Theatre experience is a plus but not required to participate.

**Instructor: Z.Caldwell Interactive Enrichment. 5 classes**

Age	Day	Dates	Time	Fee	Course #
11-14	M-F	4/9-4/13	9am-4pm	\$147	46854

**Location: Community Center, TBA**

## Spring Break Tennis Camp

Instruction, games, conditioning exercises, and lots of fun. Children will learn stroke technique, hand-eye coordination, footwork, scoring and tennis etiquette. This is a fun active camp that promotes tennis as a game kids will enjoy for the rest of their lives. We keep them moving! Kids are informally grouped by age and ability and these groups rotate through a comprehensive array of activities held on each of our five courts. We offer morning, afternoon and full day options. Register by the week and drop in for the day. Refreshments will be provided. All participants will receive a Boyle Park Tennis t-shirt.

**Instructor: Chris Reiff. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-13	M-F	4/9-4/13	9:30am-4pm	\$328	46014
5-13	M-F	4/9-4/13	9:30am-12:30pm	\$177	46013
5-13	M-F	4/9-4/13	1pm-4pm	\$177	46015

**Location: Boyle Park, Tennis Courts Upper**

**This is a "shine-only" camp, rain will cancel this camp.**

**Drop-in: 1/2 day - \$42 per class if space is available**

**Full Day - \$77 per class if space is available**

**Must wear court shoes. Loaner racquets available at camp.**

**Extended Care available: 8:30 - 9:30am & 4-5pm**

**\$5 per hour block; pay at time of drop-off.**

## Spring Break Road Warriors

It's been a long school year, but now you get to take a break before finishing the last few months. Why not spend that break with Road Warriors as we travel around the Bay Area to partake in a variety of awesome activities! From roller coasters to race courses, there will be plenty to do this spring break!

**Instructor: TeenZone Staff. 5 classes**

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	4/9-4/13	9am-4pm	\$450	45475

## Shredders Skateboard Camp

This FUN camp will teach your child skateboarding skills and tricks. Children will work with skate instructors at the Skateparks around Marin County (counselors will be driving your children). Campers will learn safety, skills and confidence on their boards. Shredders is designed for skateboarders of all skill and age levels. Your kids will be able to let off steam while having a blast! Child must bring elbow & knee pads, helmet & skateboard. If want information on renting equipment, contact Camp Director Chris Von Blohn at [info@shreddersskatecamp.com](mailto:info@shreddersskatecamp.com).

**Instructor: Chris Von Blohn. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-13	M-F	4/9-4/13	10am-4pm	\$402	46929

**Location: Meet at Mill Valley Skate Park in MVMS Parking Lot.**



## Adaptive Needs Swim Lessons

Interested in having your child learn to swim?

The Aquatics & Fitness Center offers private swim lessons for adaptive needs youth in addition to inclusive programs depending on swimmer's ability and demand for safety in the pool.

These are specially scheduled according to availability and individual needs.

Please contact the Aquatics Coordinator at (415) 383-1370 to inquire.



## Awesome Kids Yoga

Adaptive yoga for kids with special needs is a way to incorporate the benefits of traditional yoga with the particular needs of your child, regardless of his/her disability. Yoga uses breathing practices and body postures to strengthen muscles, improve balance, increase body awareness, promote relaxation and emotional regulation. With the use of props and modified poses, Adaptive Yoga yields the same benefits of traditional yoga. Class begins with a guided breathing practice, warm-up movements, posture/asana and ends with deep relaxation. Students are encouraged to work at their own level and the instructor will provide modifications when needed. Most classes are led with music. Parents/caregivers are welcome to participate.

**Instructor: Awesome Kids Yoga. 9 classes**

Age	Day	Dates	Time	Fee	Course #
7-14	W	3/28-5/30	4:30-5:30pm	\$182	45739

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

**No Class 4/11**



## Martial Arts for Adaptive Needs

A Martial Arts class designed with movements and techniques that are geared towards students with various Adaptive Needs. This format will be both insightful and physically experiential. In addition; sensitive individually as well as collectively, creating a safe, fun and energetic environment. Self confidence and self esteem will be emphasized and practiced! Al Loren is the teacher of this class with over twenty five years of teaching experience in the Adaptive Needs area. He is well known in Marin County for his gentle way and successful results.

**Instructor: Al Loren. 9 classes**

Age	Day	Dates	Time	Fee	Course #
7+	F	3/30-6/1	4:05pm-4:50pm	\$155	45735
7+	M	6/18-8/6	4:20pm -5:05pm	\$122	46905

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

**No Class 4/13**

## Nature Exploration and Movement

Come join us outdoors as we explore our two awesome community gardens and the local parks of Mill Valley. We'll be focusing on foraging edible plants, exercising outside, and just enjoying being alive. From eating wild weeds to climbing trees, we'll always be on an adventure learning about our local friends of flora and fauna. Nick grew up in the land of blue hills known as Massachusetts, and the jungles of Central & South America. He's even foraged mushrooms with gypsies in Romania, worked on organic farms, and kayaked the Amazon rivers with NOLS (nature outdoor leadership school). He is as comfortable as can be outside in the magical elements.

**Instructor: Nick Nutu 10 classes**

Age	Day	Dates	Time	Fee	Course #
10+	M	3/26-6/4	3:30pm-4:30pm	\$202	46949

**Location: Community Center, Forest Room**

**No Class 4/16**

For more information on  
PAASS please go to  
[www.projectawarenessandspecialsports.org](http://www.projectawarenessandspecialsports.org).



To make a donation, or to sponsor a program please contact Janet Miller at [janetm@ri-net.com](mailto:janetm@ri-net.com).



## Cooking for Independence

**GLOBAL CUISINE:** In this hands-on class your child will learn about culture and recipes from around the world. Travel and prepare American food, Italian classics, Asian fusion and much more! Parents or a chaperone may be required to assist during the class. Please come to first class to assess with Chef Derek. Cost includes food & supplies. All parents or chaperones are asked to come for the 1st class to assess whether or not their child is able to attend the class without a chaperone. If your child will need 1:1 guidance, a chaperone will be required to stay and assist.

**Instructor: Chase Culinary Ed. 8 classes**

Age	Day	Dates	Time	Fee	Course #
10+	M	3/26-5/21	5:30-6:30pm	\$170	45736

**Location: Community Center, Kitchen**

**No Class 4/9**

## Strength & Conditioning

Join Coach Tilda for a fun and adaptive exercise class that focuses on building a foundation for physical activities and self-confidence. In a safe and energetic environment we will emphasize body awareness, functional movements and balance. We use various exercise tools and sports equipment to develop cardio, strength and motor skills. One parents or chaperones are asked to come for the 1st class to assess whether or not their child is able to attend the class without a chaperone. If your child will need 1:1 guidance, a chaperone will be required to stay and assist.

**Instructor: Tilda Loftin. 9 classes**

Age	Day	Dates	Time	Fee	Course #
11-18	Th	3/29-5/31	4:45-5:45pm	\$182	45737

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

**No Class 4/12**

## GROOV3 Hip Hop Dance

45 minutes of nonstop music mixed by professional DJs. This dance class emphasizes boosting confidence, building communities, and putting the fun back in fitness. With the hottest jams and simple combinations made for all levels, GROOV3 is elevating YOUR dance experience. GROOV3 us your way to a healthier and happier lifestyle... DANCE SWEAT LIVE!

**Instructor: Jeffrey Carley. 8 classes**

Age	Day	Dates	Time	Fee	Course #
11-18	Th	4/5-5/24	4:00pm-4:45pm	\$114	45738

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

**No Class 4/12**

## 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. We will experiment with red clay, white clay, air dry clay and sculpey. Supply fees are included in class fee.

**Instructor: Studio 4 Art. 11 classes**

Age	Day	Dates	Time	Fee	Course #
7-14	M	3/26-6/4	4:45pm-5:45pm	\$218	46667

**Location: Community Center, Forest Room**

**No Class 4/19**



## Camp PAASS Without Boundaries

This camp is a uniquely structured 1 week program designed to offer the typical day camp experience for youth adaptive and special needs. This 5 full-day camp offers the hallmark of summer camp activities such as Games & Sports, Arts & Crafts and summer fun geared towards providing a place for kids to be themselves while making friends and trying new experiences. Guest instructors will lead campers through specialty activities including music, nature hikes, dancing, cooking and more! Campers will swim supervised M/W/F afternoons after a short daily water safety presentation. Through these activities, Camp PAASS Without Boundaries seeks to promote a positive self-image and teamwork among campers while having fun. Staff to camper ratio is 1:3. Completed camper intake form required after registration. A staff member will call you to discuss your child's needs. If it is decided that your child needs a 1:1 aide, you will be responsible for providing that individual. Sorry, no parents or relatives as chaperones. Limit 2 weeks in camp, then waitlisted.

**Instructor: Zefra Wyatt 5 classes**

Age	Day	Dates	Time	Fee	Course #
7-14	M-F	6/25-6/29	9:00am-3:00pm	\$227	46626
7-14	M-F	7/9-7/13	9:00am-3:00pm	\$227	46627
7-14	M-F	7/16-7/20	9:00am-3:00pm	\$227	46628
7-14	M-F	7/23-7/27	9:00am-3:00pm	\$227	46629
7-14	M-F	7/30-8/3	9:00am-3:00pm	\$227	46630
7-14	M-F	8/6-8/10	9:00am-3:00pm	\$227	46631

**Location: Middle School, Portable 1**



Super charge your **SUMMER**  
at the center



NEW  
AMENITIES

Curbside Drop-off  
Extended Care 8am-6pm  
Hot Lunch (optional)  
Drop-in (splash camp)



Check out our **SUMMER CAMPS**

PRE-K-TEENS • TECHNOLOGY • ARTS & CRAFTS  
SPORTS • COUNSELOR IN TRAINING • THEATER



# JUMP

## Jump Up and Move into Preschool!

### SUMMER CAMPS FOR OUR LITTLEST CAMPERS

#### Jump Splash Camp

Jump into summer with Splash Camp! This camp will provide age appropriate swimming lessons M - F with our Aquatic Center's trained staff. Students will be assigned instructors based on their ability level. Students will arrive ready to swim and then change for the rest of camp. This one week camp is filled with swimming, outdoor activities, playtime, story time, music and arts & crafts. Campers should bring a small snack to camp to re-energize after swimming. On Fridays campers will enjoy a special themed party or activity on that day.

**Instructor: MVPR Staff. 5 classes**

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	6/18-6/22	8:45am-12:30pm	\$182	46646
3-5	M-F	6/25-6/29	8:45am-12:30pm	\$182	46647
3-5	M-F	7/9-7/13	8:45am-12:30pm	\$182	46648
3-5	M-F	7/16-7/20	8:45am-12:30pm	\$182	46756
3-5	M-F	7/23-7/27	8:45am-12:30pm	\$182	46663
3-5	M-F	7/30-8/3	8:45am-12:30pm	\$182	46664
3-5	M-F	8/6-8/10	8:45am-12:30pm	\$182	46665

#### JUMP Camp

Jump Camp camp is a specially designed for preschool campers who want to go the extra mile. Campers will enjoy having lunch with friends, followed up with hands-on fun and experience in art, crafts, games, songs, stories, cooking and more. Students should bring comfortable clothes, water bottle, lunch and a light snack.

**Instructor: MVPR Staff. 5 classes**

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	6/18-6/22	12:30-4:00pm	\$122	46644
3-5	M-F	6/25-6/29	12:30-4:00pm	\$122	46666
3-5	M-F	7/9-7/13	12:30-4:00pm	\$122	46645
3-5	M-F	7/16-7/20	12:30-4:00pm	\$122	46668
3-5	M-F	7/23-7/27	12:30-4:00pm	\$122	46669
3-5	M-F	7/30-8/3	12:30-4:00pm	\$122	46670
3-5	M-F	8/6-8/10	12:30-4:00pm	\$122	46757

**Location: Community Center, Forest Room**

Children enrolling in these camps must be fully toilet trained, no longer napping and able to participate in program without parents being in classroom.

#### Art + Play Camp

This 5 day art camp will be full of art exploration, new twists and fun ways to use art materials, and amazing age appropriate projects. Sculpture, clay, lots of paints, printmaking and mixed media will be a part of this camp designed specifically for your young creator. Art, snack, outside time and stories will keep your young explorer excited and engaged!

**Instructor: Studio 4 Art. 5 classes**

Age	Day	Dates	Time	Fee	Course #
3-6	M-F	6/18-6/22	9:00am-12:00pm	\$252	46649
3-6	M-F	7/16-7/20	9:00am-12:00pm	\$252	46650
3-6	M-F	7/30-8/3	9:00am-12:00pm	\$252	46651
3-6	M-F	8/6-8/10	9:00am-12:00pm	\$252	46652

**Location: This camp is offsite at Studio 4 Art, 254 Shoreline Hwy, Mill Valley**

**A \$50 material fee is due to the instructor the first day of camp.**



#### CAMP REFUND POLICY

Patron requested refunds/credits for camps must be requested no later than 7 working days prior to the programs start date. No refunds/credits will be given if requested after the 7 day deadline.

# THEATRE CAMPS - CAMP ENCHANTED

This summer children are invited on a "Journey through Fantasyland." Each week campers will explore a different land from a beloved Fairy Tale. This 5 day multidisciplinary camp is an excellent way for youth to immerse themselves in the world of theatre. Children will play games and learn exercises that develop both their performative and literary skills including the art of spontaneous storytelling and the joy of creative movement. On Fantastic Fridays the camp culminates with a mini share out presentation of a choreographed dance routine and mini art display for family & friends. Campers may enjoy 1 or multiple weeks of camp.

**Instructor:** Z.Caldwell Interactive Enrichment. 5 classes

**Location:** Golf Clubhouse, 267 Buena Vista Ave., Mill Valley



## Neverland

It's off to Neverland and Peter Pan with this whimsical day camp!

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	6/4-6/8	9:00am-12:00pm	\$242	46360

## Wonderland

Kids are invited to join us for five days as we go Down the Rabbit Hole!

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	6/11-6/15	9:00am-12:00pm	\$242	46361

## Atlantica

Dive into a week spent with us Under the Sea Pre K- 5th graders are invited to join us for five days of Nautical Nonsense and Deep Sea Adventure

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	6/18-6/22	9:00am-12:00pm	\$242	46362

## Agrabah-Aladdin

This week join us for 1,001 adventures as we explore the tale of Aladdin and the Arabian Nights!

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	6/25-6/29	9:00am-12:00pm	\$242	46365

## Motunui Moana

We warmly welcome campers to join us for five days of Island Adventure and exploration.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	7/9-7/13	9:00am-12:00pm	\$242	46697

## Pride Rock Lion King

There are no worries this week as campers join us for five days of Hakuna Matata.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	7/16-7/20	9:00am-12:00pm	\$242	46700

### SCHOLARSHIP PROGRAM

Our Scholarship Fund 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. Scholarship funding is limited and occurs 4x/year. Eligibility requirements apply. Please contact our offices for more information and specific program details.

Funding for the Scholarship program is comprised of \$2 from each Mill Valley Recreation program registration, private donations, and generous support from the Mill Valley Friends of Parks & Recreation.

For more information or to make a donation, call 415-383-1370 or email [recreate@cityofmillvalley.org](mailto:recreate@cityofmillvalley.org). Application is available online at [www.millvalleyrecreation.org](http://www.millvalleyrecreation.org).

Please see page 42 for School Aged Theatre Camps.



# SPLASH CAMP

## Jump Splash Camp (Preschool-K)

**Ages 3-5 • 8:45 - 12:30pm**

Jump into summer with Splash Camp! This camp will provide age appropriate swimming lessons M - F with our Aquatic Center's trained staff. Students will be assigned instructors based on their ability level. Students will arrive ready to swim and then change for the rest of camp. This one week camp is filled with swimming, outdoor activities, playtime, story time, music and arts & crafts. Campers should bring a small snack to camp to re-energize after swimming. On Fridays so campers will enjoy a special themed party or activity on that day. Register Early Space is limited! **Sorry, no drop ins.**

## JUMP Camp - Afternoon Program (Preschool-K)

**Ages 3-5 • 12:30 - 4:00pm**

Jump Camp is a specially designed for preschool campers who want to go the extra mile. Campers will enjoy having lunch with friends, followed up with hands-on fun and experience in art, crafts, games, songs, stories, cooking and more. Children enrolling in these camps must be fully toilet trained, no longer napping and able to participate in program without parents being in classroom. Camp size is limited. Register Early! Students should bring comfortable clothes, water bottle, lunch and a light snack. **Sorry, no drop ins.**

## Splash Camp (K-6th)

**Ages 9-12**

Join us for this special camp full of fun with water. Come to camp in your swimsuit and we'll start the day (Monday-Friday) with swim lesson. Then we will continue with arts and crafts, sports and games, cooking and more. Each day will also include plenty of water fun, such as slip in slide, water balloons, water relays and open swim and more.

**Drop In & Extended Care Available (8am – 9am & 4pm – 6pm)**

### Swim Lessons:

- Campers will be divided into two separate groups by grades.
- Pre-K JUMP Splash Camp, Kinder-1st and 2nd-6th graders.
- Each group will have their own daily schedule supervised by a camp director and counselors. Your child will be placed in a swim level appropriate to his or her age and skill level on the first day of camp.

### Camp Highlights:

**Splash Camp:** Tuesday and Thursday afternoon swim day

**Fantastic Fridays:** Special performers, guest musicians, shows and all camp carnivals base on weekly themes.

## Drop-In Camp Fast Pass

- Splash Camp Fast Pass Available for Kindergarten-6th Grade Camp only.
- 10 Day Fast Pass \$600, 9am-4pm Camp Hours
- Good for 10 days of Splash Camp, use during June 18-August 10th
- At the end of the summer, if you haven't used all 10 days, we'll credit your Recreation account with the unused days at \$ 60.00 per day.
- Need Extended Care? 8am-6pm - \$18 a day



## CAMP REFUND POLICY

Patron requested refunds/credits for camps must be requested no later than 7 working days prior to the programs start date. No refunds/credits will be given if requested after the 7 day deadline.

## SPLASH CAMP

## Where The Wild Things Are

Discover and explore a whole new world with us at camp! We'll seek out new adventures, create jungle themed masterpieces and hang with some creatures at the end of the week - it'll for sure be an experience your camper won't want to miss.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	6/18-6/22	8:45am-12:30pm	\$182	46646
3-5	M-F	6/18-6/22	12:30pm-4:00pm	\$122	46644
5-7	M-F	6/18-6/22	9:00am-4:00pm	\$252	46712
5-7	M-F	6/18-6/22	8:00am-6:00pm	\$327	46685
6-12	M-F	6/18-6/22	9:00am-4:00pm	\$252	46682
6-12	M-F	6/18-6/22	8:00am-6:00pm	\$327	46683

## Fantasyland Adventures

Travel back in time to a kingdom with enchanted knolls, and where the stories of legend come to life! Fantastical treasures and magical days await your camper in this week long camp.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	6/25-6/29	8:45am-12:30pm	\$182	46647
3-5	M-F	6/25-6/29	12:30pm-4:00pm	\$122	46666
5-7	M-F	6/25-6/29	9:00am-4:00pm	\$252	46684
5-7	M-F	6/25-6/29	8:00am-6:00pm	\$327	46689
6-12	M-F	6/25-6/29	9:00am-4:00pm	\$252	46686
6-12	M-F	6/25-6/29	8:00am-6:00pm	\$327	46687

## Stars and Stripes

Come help us celebrate with this week long camp, all about the red, white, and blue! We'll spend the week having some classic outdoor fun, including a dinosaur egg hunt and a backyard bbq. K-6th only (No preschool, No PAASS). No Swim Lessons.

Age	Day	Dates	Time	Fee	Course #
5-7	M/Tu/Th/F	7/2-7/6	9:00am-4:00pm	\$202	46688
5-7	M/Tu/Th/F	7/2-7/6	8:00am-6:00pm	\$258	46694
6-12	M/Tu/Th/F	7/2-7/6	9:00am-4:00pm	\$202	46690
6-12	M/Tu/Th/F	7/2-7/6	8:00am-6:00pm	\$258	46691

**\*No Camp for Ages 3 - 5pm. Kidzwatch available except 7/4. See page ##**

**\*\*No Swim Lessons during this session. Afternoon swim Tuesday and Thursday.**

## Tropical Paradise

Aloha! Anyone for a game of sharks and minnows? Want to explore the depths of the deep, blue sea? Mermaids, sharks, fish, and shells abound as we create, play, and discover the world under the sea.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	7/9-7/13	8:45am-12:30pm	\$182	46648
3-5	M-F	7/9-7/13	12:30pm-4:00pm	\$122	46645
5-7	M-F	7/9-7/13	9:00am-4:00pm	\$252	46681
5-7	M-F	7/9-7/13	8:00am-6:00pm	\$327	46715
6-12	M-F	7/9-7/13	9:00am-4:00pm	\$252	46713
6-12	M-F	7/9-7/13	8:00am-6:00pm	\$327	46714

## Movin' &amp; Groovin'

Come on over for some fun in the sun - it's wacky water week at the Community Center! We'll be jumping, running, climbing, and splashing away that summer heat in this awesome week of camp.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	7/16-7/20	8:45am-12:30pm	\$182	46756
3-5	M-F	7/16-7/20	12:30pm-4:00pm	\$122	46668
5-7	M-F	7/16-7/20	9:00am-4:00pm	\$252	46716
5-7	M-F	7/16-7/20	8:00am-6:00pm	\$327	46719
6-12	M-F	7/16-7/20	9:00am-4:00pm	\$252	46717
6-12	M-F	7/16-7/20	8:00am-6:00pm	\$327	46718

## Wacky Water Wipeout

We'll keep your camper on the go during this week of music and dancing. Campers will unleash their inner rock stars as they spend each day getting funky and dancing like nobody's watching.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	7/23-7/27	8:45am-12:30pm	\$182	46663
3-5	M-F	7/23-7/27	12:30pm-4:00pm	\$122	46669
5-7	M-F	7/23-7/27	9:00am-4:00pm	\$252	46720
5-7	M-F	7/23-7/27	8:00am-6:00pm	\$327	46723
6-12	M-F	7/23-7/27	9:00am-4:00pm	\$252	46721
6-12	M-F	7/23-7/27	8:00am-6:00pm	\$327	46722

## Party in the USA!

Come one, come all! This week we'll bring the thrill of the circus alive as we have a blast playing carnival games, and end the week partying like summer is never going to end.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	7/30-8/3	8:45am-12:30pm	\$182	46664
3-5	M-F	7/30-8/3	12:30pm-4:00pm	\$122	46670
5-7	M-F	7/30-8/3	9:00am-4:00pm	\$252	46724
5-7	M-F	7/30-8/3	8:00am-6:00pm	\$327	46727
6-12	M-F	7/30-8/3	9:00am-4:00pm	\$252	46725
6-12	M-F	7/30-8/3	8:00am-6:00pm	\$327	46726

## Frontierland

Giddy up! Join us as we end the summer in the Wild West - cowgirls, cowboys, and some good ole grub await your camper in this week filled with projects and activities all about the Wild West.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	8/6-8/10	8:45am-12:30pm	\$182	46665
3-5	M-F	8/6-8/10	12:30pm-4:00pm	\$122	46757
5-7	M-F	8/6-8/10	9:00am-4:00pm	\$252	46728
5-7	M-F	8/6-8/10	8:00am-6:00pm	\$327	46731
6-12	M-F	8/6-8/10	9:00am-4:00pm	\$252	46729
6-12	M-F	8/6-8/10	8:00am-6:00pm	\$327	46730

## TENNIS CAMP

## Full Day Tennis Camp

We will break for lunch after morning session. Kids should bring packed lunch. Afternoon activities will include some tennis mixed with games, other sports & fun activities in the park. This is an alternative to the Afternoon Tennis Camp as there will be less emphasis on tennis. All participants will receive a Boyle Park Tennis t-shirt.

**Instructor: Chris Reiff. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-13	M-F	6/11-6/15	9:30am-4:00pm	\$327	46048
5-13	M-F	6/18-6/22	9:30am-4:00pm	Price \$327	46049
5-13	M-F	6/25-6/29	9:30am-4:00pm	\$327	46050
5-13	M/Tu/Th/F	7/2-7/6	9:30am-4:00pm	\$262	46051
5-13	M-F	7/9-7/13	9:30am-4:00pm	\$327	46021
5-13	M-F	7/16-7/20	9:30am-4:00pm	\$327	46022
5-13	M-F	7/23-7/27	9:30am-4:00pm	\$327	46023
5-13	M-F	7/30-8/3	9:30am-4:00pm	\$327	46024
5-13	M-F	8/6-8/10	9:30am-4:00pm	\$327	46025
5-13	M-F	8/13-8/17	9:30am-4:00pm	\$327	46026
5-13	M-F	8/20-8/24	9:30am-4:00pm	\$327	46027

**Location: Boyle Park, Tennis Courts Upper**

**No camp 7/4**

**Drop in: \$75 per class if space is available.**

**Must wear court shoes. Loaner racquets available at camp.**

**Extended Care available: 8:30 - 9:30am & 4-5pm.**

**\$5 per hour block; pay at time of drop off.**



## Half Day Tennis Camp

Three hours of instruction, games, conditioning exercises, and lots of fun. Children will learn stroke technique, hand-eye coordination, footwork, scoring and tennis etiquette. This is a fun, active camp that promotes tennis as a game kids will enjoy for the rest of their lives. Activities are informally grouped by age and ability. Refreshments will be provided. Early registration is recommended for this popular camp. All participants will receive a Boyle Park Tennis t-shirt.

**Instructor: Chris Reiff. 5 classes**

## MORNINGS

Age	Day	Dates	Time	Fee	Course #
5-13	M-F	6/11-6/15	9:30am-12:30pm	\$177	46019
5-13	M-F	6/18-6/22	9:30am-12:30pm	\$177	46020
5-13	M-F	6/25-6/29	9:30am-12:30pm	\$177	46028
5-13	M/Tu/Th/F	7/2-7/6	9:30am-12:30pm	\$142	46029
5-13	M-F	7/9-7/13	9:30am-12:30pm	\$177	46030
5-13	M-F	7/16-7/20	9:30am-12:30pm	\$177	46031
5-13	M-F	7/23-7/27	9:30am-12:30pm	\$177	46032
5-13	M-F	7/30-8/3	9:30am-12:30pm	\$177	46033
5-13	M-F	8/6-8/10	9:30am-12:30pm	\$177	46034
5-13	M-F	8/13-8/17	9:30am-12:30pm	\$177	46035
5-13	M-F	8/20-8/24	9:30am-12:30pm	\$177	46036

## AFTERNOONS

Age	Day	Dates	Time	Fee	Course #
5-13	M-F	6/11-6/15	1:00pm-4:00pm	\$177	46037
5-13	M-F	6/18-6/22	1:00pm-4:00pm	\$177	46038
5-13	M-F	6/25-6/29	1:00pm-4:00pm	\$177	46039
5-13	M/Tu/Th/F	7/2-7/6	1:00pm-4:00pm	\$142	46040
5-13	M-F	7/9-7/13	1:00pm-4:00pm	\$177	46041
5-13	M-F	7/16-7/20	1:00pm-4:00pm	\$177	46042
5-13	M-F	7/23-7/27	1:00pm-4:00pm	\$177	46043
5-13	M-F	7/30-8/3	1:00pm-4:00pm	\$177	46044
5-13	M-F	8/6-8/10	1:00pm-4:00pm	\$177	46045
5-13	M-F	8/13-8/17	1:00pm-4:00pm	\$177	46046
5-13	M-F	8/20-8/24	1:00pm-4:00pm	\$177	46047

**Location: Boyle Park, Tennis Courts Upper**

**No camp 7/4**

**Drop in: \$40 per class if space is available.**

**Must wear court shoes. Loaner racquets available at camp.**

**Extended Care available: 8:30 - 9:30am & 4-5pm.**

**\$5 per hour block; pay at time of drop off.**



## SPORTS CAMPS

## Golf Camp

Join longtime Golf instructor Paul Rojas in this fun-filled week of camp! Hone your skills at the beautiful and historic Mill Valley Golf Course. Paul's positive style of instruction offers a great atmosphere to improve your game. The camp focuses on chipping, putting, full-swing technique, rules and etiquette. Snacks, drinks, and shirts will also be provided for all campers. Come play the fun way this summer! We recommend campers bring their own clubs, if they have them. If they do not own clubs we will provide clubs for them.

**Instructor:** Paul Rojas. 5 classes

Age	Day	Dates	Time	Fee	Course #
8-14	M-F	6/25-6/29	9:30am-12:30pm	\$299	46864
8-14	M-F	7/9-7/13	9:30am-12:30pm	\$299	46865
8-14	M-F	7/16-7/20	9:30am-12:30pm	\$299	46866
8-14	M-F	8/13-8/17	9:30am-12:30pm	\$299	46867

**Location:** Golf Course, 1st Tee/Putting Green



## Mini-Hawk 3 Sports in 1 Camp

Skyhawks and the Mill Valley Recreation Department are pleased to offer this special camp for boys and girls 4 to 7 years old. Mini-Hawk programs allow young children to explore soccer, baseball, and basketball in a day-program setting. There is no pressure -- just lots of fun while these young athletes participate in all three sports through unique Skyhawks games. Our Mini-Hawk coaching staff is trained to meet the specific needs of young children and is committed to helping them start off on the right foot as they venture into athletics. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 12:1. Bring bottle of water and a snack.

**Instructor:** Skyhawks. 5 classes

Age	Day	Dates	Time	Fee	Course #	Location
4-7	M/Tu/Th/F	7/2-7/6	9am-12pm	\$131	46793	Friends North
4-7	M-F	7/9-7/13	9am-12pm	\$171	46790	Friends North
4-7	M-F	7/30-8/3	9am-12pm	\$171	46846	Hauke North

## Kick It and Swish It! Soccer &amp; Basketball Camp

Take yourself to the next level with local favorite coaches Lewis and Marco! This camp will provide an excellent opportunity for boys and girls (ages 6-12) to improve their skills and further develop a passion for the world's fastest growing sports: Basketball and Soccer. Players will be coached on fundamentals of each sport through drills, exercises, and scrimmages. Participants will be challenged and inspired while making cherished summer camp memories! Bring bottle of water and a snack.

**Instructor:** Lewis Usher. 5 classes

Age	Day	Dates	Time	Fee	Course #
6-12	M-F	6/18-6/22	9:00am-3:00pm	\$317	46798

**Location:** Alto Field, Alto Field

## Skyhawks Flag Football Camp

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense all in a fun and positive environment. The week ends with the Skyhawks Super Bowl. Participants will receive a football, Skyhawks T-Shirt, and a player evaluation award at the conclusion of camp. Bring bottle of water and a snack.

**Instructor:** Skyhawks. 5 classes

Age	Day	Dates	Time	Fee	Course #
6-12	M-F	8/6-8/10	9:00am-12:00pm	\$171	46792

**Location:** Hauke Park, Softball Field (Hauke North)

## Skyhawks Multi-Sport Camp

Skyhawks multi-sport programs are tailored to your child's age and skill level while teaching life lessons such as respect and teamwork. Boys and girls age 6-12 years will learn the rules and essential skills of each sport. Participants will receive a soccer ball, Skyhawks T-Shirt, and merit award at the conclusion of camp.

**Instructor:** Skyhawks. 5 classes

Age	Day	Dates	Time	Fee	Course #
6-12	M-F	7/16-7/20	9:00am-12:00pm	\$171	46800

**Location:** Friends Field (Middle School), South Field

## CAMP REFUND POLICY

Patron requested refunds/credits for camps must be requested no later than 7 working days prior to the programs start date. No refunds/credits will be given if requested after the 7 day deadline.

## SPORTS CAMPS



### World Cup Soccer Camp with Coach Lewis and Coach Marco!

Take yourself to the next level! This camp will provide an excellent opportunity for boys and girls (ages 6-12) to improve their skills and further develop a passion for the world's sport: Soccer. Players will be coached on fundamentals of the game through drills, exercises, and scrimmages. Participants will be challenged and inspired while making cherished summer camp memories! Bring bottle of water and a snack.

Instructor: Lewis Usher. 5 classes

Age	Day	Dates	Time	Fee	Course #	Location
6-12	M-F	6/25-6/29	9am-3pm	\$317	46806	Alto Field
6-12	M-F	7/9-7/13	9am-3pm	\$317	46807	Friends South

### All Sorts of Sports (Jr. Academy)

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This camp will help to build your child's motor skills, hand-eye coordination, agility and many other sports related skills. Your child will have a blast playing games with the other children including baseball, basketball, dodge ball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more!



Instructor: National Academy of Athletics. 5 classes

Age	Day	Dates	Time	Fee	Course #	Location
4-6	M-F	6/18-6/22	9am-12pm	\$141	46803	Boyle Major
4-6	M-F	8/13-8/17	9am-12pm	\$141	46802	Friends South

### All Sorts of Sports

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This camp will help to build your child's motor skills, hand-eye coordination, agility and many other sports related skills. Your child will have a blast playing games with the other children including baseball, basketball, dodge ball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more!

Instructor: National Academy of Athletics. 5 classes

Age	Day	Dates	Time	Fee	Course #	Location
7-13	M-F	6/18-6/22	9am-3pm	\$201	46791	Boyle Major
7-13	M-F	8/13-8/17	9am-3pm	\$201	46805	Friends South

Location: Boyle Park, Little League Major Field



### Basketball

If your child likes basketball then they will love this camp! Whether your child is a beginner or more advanced player, the drills taught at this camp will help them to improve their game and their confidence. Campers work on core fundamentals of the game: footwork, passing, ball-handling and defense. This camp features 5 days filled with fun challenges, games and daily competitions in a positive and energetic environment.

Instructor: National Academy of Athletics. 5 classes

Age	Day	Dates	Time	Fee	Course #
7-13	M-F	7/16-7/20	9am-12pm	\$141	46863
7-13	M-F	7/16-7/20	9am-3pm	\$201	46862
7-13	M-F	8/6-8/10	9am-12pm	\$141	46845
7-13	M-F	8/6-8/10	9am-3pm	\$201	46844

Location: Middle School, Outdoor Basketball Courts

## SPORTS CAMPS

## Intro To Rugby

This non-contact rugby camp is full of action and fun! The camp is specifically designed to help your child learn the fundamentals of the game of rugby in a safe and enthusiastic environment. Each day campers practice and play a form of flag rugby. It is a safe, fun and team game that develops a range of ball handling, athletic and evasion skills. It is a great place for kids to experience the thrill of rugby without worrying about the contact. This camp is coed so all participants compete together in an environment that is sure to get participants excited about the game!

**Instructor: National Academy of Athletics. 5 classes**

Age	Day	Dates	Time	Fee	Course #
7-13	M-F	7/30-8/3	9am-12pm	\$131	46843
7-13	M-F	7/30-8/3	9am-3pm	\$201	46842

**Location: Friends Field (Middle School), South Field**

## Flag Football

This Flag Football camp, presented by National Academy of Athletics, is packed with fun. Everyone gets to play lots of different positions! Whether you are a beginner or a more advanced player, the drills taught at this camp will help you improve your game. Our non-contact camps are the perfect introduction to football. Emphasis will be on proper conditioning and warm-ups, footwork drills, agility, passing, receiving, and game strategies.

**Instructor: National Academy of Athletics. 5 classes**

Age	Day	Dates	Time	Fee	Course #
7-13	M-F	6/25-6/29	9am-12pm	\$131	46841
7-13	M-F	6/25-6/29	9am-3pm	\$201	46804

**Location: Boyle Park, Little League Major Field**



## Run, Pass &amp; Shoot Lacrosse

Run, Pass & Shoot Lacrosse camp by National Academy of Athletics was developed to help beginners through intermediate players improve their skill sets with exceptional instruction in all aspects of the game. Campers will learn basic skills such as passing, catching, dodging, and shooting, along with rules of the game and essential team concepts in a fun environment. No equipment is required - we will provide sticks for all and will play in a coed, non-contact manner.

**Instructor: National Academy of Athletics. 5 classes**

Age	Day	Dates	Time	Fee	Course #
7-13	M-F	7/23-7/27	9am-12pm	\$131	46840
7-13	M-F	7/23-7/27	9am-3pm	\$201	46801

**Location: Friends Field (Middle School), South Field**



## Shredders Skateboard Camp

This FUN camp will teach your child skateboarding skills and tricks. Children will work with skate instructors at the Skateparks around Marin County (counselors will be driving your children). Campers will learn safety, skills and confidence on their boards. Shredders is designed for skateboarders of all skill and age levels. Your kids will be able to let of steam while having a blast! Child must bring elbow & knee pads, helmet & skateboard. If want information on renting equipment, contact Camp Director Chris Von Blohn at [info@shreddersskatecamp.com](mailto:info@shreddersskatecamp.com).



**Instructor: Chris Von Blohn. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-13	M-F	6/18-6/22	10am-4pm	\$402	46930
5-13	M-F	6/25-6/29	10am-4pm	\$402	46931
5-13	M/Tu/Th/F	7/2-7/6	10am-4pm	\$322	46932
5-13	M-F	7/9-7/13	10am-4pm	\$402	46933
5-13	M-F	7/16-7/20	10am-4pm	\$402	46934
5-13	M-F	7/23-7/27	10am-4pm	\$402	46935
5-13	M-F	7/30-8/3	10am-4pm	\$402	46936
5-13	M-F	8/6-8/10	10am-4pm	\$402	46937
5-13	M-F	8/13-8/17	10am-4pm	\$402	46938
5-13	M-F	8/20-8/24	10am-4pm	\$402	46939
5-13	M-F	8/27-8/31	10am-4pm	\$402	46940
5-13	Tu-F	9/4-9/7	10am-4pm	\$322	46941

**No Class 7/4 & 9/3**



# SUMMER 2018 CAMP Creative



**Specialty instructors are joining forces to provide an expressive art camp to highlight your child's inner talents.**

Youth will explore different weekly themes in an environment of creative exploration; combining mixed media art making, the performing arts and recreation activities. Campers will learn from professional instructors in a variety of activities (depending on session week): **traditional fine arts** (drawing, painting, printmaking), **performing arts** (dance, music, rock band, theater), **arts & crafts** (creative sewing, glass fusing), **leadership training**, **martial arts and yoga**. No art or music experience required, just a love for learning and try new things.

Mornings will be filled with "camper's choice" activities. Campers will get the opportunity to participate in afternoon swim, Tuesdays and Thursdays. Join us on Friday afternoon for Art Showcase where campers will share their talents with family and friends!

## Age 7-12, M-F, at Mill Valley Community Center

Dates	Time	Fee	Course #	Theme
6/18-6/22	9am-4pm	\$377	46357	Journey to Mars
	8am-6pm	\$447	46737	
6/25-6/29	9am-4pm	\$377	46738	Imagine Dragons do the Twist
	8am-6pm	\$447	46739	
7/9-7/13	9am-4pm	\$377	46740	Daft Punk Turtles
	8am-6pm	\$447	46741	
7/16-7/20	9am-4pm	\$377	46742	Get Up & Go Got
	8am-6pm	\$447	46743	
7/23-7/27	9am-4pm	\$377	46745	Wham, It's Art!
	8am-6pm	\$447	46744	
7/30-8/3	9am-4pm	\$377	46746	Zombie Thriller
	8am-6pm	\$447	46747	
8/6-8/10	9am-4pm	\$377	46748	Earth, Wind & Fire
	8am-6pm	\$447	46749	

## ARTS CAMPS

## Mile-High Adventure in Art

Creativity soars as high as the sky as students look forward to exciting new art adventures every day. Various mediums and techniques will be explored. Quality activities include innovative drawings, mono printing, creating a 3-D sea creature, cool paintings, animal dioramas and collage. In addition, students will create an Ancient Treasure Map, a night sky/outer space project and more!

**Instructor: Susan Pedrin. 4 classes**

Age	Day	Dates	Time	Fee	Course #
5-9	M/Tu/Th/F	7/2-7/6	9:00am-11:00am	\$151	46358

**Location: Community Center, Manzanita Room**  
**No Class 7/4**

## Poekie Nook Summer Sewing Camp

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. Students are free to choose their projects depending on experience and ability. Weeklong summer camps will include two days of making Poekies and three days of creating houses, scenes and accessories for them, using fabric, cardboard, beads, etc. Wonder what a Poekie is? They're not just 'stuffed animals,' they inspire you to create your own world. More details: poekienook.com Tea and snack served. Bring a lunch.

**Instructor: Sophia Van der Harst. 5 classes**

Age	Day	Dates	Time	Fee	Course #
6-12	M-F	7/16-7/20	10am-4pm	\$452	46855

**Location: Poekie Nook, 247 Shoreline Hwy, Mill Valley**  
**Extended care from 9-10am & 4-5pm available at additional charge.**

**\$10 per hour block (or any portion of the hour). Pay at drop off.**

**\$30 materials fee due to instructor first day of class.**

Fashion Design:  
American Doll and Me

Designed for those with previous sewing experience, campers will learn to cut out and follow patterns to sew and design a cute skirt and hand bag, hair accessories, scarves and make up case for themselves and their doll. Express your creativity through designed custom wardrobe for your American doll, campers will have a chance to use a sewing machine and the end of the camp and culminate with a fashion design runway show! All the materials included.

**Instructor: Creative Sewing Art Craft Fashion Design. 5 classes**

Age	Day	Dates	Time	Fee	Course #
6-13	M-F	7/9-7/13	9am-4pm	\$472	46860

**Location: Community Center, Manzanita Room**

## Sewing For All Levels

In this week campers will learn hand stitching and sew beautiful hand made projects. They have opportunity to express their creativity and add design to their projects and learn how to use the sewing machine. Some of the projects includes: water bottle holder, iPod case, beach bag, pouches and pillows. All the materials and fabric are included.

**Instructor: Creative Sewing Art Craft Fashion Design. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-12	M-F	8/6-8/10	9am-4pm	\$472	46861

**Location: Community Center, Cove**

Shakespearience-Julius Caesar  
Production Camp

Friends, Romans, countrymen, lend me your ears... Shakespearience brings the text to life with a two week production camp of Shakespeare's Julius Caesar for ages 13-18, under the magical Redwood Canopy of Old Mill Park's Amphitheater. All students will study the text, broadsword/hand to hand combat, improvisation games, acting technique and ensemble work. Mornings are spent in ensemble building and fight work, afternoons in rehearsal and staging. The camp culminates in a performance (an edited version of the play) for friends and family, including a full company battle scene. Visit Caesar's Rome with Shakespearience...Democracy, betrayal, personal loyalty and a cause worth fighting for. Come Play!

**Instructor: Shakespearience. 10 classes**

Age	Day	Dates	Time	Fee	Course #
13-18	M-F	6/18-6/29	9:30am-2:30pm	\$702	46675
9-12	M-F	7/30-8/10	9:30am-2:30pm	\$702	46762

**Location: Old Mill Park, Amphitheatre**



## CAMP REFUND POLICY

Patron requested refunds/credits for camps must be requested no later than 7 working days prior to the programs start date. No refunds/credits will be given if requested after the 7 day deadline.



## ARTS CAMPS

## THEATRE CAMPS - CAMP ENCHANTED

This summer children are invited on a "Journey through Fantasyland." Each week campers will explore a different land from a beloved Fairy Tale. This 5 day multidisciplinary camp is an excellent way for youth to immerse themselves in the world of theatre. Children will play games and learn exercises that develop both their performative and literary skills including the art of spontaneous storytelling and the joy of creative movement. On Fantastic Fridays the camp culminates with a mini share out presentation of a choreographed dance routine and mini art display for family & friends. Campers may enjoy 1 or multiple weeks of camp.

**Instructor:** Z.Caldwell Interactive Enrichment. 5 classes

**Location:** Golf Clubhouse, 267 Buena Vista Ave., Mill Valley

## Atlantica

Dive into a week spent with us Under the Sea Pre K- 5th graders are invited to join us of for five days of Nautical Nonsense and Deep Sea Adventure

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	6/18-6/22	9:00am-12:00pm	\$242	46362
6-11	M-F	6/18-6/22	9:00am-4:00pm	\$337	46363
6-11	M-F	6/18-6/22	9:00am-6:00pm	\$460	46758
*11-14	M-F	6/18-6/22	9:00am-4:00pm	\$147	46364

## Agrabah-Aladdin

This week join us for 1,001 adventures as we explore the tale of Aladdin and the Arabian Nights!

Age	Day	Dates	Time	Fee	Course #
3-5	M-Th	6/25-6/28	9:00am-12:00pm	\$242	46365
6-11	M-Th	6/25-6/28	9:00am-4:00pm	\$337	46695
6-11	M-F	6/25-6/28	9:00am-6:00pm	\$460	46759
*11-14	M-Th	6/25-6/28	9:00am-4:00pm	\$147	46696

## Motunui Moana

We warmly welcome campers to join us for fives days of Island Adventure and exploration.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	7/9-7/13	9:00am-12:00pm	\$242	46697
6-11	M-F	7/9-7/13	9:00am-4:00pm	\$337	46698
6-11	M-F	7/9-7/13	9:00am-6:00pm	\$460	46760
*11-14	M-F	7/9-7/13	9:00am-4:00pm	\$147	46699

## Pride Rock Lion King

There are no worries this week as campers join us for five days of Hakuna Matata.

Age	Day	Dates	Time	Fee	Course #
3-5	M-F	7/16-7/20	9:00am-12:00pm	\$242	46700
6-11	M-F	7/16-7/20	9:00am-4:00pm	\$337	46701
6-11	M-F	7/16-7/20	9:00am-6:00pm	\$460	46761
*11-14	M-F	7/16-7/20	9:00am-4:00pm	\$147	46702

\*Teaching Artist Program. See page 50 for more details and full description.

## Art Van Go

Have fun and adventure in this exploratory art camp. Campers will explore art throughout the community including field trips to art galleries, museums and local art studios. Interactive art activities includes painting, drawing, sculpture and mixed media. Campers will create a portfolio of art to share with family and friends with stories at the end of the week. Drop off no earlier than 9:00am. No extended care available.

**Instructor:** MV Rec Staff 5 classes

Age	Day	Dates	Time	Fee	Course #
7-12	M-F	8/13-8/17	9:00am-4:00pm	\$302	46750

**Location:** Community Center, TBA



## I Made It Glass

Give your child a summer of creativity! At I Made It Glass Studio is San Rafael you can start creating beautiful, functional fused glass art. In our week-long camps, we will work on creating more intricate pieces of art. For more information on specific themes and project details please visit [imadeitglass.com](http://imadeitglass.com) or call (626) 234-1005.

**Instructor:** I Made It! Glass Creations. 5 classes

Age	Day	Dates	Time	Fee	Course #
8-14	M-F	6/18-6/22	10-11:30am	\$165	46916
2-6	M-F	6/25-6/29	1-2:30pm	\$132	46914
8-14	M-F	6/25-6/29	10-11:30am	\$132	46926
2-6	M-F	7/9-7/13	10-11:30am	\$132	46915
8-14	M-F	7/9 - 7/13	1-2:30pm	\$165	46917
10-15	M-F	7/16-7/20	10-11:30am	\$191	46920
10-15	M-F	7/16-7/20	1-2:30pm	\$191	46923
10-15	M-F	7/23-7/27	1-2:30pm	\$191	46921
10-15	M-F	7/23-7/27	10-11:30am	\$191	46922
8-14	M-F	7/30-8/3	10-11:30am	\$177	46918
8-14	M-F	7/30-8/3	1-2:30pm	\$132	46927
5-9	M-F	8/6-8/10	1-2:30pm	\$165	46925
5-9	M-F	8/13-8/17	10-11:30am	\$165	46924
8-14	M-F	8/13-8/17	1-2:30pm	\$177	46919

**Location:** Off Site @ I Made It From Glass 1938 4th St, San Rafael, CA 94901

**Website:** [imadeitglass.com](http://imadeitglass.com) **Phone:** (628) 234-1005



## SPECIALTY CAMPS



## INCREDIFLIX CAMPS

IncrediFlix Summer programs are all about the fun and excitement of making movies! Children will work in age appropriate groups and go through all of the steps that Hollywood producers go through from "Action" to "That's a Wrap!" Programs focus on creativity, cooperation, and fun fun fun! Your child will be a real filmmaker and will have a movie they created to prove it.

## Animation Flix

Create up to 5 stop-motion animated flix! Each day you'll use a new style of stop-motion, combining the favorites of past years with some exciting new styles, making this camp new each year for everyone to enjoy!

Age	Day	Dates	Time	Fee	Course #
7-12	M-F	7/9-7/13	9:00am-12:00pm	\$185	46775

## Minecraft Movie Flix

Turn the video game into an exciting Minecraft stop-motion movie! Bring Steve, the creepers, and more to life, as you write, storyboard, shoot and add voice-overs to your favorite characters.

Age	Day	Dates	Time	Fee	Course #
7-12	M-F	7/9-7/13	1:00pm-4:00pm	\$185	46776

**Location: Middle School, Portable 2**

**Flix downloadable within a month after camp ends.**

**\$30 production fee paid to instructor at first class meeting.**

## Animation Flix &amp; Minecraft Combo-Full Day Offering

Full day camp discount included in price of camp. Bring your own sack lunch.

Age	Day	Dates	Time	Fee	Course #
7-12	M-F	7/9-7/13	9:00am-4:00pm	\$333	46777

**\$60 production fee paid to instructor at first class meeting.**

**Location: Middle School, Portable 2**

**Flix downloadable within a month after camp ends.**

## PLAY-WELL TEKNOLOGIES CAMPS

Kids dive into our camps and exercise their innate gift for building. They come away understanding the fundamental principles of engineering and physics boosting their confidence, creativity and ability to collaborate.

## STEM Challenge and EV3 Robotics w/LEGO®

Gear up for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! Build mechanical and structural projects such as a Monster Truck, Ratchet Inchworm, and the 2-Speed Car. Then learn about programming concepts such as software design, conditional statements, and loops while building robots with the EV3 system! Engineering and Robotics come together in this new full-day camp for LEGO® fanatics!

**Instructor: Play Well Teknologies. 4 classes**

Age	Day	Dates	Time	Fee	Course #
7-12	M/Tu/Th/F	7/2-7/6	9:00am-4:00pm	\$359	46672

**Location: Community Center, Forest Room**

**No Class 7/4**

## STEM + Minecraft Adventure w/LEGO®

Power on your STEM concepts and Minecraft gaming skills for a full day of LEGO® fun! Learn about architecture and engineering by building Cities, Garbage Trucks, and Catamarans. Then Mine, Craft, and Build your way to fun in the Adventure mode of our unique Minecraft gaming experience!

**Instructor: Play Well Teknologies. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-7	M-F	7/23-7/27	9:00am-4:00pm	\$387	46673

**Location: Community Center, Manzanita Room**



## SPECIALTY CAMPS



## TECHSPLOSION CAMPS

Only by their own volition will kids truly understand what they learn. At Techsplosion, we ignite kids' passions and inspire them to explore.

## Design &amp; Screencasting with Minecraft

Learn to make let's play, build battle, or Minecraft tutorial videos, then share them with friends on YouTube when camp is over! We'll start the week by working on a collaborative parkour obstacle course to build our design and teamwork skills. Then we'll move on to learning about what makes a great screencast before planning, filming, editing, and uploading our own to YouTube!

**Instructor:** Techsplosion Inc. **5 classes**

Age	Day	Dates	Time	Fee	Course #
7-12	M-F	6/25-6/29	9:00am-12:00pm	\$293	46783

**Location:** Community Center, Tamalpais Room

## Coding Foundations with Minecraft

Are you interested in coding, but don't know where to start? This is the camp for you! This camp does NOT focus on computer science. Instead, we use code as a way to build confidence and technical problem solving skills, which will transfer to every new language you learn! We will use WorldEdit, Java, and Eclipse IDE at this camp.

**Instructor:** Techsplosion Inc. **5 classes**

Age	Day	Dates	Time	Fee	Course #
8-12	M-F	6/25-6/29	1:00pm-4:00pm	\$293	46784

**Location:** Community Center, Tamalpais Room

## Minecraft Challenge

Spawn into the curious world of Minecraft! Learn the fundamentals of video game design as you create epic worlds with the help of your fellow campers and powerful tools like WorldEdit, make awesome screencasts like your favorite YouTubers, and during free time, compete in Minecraft Hunger Games, Sky Wars, and more! This is the Minecraft summer camp you've been waiting for.

**Instructor:** Techsplosion Inc. **3 classes**

Age	Day	Dates	Time	Fee	Course #
7-12	M/T/Th/F	7/2-7/6	9:00am-4:00pm	\$469	46778

**Location:** Community Center, Tamalpais Room

No class 7/4.



## YouTube Stars!

Do you get excited about trick shots, game reviews, vlogs, or something even cooler? At YouTube Stars, we'll work together to plan, film, edit, upload, and promote our own videos on YouTube! We'll learn how to use Android smartphones and readily available software to go from start to finish without using a computer. PARENT ACTION REQUIRED: Visit [techsplosion.org/youtube](http://techsplosion.org/youtube) to configure your child's YouTube channel and learn about how we keep your kids safe online.

**Instructor:** Techsplosion Inc. **5 classes**

Age	Day	Dates	Time	Fee	Course #
7-12	M-F	7/9-7/13	9am-12pm	\$293	46780
7-12	M-F	7/23-7/27	1:00pm-4:00pm	\$293	46781

## Junior Minecrafters

Come explore the world of Minecraft with us! Junior Minecrafters will have tons of fun as they learn the basics of the world famous game. We'll learn about the different game modes, how to craft some crazy contraptions, and even build an awesome house together! In between sessions of computer time, we'll do other fun Minecraft stuff like papercraft, a camp-made costume party, outdoor games, and on Friday, a Minecraft potluck party!

**Instructor:** Techsplosion Inc. **5 classes**

Age	Day	Dates	Time	Fee	Course #
5-7	M-F	7/9-7/13	1:00pm-4:00pm	\$252	46779

**Location:** Community Center, Tamalpais Room

## Minecraft Animated

Get ready to use cameras and Minecraft characters to create amazing stop-motion animation movies! Whether your story is about fighting the wither, going on an adventure, or building the coolest pixel art in the overworld, you'll have an opportunity to tell it at Minecraft, Animated! We'll create real-life sets as we learn about stop-motion animation (think Wallace and Gromit!), then film, edit, and upload our creations to YouTube!

**Instructor:** Techsplosion Inc. **5 classes**

Age	Day	Dates	Time	Fee	Course #
5-7	M-F	7/23-7/27	9:00am-12:00pm	\$252	46782

**Location:** Community Center, Tamalpais Room

## SPECIALTY CAMPS

## Carpentry for Kids

Carpentry for Kids is an education enrichment program for K-6 designed to teach boys and girls practical woodworking skills with an emphasis on the safe use of hand tools. These skills include measuring, fractions, sawing, drilling, rasping, fastening, sanding, shaping, and assembly. In the process of learning these skills, students will have an opportunity to create fun, functional and beautiful projects, and will be exposed to a variety of valuable concepts such as abstract reasoning, applied mathematics, problem solving, craftsmanship, fine motor skills, respect for tools, and patience. \$55 material fee paid to instructor at first class meeting.

**Instructor: Kripa Davis. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-11	M-F	7/30-8/3	9:00am-12:00pm	\$197	46785
5-11	M-F	7/30-8/3	1:00pm-4:00pm	\$197	46787
5-11	M-F	8/6-8/10	9:00am-12:00pm	\$197	46788
5-11	M-F	8/6-8/10	1:00pm-4:00pm	\$197	46789

**Location: Community Center, Manzanita Room**



## Chess Wizards

Have fun this summer with tons of challenging chess lessons, exciting games, and cool prizes. Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win gracefully and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this session, each student will have had the chance to participate in a mini-chess tournament.

**Instructor: Chess Wizards. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-12	M-F	6/18-6/22	9:00am-4:00pm	\$427	46676
5-12	M-F	7/16-7/20	9:00am-4:00pm	\$427	46764

**Location: Community Center, Manzanita Room**

## Kids Cooking for Life

Kids Cooking for Life is a non-profit organization dedicated to empowering young people to enjoy the benefits, pleasures and skills of cooking healthy food; promoting longer, healthier and happier lives. We will teach kids the importance of good nutrition and healthy eating through hands-on cooking classes designed by top nutritionists and educators. Students learn Cooking skills; Kitchen, sanitation, knife and food safety practices; Nutrition and health basics; Awareness of foods' journey from farm-to-table. Lunch is then provided for students to enjoy the fruits of their labor!

**Instructor: Kids Cooking for Life. 5 classes**

Age	Day	Dates	Time	Fee	Course #
6-13	M-F	7/23-7/27	9am-12pm	\$352	46908
6-13	M-F	7/30-8/3	9am-12pm	\$352	46909

**Location: Golf Clubhouse, 280 Buena Vista Ave, Mill Valley**

## Spanish Immersion

Our program consists of week-long sessions, Monday thru Friday for 5-8 year olds. During camps students will be engaged in age appropriate, fun activities that expose children to the Spanish language through games, rhymes, stories, acting, songs, music and art. Each week is based on a theme from which we introduce and reinforce the use of Spanish through concepts of science, culture and daily life both here in California and in those locations where Spanish is the first language.

**Instructor: Colors of Spanish. 5 classes**

Age	Day	Dates	Time	Fee	Course #
5-8	M-F	6/25-6/29	9:00am-1:00pm	\$320	46674

**Location: Community Center, Manzanita Room**

## TinkerTech Invent &amp; Code

What would the city of your dreams look like? Would it be full of palaces and rainbow unicorns or space pods and remote-control cars? In this fun camp, children use their imagination to design a city and build it using low-tech maker materials. Then we'll help them add electric circuits to bring it to life, choosing the best edtech tools like littleBits and circuitcubes to add light, motion and action! Through the week, campers will have a chance to build on their coding skills too, making a game about their city in Scratch, the block programming language from MIT.

**Instructor: Tinker Tech. 5 classes**

Age	Day	Dates	Time	Fee	Course #
8-12	M-F	7/16-7/20	9am-4pm	\$402	46359

**Location: Community Center, Tamalpais Room**



DAILY ACTIVITIES  
 SPECIAL EVENTS  
 TIKI SNACK BAR  
 FUN FITNESS  
 COOKING  
 DODGEBALL CLUB  
 ARTS & CRAFTS  
 FLICKS  
 VIDEO GAMES  
 PING PONG  
 AIR HOCKEY  
 POOL TABLE  
 MAGIC CARD CLUB

## TEEN ZONE

### MEMBERSHIP PASS

Usage of the Zone requires an annual school year pass. The membership pass provides unlimited use of the Teen Zone along with discounts on Teen programs & excursions. Teens receive a membership ID card with the purchase of the pass.

Passes cost \$50 & can be purchased at any time during the school year.



### Winter Hours

Mon	2:50pm–6pm	<b>CLOSED</b>
Tue	2:50pm–6pm	All Saturdays & Sundays, 3/9
Wed	2:28pm–6pm	4/9-4/13, 5/28,
Thu	2:50pm–6pm	5/30-12:30pm
Fri	2:50pm–5pm	Release

# TEEN ZONE

at the Mill Valley Community Center



**TZ SPRING @ THE TEEN ZONE!! TZ**

Spring is here and Teen Zone is ready to help you finish the school year strong! Our spring session of Teen Zone will feature a diverse calendar of awesome daily activities, all the way from capture the flag to slime making, and a wide range of exciting “after-hours” events, from bowling nights to pool parties. The afternoons will be packed this spring and you won’t want to miss any of it! As always, Teen Zone will continue to offer teens a chance to choose the way they want to spend their afternoons. Participants are welcome to take part in our variety of daily staff-lead activities and games, everything from cooking to arts and crafts to sports, or to utilize some of Teen Zone’s more permanent fixtures, such as our Wii U/Xbox 1 video game systems, our ping-pong, pool, and air hockey tables, or our variety of sporting equipment, to craft their perfect afternoon! Teen Zone is also a place for teens to work on homework, relax with friends or just hang out, grab some snacks from the Tiki Bar and relax after a long day of school. However you choose to spend your afternoons, Teen Zone and its staff are dedicated to making sure you have a fun and safe place to go after school. We hope to see you all at the Teen Zone! It’s never too late to sign-up!

## TEEN ZONE MAGIC CARD AND BOARD GAME CLUB

If you’re a fan of the card game Magic: The Gathering or card/board games in general, then you’re in luck! Teen Zones Magic Card and Board Game Club is back for another session.

Magic: The Gathering is a card game that gives players a chance to collect and strategically use a variety of legendary creatures and magical spells in specialized duels against other collectors/players. Magic allows players to organize their own decks and form their own winning game plan. The goal of the Magic Card & Board Game Club is to give Teen Zone participants and their friends a chance to learn how to play Magic, start to form their own card decks and to duel against players of all skill levels. The club will also have a variety of easy-to-learn casual and cooperative board games (Dixit, Forbidden Desert, etc.) for participants who want a different challenge!

The Magic Card & Board Game Club will meet Thursdays at the Community Center from 3:00 PM to 5:30 PM.



## Warriors Night

The Bays team is the best team! Join Teen Zone as we watch the hometown Warriors try to beat the Atlanta Hawks on their way to another championship! Come eat some snacks, play some games and win some prizes all while cheering on the NBA champions!

Age	Day	Dates	Time	Course #
11-14	F	3/2	4:30pm-7pm	44118

**Location:** Community Center, Teen Zone  
**Fee:** TZ Members Free, Non-Members \$5

## Spring has Sprung: Eggstravaganza

The snow is melting, the flowers are blooming and Teen Zones hosting its annual Spring Fling party! Come welcome in the new season with snacks and games and a flashlight egg hunt. Spring has sprung and the Teen Zone is celebrating with another exciting Eggstravaganza!

Age	Day	Dates	Time	Course #
11-14	F	3/23	5:30pm-8:30pm	44116

**Location:** Community Center, Teen Zone  
**Fee:** TZ Members \$15, Non-Members \$20

## 5th Grade Welcome Party!

This spring we are opening our doors to all 5th graders to give you a chance to experience the Teen Zone! Graduating from elementary school and moving on to middle school is a big step and Teen Zone wants to make sure you have some fun along the way! So head on over to the Mill Valley Community Center for an exciting night of games, snacks and more!

Age	Day	Dates	Time	Fee	Course #
10-12	F	5/4	5:30pm-7:30pm	\$10	45478

**Location:** Community Center, Teen Zone

## Rebounderz

Join Teen Zone on another thrilling trip to Rebounderz! Join us as we jump! Join us as we bounce! Join us as we try our luck on super cool Ninja Warrior courses! Sign-up soon so you don't miss out on the foam pits, trampoline dodge ball, slam dunk courts, or any of the fun stuff Rebounderz has to offer.

Age	Day	Dates	Time	Course #
11-14	F	5/18	5:30pm-9pm	45476

**Location:** Meet at Community Center  
**Fee:** TZ Members \$35, Non-Members \$40

## Spring Break Road Warriors

It's been a long school year, but now you get to take a break before finishing the last few months. Why not spend that break with Road Warriors as we travel around the Bay Area to partake in a variety of awesome activities! From roller coasters to race courses, there will be plenty to do this spring break!

**Instructor:** TeenZone Staff. 5 classes

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	4/9-4/13	9am-4pm	\$460	45475



## Bowling Night

We're headed to the bowling alley for a fun night filled with spares and strikes! Whether you're a ten pin master or you like to bounce balls off the bumpers, bowling is always a great way to spend an evening. And if you get tired of playing the lanes, you can always take a break at the awesome arcade or grab a bite from the in-house snack bar. Sign-up soon!

Age	Day	Dates	Time	Course #
11-14	F	6/18	6-8:30pm	45472

**Location:** Meet at Community Center  
**Fee:** TZ Members \$35, Non-Members \$40

## End of Year Pool Party!

Come celebrate the end of the school year at Teen Zone's annual pool party! Start your summer off the right way with water slides, airbrush tattoos and, of course, an evening in the pool! The pool will be open exclusively to party goers and there will be tasty snacks all party long. Sign-up now for our final Teen Zone party and finish your year with a splash!

**Instructor: TBA. 1 class**

Age	Day	Dates	Time	Course #
11-14	F	6/1	7:30pm-9:30pm	45477

**Location: Meet at Community Center then head to pool**  
**Fee: TZ Members \$35, Non-Members \$40**

## Babysitting Course

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

**Instructor: Carole Gathman. 1 classes**

Age	Day	Dates	Time	Fee	Course #
11-16	Sa	3/3	9am - 1pm	\$85	44914
11-16	Sa	4/28	9am-1pm	\$85	45742
11-16	Sa	6/23	9am-1pm	\$85	45743

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



## Lifeguard Training

The purpose of the American Red Cross Lifeguard Training Course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. To be eligible for the LGT course, candidates must be 15 years of age on or before the final scheduled session of the course. In addition, candidates must also successfully complete various swimming prerequisites.

Age	Day	Dates	Time	Fee	Course #
15+	Th-Su	5/17-5/20	4:30pm-5pm	\$252	46852

**If fail end of course exam, no refunds.**

## Lifeguard Training Review Course

The ARC Lifeguarding review classes are designed to help you update your skills while also extending your certification for another two years. The Red Cross also offers review courses, for those whose certification is still valid (or within 30 days of expiring) while allowing you to continue to work without a lapse in verification.

Age	Day	Dates	Time	Fee	Course #
15+	Sat & Sun	5/19 & 5/20	9am-5pm	\$162	46853

**Prerequisites: Individuals with a current Lifeguarding/First Aid/ CPR/AED or Shallow Water Lifeguarding/First Aid/ CPR/ AED certificate may participate in a review course. If fail end of course exam, no refunds.**

## Lifeguard Instructor Training

The primary purpose of the American Red Cross Basic Lifeguarding Instructor Course is to train instructors to teach the basic-level American Red Cross Lifeguarding courses.

**Course Requirements:** 1. Be at least 17 years old on or before the final scheduled session of the course. 2. Possess a current basic-level certification in Lifeguarding/First Aid/CPR/AED. 3. Successfully complete the online Introduction to the Lifeguarding Instructor Course prior to the precourse skills session via the class roster and online content completion status report.

Age	Day	Dates	Time	Fee	Course #
17+	W-F	5/9 - 5/11	4:30pm-8:30pm	\$252	46848
	Sat & Sun	5/12 & 5/13	9:00pm-5:00pm		

**Location: Community Center & Tam High Pool**

**Must be present for entire course.**

**If fail end of course exam, no refunds.**





# SUMMER ROAD WARRIORS

Road Warriors offers daily field trips to exciting locations all over the Bay Area. Camp meets at 9:00am in the Community Center Lobby. From there we will travel by van to our destination and return to the Community Center by 4:00pm. A daily camp itinerary with planned activities will be made available the week before camp.

## High Flyers

Schools over and it's time to start a summer full of excitement and adventure! Join Road Warriors as we set off on our first week of awesome activities. We'll spend a fun week bouncing, flying and speeding through the air at some of the coolest locations in the Bay Area! Planned trips include: iFly, Rebounderz and Great America. Don't miss out, sign-up now!

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	6/18-6/22	9:00am-4:00pm	\$460	45976
10-14	M-F	7/23-7/29	9:00am-4:00pm	\$460	45980

## Making Waves

Summer might be the hottest time of the year, but Road Warriors knows how to keep cool! We're going to spend the week participating in the most fun water activities around! Whether you're surfing, swimming or screaming down water slides, you'll have a blast with Road Warriors! Planned trips include: Raging Waters, rafting, and indoor surfing. Don't miss out, sign-up now!

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	6/25-6/29	9:00am-4:00pm	\$460	45977

## Summer Service Leaders

Do some good this summer and spend some time giving back to the community! Road Warriors will be spending the week working with local non-profit organizations and will have the chance to help out in a variety of ways. On the last day of camp participants will get to go to Six Flags! Register now and join us for a fun and rewarding experience this summer!

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	7/9-7/13	9:00am-4:00pm	\$300	45978
10-14	M-F	7/30-8/3	9:00am-4:00pm	\$300	45981

## Summer Thrills

Sometimes the days can seem endless in the middle of summer, so why not fill them with some of the most thrilling activities the Bay Area has to offer?! From paintballs to race cars, Road Warriors will make sure your days are filled to the brim with excitement! Planned trips include: Driven Raceways, paintball, and Six Flags. Don't miss out, sign-up now!

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	7/16-7/20	9:00am-4:00pm	\$460	45979

## Sports and More

Join Road Warriors for our final session and finish your summer off the right way! For our last week of camp we'll be headed outdoors for some sporty good fun! Whether you're watching the Giants at AT&T Park or riding on horseback through the hills, you're sure to head back to school satisfied! Planned trips include: Giants game, horseback riding and laser tag. Don't miss out, sign-up now!

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	8/6-8/10	9:00am-4:00pm	\$460	45982



## Shakespeareance-Julius Caesar Production

Friends, Romans, countrymen, lend me your ears... Shakespeareance brings the text to life with a two week production camp of Shakespeare's Julius Caesar for ages 13-18, under the magical Redwood Canopy of Old Mill Park's Amphitheater. All students will study the text, broadsword/hand to hand combat, improvisation games, acting technique and ensemble work. Mornings are spent in ensemble building and fight work, afternoons in rehearsal and staging. The camp culminates in a performance (an edited version of the play) for friends and family, including a full company battle scene. Visit Caesar's Rome with Shakespeareance...Democracy, betrayal, personal loyalty and a cause worth fighting for. Come Play!

**Instructor:** Shakespeareance **10 classes**

Age	Day	Dates	Time	Fee	Course #
13-18	M-F	6/18-6/29	9:30am-2:30pm	\$702	46675

**Location:** Old Mill Park, Amphitheatre

## JOB TRAINING OPPORTUNITIES FOR YOUNG ADULTS

The purpose of the following programs are to offer opportunities for young adults ages 11 - 14 years to participate in leadership training designed to become future counselors and recreators. Each program is designed to offer a guided, yet independent experience for young adults who want work experience, but are too young to secure official employment.

### Counselor In Training

Each two-week session will include daily training topics such as leadership, behavior management, communication, and programming. Also, included will be CPR certification. The best part is the daily interaction and camp participation with the campers and counselor role models. CITs get work experience by assisting camp staff in the supervision of campers, with set-up and clean-up of activities, and share in the excitement and enthusiasm of the camp program. CITs attend all field trips and receive a CIT shirt and sweatshirt.

All CITs are required to commit to a minimum of two consecutive weeks, fill out an application, attend an interview, and a mandatory training workshop Saturday, June 9th, 10am-2pm and pay a \$147 registration fee. Participants need to be committed to the program and available every day of the session. Space in each session is limited. Due to the high demand for this program, participants may only register for one session. Registrations must be received by 6/1.

Age	Day	Dates	Time	Fee	Course #
13-15	M-F	6/18-6/29	9:00am-4pm	\$147	46659
13-15	M-F	7/2-7/13	9:00am-4pm	\$147	46660
13-15	M-F	7/16-7/27	9:00am-4pm	\$147	46661
13-15	M-F	7/30-8/10	9:00am-4pm	\$147	46662

### Junior Lifesaver Academy

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

**Instructor: TBA. 5 classes**

Age	Day	Dates	Time	Fee	Course #
11-14	M-F	7/9-7/13	8:45am-3:30pm	\$256	46354
11-14	M-F	7/23-7/27	8:45am-3:30pm	\$256	46355

**Location: Community Center, Cove Room**

### Camp Enchanted

#### Teaching Artists Training Program

Middle School Students are invited to develop their leadership skills in this artist development program. Participants will assist in facilitating Camp Enchanted for younger campers. This program will be an enriching experience for mature and responsible middle school students. Theatre experience is a plus but not required to participate.

**Instructor: Z.Caldwell Interactive Enrichment. 4 classes**

Age	Day	Dates	Time	Fee	Course #	Theme
11-14	M-F	6/18-6/22	9am-4pm	\$147	46364	Atlantica
11-14	M-F	6/25-6/29	9am-4pm	\$147	46696	Agrabah - Aladdin
11-14	M-F	7/9-7/13	9am-4pm	\$147	46699	Motuni
11-14	M-F	7/16-7/20	9am-4pm	\$147	46702	Pride Rock

**Location: Golf Clubhouse, Entire Clubhouse**

**See page 33 for full camp descriptions and details.**

### Volunteer Swim Aide

Think you might be interested in working as a Lifeguard or Swim Instructor? Do you have Volunteer Hours from school that you need to complete? Do you like working with children? Come volunteer as a teacher's aide in our swim lesson program! There will be a training in June where you will learn skills on teaching lessons, holding techniques and go over our basic lesson program. You will be notified of the date closer to then. At the end of the session you will receive a Certification of Volunteer Hours. Fee covers administrative costs associated with program & training.

**Instructor: TBA. 8 classes**

Age	Day	Dates	Time	Fee	Course #
9-14	M-Th	7/23-8/2	9:30-11:30am	\$50	46088
9-14	M-Th	6/18-6/28	9:30-11:30am	\$50	46086
9-14	M-Th	7/9-7/19	9:30-11:30am	\$50	46087

**Location: Community Center, TBA**



**The Mill Valley Arts Commission** enhances the cultural life of the community by promoting the visual and performing arts in Mill Valley, by marshaling resources that support the arts and by encouraging the efforts of local arts and arts organizations. Below are the highlights of Arts Commission activities that will occur during the spring and summer months in 2018.



**City of Mill Valley's New Public Art Program:** The creation of a Public Art Program (PAP) is a strongly held community component of the City's General Plan. In September of 2017, City Council approved the City's first Public Arts Program, "Art in Public Places." The City Budget FY 2016/2018 includes initial funding for the Arts Commission's pilot Public Art program, which will welcome the temporary installation of a few sculptures, decoration of utility boxes owned by the City, donation of art benches and other pieces of public art in Mill Valley. The Arts Commission will be working with the Parks and Recreation Commission and the greater community in considering appropriate public locations for installation of outdoor artworks and will advocate for the development of a philanthropic program for donations and gifts of public artworks. Arts Commission deliberations on possible locations, projects and donations will be subject to a transparent, open public discussion at upcoming Commission meetings. If you are interested in this exciting new program, please contact us at [artscommission@cityofmillvalley.org](mailto:artscommission@cityofmillvalley.org).

**Mill Valley ArtWalks:** On the first Tuesday of every month (see Arts Commission website for dates), the Arts Commission promotes an ArtWalk from 5:30pm-7:30pm. This is an open invitation for touring City Hall, the Community Center and over 20 galleries, businesses and shops in town, each displaying their chosen artist's work for a month. The artist may be present to discuss his/her work and techniques or even to do a live demonstration. We invite everyone to join us on the ArtWalk. Artists may contact any of the many venues listed in each month's ArtWalk Guide to see if they would like to show their work.

**Call for Musicians:** In January, the Arts Commission sends out a Call for Musicians, applicants may have the chance to play in the Mill Valley Downtown Plaza before a large crowd and receive payment of \$500 for their performance. The concerts occur on four dates in August. Applications at [millvalleyrecreation.org/concerts](http://millvalleyrecreation.org/concerts) must be received by mid-February. At its March meeting, the Commission juries and selects the musicians. Musicians should be able to play a 45-60 minute set. Original music is encouraged.

**Comedy Night:** At an event eagerly anticipated and enjoyed by many, the Arts Commission offers a free Comedy Night in the Plaza each June. Watch for notices about this hilarious evening event. This year marks the 15th Anniversary of this popular event!

**Call for Artwork:** In August, the Arts Commission distributes a Call for Artwork. The artwork will be displayed at City Hall or the Community Center at the monthly ArtWalks during the upcoming calendar year (Jan-Dec 2019). Applications will be available at [www.millvalleyrecreation.org/artscommission](http://www.millvalleyrecreation.org/artscommission) or at the Mill Valley Community Center in August. Artists will be selected for each month of the year at both venues, at which lively, monthly opening receptions are held (see Arts Commission website for dates). Each venue can accommodate about 20 wall-mounted pieces.

**Concerts in the Plaza:** The Arts Commission will present the 33rd Annual Concerts in the Plaza series in August 2018. This free music series includes 4 outdoor concerts on the Downtown Plaza in August. These events fill the plaza with a wide range of music by local musicians with concert performances ranging from one act to two musical artists featured each week. Audiences listen, sing along and many, from the very young to older, dance. Bring your lawn chairs and dancing shoes!

**Call for Volunteers:** The Arts Commission is an active commission that arranges, sets up and conducts an array of cultural events year-round. We also are initiating a survey of our town's artists, art-related events, assets, organizations, venues, outreach means and other resources that can better support our artistic community and thereby the community as a whole. We would welcome volunteers who want to help support the arts. Please send us your contact information and areas of interest to [artscommission@cityofmillvalley.org](mailto:artscommission@cityofmillvalley.org)

To find out more about the Arts Commission and its events, or to volunteer, you may attend our meetings the second Tuesday of every month at 7pm at the Mill Valley Community Center or go to [cityofmillvalley.org/artscommission](http://cityofmillvalley.org/artscommission) for more information. Entry forms for the Arts Commission events will be posted at [millvalleyrecreation.org/artscommission](http://millvalleyrecreation.org/artscommission). You can also join the Mill Valley Arts Commission on Facebook to see more images and get Arts Commission news and event updates.



# Cultural ARTS



## Early Childhood Ages 0-5

JUMP ART  
JUMP DANCE  
JUMP MUSIC & MOVEMENT



## Youth Art Ages 6-17

AFTER SCHOOL ENRICHMENT  
(AT MILL VALLEY SCHOOL SITES)  
ARTS AFTER SCHOOL  
(AT COMMUNITY CENTER)  
BALLET  
MUSIC (GROUP & PRIVATE)  
THEATER  
VISUAL ART



## Adult Art Ages 18+

ARTS & CRAFTS  
DANCE EVENTS  
PAINTING SOCIALS  
VISUAL ARTS

We offer a variety of programs, classes, workshops, drop-in & one-day events

**For more information:**  
Arts & Culture Coordinator:  
Kathryn Yost, 415-384-4711  
kyost@cityofmillvalley.org

Art & Culture Program Supervisor:  
Molly Given, 415-384-4705  
mgiven@cityofmillvalley.org



**GENNA PANZARELLA** Genna is an amazing asset to our Mill Valley community: she has been teaching children in Mill Valley Recreation's After School Enrichment Program for years. She develops the curriculum based on her students' interests and desires; she is also currently teaching an adult Water Color Painting class at The Center.

Genna has always loved to draw. When she was asked "what do you want to be when you grow up?" her answer was "illustrator". She and her husband moved from Washington State to the Bay Area to start their family. She started taking night classes in bronze casting, jewelry design, stained glass, and glass blowing at the College of Marin, and began a career in wearable art with hand painted clothing. One of her current art forms is creating glass beads using the lamp-working technique.

As an empty nester, she discovered the world of street painting. Street painting has taken over her life, and has taken her around the world from China to Jerusalem. She has drawn different segments of the Sistine Chapel ceiling in three countries. She has competed in an international contest in Italy for many years, and won all levels of their competition, including the first prize, Maestro!

## We Want You. Call for Leaders!

If you are a talented arts educator who has significant experience teaching group classes, workshops, camps or private lessons we want to hear from you. Teaching opportunities for high quality instruction may include: Early Childhood, Youth Art or Adult Art.

## UPCOMING Special Events

**4.9-4.13 MONDAY-FRIDAY**

**Spring Break Camps** Sign up your school age child today for Art Exploration Camp or From Concept to Character Theater Camp.

**5.5 SATURDAY, 9-4 PM**

**We ♥ Mom Spring Craft & Gift Market** - 2nd Annual fair with more than 50 artisans! Jewelry, Woodwork, Cards, Fiber Arts, Glass, Ceramics, Baked Goodies, Food & more.

**Visit us at [millvalleyrecreation.org](http://millvalleyrecreation.org)**



# The Center — OF — CELEBRATION

*Marin's Premier Event Destination*



WEDDINGS  
RECEPTIONS  
FUNDRAISERS  
REUNIONS  
ANNIVERSARIES  
BUSINESS MEETINGS

CONFERENCES/SEMINARS  
BIRTHDAYS  
CORPORATE EVENTS (PICNICS,  
APPRECIATION, TEAM BUILDING)  
REMEMBRANCES  
HOLIDAY PARTIES

FOR MORE INFO: [MILLVALLEYCRECREATION.ORG](http://MILLVALLEYCRECREATION.ORG) | (415) 383-1370



*Find Your*  
**CENTER**

**MILL VALLEY RECREATION  
& COMMUNITY CENTER**

*Lighting design by Love in the Mix and Photo by Sarah Peet Photography*

## Painting the Elements in Acrylic Landscapes

Beginning and advanced artists are invited to paint the basics along with instructor Bernard Healey. All levels of artists are welcome in this special acrylics painting class. Class topics will include washes, impasto, scumbling, wash techniques, and stippling while rendering clouds, water, seascapes, trees, snow, mountains, and many other elements found in the world of landscapes. Bring whatever supplies you have and a supply list will be given at the first session.

**Instructor: Bernard Healey. 4 classes**

Age	Day	Dates	Time	Fee	Course #
18+	Th	4/5-4/26	10:30am-1:30pm	\$102	45754
18+	Th	5/3-5/31	10:30am-1:30pm	\$127	45759
18+	Th	6/7-6/28	10:30am-1:30pm	\$102	45760
18+	Th	7/5-7/26	10:30am-1:30pm	\$102	45761
18+	Th	8/2-8/30	10:30am-1:30pm	\$102	45762

**Location: Community Center, Mountain View Room**  
**No Class 8/16**



## Adult & Child Paint Night-Starry Tamalpais

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. We'll create a fun painting of Mt. Tamalpais, inspired by Van Gogh's Starry Night. 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. Class registration is for both adult & child. Adults must be present for entire class. No experience necessary.

**Instructor: Kathryn Yost. 1 class**

Age	Day	Dates	Time	Fee	Course #
7+	W	4/18	6pm-8pm	\$62	45781

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



## Water Color Painting

Marin Artist, Genna Panzarella will provide monthly watercolor support centered classes. Each class will be centered around a new subject and teaching techniques; including shading, coloring mixing, shadows and reflections.

**Instructor: Genna Panzarella. 4 classes**

Age	Day	Dates	Time	Fee	Course #
18+	Tu	4/3-4/24	10:30am-12:30pm	\$77	45763
18+	Tu	5/1-5/22	10:30am-12:30pm	\$77	45764

**Location: Community Center, Mountain View Room**  
**No Class 4/11**

## Expressive Watercolor and Fluid Acrylic Painting

Bring a playful spirit and enjoy the journey into non-traditional spontaneous painting with artist Carol Duchamp. In this all-level class, you will learn about color mixing and saturation, brushwork, and rhythmic composition with special focus on atmospheric effects and textural elegance. Learn to paint in a free style that give full expressive range of your inner artist. Students will gain a full understanding of the application of wet-into-wet watercolor and fluid acrylics. A list of materials will be provided including watercolor minimum for first class.

**Instructor: Carol Duchamp. 3 classes**

Age	Day	Dates	Time	Fee	Course #	Focus
16+	W	4/18-5/2	6:30-8:30pm	\$122	45999	Fluid Acrylics
16+	W	5/9-5/23	6:30-8:30pm	\$122	46002	Watercolor

**Location: Community Center, Forest Room**

## Chinese Brush Painting with Donna

Learn to paint landscapes, flowers, birds and other animals in the traditional Chinese style.

**Instructor: Donna Dacuti. 8 classes**

Age	Day	Dates	Time	Fee	Course #
18+	W	4/4-5/23	1:15pm-3:15pm	\$122	45755
18+	W	5/30-7/25	1:15pm-3:15pm	\$122	45757
18+	W	8/1-9/26	1:15pm-3:15pm	\$122	45758

**Location: Community Center, Forest Room**

**No class 7/4, 8/15**

**Drop In: \$16**

## Genna's Drawing Class

Drawing is my first and favorite part of my artwork. It is also the basis of most art forms. I like to teach drawing starting from the shadowy parts, letting the light in, and becoming a camera, to sliding around the contours, and even running out in different perspectives. Shading, photographic, contour line, and perspective drawing are just a few of the possibilities which are endless. Join us. Bring a drawing pad and a pencil.

**Instructor: Genna Panzarella. 4 classes**

Age	Day	Dates	Time	Fee	Course #
18+	W	4/4-4/25	9am-10am	\$87	45756
18+	W	5/2-5/23	9am-10am	\$87	45765

**Location: Community Center, TeenZone Lounge (Field View)**



## Glass Creations!

Welcome Glass Creations! Have Fun Creating Fused Glass Art - No Experience Needed. Join us, and within minutes you will be creating beautiful fused glass art. Fused glass is the process of assembling colored glass which goes in a kiln to nearly 1500 degrees which melts the glass together to a beautiful outcome. You have undoubtedly seen fused glass art at high end craft fairs. Well, you no longer need to buy finished fused glass art, but rather, we will bring everything you need and give you the personalized instruction to make stunning and functional craft fair worthy fused glass art yourself. No experience or artistic ability is needed. Our friendly staff will walk you through the fun and easy process and help you find your creative spark. Just be prepared to say with a smile I Made It!

**Instructor: I Made It! Glass Creations. 1 class**

### Glass Creations - Treasure This Time!

Age	Day	Dates	Time	Fee	Course #
18+	F	4/20	6pm-8pm	\$37	46119

**Location: Community Center, Forest Room**

### For the Bar - Dad's Day!

Age	Day	Dates	Time	Fee	Course #
18+	F	5/18	6pm-8pm	\$37	46120

**Location: Community Center, Forest Room**

## Paint and Sip

Join us for a fun evening of painting. During this 2.5 hour class, local artist Kathryn Yost will guide you and your friends step-by-step in the process of creating your own masterpiece. Kathryn will share tips and techniques in the use of acrylic paints. All materials will be provided, including at 16x20 canvas. No experience necessary. Students are welcome to bring wine, beer or refreshments to enhance their painting experience. Class social begins 6:00pm. Instruction will begin at 6:30pm.

**Instructor: Kathryn Yost. 1 class**

### Van Gogh's Almond Blossoms

Age	Day	Dates	Time	Fee	Course #
21+	F	4/6	6pm-9pm	\$37	46003

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

### Georgia O'Keefe Flowers

Age	Day	Dates	Time	Fee	Course #
21+	F	5/18	6pm-9pm	\$37	46004

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

## Creative Japanese Flower Arranging-Sogetsu Ikebana

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

**Instructor: Annette Sullivan. 8 classes**

Age	Day	Dates	Time	Fee	Course #
13+	W	3/21-6/6	12pm-1:45pm	\$162	45753

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

**\$200 material fee paid to instructor at first class meeting. No class 4/11, 4/18, 4/25, 5/2.**



# NATURE SPACE

Connect to your mountain in 2018! This program is a new offering through partnership between One Tam and the Mill Valley Recreation Department to learn more about the amazing local natural resources of the region, and to care for Mt. Tamalpais which gives our community so much. There are many ways to get involved – check [onetam.org/calendar](http://onetam.org/calendar)



January 25 <sup>th</sup>	<b>Naturalist's Corner: Mt. Tam's Bats</b>	Mill Valley Community Center – Mountain View Room	7-8:30PM	Find out what makes these tiny animals so amazing and the new bat inventory and monitoring program that is teaching us more about the bats of the Mt. Tam region.
February 3 <sup>rd</sup>	<b>Hands on Tam Winter Work Day Celebration</b>	Sites across Mt. Tam (Muir Woods, Bald Hill, and Muir Beach)	9AM-12PM	Give back to the mountain through a morning of service to restore habitat, steward trails, and other activities. Bring your family, friends, and neighbors!
February 15 <sup>th</sup>	<b>Naturalist's Corner: Mt. Tam's Bees</b>	Mill Valley Community Center – Mountain View Room	7-8:30PM	Learn all about these all-important pollinators in our region, and new work to understand how they are doing across the mountain .
March 3 <sup>rd</sup>	<b>Volunteer Workday at Horse Hill</b>	Horse Hill	9AM-12PM	Help remove broom to restore habitat at Bothin Marsh.
March 22 <sup>nd</sup>	<b>Naturalist's Corner with our own Marin County Parks Naturalist</b>	Mill Valley Community Center – Mountain View Room	7-8:30PM	Spend an evening with a Marin County Parks Naturalist to hear about local natural history.
April 17 <sup>th</sup>	<b>National Bat Appreciation Day: Mist Netting Event</b>	Muir Woods	6PM-9PM	Learn more about bat ecology as we demonstrate acoustic monitoring, setup mist nets, and take a close up look at the bats as they are safely caught and released.
April 21 <sup>st</sup>	<b>Women's Dipsea Hike &amp; Earth Day Celebration &amp; Volunteer Day</b>	Downtown Mill Valley and other sites	7AM-12PM	Volunteer with us on this historic day as we support the 100 <sup>th</sup> anniversary of women running the Dipsea, coinciding with our annual Earth Day celebration

One Tam is a community-wide initiative of the Tamalpais Lands Collaborative (TLC) to ensure the long-term health of Mt. Tam. The TLC is a partnership of the Marin Municipal Water District, Marin County Parks, California State Parks, National Park Service, and Golden Gate National Parks Conservancy. For more information visit [onetam.org](http://onetam.org).



## Stretch and Flex

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

**Instructor: Gail LaForge. 12 classes**

Age	Day	Dates	Time	Fee	Course #
18+	Tu&Th	3/27-5/3	9am-10am	\$89	45470
18+	Tu&Th	5/8-6/14	9am-10am	\$89	45471
18+	Tu&Th	6/19-7/26	9am-10am	\$89	45766*
18+	Tu&Th	7/31-9/13	9am-10am	\$89	45767*

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

**\*Summer Location: Aquatics/Fitness, Cove Room**

**No class 8/14, 8/16**



Jazzercise is a pulse-pounding, body-blasting fitness program that gets you results...fast. It's a high intensity dance party that fuses cardio, strength, Pilates, hip hop, yoga and kickboxing. You can incinerate up to 800 cph (that's calories per hour) in any of our 60 minute classes. This is the new Jazzercise.

Day	Dates	Time	Fee
M&W	Ongoing	6:15-7:15pm	\$20 Drop-in

**Location: Aerobics/Dance Studio**

**No class: 5/29, 8/14, 8/16**

**FEE: \$20 Drop-In and ongoing passes available.**

**REGISTRATION: Registration is ongoing, takes place on-site, and can be done 10 minutes prior to any Jazzercise class.**

For more information on classes, please call Susan at (415) 383-8094, email to skflint@gmail.com, visit [www.jazzercise.com](http://www.jazzercise.com) or 1-800-FIT.IS.IT for more information on this class.

## ZUMBA Gold

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

**Instructor: Stephanie Neira. 5 classes**

Age	Day	Dates	Time	Fee	Course #
40+	Tu	3/27-4/24	9:30am-10:30am	\$44	46623
40+	Tu	5/1-5/29	9:30am-10:30am	\$44	46624

**Location: Community Center, Cascade Room**

**Drop in: \$12**



## Parkinsons Disease, The Art of Moving

Parkinson's Disease, The Art of Moving is an exercise program grounded in Yoga, Tai Chi, and Theatre Arts that was developed by John Argue 30 years ago. The program is a strategic movement practice which emphasizes conscious, mindful movement designed to address the specific needs of people with Parkinson's Disease. This practice helps people increase their flexibility, strength, balance and coordination and improve their oral communication, voice power and speech clarity.

**Instructor: Lynda Sheridan. 5 classes**

Age	Day	Dates	Time	Fee	Course #
18+	F	3/30-4/27	10am-11:30am	\$79	46622
18+	F	5/4-6/1	10am-11:30am	\$117	46625

**Location: Community Center, Terrace Lounge**



## Dance Sister Dance

FREEstyle Dance Expression for Women, Dance Sister Dance is a freestyle dance for women only. Come and experience the joy of dancing in a nonjudgemental and fun environment. Our philosophy is that dancing is a gateway to Well Being, Happiness, Community and even Inner Peace. The music is varied, inspired and soulful. Wear something comfortable to dance in. Bring water for yourself and tasty finger food to share. No previous dance experience necessary.

## Join us!

**Second Sundays of the month:**

3/12, 4/9, 5/14, 6/11, 7/9/ 8/13  
2pm to 4pm

Mill Valley Golf Course Clubhouse  
267 Buena Vista Ave., Mill Valley, CA. 94941

Drop-In Fee: \$10

**Facilitated by:**

- Erma Murphy - Murphy Productions
- Schenell Critchlow - former ballroom dance competitor and DJ No.5
- Kelli Hill - Percussionist and Samba Dancer

**For more information contact:**

[dancesisterdancemv@gmail.com](mailto:dancesisterdancemv@gmail.com)



## 20 Minute Stretching Habit - Make the Lifestyle Change

Why is stretching so crucial to our everyday function? And how do I get better at doing it on a weekly basis? Aimed to be accessible for all abilities, discover common muscles imbalances and the various types of acceptable stretches. All poses will be obtainable, enjoyable, and the routine easy enough to repeat on your own! Preregistration is recommended because space is limited, but walk ins allowed. Part of Fitness Class Pack but if not, drop in price applies.

**Instructor: Katrina Parrish. 1 class**

Age	Day	Dates	Time	Fee	Course #
18+	M	4/16	12:30pm-1pm	\$7	45073
18+	M	5/14	12:30pm-1pm	\$7	45074
18+	M	6/18	12:30pm-1pm	\$7	45075

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

## Low Back Pain Workshop

In the first 30 minutes of this class, we will be discussing why so many people suffer from low back pain. It is not only because we sit so much... We'll also discuss how we're normally told that medication and surgery are our options to help our pain. There are other options that will save us time and money! In the last 30 minutes, Sarah will show you self assessments on flexibility and core strength, and exercises to improve your results which will help your back pain. This will involve laying on the floor. Preregistration is recommended because space is limited, but walk is allowed.

**Instructor: Sarah Colasanti 1 classes**

Age	Day	Dates	Time	Fee	Course #
18+	Sa	4/21	10:45am-11:45am	\$12	45068
18+	Sa	6/2	10:45am-11:45am	\$12	45070

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



## Strength & Balance for Women

Small Group Training. Designed for women who are beginners to weight training. Our Strength and Balance For Women small group will offer a strong foundational overview of weight training that will focus on, 1. Benefits of resistance training for women as they age, 2. Correct form with confidence, 3. Five activities of daily life and functional movement, 4. A stronger and leaner body. Instructor Carol Viliani is an ACE certified Personal Trainer and Small Group specialist. With a lifelong passion for health and exercise, she believes fitness to be a catalyst for positive change affecting every aspect of your life.

**Instructor: Carol Viliani. 4 classes**

Age	Day	Dates	Time	Fee	Course #
18+	Tu	4/3-4/24	12pm-1pm	\$127	45089
18+	Tu	5/1-5/22	12pm-1pm	\$127	45090
18+	Tu	6/5-6/26	1pm-2pm	\$127	45091

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



## The Wonders of Water Equipment

Benefit from understanding how a host of water-specific equipment can strengthen the core as well as pre-hab and re-hab the body (think knees, hips and shoulders) after injury or surgery. Taught in the Center's shallow 3-foot Cove Area. Corrective use of noodles, ankle floats, hand buoys, balance boards, resistance bands and resistance discs will be covered and experienced. Great for those who have been instructed by a physician to get into the water. Wear a suit and bring a towel! Preregistration is recommended because space is limited, but walk ins allowed. Part of Fitness Class Pack but if not, drop in price applies.

**Instructor: Katrina Parrish. 1 classes**

Age	Day	Dates	Time	Fee	Course #
18+	M	4/23	11am-12pm	\$12	45069
18+	M	5/21	11am-12pm	\$12	45071
18+	M	6/25	11am-12pm	\$12	45072

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

## 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 armour 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 (Reiho-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. 10 classes**

Age	Day	Dates	Time	Fee	Course #
9-17	Tu	3/27-5/29	6pm-8pm	\$82	45772
18+	Tu	3/27-5/29	6pm-8pm	\$116	45771
9-17	Tu	6/19-8/7	6pm-8pm	\$66	45777
18+	Tu	6/19-8/7	6pm-8pm	\$94	45776

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

## Tai Chi Easy™

Tai Chi Easy™ classes combine gentle movement with meditation and breath practices. The form is simple to learn, easy to practice, fun, and beneficial right away. Students learn flowing movements which improve balance, calm the mind, support the body's natural health and improve quality of life. The class consists of an hour of practice, after which we sit and enjoy tea and talk.

Frequently, students have tried Tai Chi before and are interested now because they have heard about the health benefits, or because their doctor recommended they look into it. For those who are curious about the class, participants offered some comments in the hopes they might be helpful to prospective new students: "When I arrive stressed with a million things on my mind, I leave calm." "The first time I've ever enjoyed Tai Chi/Qigong. Riley is a great teacher, and I enjoy the community and tea time afterward." "I leave feeling rested and rejuvenated." "Peaceful, easy to follow, calming, stress releasing, rejuvenating." "It is healing." The entire class or any part of it may be done seated.

**Instructor: Riley Miller**

**Spring: Fridays, 3/30-6/1 12:00-1:15pm**

**Summer: Fridays, 6/22-8/10 12:00-1:15pm**

**Location: Community Center, Terrace Lounge**

**Drop-in Fee: \$11**

## Tai Chi 1

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

**Instructor: Pacific Rim Resources. 10 classes**

Age	Day	Dates	Time	Fee	Course #
18+	M	4/23-7/2	6pm-7pm	\$192	45768

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

## Tai Chi 2

This series will focus on deepening your understanding of the principles of Tai Chi. The practice of Tai Chi leads to relaxation, better balance, clear thinking, and strength. It is open to students who are continuing their study and have learned the basic movements of Yang style short form Tai Chi. Wear loose fitting clothing. Bring either socks or cotton soled shoes to wear during class.

**Instructor: Pacific Rim Resources. 10 classes**

Age	Day	Dates	Time	Fee	Course #
18+	M	4/23-7/2	7pm-8pm	\$192	45769

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

## Tai Chi 1 & 2

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

**Instructor: Pacific Rim Resources. 10 classes**

Age	Day	Dates	Time	Fee	Course #
18+	M	4/23-7/2	6pm-8pm	\$302	45770

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

**Drop-in Fee: \$11**

## Beginning East Coast Swing

Joe and Mirabai will teach and review the six-count basic footwork, technique and fun variations. Created in the 1940's by Dance Studios such as Arthur Murray, East Coast Swing was intended as an easy-to-learn adaptation of the Lindy Hop and a method to establish dance skills for beginners. Each week you will learn six-count variations, dance patterns including turns, arm slides, partnering and communication skills, rhythm and timing. This class provides skills applicable to venturing out to dance at social venues and will be tailored for transitioning into more intermedia Please wear flats or low wide heels with leather soles (no spike heels). If you don't have comfortable shoes with leather soles we can apply tape temporarily on the soles to add the necessary slight slipperiness. All participants registered for the Swing Dance course also receive free admission to the Open Swing Dance Session following class, 8:15-8:45pm.

**Instructor: Joe Costa & Mirabai Warkulqiz. 4 classes**

Age	Day	Dates	Time	Fee	Course #
10+	M	4/2-4/23	6pm-7pm	\$62	46709
10+	M	4/30-5/21	6pm-7pm	\$62	46703
10+	M	6/4-6/25	6pm-7pm	\$62	46705
10+	M	7/9-7/30	6pm-7pm	\$62	46707

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

**Summer Location: Golf Clubhouse**

**Drop-in \$20**

**All participants registered for the Swing Dance course also receive free admission to the Open Swing Dance Session following class 8:15-8:45pm.**

## Intermediate East Coast Swing/ Lindy Hop

In this class, Joe and Mirabai will build upon the skills and material covered in the beginning class and offer more intermediate dance variations, fine-tune partnering and communication skills, cover musicality and floor craft concepts, as well as introduce the core steps and technique of the Lindy Hop including the eight-count swing out, circle-in, side by side Charleston, stomp off and jockey. Traditional variations including Charleston, jazz and fun boogie steps will be combined appropriately with the basic dance material. Form, connection and partnering will be emphasized with an abundance of guidance for development of proficiency essential for achieving the greatest enjoyment of the dance. The material taught will be tailored to the level of the students. \*Pre-requisite for 7:15pm class: Minimum of 2 Beginning East Coast sessions or prior partner dance experience (talk with Joe or Mirabai).

**Instructor: Joe Costa & Mirabai Warkulqiz. 4 classes**

Age	Day	Dates	Time	Fee	Course #
12+	M	4/2-4/23	7:15pm-8:15pm	\$62	46710
12+	M	4/30-5/21	7:15pm-8:15pm	\$62	46704
12+	M	6/4-6/25	7:15pm-8:15pm	\$62	46706
12+	M	7/9-7/30	7:15pm-8:15pm	\$62	46708

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

**Summer Location: Golf Clubhouse**

**Drop-in \$20**

**All participants registered for the Swing Dance course also receive free admission to the Open Swing Dance Session following class 8:15-8:45pm.**

## SENIORS IN BALANCE

### Introduction to the Tai Chi Short Form

This class is designed for those who are new to Tai Chi. We will learn the dozen or so movements that form the opening section of the Tai Chi Short Form. As we learn the fundamentals of Tai Chi stepping and moving, we will develop balance, strength and mental focus. Newcomers are always welcomed throughout the year.

**Instructor: Sandy Smith**

**Days: Mondays 9:00am-9:50am**

**Fee: \$5 Drop-in**

**March 26 - May 21 — Location: Cascade Room**

**No class 5/28**

**June 4 - July 30 — Location: Terrace Lounge**

### Continuation of Tai Chi

This class is for those who have taken an Introduction to Tai Chi session or who have previously done some Tai Chi. We will learn the complete Tai Chi Short Form, memorizing the sections and refining our movements. Newcomers are always welcomed throughout the year.

**Instructor: Sandy Smith**

**Days: Mondays 10:00am-10:50am**

**Fee: \$5 Drop-in**

**March 26 - May 21 — Location: Cascade Room**

**No class 5/28**

**June 4 - July 30 — Location: Terrace Lounge**

### Maintaining and Improving Balance with Tai Chi/Qigong

**TAI CHI**, A centuries-old Eastern practice of flowing movement is now confirmed by Western health researchers as a proven way to maintain and restore balance.

**QIGONG**, which preceded the development of Tai Chi, is an ancient method of cultivating internal harmony and strength; it provides a complimentary foundation for the practice of Tai Chi.

**TAI CHI/QIGONG** combines these time honored and effective movement methods, engaging all the systems of the body and mind which contribute to balance.

Slow paced attentive and meditative movements; constant weight shifting and rebalancing; equal involvement of the right and left hemispheres of the brain, are all incorporated into the warm-up movements and forms of Tai Chi/Qigong practiced in this class.

We use a simplified form of Tai Chi amenable to seniors and students of any age who want to improve their balance. Our varied Qigong practices are easy to follow and bring increased energy and well being to body, mind and spirit.

**Instructor: Shirley Dockstader and Riley Miller**

**Days Mondays 11:00am-noon**

**Fee: \$5 Drop-in**

**March 26 - May 21 — Location: Cascade Room**

**No class 5/28**

**June 4 - July 30 — Location: Terrace Lounge**



## Argentine Tango

Tango is a partner dance similar to many ballroom dances, however, it is unique because it is choreographed one step at a time rather than in common or pre-established patterns. Tango is said to sharpen mind-body coordination and many people fall in love with both the music and the dance and make it a life-long learning pleasure. No partner necessary - tango class is a great place to meet new people! Wear comfortable clothes and please bring leather or suede bottom shoes.

**Instructor: David Caditz. 4 classes**

Age	Day	Dates	Time	Fee	Course #
12+	Th	4/5-4/26	6-7pm	\$47	46943
12+	Th	5/3-5/24	6-7pm	\$47	46945
12+	Th	6/21-7/12	6-7pm	\$47	46946
12+	Th	7/19-8/9	6-7pm	\$47	46947

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



### ENNEAGRAM PROGRAMS AT MVCC



The Enneagram is a powerful gateway to gain a deeper understanding of yourself and others, create more fulfilling relationships, and break out of unconscious patterns. Join us for these transformative 2018 programs at MVCC:

**INSTINCTS AND SUBTYPES**, March 24-25  
 Peter O'Hanrahan will lead this highly interactive program exploring three important variations of each of the nine Enneagram types. Instinctual subtypes are as important as personality types when it comes to daily life, especially in our primary relationships.

**DEEPENING SPIRITUAL AWARENESS**, April 20-22  
 Join internationally acclaimed author Helen Palmer and Terry Saracino for this profound and contemplative week-end focused on the transformative potential of your own type structure for higher levels of being.

*We are an educational nonprofit dedicated to transforming lives and creating a more compassionate world.*

Learn more or register:  
[www.EnneagramWorldwide.com/](http://www.EnneagramWorldwide.com/)  
 programs or call 866-241-6162, ext. 1.

  
**ENNEAGRAM**  
ON THE NARRATIVE TRADITION

## Spring Craft & Gift Market



**WE ♥ MOM**

Saturday, May 5, 2018  
 9:00 am to 4:00 pm

Vendor Applications Available  
 January 2, 2018. Application Deadline  
 Friday, February 23, 2018 at 5:00 pm

## Meditative Medicine and Wild Walks

Come bask in awe of our amazing flora and fauna of Mill Valley. We'll explore our many local parks and community gardens learning about what we can eat off the land and grow in our own garden in a sustainable and respectful way. Some special focus points will include mindfulness, breath work, music and movement in a forage/gatherer perspective. From hugging trees, eating wild weeds and making magical teas, we'll be on a unique journey learning how to flow in the web of life. Nick grew up in the land of blue hills known as Massachusetts. Nick has camped and backpacked all over the Appalachians, Sierras, and the jungles of Central & South America. He's even foraged mushrooms with gypsies in Romania, worked on organic farms, and kayaked the Amazon rivers with NOLS (nature outdoor leadership school). He is as comfortable as can be outside in the magical elements. From tending the land to exploring it, Nick has been on a journey to study with many different elders, participating in sweat lodges, vision quests, and traditional ceremonies. His dream is to help humans connect to the wild world consciously and spiritually.

**Instructor: Nick Nutu 4 or 5 classes**

Age	Day	Dates	Time	Fee	Course #
16+	F	3/9-4/6	10am-12pm	\$75	46952
16+	F	4/20-5/18	10am-12pm	\$75	46953
16+	F	6/22-7/20	10am-12pm	\$62	46954
16+	F	7/27-8/17	10am-12pm	\$62	46955

**Location: Prior to first class instructor will call regarding each class location as it depends on weather and flora/fauna.**

## Meditation Made Easy

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

**Instructor: Gail Consluter. 7 classes**

Age	Day	Dates	Time	Fee	Course #
13+	M	3/26-5/7	7pm-8pm	\$51	45778
13+	M	5/14-7/2	7pm-8pm	\$51	45779
13+	M	7/9-8/27	7pm-8pm	\$51	45780

**Location: Community Center, Tamalpais Room**

**No class 5/28**

**Drop in: \$9**

## CPR/AED

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

**Instructor: Carole Gathman. 1 class**

Age	Day	Dates	Time	Fee	Course #
13+	Tu	5/15	6pm-9pm	\$85	45744
13+	Tu	7/24	6pm-9pm	\$85	45750

**Location: Community Center, Terrace Lounge**



## Essential Oils & Supplements for Physical & Chakra Clearing

Learn daily practices for detoxification, gut health and restoring a healthy balance of mind, body and spirit. Live a wellness lifestyle incorporating certified pure therapeutic grade essential oils, aromatically topically and internally for cellular health and vitality. Detoxify organs and your gut with a 30 day cleanse with essential oils and supplements. Become the healer for your home to reach your family's wellness goals holistically.

**Instructor:** Elizabeth Mantia - Flow in Massage. 1 class

Age	Day	Dates	Time	Fee	Course #
10+	Sa	5/12	10:30am-12:30pm	\$30	46641

**Location:** Community Center, Tamalpais Room

## Essential Oils for Spring: Clear Energy | Non Toxic Cleaning | Allergies

Spring into action towards your dreams with increased energy, focus & clarity to foster creativity and productivity. Use Certified Pure essential oils aromatically, topically and internally. Clear the clutter in your mind, professional and home life. Easy non-toxic cleaning & air purifying solutions will boost immunity. Support common challenges like seasonal allergies, inflammation, insomnia and mood with natural solutions.

**Instructor:** Elizabeth Mantia - Flow in Massage. 1 class

Age	Day	Dates	Time	Fee	Course #
10+	Sa	3/31	10:30am-12:30pm	\$30	46653
10+	Th	4/26	10:30am-12:30pm	\$30	46654

**Location:** Community Center, Tamalpais Room

## Essential Oils, Acupressure & Supplements for Emotions

Experience anointing yourself with 10 essential oils on potent Acupressure points to eliminate overwhelm, create healthy boundaries, boost self-esteem, create clarity of vision and regain personal power. See how easy it is to incorporate oils daily aromatically, topically and internally for optimal health and bring nature's gift into your family's lives for physical and emotional wellness. doTERRA certified pure therapeutic grade essential oils improve health, mood and open energy blocks.

**Instructor:** Elizabeth Mantia - Flow in Massage. 1 class

Age	Day	Dates	Time	Fee	Course #
10+	Sa	8/11	10:30am-1pm	\$45	46637

**Location:** Community Center, Terrace Lounge

## Yoga & Essential Oils for Athletes for Performance, Pain & Relaxation

Learn how yoga practice combined with essential oils and supplements to support and improve your performance and health. Discover key yoga poses that release tension and stress and create space in your hips, hamstrings and shoulders. Cultivate awareness through essential oils and yoga to perform and heal more efficiently. Discover which certified pure doTERRA essential oils are effective to relax muscles, heal ligaments, and to soothing aches and pains.

**Instructors:** Elizabeth Mantia - Flow in Massage & Tory Stephens - Yoga & Personal Training

Age	Day	Dates	Time	Fee	Course #
12+	Sa	4/28	10:30am-1pm	\$38	46639

**Location:** Community Center, Terrace Lounge

## Essential Oils 101: Natural Health Solutions

Become the healer for your home utilizing the gifts of the earth with this lifestyle education workshop to reach wellness goals holistically supporting your health and mood. Essential Oils are 50-70 times more concentrated than herbs and a powerful healing source for you and your family. Incorporate essential oils into your daily lives for improved energy, elevated mood, sleep, relaxation and stress reduction, immune system support, detoxification, hormonal balance, muscle and joint aches, healthy skin and hair, digestive support and other unlimited health benefits. Come on a journey to harmonize our body's rhythms for profound healing.

**Instructor:** Elizabeth Mantia - Flow in Massage. 1 class

Age	Day	Dates	Time	Fee	Course #
10+	Th	5/3	10:30am-12:30pm	\$30	46635
10+	Sa	6/9	10:30am-12:30pm	\$30	46636
10+	Th	8/2	10:30am-12:30pm	\$30	46656

**Location:** Community Center, Tamalpais Room

## Essential Oils for Summer Heat, Romance & Nature Adventures

Essential Oils are potent plant medicine for summer adventures and love! Create your own oil blend roll-on to inspire passionate romance and intimacy. Learn how easy it is to improve sleep, mood, energy and focus, skin and hair to uplevel your life with Certified Pure Therapeutic Grade essential oils and supplements.

**Instructor:** Elizabeth Mantia - Flow in Massage. 1 class

Age	Day	Dates	Time	Fee	Course #
16+	Su	6/17	10:30am-12:30pm	\$33	46658
16+	Sa	7/14	10:30am-12:30pm	\$33	46658

**Location:** Community Center, Tamalpais Room



## Managing Your Photos

Your photos are important because they are preserving your memories and experiences. Despite how much we love taking them, many of us leave them sitting in cameras or phones for years. If you have been meaning to organize your photos and get them in one place for a long time, this is the class for you. In this two week course you will learn all about different ways to preserve your photos, organize them into folders, edit them, back them up and print them. Bring your digital cameras, flash drives or whatever device your photos are saved on to class and we'll show you how to take them out, save them in one place, use software to make the process easy and fun, and start getting them in order. The longer you wait, the greater the risk of losing your pictures. Let us help you get your photos organized!

**Instructor: Technology 4 Life. 2 classes**

Age	Day	Dates	Time	Fee	Course #
18+	Tu	3/27 & 4/3	10am-12pm	\$67	46732

**Location: Community Center, Tamalpais Room**

## Social Media for Seniors

What is Facebook and why would I use it? How do I Skype with my grandchildren or friends? What is Twitter for and what about Pinterest and Snapchat? This class will show you how social media technology can help you connect with the world without ever leaving your home. In this two session course, you will create a Facebook account, learn how to protect your privacy, post comments, share pictures, take advantage of Facebook coupons. You will also be introduced to several popular social media site like Twitter, Pintrest, and YouTube so you can understand what makes them so popular. Finally, you'll learn about Skype and talk to your loved ones using the internet. Don't worry, this class is for true beginners!! Bring your smart phone, tablet/iPad or laptop to class.

**Instructor: Technology 4 Life. 2 classes**

Age	Day	Dates	Time	Fee	Course #
18+	Tu	4/10 & 4/17	10am-12pm	\$67	46733

**Location: Community Center, Tamalpais Room**

## Whats New on your Iphone/iPad?

Does it feel like Apple keeps changing how things work on your iPhone or iPad? That's because the iOS operating system as well as every app on your device is changing constantly and often owners are left in the dark. We will show you all the recent adaptations, changes and new features that come with the latest upgrade of your iOS system. For beginners and those who have used their device for a little while, this course will cover everything from photo tools & camera, to control center changes and Siri's new abilities, to new texting options and note-taking features. Don't forget to charge-up and bring your device, your Apple ID and password to class.

**Instructor: Technology 4 Life. 2 classes**

Age	Day	Dates	Time	Fee	Course #
18+	Tu	5/8 & 5/15	10am-12pm	\$67	46734

**Location: Community Center, Tamalpais Room**

## Bridge from A to B

We will cover the mechanics of playing a bridge hand, including basic notions of bidding, defense and the play of the hand. Although no one can completely master the intricacies of bridge in a few weeks, by the end of the class you will be able to sit at a bridge table and feel confident and at ease playing the game of bridge. Jim Cohen is a silver life master and has been certified as an instructor by the American Contract Bridge League.

**Instructor: Jim Cohen. 6 classes**

Age	Day	Dates	Time	Fee	Course #
40+	W	1/17-2/21	1pm-2pm	\$92	44093

**Location: Community Center, Terrace Lounge - seating area**

## Bridge from C to D

If you are comfortable with the materials covered in Bridge from A to B, then you are ready for this second course. We will begin to explore the world of conventions (Stayman, Jacoby Transfers, Blackwood, etc.) and continue to develop proficiency with bidding, defense, and play of the hand.

**Instructor: Jim Cohen. 6 classes**

Age	Day	Dates	Time	Fee	Course #
40+	W	1/17-2/21	2:30pm-3:30pm	\$92	44092

**Location: Community Center, Terrace Lounge - seating area**

## The Parisian Macaron

Learn all the secrets of the Parisian macaron, the delicious French cookie that represents the most sophisticated and refined pastry in France. With your guide, Epsy, you will learn the art of making authentique Parisian macarons. Adding her own touch, the macarons will be made from all natural, non-GMO, gluten-free ingredients. In this 2 1/2 hour class, you will make from scratch the macaron shells and 2 types of ganaches (fillings), such as chocolate and caramel beurre salé (salted butter caramel). There will be a tasting. At the end of this culinary voyage you will proudly return home with a box of the delicious macarons. For more information go to [parisianmacarons.com](http://parisianmacarons.com).

**Instructor: Epsy Guemar. 1 class**

Age	Day	Dates	Time	Fee	Course #
13+	Sa	3/24	2pm-4:30pm	\$81	44963

**Location: Golf Clubhouse, 267 Buena Vista Ave. Mill Valley**

## 3D Design & Printing Basics

3D printing is a new technology that will revolutionize how we create physical objects. Imagine, instead of buying something at the store, you could just download a file and print it at home. Better yet, you can design your own 'thing' using 3D CAD software. This course will introduce the basic concepts of 3D design and 3D printing. Each student will download or design their own object to print.

**Instructor: David Caditz Ph.D. 1 class**

Age	Day	Dates	Time	Fee	Course #
18+	Sa	4/21	10am-1pm	\$52	46910

**Location: Community Center, Terrace Lounge**

## Artisan Sour Dough Bread Workshop

If you've ever dreamt of pulling a fragrant, crusty, naturally-leavened sourdough loaf from your home oven, this class is for you. We'll discuss starter care and maintenance and then gain practice scaling ingredients, mixing by hand and developing dough strength over a series of stretch and folds. You'll learn the techniques for shaping, scoring and baking artisan quality bread, and everyone will go home with a professional quality banneton -bread proofing basket- and the bread dough that we develop in class, ready to bake at home the next day. We'll share a warm loaf straight from the oven, plus a sampling of cheese and olives... the perfect end to a perfect bake. For more information, visit [breadeducationSF.com](http://breadeducationSF.com).

**Instructor:** Cat Shimizu. 1 classes

Age	Day	Dates	Time	Fee	Course #
14+	Tu	4/17	6:30pm-8:30pm	\$97	46344
14+	Tu	5/22	6:30pm-8:30pm	\$97	46366

**Location:** Community Center, Kitchen

## Beginning Ukulele

In this 9 week introductory class you'll learn ukulele nomenclature, tuning, strumming, and basic chords so you may play over 100 songs in just a few weeks. The introductory class on 3/7 lasts 2 hours, 9am-11am and is essential to getting started. The remaining classes are 9am-10am. Please bring: A ukulele, tuner, binder, pen, pencil and a few quarts of Aloha Spirit. Drop in Fee: \$15

**Instructor:** Tucker Spolter. 9 classes

Age	Day	Dates	Time	Fee	Course #
16+	W	3/7-5/2	9am-10am	\$102	45939

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

**Students are asked to bring a ukulele, ukulele tuner, a binder, notebook, pen, pencil and eraser.**

## Ukulele Jubilee: Intermediate

In this intermediate Uke-a-nanny class, we'll sing, strum and play learning more about your ukulele every moment. We'll work on six songs a week. Four songs will be teacher's choice; two songs will be student's choice. We'll experiment with strumming tricks, chord combinations, one major and one minor scale, tab notation - ear training - harmonize with a teaspoon of musical theory. You'll learn to sing and play the songs of Sinatra, Elvis, Ray Charles, Patsy Cline, Roy Orbison, the Beatles and more. Let the ukulele roar on. Skill Level: You need to be able to play F Dm Bb & C7 with ease.

**Instructor:** Tucker Spolter. 8 classes

Age	Day	Dates	Time	Fee	Course #
16+	W	3/14-5/2	10:15am-11:30am	\$102	45940

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

**Drop in: \$15**

**Students are asked to bring a ukulele, ukulele tuner, a binder, notebook, pen, pencil and eraser.**

### ENNEAGRAM PROGRAMS AT MVCC



The Enneagram is a powerful gateway to gain a deeper understanding of yourself and others, create more fulfilling relationships, and break out of unconscious patterns. Join us for these transformative 2018 programs at MVCC:

**INSTINCTS AND SUBTYPES, March 24-25**  
 Peter O'Hanrahan will lead this highly interactive program exploring three important variations of each of the nine Enneagram types. Instinctual subtypes are as important as personality types when it comes to daily life, especially in our primary relationships.

**DEEPENING SPIRITUAL AWARENESS, April 20-22**  
 Join internationally acclaimed author Helen Palmer and Terry Saracino for this profound and contemplative week-end focused on the transformative potential of your own type structure for higher levels of being.

*We are an educational nonprofit dedicated to transforming lives and creating a more compassionate world.*

[www.EnneagramWorldwide.com/](http://www.EnneagramWorldwide.com/)  
 programs or call 866-241-6162, ext. 1.

  
**ENNEAGRAM**  
IN THE NARRATIVE TRADITION



## MILL VALLEY SENIOR CENTER

## WELCOME TO THE TERRACE LOUNGE

Come in and enjoy recreational activities for adults age 55+ that are scheduled daily at the Center.

The Terrace Lounge is open for drop-in activities Monday through Thursday 10:00am–4:00pm.

Evenings and weekends the facility is open for programs, classes and special events as scheduled.

Come see what the Center has to offer.

## FREE WEEKLY DROP-IN ACTIVITIES

## Crafty Crafters!

Come join us, bring an art, craft or learn a craft, every Monday, 10am–12pm in the Terrace room. Projects include seasonal items as well as jewelry making, greeting cards, origami, collage, felting and items of interest to the group.

No experience necessary. All seniors welcome!

**Mondays, 10am–12pm, Ongoing**

**Location: Community Center, Terrace Lounge**

## Scrabble

Looking for some fun and a new challenge? Join our scrabble group.

**Tues. 10am–12pm**

## Social Bridge

Come make new friends and brush up on your bridge. Social Bridge is geared for people who want to get back into the game in a friendly, comfortable and relaxed atmosphere.

**Tuesdays 10am–12pm**

**Experienced: Tuesdays 1pm–4pm**

**(No instruction given)**

## Mah Jongg

This very popular tile game is making a come back. Beginning and experienced players are welcome.

**Beginners: Tuesday, 10am–12pm, Lobby**

**Experienced: Wednesday, 1pm–4pm, Terrace Room**

**(no instruction given)**

## Pool Table

If you would like to brush up on your pool skills and enjoy a fun game with friends please join us here at the Community Center upstairs in the Teen Zone Lounge. We have pool cues available, but you are welcome to bring your own. **Free**

**Tuesdays & Thursdays, 9:00am–12:00pm**

**Location: Teen Zone**

## Movie Matinée

Have you heard about our Movie Matinée at the Mill Valley Community Center? We offer comedy, drama, action and animated movies old and new. Come and join us for popcorn, refreshments and a great show.

**(A monthly schedule is available at the Center.) Free!**

## Chair Yoga

Sit and get Fit! This class is designed to strengthen and stretch your body at a gentle pace. Great for beginners.

**Tuesdays: 11am–Noon**

**Sponsored by MV Seniors' Club & Mill Valley Recreation**

**Location: Cascade Room**

## Nifty Knitters: Let's get together!

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

**Thursdays, 10am–12pm, Ongoing**



SEE THE ADULT SECTION OF THIS BROCHURE FOR A WIDE VARIETY OF CLASSES



## MILL VALLEY SENIORS' CLUB

Mill Valley Seniors' Club, under the sponsorship of Mill Valley Recreation, operates as a community service organization with an elected Board of Directors. Yearly membership fee is \$30 and is open to men and women 55 years and over. The Club meets on Tuesdays from 10:00am until 2:00pm at the Mill Valley Community Center in the Terrace Lounge and Cascade Room.

Lunch is a brown bag affair with complimentary coffee and tea provided. Informal socializing with board and card games, bingo, guest speakers, seasonal art projects, as well as periodic luncheons and parties keep things interesting. Day trips and occasional overnights to an imaginative assortment of destinations are scheduled each month, as well as popular weekly chair yoga/exercise classes.

Membership is not required to participate in the activities in the Senior Terrace Lounge, however the membership fee includes a bi-monthly newsletter listing all Club activities, trips and special events.

New members and ideas are most welcome in this friendly group. If you are new to the area or would like to learn more about the Senior Program, stop by or call to schedule a tour at (415) 383-1370.

### Blood Pressure Screening

Heartland Hospice of Marin is pleased to offer blood pressure screenings at the Mill Valley Community Center. This service will be provided free every second Tuesday of each month.

**Day:** Second Tuesday of each month

**Time:** 11am–1pm

**Location:** Community Center Lobby

### H.I.C.A.P. – Health Insurance Counseling & Advocacy Program

H.I.C.A.P. volunteers provide assistance with Medicare and supplemental insurance claims and with evaluation and selection of supplemental health policies. Free counseling services are available 2nd & 4th Thursdays, 11am–2pm by appointment.

**Call 1-800-434-0222 for an appointment.**

**Funded by:** California Department of Aging

**DAYS/TIME:** 2nd & 4th Thursdays, 11am–2pm

**LOCATION:** Tamalpais Room



### TAX SERVICES: 2018

It's that time again...The tax man cometh.

Volunteer Tax aides from AARP will be available to assist you in preparing your tax forms. The services are offered FREE to all, on a first come, first serve basis.

**Date:** Tuesdays & Thursdays 2/1–4/17

**Time:** 9:30am–12:30pm

**Location:** Community Center

**Field View Room**

## GO VAN – GO! DAY TRIPPERS

Space is Limited to Nine (9) passenger  
Community Center Van.

Pick-up/Drop-off @ the Mill Valley Community Center.

### Go Van Go: Let's go to the Movies!

Lights Camera Action! We will start with a no-host lunch at Hop Monk Tavern and then choose our matinee feature at the newly decorated century cinema at the Roland Novato Center. I hear the seats are really comfy. Tickets and snacks for the Movie are included in this trip. Register early, limited seating in the van.

**Instructor: MVPR Staff. 1 class**

Age	Day	Dates	Time	Fee	Course #
55+	Sa	4/28	10:30am-3:30pm	\$25	46904

**Location: Community Center, Offsite**



### Think About It Thursday: Detect & Connect—A Workshop on Mental Illness

Learn how to detect behaviors that might reflect mental health or dementia issues, and how to compassionately respond and connect older adults to appropriate community resources. This workshop was created by Aging Action Initiative of Marin and will be facilitated by Faye Mitchell of Kindred at Home and Paula Marks of Tender Rose Dementia Care.

**Instructor: TBA. 1 class**

Age	Day	Dates	Time	Fee	Course #
55+	Th	3/29	1-2:30pm	\$0	46736

**Location: Community Center, Terrace Lounge- seating area**



### Life's Third Act

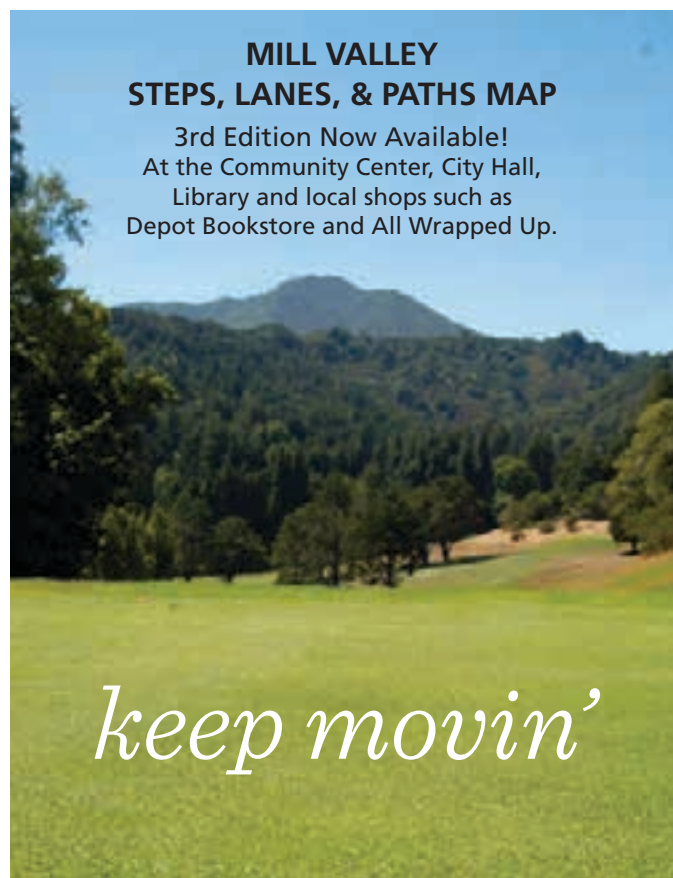
Small lively conversation groups for seniors who want to be with others the same age to talk, listen and laugh about aging. The group is led by two senior facilitators. Marin Village members receive 25% off, and scholarships are available. Participants must first meet with facilitators prior to enrolling. Call (415) 234-5040 to schedule an interview.

Age	Day	Dates	Time	Fee	Course #
65+	Wed	3/28 - 5/16	1-2:30pm	\$80*	46736

**\* Scholarships available. 25% off for Marin Village members.  
Location: Community Center, Tamalpais Room**

### MILL VALLEY STEPS, LANES, & PATHS MAP

3rd Edition Now Available!  
At the Community Center, City Hall,  
Library and local shops such as  
Depot Bookstore and All Wrapped Up.



*keep movin'*



## SPECIAL EVENTS

### Senior Art Show | Older Americans Month | May 2018

In celebration of Older Americans Month, we are inviting artists 60 years or older to participate in our annual Senior Art Show. This exhibit will be on display the entire month of May in our Lobby Area here at the Mill Valley Community Center.

An Artist reception is scheduled on Tuesday evening May 1st from 6pm–8pm so you can invite friends and family to view your beautiful artisan piece.

Registration forms and information will be available at the Community Center or online March 19, 2018. Participants must reside in Mill Valley or Southern Marin. Each Artist is allowed to exhibit ONE art piece. Painting, Drawing, Photo or Craft.

Your Art piece must be mounted for hanging with wire (no table top art) and pieces should not exceed 32"x 36".

**Space is limited.**

**All applications must be received by 5pm April 20, 2018. We are unable to accept any late entries.**

### STARDUSTER TUESDAYS!

Slip into your dancing shoes and kick up your heels where there is plenty of room in our elegant Cascade Ballroom to dance the night away to the fabulous sounds of The Starduster Orchestra. The Starduster Orchestra is a traditional big band. While playing music from all periods, they specialize in swing, and other dance music, from the 30's, 40's and 50's. Because they perform original arrangements with original instrumentation, our audiences get to enjoy the swingin' sound of the Big Band Era the way it was played...the excitement of their music compels audiences from eighteen to eighty to get up and dance.

**Tuesdays: 3/20, 4/17, 5/15, 6/19**

**7:30pm to 9:30pm**

**No dances July & August**

**Location: Community Center, Cascade Room**

**\$10 per person!**







Join us for a  
month of  
complimentary  
classes &  
workshops just  
for seniors!

# May is Senior Health & Wellness Month

## SAMPLES OF CLASSES:

Zumba Gold  
Movement & Music  
Outdoor Recreation  
Rehabilitative Health  
Brain Fitness Workshops  
Nutrition for Aging Gracefully

**Save the Date  
for a Luncheon Social!**

**Tuesday  
May 29th  
11:30 - 1:00pm**

Contact Debbie Callaway, Senior Services Coordinator:  
[dcallaway@cityofmilvalley.org](mailto:dcallaway@cityofmilvalley.org) | 415-383-1370



Mill  
Valley  
Seniors

# BOYLE PARK TENNIS COURTS

Tennis is a great way to stay fit! Classes are offered for all levels of experience. Come brush up on the basics, learn a new shot, or meet some playing partners. For updated court, lesson, and playing information go to [www.boyleparktennis.com](http://www.boyleparktennis.com) or call (415) 388-6523.

Tennis Instructors: Chris Reiff & Frank Van Riggelen.

[www.boyleparktennis.com](http://www.boyleparktennis.com) • Chris Reiff (415) 388-6523

## Tennis

### Adults & Youths 15+

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

Instructors: Chris Reiff & Frank Van Riggelen

## Morning Schedule

Tuesday & Thursday  
September – July

**Advanced/Intermediate:** 9am–10am

Match play drills, doubles strategy and some stroke analysis.

**Beg./Int. Stroke Production:** 10am–11am

Develop the fundamental skills needed for match play.

Morning classes run Sept. through June.

Price is \$15 for Drop-in or \$104 for an 8-class card

## Evening Schedule

**Beginning/Intermediate/Drill:**

Tuesdays & Thursdays – 6pm to 7pm

Stroke production and introduction to match play.

**Advanced/Drill:**

Tuesdays & Thursdays – 7pm to 8pm

Active drills and advanced match play.

Price is \$15 for Drop-in or \$104 for an 8-class card



## Pickleball

Wednesdays – 6pm to 7:30pm &

Fridays – 9:30am–11:00am

Paddles, plastic balls, and small

courts. Not exactly tennis,

but Pickleball is good exercise, social, and lots of fun!

\$64 for 8 class/card, or \$10 per class



## Saturday Morning Advanced Doubles

**Drop-in Play**

8:30am–10:00am

This program will include brief doubles instruction followed by match play. Play will be arranged by an informal round robin format.

Play is limited to a maximum of 12 players.

This is an advanced-level clinic.

Price is \$15 for drop-in, or \$104 for an 8-class card.

## Monday Night Intermediate Doubles

**Drop-in Play**

6pm–7:30pm

This program will include brief doubles instruction followed by match play. Play will be arranged by an informal round robin format.

Play is limited to a maximum of 12 players.

This is an intermediate-level clinic.

Price is \$15 for drop-in, or \$104 for an 8-class card.

## League Play

Boyle Park participates in USTA, Marin and SNMWTL league tennis. Please contact Chris at [bpt@boyleparktennis.com](mailto:bpt@boyleparktennis.com) or (415) 388-6523 for more information on league play.

Classes are ongoing. You may purchase a class card (no expiration) for \$104 which allows you to participate in 8 classes, or you can purchase classes on a drop-in basis for \$15/class.

When it's raining, tennis classes are cancelled. If in doubt of class status, call the Pro Shop at (415) 388-6523



## Mill Valley Golf Course

**Reservations / Pro Shop / Lessons**  
**(415) 388-9982**  
**280 Buena Vista Ave, Mill Valley**  
**Website: [www.mvgolfcourse.org](http://www.mvgolfcourse.org)**

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

### Youth on Course

The City of Mill Valley is proud to present Youth on Course, a program sponsored by the Northern California Golf Association (NCGA), designed to encourage junior golf, as well as family golf play locally. Membership includes the YOC card, membership into the NCGA with a host of benefits ([ncga.org](http://ncga.org)), as well as discounted play Mon-Fri for only \$5.00 (a daily savings of \$8-10).

### Par 3 Course

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

### Fees

Our fees and rates are available online at [www.mvgolfcourse.org](http://www.mvgolfcourse.org). Fees and rates subject to change.

**Golf Lessons** Gil Bennett (415) 388-9982

**Tournament Information** Gil Bennett (415) 388-9982

**Golf Clubhouse Reservations** John Murphy (415) 383-1370

**Contacts for Mill Valley Golf Club** [www.mvgolf.com](http://www.mvgolf.com)



## Important Sports Contact Information

Boyle Park Tennis Courts.....	388-6523
CYO Basketball.....	507-4237
Mill Valley Soccer Club.....	381-KICK
Southern Marin Youth Football .....	<a href="http://www.southernmarinfootball.com">www.southernmarinfootball.com</a>
Southern Marin Lacrosse .....	<a href="http://www.smlax.com">www.smlax.com</a>
Mill Valley Little League .....	<a href="http://www.millvalleyll.org">www.millvalleyll.org</a>

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

## Volkssport

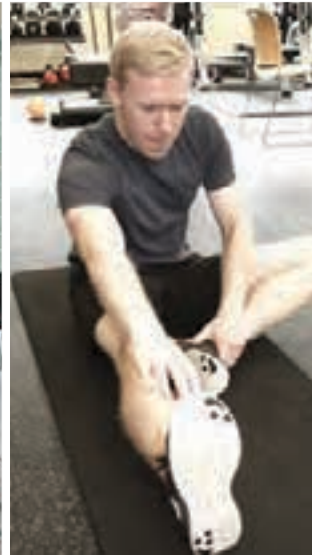
**If you like WALKING –**  
**You are going to love VOLKSSPORTS!**

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



# WELCOME TO THE AQUATICS & FITNESS CENTER

Enjoy a wonderful facility - Use our Aquatics & Fitness Center!



- No Initiation Fees!
  - Drop-Ins Welcome
  - You do not have to reside in Mill Valley to work out. Everyone is welcome!
  - Your drop-in rate includes the pool, gym and spa during your visit (be sure to check the pool schedule for availability).
  - Drop off daycare available in the mornings Mon-Sun with our Kidzwatch program. See page 87 for more information.
- See page 74 for fee info, based upon your residency.

## Aquatics & Fitness Center

General Information & Guidelines	74
Center Fees	75
Hours of Operation	73

## Fitness

Fitness for Mom	83
Group Exercise Classes	76-98
Outdoor Recreation	84
Personal Training	79-82

## KidzWatch

87

## Pool

Pool Program Descriptions	88
Pool Schedule	90-93

## Swim Lessons

Registration & Refund Policies	94
Swim Class Descriptions	95-96
Lesson Dates/Times/Offerings	97-105
Custom Private Lessons	106

## Tween/Teen Aquatics & Fitness

85-86

## Hours of Operation

Mon – Thurs:	6:30am – 9:00pm*
Fri:	6:30am – 6:30pm*
Sat:	7:30am – 5:00pm*
Sun:	8:30am – 5:00pm*

## Holiday Schedule

April 1st - Fitness Floor Only - CLOSES @ 2pm
May 28th - CLOSED
July 4th - CLOSED
August 11th - 19th - MAINTENANCE WEEK

\*The pool will close 5 minutes prior to the facility closing to allow patrons time to use the locker room and exit.



# MILL VALLEY AQUATICS & FITNESS CENTER

## Information and Guidelines

180 Camino Alto, Mill Valley, CA 94941

### Guidelines for Entire Aquatics & Fitness Center

- Entry fee is required for all guests. Towels are NOT provided, but may be purchased
- Towels are required to work out on the Fitness Floor
- No cell phone use allowed in Lobby, Locker Rooms, Fitness Floor, or elevator
- Persons under the influence of alcohol or drugs will NOT be permitted in the facility
- Persons using foul language or rude conduct will be asked to leave the facility
- Lockers are available in the Locker Rooms; bring a Lock
- Private Lockers are available to Annual Pass Holders and Punch Card Holders for \$10 per month
- No food or drink allowed (except KidzWatch)
- No GLASS containers allowed

### Swimming Pool Guidelines

- Follow lifeguard instruction and Code of Conduct at all times, or you may be asked to leave.
- Please follow all posted guidelines.
- Children 6 & under must have an adult in the water within arms reach of them at all times.
- Children 7, 8, & 9 years old must be accompanied by an adult or responsible 16+ year old.
- Children 3 & under, and anyone not potty-trained, must wear a disposable and reusable swim diaper.
- Swim diapers can be purchased at the desk.
- All swimmers must wear a swimsuit.
- A cleansing shower is required before entering the pool or spa.
- No food, drink, glass, gum or tobacco products allowed.
- No running on pool deck.
- Persons with a communicable disease, wearing bandages or having open wounds will not be allowed to use the facility.
- Rough play, pushing, fighting, back dives, back jumps and flips are prohibited.
- Only Coast Guard approved lifejackets allowed.
- NO DIVING; feet first entries only.
- For specific pool program's allowed equipment, please refer to page 68.
- Due to ventilation, management will determine when the roof/windows will be open.
- Lap swim rules outlined on page 88.

Pool schedule subject to change depending on programming, rentals, or weather.

### Spa Rules

- Children under 4 years old are NOT allowed in the spa.
- Unsupervised use by children under the age of 14 is prohibited.
- For children ages 4-14, the adult must wear a bathing suit and be fully submerged in the spa.
- Any individual wearing a swim diaper is NOT allowed in the spa.
- You are not allowed to sit on the edge of the Spa with your feet in the water (it blocks the lifeguards' view).
- Adults must be in the water with their children.
- Maximum of 2 children per adult.
- Please keep your head above water in the Spa.
- Elderly people, pregnant women, young children and persons with health conditions, should consult with a physician before using the spa.
- No lifejackets or toys allowed.

### Fitness Floor Guidelines

- Minimum age = 16 years old. 14-15 year olds may attend an orientation - 11-13 year olds may attend a fitness class session - and become approved to use the fitness floor. See page 85 for details.
- Before you begin an exercise program, you should consult your physician.
- Please follow all posted guidelines.
- If you are unfamiliar with our equipment, you need to attend a 1 hour orientation session with one of our fitness staff. Fee is waived if purchasing an annual pass. Otherwise it is \$15. Call ahead to schedule.
- It is required to bring a small towel while working out and to wipe down the machines after use.
- Appropriate attire must be worn: clean shirts, shorts, sweats. No swim suits or wet clothing. Closed-toed (athletic) shoes required.
- Please limit use of any single cardio machine to 30 minutes.
- Please wipe down equipment after use.
- Please re-rack your weights.
- No Personal Training sessions with non-MVPR staff allowed in the facility or on MVCC grounds.

### Slide Rules

- State law requires you must be 48" tall to ride the slide.
- Slide feet first on your back only.
- Slide users must be able to demonstrate swimming ability.
- Follow the Slide Attendant's directions at all times.

### Swimming Pool Features

- Main Pool: 3 Lanes; 25 Yards Long; 4-5' Deep
- Cove Pool: Wide Stairs; 3-4' Deep
- Water Temperature: 82-86°F
- ADA Accessible
- 11 Person Spa
- Retractable Roof & Water Slide

### Fitness & Weight Equipment

14 Spin Bikes	Matrix
6 Treadmills	Matrix
6 Ellipticals	Matrix
4 Recumbent Bikes	Matrix
4 Upright Bikes	Matrix
1 Rowing Machine	Matrix
1 Hybrid Bike	Matrix
1 Stair Climber	Matrix

Multiple functional weight training equipment available.

# AQUATICS & FITNESS CENTER USE FEES



## There are multiple ways you can use the Center.

(Access grants you the use of both the Pool & Fitness Floor)

1. Pay a per visit fee.
  2. Purchase a 20 pre-paid punch pass.
  3. Play unlimited all year round with an annual pass.
- These options DO NOT include Fitness Classes. Fees are NOT a Day Pass.  
We DO NOT have public restrooms. **To shower, you must pay the regular drop-in rate.**

*\*All fees include \$2 scholarship fee.*

## Per Visit Use Fees (Does NOT include classes-Fees are NOT a day pass)

Age Group	City of Mill Valley Residents (within city limits)	Greater Mill Valley & Beyond
Under 2	No Charge	No Charge
Youth (2-18)	\$7.00	\$8.00
Adults (19-59)	\$9.00	\$10.00
Seniors (60+)	\$8.00	\$9.00

## 20 Pre-paid Visits Pass

(20 Pre-Paid Visits cannot be shared with, or transferred to, other individuals)

Age Group	City of Mill Valley Residents (within city limits)	Greater Mill Valley & Beyond
Under 2	No Charge	No Charge
Youth (2-18)	\$97 (\$4.85 per visit)	\$117 (\$5.85 per visit)
Adults (19-59)	\$137 (\$6.85 per visit)	\$152 (\$7.60 per visit)
Seniors (60+)	\$112 (\$5.60 per visit)	\$132 (\$6.60 per visit)

*Prices include \$2 scholarship fee.*

## ANNUAL PASS-The BEST workout value in Mill Valley!\*

(Annual passes cannot be shared with other individuals)

Age Group	City of Mill Valley Residents (within city limits)	Greater Mill Valley & Beyond
Under 2	No Charge	No Charge
Youth (2-18)	\$287 (\$23.92 per month)	\$377 (\$31.42 per month)
Adults (19-59)	\$512 (\$42.67 per month)	\$607 (\$50.59 per month)
Seniors (60+)	\$392 (\$32.67 per month)	\$492 (\$41.00 per month)
2 Senior Household	\$562 (\$46.84 per month)	\$712 (\$59.34 per month)
2 Adult Household	\$736 (\$61.34 per month)	\$887 (\$73.92 per month)
1 Senior / 1 Adult Household	\$677 (\$56.42 per month)	\$827 (\$68.92 per month)
Family Pass: 1 Youth / 1 Adult*	\$602 (\$50.17 per month)	\$737 (\$61.42 per month)
Family Pass: 2 Youth / 2 Adult*	\$868 (\$72.34 per month)	\$1,157 (\$96.42 per month)
*residing in same household	\$65 per additional youth	\$86 per additional youth

*Prices include \$2 scholarship fee.*

## Locker Rental

Lockers are available to rent for anybody who purchases an Annual Pass or Punch Card.

12 Month Commitment \$120/year or \$10/month auto debit

6 Month Commitment \$90/6 months or \$15/month auto debit

3 Month Commitment \$60/3 months or \$20/month auto debit

No refunds if you terminate your rental early. No locker rental available for day use drop-in.

You must bring your own lock or purchase one from the Front Desk.

## Group Exercise Class Fees

Drop In	\$13/class
12 Class Pass	\$127.00
24 Class Pass	\$242.00
Monthly Unlimited Class Pass	\$82.00

**\*\*Fees for these classes are NOT included in your drop-in gym rate.**

Any level of exerciser can be accommodated.

Ages 14+

\*A Monthly Payment option is available when purchasing an Annual Pass. Just complete and return our Pass Holder Agreement form. Forms are available at the front desk and online.

Check with your Insurance Company for possible Health Club reimbursement.

Prices subject to change. A scholarship program is available to make the Center accessible to everyone! See the Community Center Section for more information. Depending on use, shower-only times may be limited.

An Adult Chaperone or Aide is defined as someone who is actively assisting another individual who needs help or assistance for safety and/or health reasons. The Aide/Chaperone can be in the water or on the fitness floor and must always be within an arm's reach of the person needing assistance. This person is not working out, not in gym clothes and is not actively participating in any fitness class, space or using equipment. The sole purpose of the Aide/Chaperone is to provide a safer workout environment for the person needing assistance.



## GROUP EXERCISE CLASSES

For an updated schedule, see our website at [millvalleyrecreation.org](http://millvalleyrecreation.org) or call (415) 383-1370

\*\* See page 75 for Group Exercise class fees \*\*

### Aqua Body Sculpt

Work traditional weights and water fitness equipment totally unique to a pool environment for an all-over muscle toning experience. Aerobic endurance and HIIT (High Intensity Interval Training) methods also covered. Advised for the more conditioned exerciser.

### Aqua Tabata

Increase your speed, strength, and cardiovascular health in the pool! One of the toughest methods of high-intensity interval training, Tabatas stimulate your metabolism and are proven to revitalize your energy on a molecular level. Not for those with a heart condition.

### AQUA Zumba

This is a classic aqua aerobics class with Latin flavor added! You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders. The typical land-based Zumba dance steps, such as cha-cha, merengue, salsa, reggaeton and mambo, need to be more exaggerated and slower in the water, so the water tempo is half the land tempo. It's dancing in the water!

### Barre & Stroller Barre\*\*

This class is a unique blend of ballet, pilates, barre and yoga, as well as cardio exercises designed to help moms build strength and muscle tone and improve posture. Stroller Barre is held outdoors. Barre classes focus on strengthening and creating an ideal length/tension relationship in all the postural muscles, creating a taller, leaner-looking mommy!

### Body Fit

A fun and unique class that combines cardio and strength training. Enjoy the toning and cardio benefits of dance with the strength-building of HIIT! To start, you'll get your heart pumping with dance moves that are easy to follow set to fantastic music from around the world. In the second half of class, you'll do bootcamp moves (squats, lunges, jacks, push-ups) perfectly in sync with music that drives you to keep going! Final portion of class is on a mat to target the core. Full body workout every class. Lower impact/intensity modifications will be shown throughout.

### Body Sculpt

High energy, full body workout using hand weights, body bars, bands, and mat work to build muscle endurance and sculpt and tone head to toe.

### Body Tone

With a focus on accurate form and low-impact strengthening, Body Tone will sculpt and define your muscles while incorporating small cardio segments ensuring that you leave class feeling productive and stronger. Class incorporates use of hand-weights, resistance bands, bosu ball and body bars as well as cardiovascular, stretching and strength-training exercise to help burn calories, increase flexibility and tone muscles. Slow motion fitness incorporated to maximize muscle burn out and guarantee a great work out.

### Cardio Interval

This interval class welcomes all levels; it can be modified for low or high intensity workouts. Various plyometric and callisthenic movements, basic step, kickboxing and hi/low aerobic movements are performed.

### Family Fitness @ the Center

Join Coach Tilda for a fun workout for the entire family! Geared towards kids of all ages and their families, class is filled with games, activities and exercises that are safe, fun and challenging for both kids and parents. Not only is this a creative way to start an active lifestyle at a young age, you get to spend quality time with your family!

### Hatha Yoga

'One-size-fits-all' Hatha Yoga class that includes foundational poses and sequences designed to build strength, balance and flexibility. Breathwork, alignment and modifications are covered for all participants at any level of experience.

### Mat Pilates

Pilates exercises develop improved core control, coordination, standing alignment and balance. Pilates rings and blocks are used to develop improved balance, flexibility, stability and muscle tone. Modifications will be offered for beginning to advanced students.

### Pilates Barre

This transformational full body workout concentrates on hips, thighs, seat, abdominals and arms. By targeting the muscles that contribute most to body change you will create longer, leaner muscles, not bulk, using primarily your own body weight and the support of a ballet barre. The class emphasizes core stability to support precise movements, integrating whole body balance, strength and flexibility. This mindful approach makes the class safe and accessible to various fitness levels, ages and body types. Leave feeling refreshed and invigorated!

### Pre-Post Natal\*\*

Set to music, this course better prepares the expectant mother and slenderizes the postpartum mother. Luray offers a complete body workout. Separate fees apply.

## GROUP EXERCISE CLASSES

For an updated schedule, see our website at [millvalleyrecreation.org](http://millvalleyrecreation.org) or call (415) 383-1370

\*\* See page 75 for Group Exercise class fees \*\*

### Spin

Challenging and upbeat spin class for all fitness levels with an emphasis on improving cardiovascular endurance and having fun! High energy cardio workout, using hill climbs, sprints, and endurance drills to help meet your fitness goals.

### Spin Lite

Learn the basics of seat set up, how to use the resistance dial, different hand positions and the different exercises you can do on the bike. Class includes a 50 minute cardio ride which strengthens your legs, joints, and is non-impactful. Class perfect for all first-time spinners, those with rehabilitation needs and active seniors.

### Stroller Strides\*\*

Stroller-based fitness program designed for moms with little ones. Each total body workout incorporates power walking, strength, toning, songs, and activities. We welcome both moms and soon-to-be-moms. Class is held outdoors with your little ones.

### STRONGMOM Aqua

Water holds a multitude of physiological benefits during pregnancy, from reducing musculoskeletal stress to supporting the weight of the fetus. Allow your heart to pump blood more efficiently, reduce pregnancy-related swelling (edema) and take pressure off the bladder. Coach Tilda will guide you through a full body workout in the pool to strengthen, help you maintain stamina, and improve your flexibility. Class ends with some relaxing yoga moves and stretching to leave you fresh and energized!

### TRX Basic

New to the TRX and just getting started? Want to challenge your fitness but not overdo it? Start with this simple TRX workout as you increase total-body flexibility, promote mobility and stability and develop core strength. This class focuses on technique, flexibility, balance, and strength by developing basic foundational exercises through easy to follow progressions. New users or those with limited mobility and strength are encouraged to attend this session.

### TRX Strong

This class will push you to new levels of strength using the TRX Suspension Trainer and your own body weight. Be ready to "feel the burn" as you power through multiple sets of high tension loads in this time-based workout that features intermediate to advanced strength exercises. In this class, your cardio comes in the form of two unique blocks of strength exercises that deliver a high intensity workout sure to burn calories and leave you quivering during and long after your workout is complete.

### Undo & Renew

Reconnect, re-energize, and breathe! This class includes attention to form and alignment, some flowing sequences, breath work and some meditation. Perfect for beginners as well as those who want more detail and deepening of the poses. Discover your own intuitive self in the movement and breath of this practice. A full-service self-care experience.

### Water Fitness Power

A high-energy, fast-paced class designed for maximizing aerobic and anaerobic power through challenging movements and repetitions. Muscle building and core also a focus. Taught in deep and shallow water and advised participants that feel comfortable in deep water. Buoyancy belts available for use.

### Water RX/Strength

A lower-intensity, moderate-paced class designed for improving balance, joint flexion and range of motion, alignment and core strength with progression to retaining muscle mass and even cardiovascular ability. Ideal for persons recommended by physicians for pre- or post-surgery rehabilitation and physical conditions that require modified movements. Must be able to enter water unassisted. Taught in deep and shallow water. Flotation equipment available for use.

### Yoga @ Old Mill Park

Practice a modification of alignment based anusara-inspired yoga with a combination of breathing, standing and seated postures in front of the beautiful redwood trees. Prepare to sweat, breathe, align and stretch. Enjoy a fun unique environment of mindfulness and acceptance while strengthening your core, balance and long muscles. Designed for students of all levels. Bring a mat and water bottle.

### Yoga Flow & Go

Enjoy the union of breath, movement and skillful alignment in a gentle flow to warm the body. Move into some standing and strength building postures. Finish with some deeper stretching and leave for your day feeling strengthened, more flexible and balanced. Suitable for most levels.

### Zumba Gold

Class perfect for active older adults looking for a low intensity cardio workout in a fun and upbeat environment. Class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

### Zumba @ The Center

Join the dance party! We take the "work" out of workout, by mixing low-intensity and high intensity moves for an interval-style, calorie burning dance fitness party on the lawn. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

# SAMPLE GROUP EXERCISE CLASS LIST

See our website for the current schedule at [millvalleyrecreation.org](http://millvalleyrecreation.org)

	MORNING	MIDDAY	EVENING
<b>M O N</b>	8:30am: Spin – Sheri 8:30am: Cardio Interval – Loretta 9:00am: Water Fitness – Tilda 9:30am: Stroller Strides – Karin C 9:30am: Body Sculpt – Sheri 10:00am: Water RX – Tilda 10:30am: Body Tone – Jude 10:30am: Pre/Post Natal – Luray*	11:00am: Aqua Tabata – Tina 11:30am: Zumba Gold – Beth	6:00pm: Beg. Swing Dance – TBD 7:15pm: Int. Swing Dance – TBD
<b>T U E S</b>	8:30am: Mat Pilates – Kathy 8:30am: TRX Circuit – Tilda 9:00am: Water Exercise – Kathy 9:30am: Body Fit – Beth 10:00am: Water Therapy – Kathy 10:45am: Hatha Yoga – Tom	12:00pm: Spin – Sheri	6:00pm: Water Fitness – Carla 6:00pm: TRX Strong – Tilda
<b>W E D</b>	8:30am: Cardio Interval – Loretta 8:30am: Spin – Sheri 9:00am: Water Fitness– Tina 9:30am: Stroller Strides – Karen M 9:30am: Body Sculpt – Tilda 10:00am: Water RX – Tina 10:30am: Body Tone – Jude 10:30am: Pre/Post Natal – Luray*	11:00am: Aqua Tabata – Tina 12:30pm: Yoga – Emily	
<b>T H U R</b>	8:30am: Mat Pilates – Kathy 8:30am: TRX Circuit – Tilda 9:00am: Water Fitness – Shaun 9:30am: Body Fit – Beth 10:00am: Water RX – Shaun 10:45am: Hatha Yoga – Tom	12:00pm: Spin – Sheri	6:00pm: Water Fitness – Sheri 6:00pm: TRX Strong – Tilda
<b>F R I</b>	8:30am: Spin – Sheri 9:00am: STRONGMOMAqua - Tilda 9:00am: Water Fitness – Tina 9:30am: Body Sculpt – Sheri 9:30am: Stroller Strides – Kim 9:45am: TRX Circuit – Natalie 10:00am: Water RX – Tina 10:30am: Body Sculpt – Sheri	11:00am: Aqua Tabata – Tina	
<b>S A T</b>	8:30am: Spin – Sheri 9:30am: Pilates Barre – Kathy	11:15am: Aqua Zumba – Bea	*Don't forget to check out our complimentary monthly classes. Pick up or download a schedule.
<b>S U N</b>		<b>All Classes are Designed for All Levels of Exercisers and Can be Modified to be Easier or More Challenging</b> *Pre/Post Natal held in Main Community Center Building	



# PERSONAL FITNESS TRAINING

The Mill Valley Fitness Center offers affordable personal training options.  
All trainers can work with all levels of exerciser.

## 1 HOUR PERSONAL TRAINING

1 Session - \$70  
4 Sessions - \$265  
8 Sessions - \$526

## 1 HOUR COUPLES TRAINING

1 Session - \$49  
4 Sessions - \$186  
8 Sessions - \$364

## 1 HOUR 3 PERSON TRAINING

1 Session - \$42  
4 Sessions - \$159  
8 Sessions - \$316

## 1 HOUR 4 PERSON TRAINING

1 Session - \$35  
4 Sessions - \$133  
8 Sessions - \$260

## 30 MINUTE PERSONAL TRAINING

1 Session - \$35  
4 Sessions - \$133  
8 Sessions - \$260

## 30 MINUTE COUPLES TRAINING

1 Session - \$25  
4 Sessions - \$94  
8 Sessions - \$182

## 30 MINUTE 3 PERSON TRAINING

1 Session - \$21  
4 Sessions - \$80  
8 Sessions - \$156

## 30 MINUTE 4 PERSON TRAINING

1 Session - \$18  
4 Sessions - \$67  
8 Sessions - \$130

\*\*Prices shown are **per person** program costs.\*\*

Our trainers will customize your workout according to individual needs, with strict attention to any pre-existing medical or physical conditions. If necessary they will also assist with your rehabilitation.  
To book an appointment please contact our trainers directly:



## FITNESS FLOOR ORIENTATION - Teen Options

**Ages 16 yrs+:** As a service to all patrons if you purchase an annual pass, we will provide a free fitness equipment orientation with one of our trained fitness staff. Equipment orientations are not personal training sessions. This is a basic introduction to the equipment which can take up to 1 hour. Failure to attend scheduled orientations or cancellation within a 24-hour period will result in loss of this free service. If you are not an annual pass holder, you may attend a 30-minute Fitness Floor Orientation with a qualified trainer for \$15.

**Ages 14 & 15 yrs:** You must book 1 hour fitness orientation (\$15) with one of our Personal Trainers to get approved to use the Fitness Floor. If you purchase an annual pass we will provide this for free.

**Ages 11 – 13 yrs:** You must attend a full session of Teen Fitness Strength Training or book a package of (4) 30 min. training sessions with any trainer (\$133) to get qualified to work out on the fitness floor. Please see page 85 for schedule, cost and more information.

## PERSONAL FITNESS TRAINING

The Mill Valley Fitness Center offers affordable personal training options. All trainers can work with all levels of exerciser.



### Tom Beyer – Enhance your Mind, Body & Spirit

Tom is a certified Fitness Trainer through ACE and holds a B.A. degree as well as teaching credentials in yoga and meditation. For years, Tom has been helping people of all fitness levels and rehabilitation needs work toward their goals.

- Pre & Post Op Rehab
- Stability, Balance & Fluidity
- Gentle, personalized approach tailored to each individual's needs

Contact Tom at (415) 420-3386 or [tom@fit-at-any-age.com](mailto:tom@fit-at-any-age.com)



### Sheri Lempert – Specializing in Safe, Effective Full-Body Workouts and Fitness Nutrition

Sheri is a personal trainer, and group fitness instructor holding certifications from NASM, ACE, TRX, and Maddog Athletics. She specializes in cardiovascular and resistance training, with an emphasis on proper form, effective ways to train, as well as what to eat when for your best performance. Offering her clients a safe, effective, challenging workout aimed at reaching their health, fitness, and lifestyle goals, Sheri has a true passion for inspiring others to remain strong and vibrant by living active, healthy, balanced lives.

- Sculpt and tone your body
- Build endurance and strength
- Work on balance and flexibility
- Learn about how good nutrition can support an active lifestyle

Contact Sheri at (415) 378-8609 or [getfitwithsheri@gmail.com](mailto:getfitwithsheri@gmail.com) | [www.getfitwithsheri.com](http://www.getfitwithsheri.com)



### Elisa Menzel – Balance Exercise Programs for Older Adults

Experience superior multi-component balance training. Elisa is known for her all-inclusive strategy for optimizing balance training. Feel safe and cared for while learning this effective balance program with Elisa. Balance training focused on improving functional tasks

- A well-designed exercise program that features concurrent performance of balance exercises and additional tasks
- Improving client's balance-recovery reaction capacity
- Resistance training coupled with balance training for improved postural stability

Contact Elisa at (415) 748-1977 or [Elisa@fitness-inside-out.net](mailto:Elisa@fitness-inside-out.net)



### Shaun Naughton – Bring out the best in each person

Shaun is a multi-certified health professional with more than fifteen years of experience as a teacher, trainer and coach. Shaun holds certifications from Yoga Alliance, USA Triathlon and the National Academy of Sports Medicine as a Corrective Exercise Specialist, Performance Enhancement Specialist, and Mixed Martial Arts Conditioning Specialist. Training, Yoga and the application of these principles keep us vibrant and strong and help to break unhealthy patterns and destructive behaviors. He has something rewarding for everyone. Come play, explore and evolve

- Eclectic approach drawing on years of practice and training experience
- A weaving of peak physiology, performance psychology and emotional intelligence along with the yogic traditions.

Contact Shaun at (415) 572-8957 or email [naughtons@hotmail.com](mailto:naughtons@hotmail.com) | [www.shaunnaughton.com](http://www.shaunnaughton.com)

# PERSONAL FITNESS TRAINING

The Mill Valley Fitness Center offers affordable personal training options. All trainers can work with all levels of exerciser.



## Tracey O'Hare – Movement for Every Body

Tracey holds a B.S. in Kinesiology and certifications from ACSM, ACE and TRX. Noted for her excellent teaching skills, Tracey's proficiency helps her clients understand their bodies, how to move them in a safe, effective manner and how to progress as they become stronger and more fit. Tracey's expertise is in working with clients who have rehabilitation needs (orthopedic, cardiac and cancer-related), the de-conditioned, seniors and beginners. Further, she is a HAES advocate who believes that movement is a reward unto itself and that everybody benefits from movement.

- Safety, skills, technique, and confidence
- Programs adapted to your unique body
- Movement IS motivation

Contact Tracey at (415) 381-4810 or [tracey\\_ohare@hotmail.com](mailto:tracey_ohare@hotmail.com)



## Harriet Parsons – Specialist in the Fundamentals

Understanding the challenges that go along with consistent exercise and healthy eating, Harriet is an advocate of lifting weights combined with cardio workouts. She holds NCSF certificates in both Personal Training and Nutrition. Harriet specializes in guiding you through the fundamentals to ensure you are firing up the correct neural pathways to get the most from your workouts, whilst minimizing the risk of injury.

- Creative workouts to curb boredom
- Provides structure and focus to your workout
- Injects fun into exercise so you want to come, rather than feeling you have to

Contact Harriet at (415) 400-9316 or [mrsharryfitness@icloud.com](mailto:mrsharryfitness@icloud.com)



## Tilda Loftin – Work hard, keep it fun and see great results

Tilda is a NASM certified personal trainer, group fitness instructor for both land and water classes and massage therapist. Focusing on proper technique and a whole-body approach to fitness (including what you eat) Tilda specializes in teen, pre/post natal and corrective exercise.

- Combination of high intensity drills with strength workouts
- Proper technique you can quickly, and safely, get stronger fast
- Plyometric and body weight focus for safe (and fun) workouts

Contact Tilda at (650) 867-2505 or [tilda@coachtilda.com](mailto:tilda@coachtilda.com) [www.coachtilda.com](http://www.coachtilda.com)



## Sarah Colasanti – Improve your strength, endurance, and flexibility

Sarah is NASM certified. She holds a certification in Scientific Back Training through CHEK Institute as well, and has taken multiple sports medicine classes at Santa Rosa Junior College. She uses corrective exercise to fix posture/alignment, and to help and prevent chronic pain and reduce injury.

- Tailor safe and effective programs for post injury or pre/post-natal training
- Learn proper technique for best lifting practices
- Create a workout plan to help accomplish your activities of daily living

Contact Sarah at (707) 303-5825 or [scolasanti16@yahoo.com](mailto:scolasanti16@yahoo.com)



## Carol Viliani – Safe strength, balance and flexibility training for all levels

Carol is an ACE certified Personal Trainer and Small Group specialist holding a degree in Zoology from UC Berkeley. She spent 20 years as a professional in Food Nutrition and Science. With a lifelong passion for health and exercise, she believes fitness to be a catalyst for positive change affecting every aspect of your life. Offering each client a comprehensive strength workout that is fun and goal oriented, she welcomes seniors, in particular, to become active, confident and strong and live their very best life.

- Great technique for mastering strength training with confidence.
- Whole body strength focus for seniors - five activities of daily life.
- High performance recreational tennis workouts - plyometrics, speed and agility training.

Contact Carol at (303) 910-3176 or [carolvigliani@gmail.com](mailto:carolvigliani@gmail.com)



## AQUA PERSONAL TRAINING

**Come experience our aquatic training services at the Center!**

Water is the wave of the fitness future! The natural properties of water make it both a supportive and resistant environment to exercise in, perfect for those pre- or re-habilitating an injury or even for a surprisingly challenging workout that can deliver real results.

Our spacious 84-degree pool offers a team of trained water fitness instructors whose passion is to deliver the highest quality water fitness classes possible for all ages and abilities. From your very first class, you will notice the difference of completing movements in the water, allowing you to move more freely and improve day-to-day functions.

### Proven benefits of exercising in the water include:

- Improved balance and gait
- Strengthened core muscles
- Increased joint flexion and overall mobility
- Sharpened reflex response time
- Decrease in pain or stiffness



### PERSONAL ONE-ONE-ONE TRAINING with Aqua Trainer & Instructor, Tina Parrish Take Your Workout to the Water!

Tina is an AEA certified Water Fitness Professional and NASM certified Personal Trainer, focused on delivering effective and safe exercise for active adults of all ages and abilities. Under her guidance and expertise, you will do more in less time with noticeable improvements to such common health issues as obesity, diabetes, arthritis, high blood pressure, and even anxiety.

Contact Tina @ (415) 827-6895 or [katrinacanwrite@yahoo.com](mailto:katrinacanwrite@yahoo.com)

**Our services include a wide range of water fitness options that include:**

#### WATER FITNESS/POWER CLASS

A higher energy, face-paced class designed for maximizing aerobic and anaerobic power through more challenging movements and repetitions. Muscle building and core also a focus. Taught in deep and shallow water. Advised participants feel comfortable in deep water.

**Classes M-F @ 9am**

#### WATER RX/STRENGTH CLASS

A slower and lower intensity class designed for improving balance, joint flexion and range of motion, alignment and core strength. Participants progress to retaining muscle mass and even cardiovascular ability. Ideal for persons recommended by physician's conditions that require modified movements. Must be able to enter water unassisted. Taught in deep and shallow water.

**Classes M-F @ 10am**



*Not a medical facility or rehabilitation center able to address significant health issues. Must be able to enter pool unassisted to attend personal training sessions or group water classes.*

# FITNESS FOR MOM!

Mill Valley Recreation is happy to provide multiple exercise options for women (and their support partners) throughout all stages of pregnancy! Consistent exercise not only helps you maintain a positive mental state but also helps alleviate common discomforts from pregnancy and sets your body up for a more successful return to pre-pregnancy state.

## Pre & Post Natal Exercise

Set to music, this course better prepares the expectant mother and slenderizes the postpartum mother. Luray offers a complete body workout along with special emphasis towards the body parts affected in the childbearing period – abdomen, back, pelvis and thighs. Students will gain strength, flexibility, stamina and control over their changing bodies. Women may begin class 2 weeks after a vaginal birth and 4–6 weeks after a Caesarean birth. Babies and young children are welcome to come to class. Any fitness level will be individually addressed by the instructor and can be accommodated.

**Instructor:** Luray Eshelman has an extensive background in Lamaze, teaching, physical therapy, fitness and dance.

Day	Time	Fee
M, W	*10:30am–11:30am	\$120 10 Punch Pass \$14 Drop In

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



## STRONGMom Aqua

Water holds a multitude of physiological benefits during pregnancy, from reducing musculoskeletal stress to supporting the weight of the fetus. Allow your heart to pump blood more efficiently, reduce pregnancy-related swelling (edema) and take the pressure off your bladder. Coach Tilda will guide you through a full body workout in the pool to strengthen, help you maintain stamina, and improve your flexibility. Class ends with some relaxing yoga moves and stretching to leave you fresh and energized. Coach Tilda has over 17 years of experience in pre/postnatal fitness. She is the Cofounder and Head Coach for STRONGMom, a pre/postnatal fitness app, and a mom who worked out herself in the water during both her pregnancies.

Day	Time	Location
Fridays	9:30am	Cove

**Cost:** \$15 for drop in or available under monthly fitness pass  
**Class is limited to 8 people**



Come join a total fitness program that moms can do with their stroller-age children! It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Workouts are usually 1 hour containing a 50 minute section of cardio/strength and 10 minutes of abs and stretching. Classes are usually held outdoors unless extreme weather. You do not have to have a jogger stroller.

**Fee:** First class free. Several class package options available.

Day	Time
W, F	*9:30am–10:30am

**Location:** Hauke Park



This class is a blend of ballet, Pilates, barre, yoga and stroller-based exercises performed outside with your child. Specifically designed to help moms build strength and muscle tone and improve posture, this class focuses on strengthening and creating an ideal length/tension relationship in all the postural muscles, creating a taller, leaner-looking mommy!

**Fee:** First class free. Several class package options available.

Day	Time
M	*9:30am–10:30am

**Location:** Hauke Park

**To Register for Stroller Strides & Stroller Barre:**  
Go directly to [strollerstrides.net/marin](http://strollerstrides.net/marin). Any questions or concerns, contact the instructor Karin Collins at [karin@Fit4Mom.com](mailto:karin@Fit4Mom.com), by phone at (415) 734-8174, or at Fit4Mom.com

**\*KidzWatch childcare is available during these times. Please see page 87 for more information.**

# OUTDOOR RECREATION & FITNESS

## FREE Community Classes for the Entire Family

### YOGA @ Old Mill Park

**First Saturday of every month, 9:00am–10:00am**

Alignment-based Hatha yoga practice in the company of majestic redwoods, community, and lots of fresh air! Enjoy a fun and unique environment of mindfulness, stretching and strengthening. Wear layers, and bring a mat and water bottle. 9am–10am behind the library. All levels of experience and flexibility are welcome! Bring a mat and water bottle. Call (415) 383-1370 for questions.

**Location:** Meet at Old Mill Park Amphitheatre, 10 minutes prior to start of class.

### Family Fitness Class @ The Center

**Second Saturday of every month, 9:00am–10:00am**

Join Coach Tilda for a fun workout for the whole family! Geared towards kids of all ages and their families, class is filled with games, activities and exercises that are safe, fun and challenging for both kids and parents. Not only is this a creative way to start an active lifestyle at a young age, you get to spend quality time with your family in the healthiest way possible!

**Location:** Class is held at the Community Center, on the lawn triangle behind the Center.

### Zumba @ The Center

**Third Saturday of every month, 9:00am–10:00am**

Join the dance party! We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party on the lawn. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Check in at the Aquatics & Fitness Center front desk.

**Location:** Class is held at the Community Center, on the lawn triangle behind the Center.

### Meditative Medicine & Wild Walks

**Fourth Saturday of every month, 9:00 – 11:00am**

Please come join us to soak up the sunshine and fresh air of our ancient redwoods! We’ll be enjoying the aromatherapy of our local plants and focusing on improving breath work while taking a stroll up the Dipsea steps from Old Mill Park. From hugging trees, eating wild weeds, and making magical teas, we’ll be on a journey learning how to flow in the web of life while enjoying a guided walk/light hike through Mill Valley’s natural beauty.

**Location:** Class meets at Meet Old Mill Park Amphitheatre 10 minutes prior to start of class.



The City of Mill Valley is excited and proud to announce that we have launched a wellness program centering on an all-encompassing approach to healthy and happy living.

Well being Mill Valley includes programs centered around active living through exercise in movement, mindful awareness through meditation and stress reduction, and healthy eating through educational programs. Our goal is to provide the community with affordable programs that teach the tools to live a happier, healthier and more grounded life.

**Interested in being a part of our  
Well Being Mill Valley program?**  
Contact Kat at [kreisinger@cityofmillvalley.org](mailto:kreisinger@cityofmillvalley.org)  
or call (415) 383-1370.





# SPRING YOUTH AQUATICS & FITNESS PROGRAMS

## Splashball

This program is designed to introduce the sport of water polo to children. The intent is to provide basic skills and understanding of the sport in a recreational format while emphasizing exercise. Although water polo is known for its toughness and endurance, Splashball™ harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate. Must be able to swim a minimum 50 yards without stopping and stand in shallow end.



Age	Day	Dates	Time	Fee	Course #
7-11	W	4/4-5/23	Beginner 3:40pm-4:40pm	\$128	45694
8-11	W	4/4-5/23	Advanced 4:45pm-5:45pm	\$128	45695

**Location: Community Center, Cove**

## Lifeguard Training

The purpose of the American Red Cross Lifeguard Training Course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. To be eligible for the LGT course, candidates must be 15 years of age on or before the final scheduled session of the course. In addition, candidates must also successfully complete various swimming prerequisites.

Age	Day	Dates	Time	Fee	Course #
15+	Th-Su	4/19-4/22	4:30pm-5pm	\$252	46847
15+	Th-Su	5/17-5/20	4:30pm-5pm	\$252	46852

**If fail end of course exam, no refunds.**

## Lifeguard Training Review Course

The ARC Lifeguarding review classes are designed to help you update your skills while also extending your certification for another two years. The Red Cross also offers review courses, for those whose certification is still valid (or within 30 days of expiring) while allowing you to continue to work without a lapse in verification.

Age	Day	Dates	Time	Fee	Course #
15+	Sat & Sun	4/21 & 4/22	9am-5pm	\$162	46851
15+	Sat & Sun	5/19 & 5/20	9am-5pm	\$162	46853

**Prerequisites: Individuals with a current Lifeguarding/First Aid/ CPR/AED or Shallow Water Lifeguarding/First Aid/ CPR/ AED certificate may participate in a review course. If fail end of course exam, no refunds.**

## Lifeguard Instructor Training

The primary purpose of the American Red Cross Basic Lifeguarding Instructor Course is to train instructors to teach the basic-level American Red Cross Lifeguarding courses. Course Requirements: 1. Be at least 17 years old on or before the final scheduled session of the course. 2. Possess a current basic-level certification in Lifeguarding/First Aid/CPR/AED. 3. Successfully complete the online Introduction to the Lifeguarding Instructor Course prior to the precourse skills session via the class roster and online content completion status report.

Age	Day	Dates	Time	Fee	Course #
17+	W-F	5/9 - 5/11	4:30pm-8:30pm	\$252	46848
	Sat & Sun	5/12 & 5/13	9:00pm-5:00pm		

**Location: Community Center & Tam High Pool**

**Must be present for entire course.**

**If fail end of course exam, no refunds.**

## Teen Fitness Strength/ Nutrition Training

Strength training for tweens? You bet! According to the Mayo Clinic and the American Pediatric Association, done properly, strength training offers many bonuses to teens. It is even a good idea for kids who simply want to look and feel better. In fact, strength training can put your child on a lifetime path to better health and fitness, not to mention give them that competitive edge in sports. For teens, light resistance and controlled movements are best - with a special emphasis on proper technique and safety. Each session will include nutrition tips and a strength training workout including handouts and an active introduction to basic anatomy. Class is limited to 3 in order to provide personalized and detailed instruction to all teens. 1st session will cover a health history and individual goals as well as a short workout.

**Instructor M/W Shaun Naughton**

**Instructor Tu/Th Tilda Loftin**

Age	Day	Dates	Time	Fee	Course #
10-14	M&W	3/26-5/2	3:30pm-4:30pm	\$252	45481
10-14	M&W	3/26-5/2	4:30pm-5:30pm	\$252	45482
10-14	Tu&Th	3/27-5/3	3:30pm-4:30pm	\$252	45479
10-14	M&W	5/7-6/6	3:30pm-4:30pm	\$227	45483
10-14	M&W	5/7-6/6	4:30pm-5:30pm	\$227	45484
10-14	Tu&Th	5/8-6/7	3:30pm-4:30pm	\$252	45480

**Location: Community Center, Fitness Floor**

**No Class 4/9-4/12, 5/28**

# SUMMER YOUTH AQUATICS & FITNESS PROGRAMS

## Volunteer Swim Aide

Think you might be interested in working as a Lifeguard or Swim Instructor? Do you have Volunteer Hours from school that you need to complete? Do you like working with children? Come volunteer as a teacher's aide in our swim lesson program! There will be a training in June where you will learn skills on teaching lessons, holding techniques and go over our basic lesson program. You will be notified of the date closer to then. At the end of the session you will receive a Certification of Volunteer Hours. Fee covers administrative costs associated with program & training.

Age	Day	Dates	Time	Fee	Course #
9-14	M-Th	6/18-6/28	9:30am-11:30am	\$50	46086
9-14	M-Th	7/9-7/19	9:30am-11:30am	\$50	46087
9-14	M-Th	7/23-8/2	9:30am-11:30am	\$50	46088

**Location:** Community Center, Aquatics Bldg.



## Junior Lifesaver Academy

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

Age	Day	Dates	Time	Fee	Course #
11-14	M-F	7/9-7/13	8:45am-3:30pm	\$256	46354
11-14	M-F	7/23-7/27	8:45am-3:30pm	\$256	46355

**Location:** Community Center, Aquatics Bldg.

## Teen Strength & Sports Conditioning Camp

Join us this summer for a fun sport conditioning class. This camp will address many elements to help you be a better and stronger athlete. We start with an assessment which will help us set a baseline. The focus will be on building a base of strength, speed, agility and conditioning. Proper form and foundational movements will not only help build strength and power but also prevent injuries. This class will help your child prepare for their specific sport and build a strong athletic growing body in a fun way. A small ratio of 8 children to 1 trainer ensures personalized attention and ample practice time.

**Instructor:** Coach Tilda Loftin. **5 classes**

Age	Day	Dates	Time	Fee	Course #
10-14	M-F	7/16-7/20	9:00am-12:00pm	\$202	45740

**Location:** Community Center, Cove Room



# KIDZWATCH

## A Drop-In Quality Child Care Program

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

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

### Hours:

M – F 8:30am–1:00pm  
Sat 8:15am–12:00pm  
Sun 8:30am–12:00pm

## Daily Drop-in

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

### Fees:

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

### Late Pick Up:

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

### ATTENDING A GROUP FITNESS CLASS?

If you are only attending one group fitness class, you will only be charged for 1 hour as long as you pick up no more than 15 minutes after the end of the class.

## Daily Drop & Go

Designed for parents running errands in Mill Valley or attending to adult-only appointments. Get coffee with friends, hit the public path for a workout or enjoy shopping in the Depot while we watch your child. Must be reachable by cell phone and able to return within 15 minutes.

### Fees:

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

### Late Pick Up:

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



## KidzWatch Guidelines

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

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

## Donations:

**If you have items which you would like to donate to the KidzWatch Room, please contact the Aquatics/Fitness Center Supervisor. Any suggestions or comments are appreciated. You will be provided with a receipt.**



*child  
care*





# POOL PROGRAM DESCRIPTIONS

All pool rules are in effect and the lifeguard has the final say.  
Many programs may be going on in the pool at the same time.  
See Aquatics Front Desk for most current schedule.

## Roof/Window Policy

To help maintain adequate air flow and to aide in the lifeguard's patron surveillance, the roof or windows may be opened at the management's discretion. Factors such as weather, air flow and general ventilation needs contribute to determining when the windows/roof will be open. Windows will always be open at a minimum of 6 inches. We will try our best to keep the pool environment warm as possible.



## Family Swim

The shallow area of the pool is open for families to come and explore the water. Please note that the pool rules are in effect during 'Family Swim' including Coast Guard approved flotation devices only. Children 3 and under are required to wear a disposable and reusable swim diaper. Adults must be in the water actively supervising children under 7 years. All pool toys/equipment are subject to lifeguard approval.

## Water Walking

Water Walking may be done by striding along the bottom of the pool, using buoyancy aids for arm & leg motions, and/or striding while floating. Water Walking isn't swimming slowly with the head above the water. If you wish to exercise by swimming, lap swimming is the appropriate activity for you. (No Instructor) **You may get splashed during water walking.** **Water Walkers may walk during Open or Family Swim times.** **Water Walking is a shared space activity and you will be required to share a lane with up to 6 other individuals. Deep end space cannot be guaranteed.**

## Lap Swim

The 3 lap lanes are open for all ages to engage in continuous lap swimming. Lap lanes are rated for 'Slow, Medium & Fast' swimmers. Please swim in an appropriately paced lane. Circle swim at all times. When joining a lane enter from the west side and do not begin swimming until all swimmers are aware of your presence. To pass, tap the foot of the person in front of you. Please pass at the walls on the left side. Our lap swim lanes can accommodate **7 swimmers maximum**. Kickboards, masks, snorkels and fins are only allowed during Lap Swim.

## Open Swim

The entire pool is open for swim and play. The water slide is in use. Please read and obey our pool rules on page 74. Kickboards, pull buoys, snorkels, paddles and lesson/class equipment are not available for use during Open Swim. Personal toys and pool equipment are only allowed at the lifeguard's discretion. No noodles, balls or flotation toys allowed.

## Swim Lessons

The entire pool area may be closed for Mill Valley Recreation Department swimming lesson program. Lessons are open to the public and start as young as 6 months. Group lessons are available for children ages 3 years to 15 years. Private lessons are available for children, adults and seniors. Due to the high popularity of our swim lesson program there may be lessons going on in lap lanes or other areas of the pool when it's not indicated on the schedule. For more information on our lesson program, please refer to pages 94-106 of this activities guide.

## Splashball

The Cove Area is entirely used for Splashball, a shallow waterpolo sport. Splashball is fun for youth ages 7-11 and harnesses all the fun and dynamic aspects of Water Polo without the toughness. Great way for your child to stay active.

## Shared Space

The pool is a highly popular and well-used City of Mill Valley facility. Every effort is made to equally and fairly schedule time among all user groups. However, there are times when the pool will have shared programming to maximize the space. During these times we appreciate your patience and expect everyone to respect all users.

**AT ALL TIMES YOU MUST FOLLOW THE CODE OF CONDUCT.**  
**IF YOU DO NOT FOLLOW THE POSTED GUIDELINES,**  
**CODE OF CONDUCT OR LIFEGUARD INSTRUCTIONS, YOU MAY BE ASKED TO LEAVE.**



Host Your Party  
In The Pool!

**GREAT FOR:**  
Birthdays  
Graduations  
Bat Mitzvahs  
Bar Mitzvahs  
School Parties  
and just because!

# big splash pool party

## 2 PARTY OPTIONS



### Pool Party During Open Swim

#### THE BASICS

- Party participants must be 7 years or older
- Party is either Sat or Sun for 2 hours
- Starts at 12:15pm or 3:00pm
- Swimming and private party room included
- In Summer: Party options available at 2:00pm Mon/Wed/Fri

#### COST

- \$325 1 – 15 Children & 4 Adult Swimmers
- \$350 16 – 25 Children & 4 Adult Swimmers
- Price includes \$100 refundable deposit
- Pizza available at an additional cost from Rocco's on E. Blithedale

#### TO SCHEDULE

Please contact Linda at (415) 383-1370 or [llove@cityofmillvalley.org](mailto:llove@cityofmillvalley.org)

### Private Pool Party After Hours

#### THE BASICS

- Party is held after hours and can start Fri @ 7pm, Sat & Sun @ 6pm
- Private use of entire pool, spa, patio, locker rooms and Cove Room
- Party can be as small or as large as you want! (Max capacity is 250)

#### COST

- Party packages start at 2 ½ hours minimum @ \$612.50, which includes 15 minutes of set up & clean up time.
- \$500 additional security deposit required

#### TO SCHEDULE

Please contact Aquatics Supervisor at (415) 383-1370

# POOL SCHEDULES

## Spring Pool Schedule: April 2nd - June 17

### MAIN POOL/"LANES"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am
Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00
Water Fitness 9:00-10:00	Water Fitness / Water Walk* 9:00-10:00	Water Fitness 9:00-10:00	Water Fitness/ Water Walk* 9:00-10:00	Water Fitness 9:00-10:00	Lap Swim - 2 lanes Lessons - 1 lane 8:00 - 11:00 Aq. Zumba 11:15 - 12:15	Lap Swim - 2 lanes Lessons - 1 lane 9:00 - 11:00
Water Strength/ Water Walk* 10:00-11:00	Water Strength/ Water Walk* 10:00-11:00	Water Strength/ Water Walk* 10:00-11:00	Water Strength/ Water Walk* 10:00-11:00	Water Strength/ Water Walk* 10:00-11:00		
Aqua Tabata/ Water Walk* 11:00-12:00	Lap Swim 11:00-12:00	Aqua Tabata/ Water Walk* 11:00-12:00	Lap Swim 11:00-12:00	Aqua Tabata/ Water Walk* 11:00-12:00	Lessons 11:00 - 12:30	Lessons 11:00 - 12:30
Lap Swim 12:00-2:00	POOL CLOSED 12:00-1:30	Lap Swim 12:00-2:00	POOL CLOSED 12:00-1:30	Lap Swim 12:00-2:00	Open Swim 12:15-4:55 Slide Hours 12:30 - 4:45 *Slide may be opened or CLOSED at managers discretion	Open Swim 12:15-4:55 Slide Hours 12:30 - 4:45 *Slide may be opened or closed at managers discretion
Water Walk - 1 lane Lap Swim - 2 lanes 2:00 - 3:30	Lap Swim 1:30-2:30	Water Walk - 1 lane Lap Swim - 2 lanes 2:00 - 3:30	Lap Swim 1:30-2:30	Open Swim 2:00-5:30 1 lane Water Walking		
Swim Lessons - 1 lane Lap Swim - 2 lanes 3.30 - 4:00	Water Walk 2:30-3:30	Swim Lessons - 1 lane Lap Swim - 2 lanes 3.30 - 4:00	Water Walk 2:30-3:30			
Lessons 4:00 - 6:45	Lessons 3:30-6.45	Lessons 4:00 - 6:45	Lessons 3:30-6.45	Lap Swim 5:30-6:25		
Water Ex. 2 lanes 6:00 - 7:00	Lap Swim 2 lanes 6:00 - 6:45	Water Ex. 2 Lane 6:00 - 7:00	Lap Swim 2 lanes 6:00 - 6:45	CLOSED 6:25pm	CLOSED 4:55pm	CLOSED 4:55pm
Lap Swim 7:00- 8:55	Lap Swim 6:45-8:55	Lap Swim 7:00- 8:55	Lap Swim 6:45-8:55			
CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm			
*No dedicated lane during water walking ***There may be other programs or lessons occurring in the pool that differ from the schedule Please call (415) 383-1370 with questions						

### SHALLOW END "COVE AREA"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am
Water Walk 6:30-8:00	Water Walk 6:30-8:00	Water Walk 6:30-8:00	Water Walk 6:30-8:00	Water Walk 6:30-8:00		
Family Swim/ Water Walk 8:00 - 3:00	Family Swim/ Water Walk 8:00 - 3:00	Family Swim/ Water Walk 8:00 - 3:00	Family Swim/ Water Walk 8:00 - 3:00	Family Swim/ Water Walk 8:00 - 6:25	Water Walk 7:30 - 8:00 Water Walk/ Lessons 8:00 - 9:00 Swim Lessons 9:00 - 12:30	Water Walk 8:30 - 9:00 Water Walk/ Lessons 9:00 - 10:00 Swim Lessons 10:00 - 12:30
Family Swim/ Water Walk/ Lessons 3:00 - 4:00	<b>POOL CLOSED</b> 12:00-1:30	Family Swim/ Water Walk/ Lessons 3:00 - 4:00	<b>POOL CLOSED</b> 12:00-1:30			
Lessons 4:00 - 5:30	Family Swim/ Water Walk 1:30 - 3:00	Lessons 4:00 - 5:30	Family Swim/ Water Walk 1:30 - 3:00		Open Swim 12:15-4:55	Open Swim 12:15-4:55
Lessons/ Family Swim/ Water Walk 5:30 - 7:00	Lessons/ Family Swim/ Water Walk 5:30 - 7:00	Lessons/ Family Swim/ Water Walk 5:30 - 7:00	Lessons/ Family Swim/ Water Walk 5:30 - 7:00	<b>CLOSED</b> 6:25pm	<b>CLOSED</b> 4:55pm	<b>CLOSED</b> 4:55pm
Water Walk 7:00 - 8:55	Water Walk 7:00 - 8:55	Water Walk 7:00 - 8:55	Water Walk 7:00 - 8:55	<b>Locker Rooms Close:</b> <b>Monday - Thursday @ 9:15</b> <b>Friday @ 6:45</b> <b>Saturday &amp; Sunday @ 5:15</b>		
<b>CLOSED</b> 8:55pm	<b>CLOSED</b> 8:55pm	<b>CLOSED</b> 8:55pm	<b>CLOSED</b> 8:55pm			



## Spring Holiday Schedule: April 9th - April 15th

### MAIN POOL/"LANES"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	PLEASE NOTE: The first and last 5 minutes of any scheduled activity are transition times; lane lines and equipment will be set-up and cleaned up. SHARED SPACE: There may be classes/ programs going on in the pool during lap swim/ water walking or open swim. You may get splashed.
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am	
Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 7:30-11:00	Lap Swim 8:30-12:00	
Water Ex. 9:00-10:00	Water Ex. 9:00-10:00	Water Ex. 9:00-10:00	Water Ex. 9:00-10:00	Water Ex. 9:00-10:00			
Thp. Ex./ Water Walk* 10:00-11:00	Thp. Ex./ Water Walk* 10:00-11:00	Thp. Ex./ Water Walk* 10:00-11:00	Thp. Ex./ Water Walk* 10:00-11:00	Thp. Ex./ Water Walk* 10:00-11:00			
Water Walk/ Aqua Tabata 11:00-12:00	Lap Swim 11:00-12:00	Water Walk/ Aqua Tabata 11:00-12:00	Lap Swim 11:00-12:00	Water Walk/ Aqua Tabata 11:00-12:00	Aqua Zumba 11:00-12:00		
Lap Swim 12:00-3:00	POOL CLOSED 12:00-1:30	Lap Swim 12:00-3:00	POOL CLOSED 12:00-1:30	Lap Swim 12:00-3:00	Open Swim 12:00 - 4:55 Slide Hours 12:30 - 4:45	Open Swim 12:00 - 4:55 Slide Hours 12:30 - 4:45	
Water Walk 1 lane Lap Swim 2 lanes 3:00-6:00	Water Walk 1.30 -3:00  Lap Swim 3:00-6:00	Water Walk 1 lane Lap Swim 2 lanes 3:00-6:00	Water Walk 1.30 -3:00  Lap Swim 3:00-6:00	Open Swim 2:00 - 6:00pm* Slide: 2:00p - 4:45p If slow, 1 lane lap			
Water Ex. 6:00-7:15	Lap Swim 6:00-8:55	Water Ex. 6:00-7:15	Lap Swim 6:00-8:55	CLOSED 6:25pm	CLOSED 4:55pm	CLOSED 4:55pm	
Lap Swim 1 lane 6:00 - 7.15 3 lanes 7:15 -8:55		Lap Swim 1 lane 6:00 - 7.15 3 lanes 7:15 -8:55		LOCKER ROOMS CLOSE: Monday - Thur @ 9.15pm Fri @ 6.45pm Sat & Sun @ 5.15pm			
CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm				

### SHALLOW END "COVE AREA"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am
Water Walk 6:30-9:00	Water Walk 6:30-9:00	Water Walk 6:30-9:00	Water Walk 6:30-9:00	Water Walk 6:30-9:00		
Water Walk/ Family Swim 9:00-12:00	Water Walk/ Family Swim 9:00-12:00	Water Walk/ Family Swim 9:00-12:00	Water Walk/ Family Swim 9:00-12:00	Family Swim/ Water Walk 9:00 - 6:25	Open Swim 12:00-4:55	Open Swim 12:00-4:55
Water Walk 12:00-2:00	POOL CLOSED 12:00-1:30	Water Walk 12:00-2:00	POOL CLOSED 12:00-1:30			
Water Walk/ Family Swim 2:00-7:00	Water Walk/ Family Swim 2:00-7:00	Water Walk/ Family Swim 2:00-7:00	Water Walk/ Family Swim 2:00-7:00	LOCKER ROOMS CLOSE: Monday - Thur @ 9.15pm Fri @ 6.45pm Sat & Sun @ 5.15pm		
Water Walk 7:00-8:55	Water Walk 7:00-8:55	Water Walk 7:00-8:55	Water Walk 7:00-8:55	*No dedicated lane during water walking *** There may be other programs or lessons occurring in the pool that differ from the schedule. Please call (415) 383-1370 with questions.		
CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm			

# POOL SCHEDULES

## Summer Pool Schedule: Effective June 18th - August 10th

\*\*\*See Holiday Schedule for 7/2 - 7/8

### MAIN POOL/"LANES"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am
Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00		
Water Ex./ Lessons 9:00-10:00	Water Ex./ Lessons 9:00-10:00	Water Ex./ Lessons 9:00-10:00	Water Ex./ Lessons 9:00-10:00	Water Ex./ Lessons 9:00-10:00	Lap Swim 7:30-9:30	Lap Swim 8:30-10:00
Thp. Ex./ Lessons 10:00-11:00	Thp. Ex./ Lessons 10:00-11:00	Thp. Ex./ Lessons 10:00-11:00	Thp. Ex./ Lessons 10:00-11:00	Thp. Ex./ Lessons 10:00-11:00	Lap Swim 2 Lessons 1 9:30-11:00 Aq. Zumba 11:15-12:15	Lap Swim 2 Lessons 1 10:00-11:00
Lessons 11:00-12:00 Aq. Sculpt 1 Lane	Lessons 11:00-12:00	Lessons 11:00-12:00 Aq. Sculpt 1 Lane	Lessons 11:00-12:00	Lessons 11:00-12:00 Aq. Sculpt 1 Lane	Lessons 11:00-12:00	Lessons 11:00-12:00
Lap Swim 12:00-1:30	<b>POOL CLOSED 12:00-1:30</b>	Lap Swim 12:00-1:30	<b>POOL CLOSED 12:00-1:30</b>	Lap Swim 12:00-1:30	Open Swim 12:15-4:55 Slide Hours 12:30 - 4:45 *Slide may be opened or closed at managers discretion	Open Swim 12:15-4:55 Slide Hours 12:30 - 4:45 *Slide may be opened or closed at managers discretion
Open Swim w/Slide 1:30-4:30 *Slide may be opened or closed at managers discretion	Open Swim w/Slide 1:30-4:30 *Slide may be opened or closed at managers discretion	Open Swim w/Slide 1:30-4:30 *Slide may be opened or closed at managers discretion	Open Swim w/Slide 1:30-4:30 *Slide may be opened or closed at managers discretion	Open Swim w/Slide 1:30-4:30 *Slide may be opened or closed at managers discretion		
1 Lane Water Walk 3:15-4:30	1 Lane Water Walk 3:15-4:30	1 Lane Water Walk 3:15-4:30	1 Lane Water Walk 3:15-4:30	Lap Swim 4:30-6:25	<b>CLOSED 4:55pm</b>	<b>CLOSED 4:55pm</b>
Lessons 3:15-6:00	Lessons 3:15-6:00	Lessons 3:15-6:00	Lessons 3:15-6:00	<b>CLOSED 6:25pm</b>		
Water Ex./ Lessons 6:00-7:00	Lap Swim - 2 lanes Lessons - 1 lane 6:00-7:00	Water Ex./ Lessons 6:00-7:00	Lap Swim - 2 lanes Lessons - 1 lane 6:00-7:00	<b>LOCKER ROOMS CLOSE:</b> <b>Monday - Thursday @ 9:15</b> <b>Friday @ 6:45</b> <b>Saturday &amp; Sunday @ 5:15</b>		
Lap Swim 7:00-8:55	Lap Swim 7:00-8:55	Lap Swim 7:00-8:55	Lap Swim 7:00-8:55	*Dedicated lane during water walking dependent on pool usage ***There may be other programs or lessons occurring in the pool that differ from the schedule Please call (415) 383-1370 with questions		
<b>CLOSED 8:55pm</b>	<b>CLOSED 8:55pm</b>	<b>CLOSED 8:55pm</b>	<b>CLOSED 8:55pm</b>			

### SHALLOW END "COVE AREA"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am
Water Walk 6:30-9:00	Water Walk 6:30-9:00	Water Walk 6:30-9:00	Water Walk 6:30-9:00	Water Walk 6:30-9:00	Water Walk/ Lessons 7:30-8:00	
Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 8:00-12:30	Water Walk/ Lessons 8:30-9:00
Family Swim/ Water Walk 12:00-1:30	<b>POOL CLOSED 12:00-1:30</b>	Family Swim/ Water Walk 12:00-1:30	<b>POOL CLOSED 12:00-1:30</b>	Family Swim/ Water Walk 12:00-1:30		Lessons 9:00-12:30
Open Swim 1:30-4:30	Open Swim 1:30-4:30	Open Swim 1:30-4:30	Open Swim 1:30-4:30	Open Swim 1:30-6:25	Open Swim 12:30-4:55	Open Swim 12:30-4:55
Family Swim/ Lessons 3:00-7:00	Family Swim/ Lessons 3:00-7:00	Family Swim/ Lessons 3:00-7:00	Family Swim/ Lessons 3:00-7:00			
Water Walk 7:00-8:55	Water Walk 7:00-8:55	Water Walk 7:00-8:55	Water Walk 7:00-8:55	<b>CLOSED 6:25pm</b>	<b>CLOSED 4:55pm</b>	<b>CLOSED 4:55pm</b>
<b>CLOSED 8:55pm</b>	<b>CLOSED 8:55pm</b>	<b>CLOSED 8:55pm</b>	<b>CLOSED 8:55pm</b>			

## Summer Holiday Schedule: July 2nd - July 8th

### MAIN POOL/"LANES"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<b>PLEASE NOTE:</b> The first and last 5 minutes of any scheduled activity are transition times; lane lines and equipment will be set-up and cleaned up. <b>SHARED SPACE:</b> There may be classes/ programs going on in the pool during lap swim/water walking or open swim. You may get splashed.
Open 6:30am	Open 6:30am	<b>CLOSED for 4th of July</b>	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am	
Lap Swim 6:30-9:00	Lap Swim 6:30-9:00		Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 7:30-11:00	Lap Swim 8:30-12:00	
Water Ex. 9:00-10:00	Water Ex. 9:00-10:00		Water Ex. 9:00-10:00	Water Ex. 9:00-10:00			
Thp. Ex./ Water Walk* 10:00-11:00	Thp. Ex./ Water Walk* 10:00-11:00		Thp. Ex./ Water Walk* 10:00-11:00	Thp. Ex./ Water Walk* 10:00-11:00			
Water Walk/ Aqua Tabata 11:00-12:00	Lap Swim 11:00-12:00		Lap Swim 11:00-12:00	Water Walk/ Aqua Tabata 11:00-12:00	Aqua Zumba 11:00-12:00		
Lap Swim 12:00-3:00	<b>POOL CLOSED 12:00-1:30</b>		<b>POOL CLOSED 12:00-1:30</b>	Lap Swim 12:00-2:00	Open Swim 12:00-4:55 Slide Hours 12:30-4:45	Open Swim 12:00-4:55 Slide Hours 12:30-4:45	
Water Walk - 1 lane Lap Swim - 2 lanes 3:00-6:00	Water Walk 1:30-3:00		Water Walk 1:30-3:00	Open Swim 2:00 - 6:00* Slide: 2:00 - 4:45 If slow, 1 lane lap			
Water Ex. 6:00-7:15	Lap Swim 3:00-6:00		Lap Swim 3:00-6:00		Lap Swim 6:00-8:55	<b>CLOSED 4:55pm</b>	
Lap Swim - 1 lane 6:00-7:15 Lap Swim - 2 lanes 7:15-8:55	Lap Swim 6:00-8:55		Lap Swim 6:00-8:55	<b>LOCKER ROOMS CLOSE:</b> Monday - Thur @ 9.15pm Fri @ 6.45pm Sat & Sun @ 5.15pm			
<b>CLOSED 8:55pm</b>	<b>CLOSED 8:55pm</b>		<b>CLOSED 8:55pm</b>				

### SHALLOW END "COVE AREA"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Open 6:30am	Open 6:30am	CLOSED for 4th of July	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am	
Water Walk 6:30-9:00	Water Walk 6:30-9:00		Water Walk 6:30-9:00	Water Walk 6:30-9:00			
Water Walk/ Family Swim 9:00-12:00	Water Walk/ Family Swim 9:00-12:00		Water Walk/ Family Swim 9:00-12:00	Family Swim Water Walk 9:00-6:25	Water Walk/ Family Swim 9:00-12:00	Family Swim/ Water Walk 8:30-12:00	
Water Walk 12:00-2:00	POOL CLOSED 12:00-1:30		POOL CLOSED 12:00-1:30		Open Swim 12:00-4:55	Open Swim 12:00-4:55	
Water Walk/ Family Swim 2:00-7:00	Water Walk/ Family Swim 1:30-7:00		Water Walk/ Family Swim 1:30-7:00	CLOSED 6:25pm	CLOSED 4:55pm	CLOSED 4:55pm	
Water Walk 7:00-8:55	Water Walk 7:00-8:55		Water Walk 7:00-8:55	LOCKER ROOMS CLOSE: Monday - Thur @ 9.15pm Fri @ 6.45pm Sat & Sun @ 5.15pm			
CLOSED 8:55pm	CLOSED 8:55pm		CLOSED 8:55pm				



## MILL VALLEY SWIM SCHOOL

## Swim Lesson Registration Info

Mail/Fax/Online: February 26th

In Person/Walk In: February 28th

## SPRING DATES

## WEEKDAY LESSONS

## Monday Privates

4/2, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21 **\*No Class 4/9** (7 Lessons)

## Tuesday Privates

4/3, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22 **\*No Class 4/10** (7 Lessons)

## Wednesday Privates

4/4, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23 **\*No Class 4/11** (7 Lessons)

## Thursday Privates

4/5, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24 **\*No Class 4/12** (7 Lessons)

## Monday/Wednesday Groups

4/2, 4/4, 4/16, 4/18, 4/23, 4/25, 4/30, 5/2, 5/7, 5/9, 5/14, 5/16, 5/21, 5/23 **\*No Class 4/9, 4/11** (14 Lessons)

## Tuesday/Thursday Groups

4/3, 4/5, 4/17, 4/19, 4/24, 4/26, 5/1, 5/3, 5/8, 5/10, 5/15, 5/17, 5/22, 5/24 **\*No Class 4/10, 4/12** (14 Lessons)

## WEEKEND LESSONS

## Saturday Groups &amp; Privates:

4/21, 4/28, 5/5, 5/12, 5/19 (5 Classes)

## Sunday Groups &amp; Privates

4/22, 4/29, 5/6, 5/20 **\*No Class 5/13** (4 Classes)

## SUMMER DATES

## WEEKDAY LESSONS

Session 1: 6/18 - 6/21

Session 2: 6/25 - 6/28

Session 3: 7/9 - 7/12

Session 4: 7/16 - 7/19

Session 5: 7/23 - 7/26

Session 6: 7/30 - 8/2

Session 7: 8/6 - 8/9

## WEEKEND LESSONS

## Saturday Groups &amp; Privates:

6/23, 6/30, 7/14, 7/21, 7/28, 8/4 **\*No Class 7/7** (6 Classes)

## Sunday Groups &amp; Privates:

6/24, 7/1, 7/15, 7/22, 7/29, 8/5 **\*No Class 7/8** (6 Classes)

## Swim Lesson Policies, Procedures &amp; Refunds

- Group classes that do not meet minimum enrollment may be canceled last minute.
  - We are sorry but **we cannot provide refunds, credits or make-up classes for missed classes**. Even if you miss a day (or more) you must pay for the entire session of lessons.
  - Private Swim Lessons are one-on-one instructor. There is a semi-private lesson option. Registration for semi-private lessons will only be accepted if two students are registered together and are of similar skill ability. Lessons must be paid for in full before start of lesson.
  - Specific instructors or genders of instructors are not guaranteed in group or regular private lessons**. Please request customized private lessons for a specific instructor.
  - To maintain consistency and quality of our swim lesson program, new students will NOT be allowed to register for swim lessons after the end of the 3rd class. Only a senior staff member may transfer your child during the session if he/she believes the other class may be a better fit for your child.
  - If your child is having a challenging time in swim lessons or you have developed a scheduling conflict, you have until the **end of the 2nd day** of lessons to notify us **in writing** to withdraw from the course to receive a **prorated credit or refund**. If you cancel the morning of the 2nd day of lessons, you will be charged for that 2nd day. After the **2nd day of class, you will be charged the full amount of the course. No Exceptions**.
  - If the drop deadline has passed, we are **NOT** able to offer you make-up lessons, a credit or refund for the rest of your lessons. Even if your child is sick, we are unable to withdraw your child and provide you a refund. If a **serious** illness, injury or circumstance occurs you **may request** an exception. **Documentation will need to be provided and this is not guaranteed. Approval subject to each circumstance.**
  - If your session or a single class is canceled by the Department due to unforeseen circumstances, an automatic credit will be placed on your account. It is your responsibility to request a refund.
  - If our regular schedule of group or private lessons does not fit your schedule or needs, you may request Custom Private Lessons for an additional fee. Please see page 106 for more information on Custom Private Lessons.
  - If you or your child are new to lessons and have a difficult experience at the pool, please **immediately notify** the Aquatic Lead, Aquatics Coordinator, or Aquatics Supervisor so they may assist you. If they are not on deck or available at that exact time, please email them. Contact info is available at the Front Desk.
  - We do not give refunds for weather, lack of child participation, traffic, or parking issues.
  - Custom swim lessons follow the same refund policy.
  - Questions about our policies? Please contact the Aquatics Supervisor at (415) 383-1370.
- If the session has not yet started, Refunds/Credits/Transfers may be requested a minimum of 2 working days prior to the start of a session. **No refunds, credits or transfers will be provided less than 2 working days in advance.**
  - All** refund requests will be charged an administrative fee of \$20, even if made within our refund policy time frame. If you want to leave a credit on your account, no fee will be assessed.

## PARENT INFANT/TOT

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

### Parent/Infant 6 – 18 Months

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

### PARENT/TOT 18 – 36 Months

Very young children are introduced to basic swimming skills while still in the security and comfort of their parents arms. Skills taught include: Bubble Blowing, Going Under Water, Floating, Safe Water Entry & Exit, Arm and Leg Actions on Front & Back as well as water safety. Course promotes learning through a positive environment and sets your child up for swim lesson success! Parent participation is required.



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

	Skills Practiced During Class	Exit Skills to Advance	Length	Ratio	Age
<b>Beginner</b>	Intro to Stroke Refinement for Freestyle & Backstroke-Endurance Work on Breaststroke & Butterfly-Learn Basics of Pace Clock-Become familiar w/ long distance swimming	Refined Strokes of Freestyle, Backstroke, Breaststroke, & Butterfly-Able to perform Open Turn & Mini Flip Turn-Must be able to swim 500 yards	45	6:1	7–10
<b>Intermediate</b>	(Class runs concurrently w/ Advanced) Endurance Focus & Cont. Refinement on all 4 strokes-Speed Swimming Introduced-Not a main instruction class. Designed for skill practice	Child is able to Swim a minimum of 1000 yards during class-Has a refined knowledge of all 4 competitive strokes-Able to work on technical aspects of swimming	45	8:1	7–15
<b>Advanced</b>	(Class Runs Concurrently w/Intermediate w/an Additional 15 min). Continued refining of strokes and major emphasis on swim team drills & long distance swimming-Designed for Exercise-Learn Race Pacing & Competitive Aspects of Swimming	Great for Exercise & Fitness-Designed as a Swim Team Course with attention towards Endurance; Child swims min of 2000 yards during class; Continued practice on specific refinement on minutia	60	8:1	10–15

#### Combo Classes:

We try our best not to cancel any classes however, in lieu of canceling a class due to low enrollment, sometimes group classes will be combined. For example, a Level 2 may merge with a Level 1 or Level 3 making it a combination class. We reduce the ratio for this class and assign one of our strongest instructors.

*splash-erific!!*

# SWIM SCHOOL CLASS DESCRIPTIONS

## Swim Lesson Program for Early Swimmers

**New!** In an effort to follow industry trends we have updated what defines our early swimmer level program which has eliminated the need for the Piranha level class. Please read the lesson descriptions below to help you determine what level your child should be enrolled in.

If you have any questions, please call the Aquatics Department at (415) 383-1370.

Level Name	Main Focus	Skills Practiced During Class	Exit Skills Necessary to Advance Levels	Length	Ratio	Age
<b>Guppy</b>	Water Adjustment	How to enter and exit water safely -blowing bubbles-face submersion- floating-glides & water play.	Enter water independently, travel at least 5 yards, submerge to mouth and blow bubbles for at least 30 seconds then safely exit the water. Front glide 2 body lengths, roll to back and float for 3 seconds with assistance.	30	3:1	3-5
<b>Turtle</b>	Swimming Readiness	Breath control-face submersion-swimming unsupported-kicking with support- supported alternating arms and legs- floating.	Glide on front 2 body lengths, roll to back and float for 5 seconds, recover to vertical position. Glide on back 2 body lengths, roll to front and float for 5 seconds, recover to vertical position. Swim using combined arm and leg actions for 3 body lengths.	30	3:1	3-5
<b>Sea Otter</b>	Stroke Development	Swim without support-discuss stroke technique/ independent streamline on front and back- taking breaths while swimming- intro to deep water & treading-breaststroke arms and legs.	Push off and swim on front using combined arm and leg actions 3 body lengths, roll to back float for 10 seconds, roll back to front and swim using combined arm and leg actions for 3 body lengths.	30	3:1	3-5
<b>Dolphin</b>	Stroke Refinement and Endurance	Deep water class- Breaststroke timing w/arms & legs-technique/ smooth swimming work-side breathing & breath control – body position- practice swimming across pool. Endurance training.	Step from the side into chest-deep water, move into a front float for 5 seconds, return to vertical position. Move into a back float for 5 seconds, return to vertical position. Push off and swim using combined arm and leg actions on front unsupported for 5 body lengths, roll to back and float for 15 second, roll to front then continue for 5 body lengths.	30	5:1	3-5

## Level Swim Program for Ages 6–12 years

	Skills Practiced During Class	Exit Skills Necessary to Advance Levels	Length	Ratio	Age
<b>Level 1</b>	Aides students to feel comfortable in Water-Basic Swim Skills-Head/Face submersion-Floating	"Tootsie Roll"-Unsupported Floating-3 Independent Bobs-For 2 Body Lengths Arm & Leg Actions-Unsupported Glide	30	4:1	6–12
<b>Level 2</b>	Unsupported Floats-Wall Push Offs-Treading-Back Crawl-Kickboard Kicking on Front & Back	All Performed for 5 Lengths: Unrefined Front Crawl-Unrefined Back Crawl-Kickboard for 15 Body Lengths on Front & Back	30	5:1	6–12
<b>Level 3</b>	Repeated Endurance Swim Up to 15 yards-Side Breathing-Streamline & Smoothness Emphasized-Elementary Backstroke-Breaststroke Legs	All Performed for 15 Body Lengths (20 yards): Front Crawl with Side Breathing-Elementary Backstroke-Backstroke-Streamline Kicking Front & Back w/Kickboard-Able to Swim Under Water & Retrieve Objects	30	6:1	6–12
<b>Level 4</b>	Works on Swimming Across Entire Pool-Swimming Underwater- Breaststroke Arms & Legs w/Timing-Intro to Butterfly-Works on Endurance	Swim Front Crawl with Side Breathing for 25 yards-For 20 Body Lengths: Breaststroke, Backstroke, Elementary Backstroke, Kicking Front & Back without Kickboard	30	8:1	6–12
<b>Level 5/6</b>	Stroke Refinement of Front Crawl, Back Crawl, Breaststroke, Butterfly-Endurance Build Up-Lap Swim Workouts-Discussion of Technique	Course Designed to be Repeated Multiple Times to Get Exercise & Perfection of Skills-Student Can Also Enroll in Swim Club	30	8:1	6–12

\*\*\*Please note – we try our hardest to guarantee the same instructor during swim lessons however, due to illness of unforeseen circumstances, sometimes there are substitute teachers. The substitute teachers are all provided with notes on each child and an extensive lesson plan. If you have any questions, please see our Lesson Manager or the Front Desk staff.



## Spring Weekday Group Lessons

**MONDAY/WEDNESDAY GROUPS** 4/2, 4/4, 4/16, 4/18, 4/23, 4/25, 4/30, 5/2, 5/7, 5/9, 5/14, 5/16, 5/21, 5/23**\*No Class 4/9, 4/11** (14 Lessons)

Level	Ages	Time	Course #	Cost
Guppy	3 - 5 yrs	3:40pm - 4:10pm	45503	\$254
	3 - 5 yrs	4:50pm - 5:20pm	45555	\$254
Turtle	3 - 5 yrs	3:40pm - 4:10pm	45579	\$254
	3 - 5 yrs	4:15pm - 4:45pm	45580	\$254
	3 - 5 yrs	5:25pm - 5:55pm	45589	\$254
Sea Otter	3 - 5 yrs	3:40pm - 4:10pm	46093	\$254
	3 - 5 yrs	4:15pm - 4:45pm	46094	\$254
	3 - 5 yrs	5:25pm - 5:55pm	46095	\$254
Dolphin	3 - 5 yrs	4:15pm - 4:45pm	45613	\$254
	3 - 5 yrs	4:50pm - 5:20pm	45614	\$254
	3 - 5 yrs	5:25pm - 5:55pm	45615	\$254
Level 1	6 - 12 yrs	3:40pm - 4:10pm	45622	\$254
Level 2	6 - 12 yrs	4:15pm - 4:45pm	45640	\$254
Level 3	6 - 12 yrs	4:50pm - 5:20pm	45656	\$254
Level 4	6 - 12 yrs	5:25pm - 5:55pm	45670	\$254
Level 5/6	6 - 12 yrs	6:00pm - 6:30pm	45684	\$184

**SPLASHBALL** Wednesdays Only 4/4, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23 **\*No Class 4/11** (7 Lessons)

Beginner	3:40pm - 4:40pm	45694	\$128
Int/Adv	4:45pm - 5:45pm	45695	\$128

**TUESDAY/THURSDAY GROUPS** 4/3, 4/5, 4/17, 4/19, 4/24, 4/26, 5/1, 5/3, 5/8, 5/10, 5/15, 5/17, 5/22, 5/24**\*No Class 4/10, 4/12** (14 Lessons)

Level	Ages	Time	Session 1	Cost
Guppy	3 - 5 yrs	3:40pm - 4:10pm	45557	\$254
	3 - 5 yrs	4:50pm - 5:20pm	45558	\$254
Turtle	3 - 5 yrs	3:40pm - 4:10pm	45590	\$254
	3 - 5 yrs	4:15pm - 4:45pm	45591	\$254
	3 - 5 yrs	5:25pm - 5:55pm	45592	\$254
Sea Otter	3 - 5 yrs	3:40pm - 4:10pm	46096	\$254
	3 - 5 yrs	4:15pm - 4:45pm	46097	\$254
	3 - 5 yrs	5:25pm - 5:55pm	46098	\$254
Dolphin	3 - 5 yrs	4:15pm - 4:45pm	45616	\$254
	3 - 5 yrs	4:50pm - 5:20pm	45617	\$254
	3 - 5 yrs	5:25pm - 5:55pm	45618	\$254
Level 1	6 - 12 yrs	3:40pm - 4:10pm	45623	\$254
Level 2	6 - 12 yrs	4:15pm - 4:45pm	45641	\$254
Level 3	6 - 12 yrs	4:50pm - 5:20pm	45657	\$254
Level 4	6 - 12 yrs	5:25pm - 5:55pm	45671	\$254
Level 5/6	6 - 12 yrs	6:00pm - 6:30pm	45685	\$184

**SWIM CLUB FOR AGES 7 - 15 YEARS** 4/3, 4/5, 4/17, 4/19, 4/24, 4/26, 5/1, 5/3, 5/8, 5/10, 5/15, 5/17, 5/22, 5/24**\*No Class 4/10, 4/12** (14 Lessons)

Beg. Swim Club	7 - 15 yrs	3:30pm - 4:15pm	45696	\$324
Int. Swim Club	7 - 15 yrs	4:20pm - 5:05pm	45697	\$324
Adv. Swim Club	7 - 15 yrs	4:20pm - 5:20pm	45707	\$352

## Spring Weekday Private Lessons

### MONDAY PRIVATES 4/2, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21 \*No Class 4/9 (7 Lessons)

	Course #	Course #	Course #	PRV	Semi
3:05pm - 3:35pm	45202	45203		\$184	\$142
3:40pm - 4:10pm	45204	45387		\$247	\$177
4:15pm - 4:45pm	45388	45389		\$247	\$177
4:50pm - 5:20pm	45390	45391		\$247	\$177
5:25pm - 5:55pm	45392	45393		\$247	\$177
6:00pm - 6:30pm	45394	45395	45396	\$184	\$142

### TUESDAY PRIVATES 4/3, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22 \*No Class 4/10 (7 Lessons)

	Course #	Course #	Course #	PRV	Semi
3:05pm - 3:35pm	45399			\$184	\$142
3:40pm - 4:10pm	45400	45401	45205	\$247	\$177
4:15pm - 4:45pm	45206	45207		\$247	\$177
4:50pm - 5:20pm	45208			\$247	\$177
5:25pm - 5:55pm	45209	45210		\$247	\$177
6:00pm - 6:30pm	45211	45212		\$184	\$142

### WEDNESDAY PRIVATES 4/4, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23 \*No Class 4/11 (7 Lessons)

	Course #	Course #	Course #	PRV	Semi
3:05 - 3:35pm	45215	45216		\$184	\$142
3:40 - 4:10pm	45217	45218		\$247	\$177
4:15 - 4:45pm	45219	45220		\$247	\$177
4:50 - 5:20pm	45221	45222		\$247	\$177
5:25 - 5:55pm	45223	45224		\$247	\$177
6:00 - 6:30pm	45225	45226	45227	\$184	\$142

### THURSDAY PRIVATES 4/5, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24 \*No Class 4/12 (7 Lessons)

	Course #	Course #	Course #	PRV	Semi
3:05 - 3:35pm	45230			\$184	\$142
3:40 - 4:10pm	45231	45147	45148	\$247	\$177
4:15 - 4:45pm	45149	45150		\$247	\$177
4:50 - 5:20pm	45151			\$247	\$177
5:25 - 5:55pm	45152	45153		\$247	\$177
6:00 - 6:30pm	45154	45155		\$184	\$142



## Spring Saturday Swim Lessons

### SATURDAY PRIVATES 4/21, 4/28, 5/5, 5/12, 5/19 (5 Classes)

	Course #	Course #	Course #	PRV Cost	Semi Cost
8:30am - 9:00am	45188	45189	45190	\$132	\$102
9:05am - 9:35am	45373	45374		\$177	\$127
10:15am - 10:45am	45375	45376		\$177	\$127
10:50am - 11:20am	45377			\$177	\$127
11:25am - 11:55pm	45378	45379	45193	\$177	\$127
11:25am - 11:55pm	45191	45192	45194	\$177	\$127

### SATURDAY GROUP 4/21, 4/28, 5/5, 5/12, 5/19 (5 Classes)

Level	Time	Ages	Session 1	Cost
Parent Infant	9:40am - 10:10am	6 - 18 months	45485	\$67
Parent Tot	9:05am - 9:35am	18 - 36 months	45492	\$67
Guppy	9:05am - 9:35am	3 - 5 yrs	45559	\$92
	9:40am - 10:10am	3 - 5 yrs	45560	\$92
	10:15am - 10:45am	3 - 5 yrs	45561	\$92
	10:50am - 11:20am	3 - 5 yrs	45562	\$92
Turtle	9:40am - 10:10am	3 - 5 yrs	45593	\$92
	10:15am - 10:45am	3 - 5 yrs	45594	\$92
	10:50am - 11:20am	3 - 5 yrs	45595	\$92
Sea Otter	9:40am - 10:10am	3 - 5 yrs	46099	\$92
	10:15am - 10:45am	3 - 5 yrs	46100	\$92
	10:50am - 11:20am	3 - 5 yrs	46101	\$92
Dolphin	9:05am - 9:35am	3 - 5 yrs	45619	\$92
	9:40am - 10:10am	3 - 5 yrs	45620	\$92
	10:15am - 10:45am	3 - 5 yrs	45730	\$92
	10:50am - 11:20am	3 - 5 yrs	45621	\$92
Level 1	9:05am - 9:35am	6 - 12 yrs	45624	\$92
	10:15am - 10:45am	6 - 12 yrs	45625	\$92
Level 2	10:15am - 10:45am	6 - 12 yrs	45642	\$92
Level 3	9:40am - 10:10am	6 - 12 yrs	45658	\$92
Level 4	10:50am - 11:20am	6 - 12 yrs	45672	\$92
Level 5/6	11:25am - 11:55am	6 - 12 yrs	45686	\$92

### SWIM CLUB PROGRAM 4/21, 4/28, 5/5, 5/12, 5/19 (5 Classes)

Intermediate	11:25am - 12:10pm	8 - 15yrs	45706	\$117
Advanced	11:25am - 12:25pm	10 - 15yrs	45708	\$127

*Just keep swimming...*  
*Just keep swimming...*



## Spring Sunday Swim Lessons

**SUNDAY PRIVATES** 4/22, 4/29, 5/6, 5/20 \*No Class 5/13 (4 Classes)

	Course #	Course #	Course #	PRV Cost	Semi Cost
9:05 - 9:35am	45195	45196	45197	\$142	\$102
9:05 - 9:35am	45380			\$142	\$102
10:15 - 10:45am	45381	45382	45383	\$142	\$102
10:50 - 11:20am	45384			\$142	\$102
11:25 - 11:55pm	45385	45386	45198	\$142	\$102
11:25 - 11:55pm	45199			\$142	\$102

**GROUP** 4/22, 4/29, 5/6, 5/20 \*No Class 5/13 (4 Classes)

Level	Time	Ages	Session 1	Cost
Parent Infant	9:40am - 10:10am	6-18 months	45486	\$54
Parent Tot	9:05am - 9:35am	18-36 months	45495	\$54
Guppy	9:05am - 9:35am	3 - 5 yrs	45563	\$74
	9:40am - 10:10am	3 - 5 yrs	45564	\$74
	10:15am - 10:45am	3 - 5 yrs	45565	\$74
	10:50am - 11:20am	3 - 5 yrs	45566	\$74
Turtle	9:40am - 10:10am	3 - 5 yrs	45596	\$74
	10:15am - 10:45am	3 - 5 yrs	45597	\$74
	10:50am - 11:20am	3 - 5 yrs	45598	\$74
Sea Otter	9:40am - 10:10am	3 - 5 yrs	46102	\$74
	10:15am - 10:45am	3 - 5 yrs	46103	\$74
	10:50am - 11:20am	3 - 5 yrs	46104	\$74
Dolphin	9:05am - 9:35am	3 - 5 yrs	45731	\$74
	9:40am - 10:10am	3 - 5 yrs	45732	\$74
	10:15am - 10:45am	3 - 5 yrs	45733	\$74
	10:50am - 11:20am	3 - 5 yrs	45734	\$74
Level 1	9:05am - 9:35am	6 - 12 yrs	45626	\$74
	10:15am - 10:45am	6 - 12 yrs	45627	\$74
Level 2	10:15am - 10:45am	6 - 12 yrs	45643	\$74
Level 3	9:40am - 10:10am	6 - 12 yrs	45659	\$74
Level 4	10:50am - 11:20am	6 - 12 yrs	45673	\$74
Level 5/6	11:25am - 11:55am	6 - 12 yrs	45687	\$74



## Summer Weekday Lessons

Session 1: 6/18 - 6/21 (4 lessons)				Session 2: 6/25 - 6/28 (4 lessons)			
	Course #	Course #	Cost P/SP		Course #	Course #	Cost P/SP
8:00am - 8:30am	46289	46278	\$106/\$82	8:00am - 8:30am	46284	46285	\$106/\$82
8:35am - 9:05am	46279	46280	\$106/\$82	8:35am - 9:05am	46286	46287	\$106/\$82
9:45am - 10:15am	46292		\$142/\$102	9:45am - 10:15am	46270		\$142/\$102
11:30am - 12:00pm	46298		\$142/\$102	11:30am - 12:00pm	46288		\$142/\$102
3:05pm - 3:35pm	46293	46121	\$106/\$82	3:05pm - 3:35pm	46340	46296	\$106/\$82
3:40pm - 4:10pm	46265	46266	\$142/\$102	3:40pm - 4:10pm	46305	46307	\$142/\$102
4:15pm - 4:45pm	46334	46335	\$142/\$102	4:15pm - 4:45pm	46305	46331	\$142/\$102
4:50pm - 5:20pm	46342	46343	\$142/\$102	4:50pm - 5:20pm	46271	46320	\$142/\$102
5:25pm - 5:55pm	46338	46339	\$142/\$102	5:25pm - 5:55pm	46272	46308	\$142/\$102
5:25pm - 5:55pm	43267	46283	\$142/\$102	5:25pm - 5:55pm	46328	46321	\$142/\$102
6:00pm - 6:30pm	46268	46269	\$106/\$82	6:00pm - 6:30pm	46308	46310	\$106/\$82
Session 3: 7/9 - 7/12 (4 lessons)				Session 4: 7/16 - 7/19 (4 lessons)			
	Course #	Course #	Cost P/SP		Course #	Course #	Cost P/SP
8:00am - 8:30am	46275	46273	\$106/\$82	8:00am - 8:30am	46333	46337	\$106/\$82
8:35am - 9:05am	46274	46257	\$106/\$82	8:35am - 9:05am	46147	46148	\$106/\$82
9:45am - 10:15am	46295		\$142/\$102	9:45am - 10:15am	46150		\$142/\$102
11:30am - 12:00pm	46311		\$142/\$102	11:30am - 12:00pm	46149		\$142/\$102
3:05pm - 3:35pm	46312	46329	\$106/\$82	3:05pm - 3:35pm	46159	46151	\$106/\$82
3:40pm - 4:10pm	43622	46313	\$142/\$102	3:40pm - 4:10pm	46327	46152	\$142/\$102
4:15pm - 4:45pm	46314	46297	\$142/\$102	4:15pm - 4:45pm	46300	46153	\$142/\$102
4:50pm - 5:20pm	46315	46316	\$142/\$102	4:50pm - 5:20pm	46154	46167	\$142/\$102
5:25pm - 5:55pm	46319	46318	\$142/\$102	5:25pm - 5:55pm	46161	46155	\$142/\$102
5:25pm - 5:55pm	46325	46319	\$142/\$102	5:25pm - 5:55pm	46156	46157	\$142/\$102
6:00pm - 6:30pm	46326	46330	\$106/\$82	6:00pm - 6:30pm	46165	46166	\$106/\$82
Session 5: 7/23 - 7/26 (4 Lessons)				Session 6: 7/30 - 8/2 (4 Lessons)			
	Course #	Course #	Cost P/SP		Course #	Course #	Cost P/SP
8:00am - 8:30am	46158	46170	\$106/\$82	8:00am - 8:30am	46176	46177	\$106/\$82
8:35am - 9:05am	46160	46301	\$106/\$82	8:35am - 9:05am	46164	46178	\$106/\$82
9:45am - 10:15am	46181		\$142/\$102	9:45am - 10:15am	46302		\$142/\$102
11:30am - 12:00pm	46303		\$142/\$102	11:30am - 12:00pm	46124		\$142/\$102
3:05pm - 3:35pm	46172	46304	\$106/\$82	3:05pm - 3:35pm	46281	46122	\$106/\$82
3:40pm - 4:10pm	46168	46162	\$142/\$102	3:40pm - 4:10pm	46137	46146	\$142/\$102
4:15pm - 4:45pm	46145	46163	\$142/\$102	4:15pm - 4:45pm	46132	46133	\$142/\$102
4:50pm - 5:20pm	46169	46171	\$142/\$102	4:50pm - 5:20pm	46134	46135	\$142/\$102
5:25pm - 5:55pm	46173	46174	\$142/\$102	5:25pm - 5:55pm	46136	46142	\$142/\$102
5:25pm - 5:55pm	46179	46180	\$142/\$102	5:25pm - 5:55pm	46141	46138	\$142/\$102
6:00pm - 6:30pm	46336	46175	\$106/\$82	6:00pm - 6:30pm	46139	46140	\$106/\$82

\*\*\*Please note – we try our hardest to guarantee the same instructor during swim lessons however, due to illness or unforeseen circumstances, sometimes there are substitute teachers. The substitute teachers are all provided with notes on each child and an extensive lesson plan. If you have any questions, please see our Lesson Manager or the Front Desk staff.

## Summer Weekday & Weekend Private Lessons

**Session 7: 8/6 - 8/9 (4 lessons)**

	Course #	Course #	Cost P/SP
8:00am - 8:30am	46182	46183	\$106/\$82
8:35am - 9:05am	46184	46248	\$106/\$82
9:45am - 10:15am	46196		\$142/\$102
11:30am - 12:00pm	46185		\$142/\$102
3:05pm - 3:35pm	46186	46187	\$106/\$82
3:40pm - 4:10pm	46188	46189	\$142/\$102
4:15pm - 4:45pm	46190	46191	\$142/\$102
4:50pm - 5:20pm	46192	46193	\$142/\$102
5:25pm - 5:55pm	46194	46127	\$142/\$102
5:25pm - 5:55pm	46195	46291	\$142/\$102
6:00pm - 6:30pm	46197	46198	\$106/\$82
6:00pm - 6:30pm	46336	46175	\$106/\$82

## Summer Saturday Privates

**6/23, 6/30, 7/14, 7/21, 7/28, 8/4 \*No Class 7/7 (6 Classes)**

	Course #	Course #	Course #	PRV Cost	Semi Cost
8:30am - 9:00am	46227	46226	46228	\$158	\$122
9:05am - 9:35am	46229	46230		\$212	\$158
10:15am - 10:45am	46231	46232		\$212	\$158
10:50am - 11:20am	46233			\$212	\$158
11:25am - 11:55pm	46234	46236	46235	\$212	\$158
11:25am - 11:55pm	46237	46238	46239	\$212	\$158

## Summer Sunday Privates

**6/24, 7/1, 7/15, 7/22, 7/29, 8/5 \*No Class 7/8 (6 Classes)**

	Course #	Course #	Course #	PRV Cost	Semi Cost
9:05am - 9:35am	46341	46240	46241	\$212	\$158
9:05am - 9:35am	46242			\$212	\$158
10:15am - 10:45am	46243	46244	46245	\$212	\$158
10:50am - 11:20am	46246			\$212	\$158
11:25am - 11:55pm	46247	46130	46129	\$212	\$158
11:25am - 11:55pm	46294			\$212	\$158





## Summer Weekday Group Lessons

### Monday - Thursday

Session 1:	6/18 - 6/21	(4 lessons)	Session 4:	7/16 - 7/19	(4 lessons)	Session 7:	8/6 - 8/9	(4 lessons)
Session 2:	6/25 - 6/28	(4 lessons)	Session 5:	7/23 - 7/26	(4 lessons)			
Session 3:	7/9 - 7/12	(4 lessons)	Session 6:	7/30 - 8/2	(4 lessons)			

### Early Swim Program Lessons for Ages 3-5YRS

	Session 1	Cost	Session 2	Cost	Session 3	Cost	Session 4	Cost	Session 5	Cost	Session 6	Cost	Session 7	Cost	
Parent Infant/Tot	9:10am - 9:40am	46443	\$54	46444	\$54	46445	\$54	46446	\$54	46447	\$54	46448	\$54	46449	\$54
Guppy	10:20am - 10:50am	46383	\$74	46384	\$74	46419	\$74	46420	\$74	46421	\$74	46422	\$74	46423	\$74
Turtle	10:55am - 11:25am	46450	\$74	46451	\$74	46457	\$74	46458	\$74	46459	\$74	46460	\$74	46461	\$74

### Afternoon Lessons: Early Swim Program Lessons for Ages 3-5Yrs

Guppy	3:40pm - 4:10pm	46424	\$74	46426	\$74	46428	\$74	46430	\$74	46432	\$74	46434	\$74	46436	\$74
	4:15pm - 4:45pm	46425	\$74	46427	\$74	46429	\$74	46431	\$74	46433	\$74	46435	\$74	46437	\$74
Turtle	4:15pm - 4:45pm	46462	\$74	46464	\$74	46466	\$74	46430	\$74	46470	\$74	46472	\$74	46474	\$74
	4:50pm - 5:20pm	46463	\$74	46465	\$74	46467	\$74	46431	\$74	46471	\$74	43473	\$74	46475	\$74
Sea Otter	4:50pm - 5:20pm	46481	\$74	46483	\$74	46485	\$74	46468	\$74	46489	\$74	46491	\$74	46493	\$74
	5:25pm - 5:55pm	46482	\$74	46484	\$74	46486	\$74	46469	\$74	46490	\$74	46492	\$74	46494	\$74
Dolphin	5:25pm - 5:55pm	46500	\$74	46501	\$74	46502	\$74	46487	\$74	46504	\$74	46505	\$74	46506	\$74

### Level Program Lessons for Ages 6 - 15YRS

Level 1	3:40p - 4:10p	46508	\$74	46510	\$74	46512	\$74	46488	\$74	46516	\$74	46518	\$74	46520	\$74
	5:25p - 5:55p	46509	\$74	46511	\$74	46513	\$74	46503	\$74	46517	\$74	46519	\$74	46521	\$74
Level 2	4:15p - 4:45p	46526	\$74	46527	\$74	46528	\$74	46514	\$74	46530	\$74	46531	\$74	46532	\$74
Level 3	4:50p - 5:20p	46542	\$74	46543	\$74	46544	\$74	46545	\$74	46546	\$74	46547	\$74	46548	\$74
Level 4	4:50p - 5:20p	46552	\$74	46553	\$74	46554	\$74	46555	\$74	46556	\$74	46557	\$74	46558	\$74
Level 5/6	4:15p - 4:45p	46562	\$74	46563	\$74	46564	\$74	46565	\$74	46566	\$74	46567	\$74	46568	\$74

### Swim Club Program

Beginner	4:50p - 5:35p	46569	\$94	46570	\$94	46571	\$94	46572	\$94	46573	\$94	46592	\$94	46593	\$94
Inter.	5:40p - 6:25p	46574	\$94	46576	\$94	46578	\$94	46580	\$94	46584	\$94	46585	\$94	46586	\$94
Advanced	5:40p - 6:40p	46575	\$102	46577	\$102	46579	\$102	46581	\$102	46582	\$102	46583	\$102	46587	\$102

\*\*\*Please note -- we try our hardest to guarantee the same instructor during swim lessons however, due to illness of unforeseen circumstances, sometimes there are substitute teachers. The substitute teachers are all provided with notes on each child and an extensive lesson plan. If you have any questions, please see our Lesson Manager or the Front Desk staff.

## Summer Saturday Group Lessons

6/23, 6/30, 7/14, 7/21, 7/28, 8/4 \*No Class 7/7 (6 Classes)

Level	Time	Ages	Course #	Cost
Parent Infant	9:40am - 10:10am	6-18 months	46372	\$93
Parent Tot	9:05am - 9:35am	18-36 months	46379	\$93
Guppy	9:05am - 9:35am	3 - 5 yrs	46438	\$110
	9:40am - 10:10am	3 - 5 yrs	46439	\$110
	10:15am - 10:45am	3 - 5 yrs	46440	\$110
	10:50am - 11:20am	3 - 5 yrs	46441	\$110
Turtle	9:40am - 10:10am	3 - 5 yrs	46476	\$110
	10:15am - 10:45am	3 - 5 yrs	46477	\$110
	10:50am - 11:20am	3 - 5 yrs	46478	\$110
Sea Otter	9:40am - 10:10am	3 - 5 yrs	46496	\$110
	10:15am - 10:45am	3 - 5 yrs	46497	\$110
	10:50am - 11:20am	3 - 5 yrs	46498	\$110
Dolphin	9:05am - 9:35am	3 - 5 yrs	46507	\$110
	9:40am - 10:10am	3 - 5 yrs	46594	\$110
	10:15am - 10:45am	3 - 5 yrs	46595	\$110
	10:50am - 11:20am	3 - 5 yrs	46596	\$110
Level 1	9:05am - 9:35am	6 - 12 yrs	41746	\$110
	10:15am - 10:45am	6 - 12 yrs	41479	\$110
Level 2	10:15am - 10:45am	6 - 12 yrs	46534	\$110
Level 3	9:40am - 10:10am	6 - 12 yrs	46549	\$110
Level 4	10:50am - 11:20am	6 - 12 yrs	46559	\$110
Level 5/6	11:25am - 11:55am	6 - 12 yrs	46597	\$110



\*\*\*Please note – we try our hardest to guarantee the same instructor during swim lessons however, due to illness or unforeseen circumstances, sometimes there are substitute teachers. The substitute teachers are all provided with notes on each child and an extensive lesson plan. If you have any questions, please see our Lesson Manager or the Front Desk staff.

## Summer Sunday Group Lessons

6/24, 7/1, 7/15, 7/22, 7/29, 8/5 **\*No Class 7/8** (6 Classes)

Level	Time	Ages	Course #	Cost
Parent Infant	9:40am - 10:10am	6 - 18 months	46373	\$93
Parent Tot	9:05am - 9:35am	18 - 36 months	46380	\$93
Guppy	9:05am - 9:35am	3 - 5 yrs	46442	\$110
	9:40am - 10:10am	3 - 5 yrs	46385	\$110
	10:15am - 10:45am	3 - 5 yrs	46386	\$110
	10:50am - 11:20am	3 - 5 yrs	46387	\$110
Turtle	9:40am - 10:10am	3 - 5 yrs	46479	\$110
	10:15am - 10:45am	3 - 5 yrs	46480	\$110
	10:50am - 11:20am	3 - 5 yrs	46452	\$110
Sea Otter	9:40am - 10:10am	3 - 5 yrs	46499	\$110
	10:15am - 10:45am	3 - 5 yrs	46599	\$110
	10:50am - 11:20am	3 - 5 yrs	46600	\$110
Dolphin	9:05am - 9:35am	3 - 5 yrs	46601	\$110
	9:40am - 10:10am	3 - 5 yrs	46602	\$110
	10:15am - 10:45am	3 - 5 yrs	46603	\$110
	10:50am - 11:20am	3 - 5 yrs	46604	\$110
Level 1	9:05am - 9:35am	6 - 12 yrs	46522	\$110
	10:15am - 10:45am	6 - 12 yrs	46523	\$110
Level 2	10:15am - 10:45am	6 - 12 yrs	46535	\$110
Level 3	9:40am - 10:10am	6 - 12 yrs	46551	\$110
Level 4	10:50am - 11:20am	6 - 12 yrs	46560	\$110
Level 5/6	11:25am - 11:55am	6 - 12 yrs	46598	\$110

### Swim Club Program

Intermediate	11:25am - 12:10pm	8 - 15yrs	46588	\$140
Advanced	11:25am - 12:25pm	10 - 15yrs	46589	\$152



\*\*\*Please note – we try our hardest to guarantee the same instructor during swim lessons however, due to illness or unforeseen circumstances, sometimes there are substitute teachers. The substitute teachers are all provided with notes on each child and an extensive lesson plan. If you have any questions, please see our Lesson Manager or the Front Desk staff.



## CUSTOM PRIVATE LESSONS



*personal  
attention*

### A Great Way to Get the Personal Attention You and Your Child Deserve!

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

#### **COST:**

\$40 / 1 Private Lesson for 1 Person for 30 minutes of instruction.\*

\$30 / Per Child for 1 Semi-Private Lesson for 30 minutes of instruction.\*

\*\$2 total gets added to every class registration to go towards the Mill Valley Scholarship Fund

#### **AGES 2 YEARS – ADULT**

To request private lessons, please go online and download a Custom Lesson Request Form & Registration Form at [millvalleyrecreation.org](http://millvalleyrecreation.org). Click on Aquatics & Fitness Center and scroll to Swim Lesson Information. You may also call (415) 383-1370 to request a form to be mailed, faxed, or emailed to you.

Custom lessons follow the same policies as regular lessons.



### Overcoming Your Fear of Water for Adults

These are swimming Lessons geared for adults who are fearful of or who have had traumatic experiences in water taught by a USMC Adult

Learn to Swim instructor and personal trainer. Tracey O'Hare aims to help adults find comfort and security as the foundations of swimming. Progression through basic water and swimming skills occurs at the students' pace and level of comfort.

Feeling safe and comfortable is the first step for anyone who wants to swim. Adults who have developed a fear of water often attempt to bypass this crucial step only to find themselves frustrated and out of control making the potential of learning to swim even more distant.

**Cost: \$40/1 Private Lesson for 1 Person for 30 minutes of Instruction. To Register: Contact Tracey directly at (415) 381-4810 or [traceyohare@hotmail.com](mailto:traceyohare@hotmail.com).**

*quality  
instruction*



# ACTIVELY RECRUITING



**LIFEGUARDS**



**SENIOR LIFEGUARDS**



**SWIM INSTRUCTORS**



**SWIM AIDES**



**KIDZWATCH**



**STAFF FOR ONGOING PROGRAMS**

## TRAINING REQUIREMENTS

Lifeguard & Swim Instructor positions require additional advanced training that can be provided in-house.

An employment offer can be extended upon the contingency of passing an American Red Cross Lifeguarding Course.

All positions require certification in CPR & First Aid within the first 3 months of your employment.

## PERKS OF THE JOBS

Flexible Scheduling Complimentary Gym & Fitness Class Membership.

Complimentary ChildCare (depending on schedule).

Rate of Pay Range: \$12.88 - \$25.94

Paid professional development opportunities.

**Jobs/Applications at [MILLVALLEYCENTER.ORG](http://MILLVALLEYCENTER.ORG) or (415) 383-1370**

## QUESTIONS

Contact Kat, Recreation Supervisor,  
[kreisinger@cityofmillvalley.org](mailto:kreisinger@cityofmillvalley.org)  
or Jeren, Recreation Coordinator,  
[jseibel@cityofmillvalley.org](mailto:jseibel@cityofmillvalley.org)

**[www.cityofmillvalley.org](http://www.cityofmillvalley.org)**

Mill Valley Community Center  
180 Camino Alto  
Mill Valley, CA 94941

 *Find Your*  
**CENTER**  
**MILL VALLEY RECREATION  
& COMMUNITY CENTER**

## MILL VALLEY REGISTRATION FORM

Adult/Guardian Information (Please Print)

Main Contact:			2nd Adult Name:			Mail to:		
						MVPR		
Home:                      Work:                      Cell:			Home:                      Work:                      Cell:			180 Camino Alto		
						Mill Valley, CA		
Address:			Address:			94941		
City, State, Zip:			City, State, Zip:			Fax to:		
						(415) 383-1377		
Email:			Email:					

[illegible]

☐ My Address/Info has recently changed

Scholarship Fund Donation Amount:

**Total Fees:**

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Must sign to register.

Date: \_\_\_\_\_

## REFUND POLICY

**PLEASE READ BEFORE SIGNING.**

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

**You can register 24/7 at [www.Millvalleyrecreation.org](http://www.Millvalleyrecreation.org)**

<b>PAY BY:</b>	<input type="radio"/> Cash <input type="radio"/> Check Payable to MVPR	<input type="radio"/> MasterCard <input type="radio"/> Visa <input type="radio"/> Discover <input type="radio"/> Amex
	Cardholder Name (as it appears on card): _____	
	Credit Card #: _____	Exp. Date: _____ V-Code: _____

[illegible]





# mill valleyCAMPOUT

**SATURDAY, JULY 21, 2018**

**CAMPOUT AT THE CENTER**

180 CAMINO ALTO | MILL VALLEY, CA 94941



**Celebrate National Parks & Recreation Month by camping out with neighbors and friends at the Mill Valley Community Center.**

Reserve your camping space on Friends Field and participate in fun activities, games, arts & crafts, campfire program, s'more making, educational activities and more.

Pre-registration and payment for this event is required, deadline is July 6th. Register early as last years campout was a sell-out!

**CAMPING FEE: \$25 per person**

*3 years and under free*

**Fee Includes:**

Camping space

Dinner & Breakfast

Family Games & Activities

Campfire Entertainment

Preparedness Activities

Special Gift

**Camping fees can be paid in person at the Community Center, faxed in, mailed in, or online\***

*\*To register a child that is under 3 for free, call 415-383-1370*



REGISTER ONLINE AT [MVPRGOPLAY.ORG](http://MVPRGOPLAY.ORG) | COURSE#: 46605

SPACE IS LIMITED, SO REGISTER EARLY

FOR MORE INFORMATION CALL (415) 383-1370 OR GO TO [MILLVALLEYRECREATION.ORG](http://MILLVALLEYRECREATION.ORG)



# WE ♥ MOM

*Spring Craft & Gift Market*

May 5 2018 SATURDAY  
9 AM - 4 PM

UNIQUE GIFTS  
OVER 50 BOOTHS  
WARM FOOD  
SWEET TREATS  
MAKE & TAKE  
CRAFTS



MILL VALLEY COMMUNITY CENTER  
180 Camino Alto. Application Deadline Feb 23, 5pm  
[millvalleyrecreation.org](http://millvalleyrecreation.org)



Mill Valley Recreation Department  
180 Camino Alto  
Mill Valley, CA 94941

## POSTAL CUSTOMER

PRSR STD  
US Postage

**PAID**

San Rafael, CA  
Permit No. 62

ECRWSS