



## Eligible Class List

Refer to the Activity Guide for more information regarding classes and registration.

Class Title	Course #	Day	Time
<b>Teen &amp; Adult Fitness</b>			
Zumba Gold	WI1-128	Mon	6:00pm-7:00pm
Zumba-Tues	WI1-125	Tue	6:00pm-6:45pm
Zumba-Sat	WI1-124	Sat	10:00am-11:00am
Zumba-Thu	WI1-123	Thu	6:00pm-7:00pm
Yoga-Stretching	WI1-303	Mon	10:15am-11:45am
Yoga-Stretching	WI1-304	Thu	7:30pm-9:00pm
Yoga-Hatha	WI1-309	Mon/Wed	11:00am-12:15pm
Tai Chi for Women	WI1-212	Wed	10:00am-11:00am
Tai Chi for Women	WI1-213	Wed	11:00am-12:00pm
Tai Chi for Women	WI1-214	Wed	12:00pm-1:00pm
Tai Chi Chuan Beginner	WI1-210	Tue	7:30pm-8:30pm
Tai Chi Chuan Intermediate	WI1-211	Tue	8:30pm-9:30pm
Chen Taiji I-A	WI1-206	Mon	7:00pm-8:45pm
Chen Taiji I-B	WI1-207	Wed	7:00pm-8:45pm
Chen Taiji Combo Session I	WI1-208	Mon/Wed	7:00pm-8:45pm
Tabata Bootcamp	WI1-121	Tue	6:45pm-7:30pm
Tabata Bootcamp	WI1-122	Thu	7:00pm-8:15pm
Stretch & Tone	WI1-129	Fri	10:45am-11:45am
Stretching & Flexibility	WI1-135	Tue/Thu	1:00pm-2:00pm
Shinkyu Shotokan Karate Teens	WI1-215	Tue/Thu	6:30pm-7:30pm
Shinkyu Shotokan Karate Adults	WI1-209	Tue/Thu	7:30pm-9:00pm
Piloxing	WI1-119	Sat	9:00am-10:00am
Pilates Mon @ 5:15pm	WI1-115	Mon	5:15pm-6:00pm
Pilates Mon @ 7:30pm	WI1-116	Mon	7:30pm-8:30pm
Pilates Wed	WI1-117	Wed	7:30pm-8:30pm
Osteo Pilates	WI1-113	Mon	11:30am-12:15pm
Kenpo Eskrima-Teens/Adults	WI1-217	Mon/Wed	7:00pm-8:00pm
Interval Kickboxing	WI1-105	Wed	6:30pm-7:30pm
Functional Fitness	WI1-108	Wed	5:30pm-6:30pm
Fitness Boot Camp	WI1-106	Thu	6:00pm-7:00pm
Golf All Levels- Session I	WI1-109	Sat	9:00am-10:00am
Golf All Levels- Session II	WI1-110	Sat	9:00am-10:00am
Golf All Levels- Session III	WI1-111	Sat	9:00am-10:00am

Complete Body Workout	WI1-104	Mon	5:30pm-6:30pm
Circuit Training	WI1-103	Thu	5:30pm-6:30pm
Cardio N' Go Core	WI1-102	Sat	9:30am-10:15am
Core & Strengthen Circuit (Sat)	WI1-146	Sat	9:00am-10:00am
A.M. Fit N' Fun	WI1-101	Tue	9:30am-10:30am
Aikido Session I	WI1-201	Tu/Thu	7:10pm-8:00pm
Aikido Session II	WI1-202	Tu/Thu	7:10pm-8:00pm

Youth Classes			
Gym Daddy	WI2-300	Sat	10:00am-10:50am
Mom's Gym	WI2-310	Mon	11:10am-12:00pm
Pre-Shinkyu Shotokan- Beginners A	WI2-301	Sat	8:30am-9:15am
Pre-Shinkyu Shotokan- Beginners B	WI2-302	Sat	9:30am-10:15am
Pre-Shinkyu Shotokan- Lev II: White Beginners	WI2-303	Sat/Tue	10:30am-11:15am
Pre-Shinkyu Shotokan-Lev II: Color Belts, Yellow & Up	WI2-304	Sat/Tue	10:30am-12:00pm
Shinkyu Shotokan-Lev I Beginners yellow & Blue	WI3-307	Mon/Wed	5:00pm-6:00pm
Shinkyu Shotokan-Lev II Blue2nd & Green 1 <sup>st</sup>	WI3-308	Mon/Wed	6:00pm-7:00pm
Shinkyu Shotokan-Lev III Geen 2nd, purple	WI3-309	Mon/Wed	6:00pm-7:30pm
Golf for Juniors - Session I	WI3-303	Sat	10:00am-11:00am
Golf for Juniors - Session II	WI3-304	Sat	10:00am-11:00am
Golf for Juniors - Session III	WI3-305	Sat	10:00am-11:00am
Kenpo Eskrima	WI3-306	Mon/Wed	6:00pm-7:00pm

Teen & Adult Dance Classes			
Ballet for Teens & Adults I & II	WI1-401	Thu	6:15pm-7:25pm
Ballet for Teens & Adults II/III	WI1-403	Tue	7:15pm-8:30pm
Ballet for Teens & Adults III	WI1-404	Thu	7:30pm-8:45pm
Belly Dance-Beginners	WI1-460	Wed	7:00pm-8:00pm
Belly Dance-Intermediate/Advanced	WI1-461	Wed	8:00pm-9:00pm
Hawaiian Hula for 60+	WI1-465	Tue	10:45am-11:45am
Hawaiian & Tahitian Lev I	WI1-462	Tue	7:45am-9:00am
Hawaiian & Tahitian Lev II	WI1-463	Thu	7:30am-9:15am
Mexican Folklorico Dance for Adult Beginners	WI1-464	Tue	4:45pm-6:15pm
Salsa	WI1-415	Wed	7:15pm-8:15pm
Tango Argentino	WI1-410	Wed	8:30pm-9:30pm
Tap Dance Lev I	WI1-411	Tue	6:35pm-7:15pm
Tap Dance Lev II	WI1-412	Tue	8:05pm-8:45pm
Tap Dance Lev III	WI1-413	Tue	7:20pm-8:00pm

Youth Dance Classes			
Creative Ballet 1-Returning	WI2-401	Sat	9:30am-10:00am
Creative Ballet 2-Returning	WI2-402	Sat	10:15am-10:45am
Pre-Ballet A - New Students	WI2-403	Tue	3:15pm-3:55pm
Pre-Ballet B - Returning	WI2-404	Tue	4:00pm-4:40pm

Pre-Ballet C -Returning	WI2-405	Wed	4:45pm-5:30pm
Ballet-Introduction	WI3-400	Fri	4:00pm-4:50pm
Ballet-Basic 1	WI3-401	Sat	11:45am - 12:35pm
Ballet-Basic 2	WI3-402	Thu	3:30pm-4:20pm
Ballet Lev 1A	WI3-403	Sat	10:45am-11:35am
Ballet Lev 1B	WI3-404	Wed	3:30pm-4:20pm
Ballet Lev 1C	WI3-405	Mon	4:15pm-5:10pm
Ballet Lev 2A	WI3-406	Sat	9:30am-10:30am
Ballet Lev 2B	WI3-407	Fri	3:45pm-4:40pm
Ballet Lev 2C	WI3-408	Fri	5:00pm-6:00pm
Ballet Lev 3A	WI3-409	Wed	3:30pm-4:30pm
Ballet Lev 3B	WI3-410	Thu	4:20pm-5:20pm
Ballet Lev 4A	WI3-411	Mon	4:00pm-5:15pm
Ballet Lev 4B	WI3-412	Thu	3:45pm-5:00pm
Ballet Lev 5A	WI3-413	Fri	7:15pm-8:25pm
Ballet Lev 5B	WI3-415	Tue	4:45pm-6:00pm
Ballet Lev Lev 6	WI3-416	Tue	6:00pm-7:15pm
Ballet Lev 6-Pointe 1	WI3-417	Thu	5:00pm-6:10pm
Ballet Lev 7-Pointe 2	WI3-418	Wed	4:30pm-5:45pm
Ballet Lev 7/8A	WI3-419	Mon	5:30pm-6:45pm
Ballet Lev 7/8B	WI3-420	Fri	4:45pm-6:00pm
Ballet Lev 8-Pointe 3	WI3-422	Wed	5:45pm-7:00pm
Ballet Lev 9/10A	WI3-423	Mon	7:00pm-8:30pm
Ballet Lev 9/10B	WI3-424	Fri	6:00pm-7:15pm
Ballet 9/10-Pointe 4	WI8-426	Wed	7:00pm-8:30pm
Mexican Folk Dance Lev IA-New Students	WI3-460	Fri	5:30pm-6:00pm
Mexican Folk Dance IB-Returning Students	WI3-461	Fri	6:00pm-6:45pm
Mexican Folk Dance Lev II	WI3-462	Fri	7:00pm-7:50pm
Mexican Folk Dance Lev III	WI3-463	Mon	7:20pm-8:10pm
Mexican Folk Dance Lev IV	WI3-464	Thu	6:25pm-7:15pm
Mexican Folk Dance Lev V	WI3-465	Tue	6:30p-7:25pm
Mexican Folk Dance Lev VI	WI3-464	Mon	5:30pm-6:20pm
Mexican Folk Dance Lev VII	WI3-467	Thu	5:30pm-6:20pm
Mexican Folk Dance Lev VIII	WI3-468	Tue	7:30pm-8:25pm
Mexican Folk Dance Lev IX	WI3-469	Mon	6:25pm-7:15pm
Tap Dance for Kids Session A	WI3-565	Sat	10:30am-11:00am
Tap Dance for Kids Session B	WI3-566	Sat	11:15am-11:45am
Tap Dance for Kids Session C	WI3-567	Sat	12:00pm-12:30pm
Tap Dance for Kids Session D	WI3-568	Sat	12:30pm-1:00pm
Tap Dance for Kids Session E	WI3-569	Sat	1:00pm-1:30pm

**Aquatics Classes:** All sessions qualify. Please refer to the Winter activity guide or <https://secure.rec1.com/CA/south-san-francisco-ca/catalog> for the schedule of aquatic classes.

<b>Middle School Sports</b>			
6 <sup>th</sup> Grade Boys Basketball	WI9-211	Mon-Fri	4:00pm-8:00pm
6 <sup>th</sup> Grade Girls Basketball	WI9-212	Mon-Fri	4:00pm-8:00pm

<b>RAPP Sports</b>			
K-2 <sup>nd</sup> Grade Co-Ed Basketball	WI9-107	Monday	3:30pm-4:30pm
K-2 <sup>nd</sup> Grade Co-Ed Basketball	WI9-108	Monday	4:30pm-5:30pm
K-2 <sup>nd</sup> Grade Co-Ed Basketball	WI9-109	Wednesday	3:30pm-4:30pm
K-2 <sup>nd</sup> Grade Co-Ed Basketball	WI9-110	Wednesday	4:30pm-5:30pm

Are you interested in trying more than one activity?

### **Register for the Get Moving SSF Script Card!**

You can attend up to 10 drop-in classes or activities per quarter in place of registering for a class.

Drop-in activities include Pickleball, Zumba or Basketball plus more!

See the enclosed flyer for more information on drop-in activities

Script cards are available at the Recreation office, located at 33 Arroyo Drive

