

# SAN RAFAEL

ACTIVITIES GUIDE | FALL 25/WINTER 26



Online, Walk-In, &  
Mail Registration  
Begins August 18

Exciting New  
Classes Added  
This Fall

San Rafael's  
Carnegie Library  
Page 8-9



dayofthedeadsr.org



DIA DE

# MUERTOS

pickleweed park • Al Boro Community Center

FREE  
EVENT

NOV. 1  
3-9 PM

Food for Sale • Live Music  
Art Workshops • Altars • Processions

For sponsorship opportunities contact: [kramirez@multiculturalmarin.org](mailto:kramirez@multiculturalmarin.org)

# IMPORTANT REGISTRATION DATES

## REGISTRATION

Online, Walk-In and Mail-In Registration begins at 9:00am on Monday, August 18th.  
[www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation)

Our Activities Guide can also be viewed online at:  
[www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation)

## ACCESS & INCLUSION

The City of San Rafael invites people with and without disabilities to enjoy our sites, facilities, and programs. Do you have any special needs that require specific accommodations, so you can fully participate in one of the City's programs? If so, please contact our Library & Recreation Department office at (415) 485-3333.

## CITY HOLIDAYS

Library & Recreation Department facilities and programs are closed on the following City holidays:

LABOR DAY	Monday, September 1
VETERANS DAY	Tuesday, November 11
THANKSGIVING	Thursday, November 27
DAY AFTER THANKSGIVING	Friday, November 28
CHRISTMAS DAY	Thursday, December 25
NEW YEARS DAY	Thursday, January 1
MARTIN LUTHER KING JR	Monday, January 19
PRESIDENTS DAY	Monday, February 16

## Community Centers

### Albert J. Boro Community Center

50 Canal Street  
(415) 485-3077  
[abc.counter@cityofsanrafael.org](mailto:abc.counter@cityofsanrafael.org)

### San Rafael Community Center

618 B Street  
(415) 485-3333  
[recreation@cityofsanrafael.org](mailto:recreation@cityofsanrafael.org)

### Terra Linda Community Center & Pool

670 Del Ganado Road  
Office: (415) 485-3344  
Pool: (415) 485-3346  
[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)

## Cultural Center

### Falkirk Cultural Center

1408 Mission Avenue  
(415) 485-3328  
[falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org)

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Friends of the San Rafael Library

# RARE & SPECIAL BOOK SALE

September 26 & 27

Canoles Hall | First Presbyterian Church of San Rafael  
(across from the Main Library)

Don't miss this beloved sale featuring rare and special books published between 1790 and 1950—perfect for collectors, artists, designers, and book lovers of all kinds. Offerings include history, western history, large-format art books, poetry (including local beat poets), spirituality, vintage cookbooks, ephemera, sheet music, classic CDs, and more.



**Members' Preview:** Friday, September 26, 12:00–1:00 pm (memberships available at the door)  
**Public Sale:** Friday, September 26, 1:00–4:30 m & Saturday, September 27, 9:00am-3:00pm



## RESILIENT NEIGHBORHOODS

- Learn practical ways to reduce waste and save water, energy and money with our online toolkit and local resources.
- Understand how you can make a positive impact, and stick with it!
- Connect with Marin County neighbors to build support and community resilience.
- Create your custom plan to take action and track your successes.
- Get prepared so you can stay safe in climate-related emergencies.

Protect the planet for future generations.  
[www.resilientneighborhoods.org](http://www.resilientneighborhoods.org)

Want to...  
**Reduce your Carbon Footprint?**

Join us online for a free 5-Session  
Climate Action Workshop

### Fall 2025 Schedule

Thursday team begins September 11  
Wednesday team begins September 17

### Winter 2026 Schedule

Thursday team begins January 8  
Wednesday team begins January 14



Sign up today for **FREE** workshops!



**SAN RAFAEL**  
THE CITY WITH A MISSION

**CITY COUNCIL**

Kate Colin, *Mayor*

Maribeth Bushey, *Councilmember*

Maika Llorens Gulati, *Councilmember*

Eli Hill, *Councilmember*

Rachel Kertz, *Councilmember*

*City Council meetings are held the first and third Monday of each month at 6:00pm.*

**CITY MANAGER**

Cristine Alilovich

**PARK AND RECREATION COMMISSION**

Kela Cabrales

Cicily Emerson

Ariel Gutierrez

Andrei Pasternak

Robert Sandoval

*Park and Recreation Commission meetings are held the third Thursday of each month at 6:00pm.*

**BOARD OF LIBRARY TRUSTEES**

Lawrence Andow

Jaimi Cortes

Mary Kyle

Sunny Lee

Alex Vahdat

*Board of Library Trustees meetings are held the second Tuesday of each month at 6:00pm.*

# Message from City Manager

**Honoring 150 Years – Standing Together for the Future**

This year, we mark a profound milestone: 150 years since San Rafael was officially incorporated as a city. It’s more than an anniversary; it’s an opportunity to reflect, to celebrate, and to recommit.

We look back with gratitude at the generations who built this community through resilience, creativity, and shared purpose. And we look forward with resolve, knowing that the challenges of our time demand the same spirit of unity and determination.



At a moment when our communities face deep uncertainty—from climate threats and housing insecurity to public health and economic shifts—local government must not only serve but lead with heart and clarity. San Rafael is doing just that.

This spring, the City Council adopted a new Three-Year Strategic Plan that charts our course from 2025 to 2028. The plan is more than a document—it’s a shared vision for a more inclusive, safe, and sustainable city. It focuses on community safety, housing solutions, sustainability and climate action, community wellness, and economic vitality. Backed by over 100 specific goals and objectives, this plan is already shaping real outcomes.

In the past year, we’ve approved more than 1,700 new housing units, secured over \$14 million in transportation funding, and seen a nearly 50% drop in vehicle thefts. Our SAFE Team continues to meet behavioral health needs with compassion and professionalism—an effort we’re measuring through a transparent public dashboard.

In our public spaces, we’re investing in community connection and equity. The nearly completed renovation of Pickleweed Park represents one of the most significant park investments in city history, serving a neighborhood rich in culture, youth, and promise. Our recreation programs this season reflect that same commitment: connection, creativity, inclusion, and wellness for every age and background.

Community safety remains central to everything we do. As wildfire risk grows across the region, we continue to invest in readiness and prevention. Small steps—clearing defensible space, signing up for emergency alerts at AlertMarin.org, having a family plan can save lives. We are in this together.

As we honor 150 years of San Rafael, we recognize that a city is not just its infrastructure or institutions. It is the people who call it home. Whether you’ve been here for generations or are newly arrived residents, your voice, your presence, and your hope are what make this city whole.

Here’s to the next 150 years—grounded in community, shaped by shared values, and guided by the belief that when we show up for each other, there’s no challenge we can’t meet.

Warmly,

*Cristine Alilovich*  
City Manager

# Library Events You'll Love

## Downtown Library Biblioteca Temporal

Marin Master Gardeners	2nd Wednesdays	2-3 pm
Storytime Hora de Cuentos	Fridays Viernes	10:30-11 am 10:30-11 am

## Pickleweed Library Biblioteca Pickleweed

Programs scheduled at Pickleweed Library will take place at the Albert J. Boro Community Center while the library is closed for renovations. Please visit our website for more details.

Los programas planificados en Pickleweed tendrán lugar en el Centro Comunitario Albert J. Boro mientras la biblioteca está siendo remodelada. Visite nuestro sitio web para obtener más información.

Sing and Stump with Emily Bonn Canta y Baila con Emily Bonn	Thursdays Jueves	10:30-11 am 10:30-11 am
Books Beyond Borders Libros Sin Fronteras	1st Wednesdays 1er miércoles	4-5 pm 4-5 pm

Math Club Club de Matemáticas	Waitlist Only Lista de Espera Unicamente
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Reading Buddies Compañeros de Lectura	Waitlist Only Lista de Espera Unicamente
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Pre-registration required. For information, please contact:  
Se requiere inscripción previa. Para más información, por favor llame:  
Mireya.Renteria@cityofsanrafael.org

## Northgate Library Biblioteca Northgate

Sing and Stump with Emily Bonn Canta y Baila con Emily Bonn	Wednesdays Miércoles	10:30-11 am 10:30-11 am
Lego Saturdays Sábado de Lego	2 <sup>nd</sup> & 4 <sup>th</sup> Saturdays 2 <sup>do</sup> y 4 <sup>to</sup> sábados	11 am-3:30 pm 11 am-3:30 pm
Sabores Literarios Club de Lectura	1er viernes del mes	5:30-7:00 pm

## City Hall Council Chambers

First Wednesday Art Talk	1st Wednesdays	1-2 pm
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## Online En Línea

All Things Apple!	Tuesdays Martes	2-3:30 pm 2-2:30 pm
ESL Conversation Club Club de conversación en inglés	1st & 3rd Saturdays 1er y 3er Sábado	4-5 pm 4-5 pm
Zentangle	3rd Wednesdays 3er Miércoles	2-5 pm 2-5 pm

## Other Programs

Filmmakers in Focus	Thursday, September 11 Filmmaker: Catherine Murphy Film: Silvio Rodriguez: "My First Calling" (25 minutes)	6:30-7:30 pm
Humans of San Quentin	Tuesday, September 30	6:30-7:30 pm
Filmmakers in Focus	Tuesday, October 7 Filmmaker: Colette Ghunim Film: Sneak preview excerpt of Traces of Home	6:30-7:30 pm



**Downtown Library**  
Mon-Wed: 10am-7pm  
Thurs-Sun: 10am-5pm

**Pickleweed**  
Closed for renovations  
Fall 2025 - Sp/Su 2026

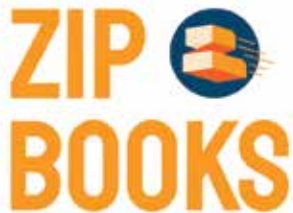
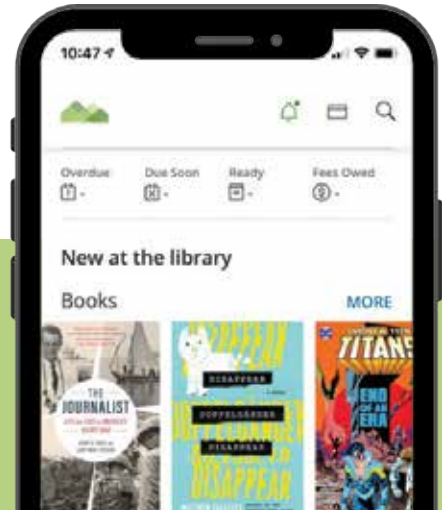
**Northgate**  
Tue: 12pm-7pm  
Wed-Sat: 11am-5pm  
Sun-Mon: Closed

# E-RESOURCES



Use our free MARINet app to find books, check out items, view your account, and more.

- Access your scannable library card
- Search the catalog and place holds
- Manage your account and holds
- Mobile checkout
- See new titles and recommended lists
- Discover related content



Your library delivered

## Looking for a book we don't have?

Get it mailed to your doorstep absolutely FREE!

The Zip Books program lets you request books not in MARINet or Link+. They're free and shipped directly to you via Amazon.



# LIBRARY NEWS

## The Carnegie is now open!

The Downtown Library on E Street officially reopened on August 4th, 2025

Join us for our Grand Reopening Celebration!  
September 20  
12PM-5PM



## Pickleweed Library

The Pickleweed Library location will be temporarily closed for renovations starting this Fall. Visit us online for updates.

La Biblioteca Pickleweed cerrará temporalmente este otoño por renovaciones. Visite nuestro sitio web para obtener actualizaciones.



[srpubliclibrary.org](http://srpubliclibrary.org)

**Downtown Library**

415-485-3323  
1100 E Street

**Pickleweed**

415-485-3483  
50 Canal St

**Northgate**

415-890-5670  
Northgate Mall

Visit us at [srpubliclibrary.org/events](http://srpubliclibrary.org/events) for more information





# A Public Library Building in Our City:

The Beginnings of San Rafael's Carnegie Library

by Pamela Klein, Librarian

## The history of San Rafael's Carnegie library began, with a small January 4, 1900, Marin Journal editorial:

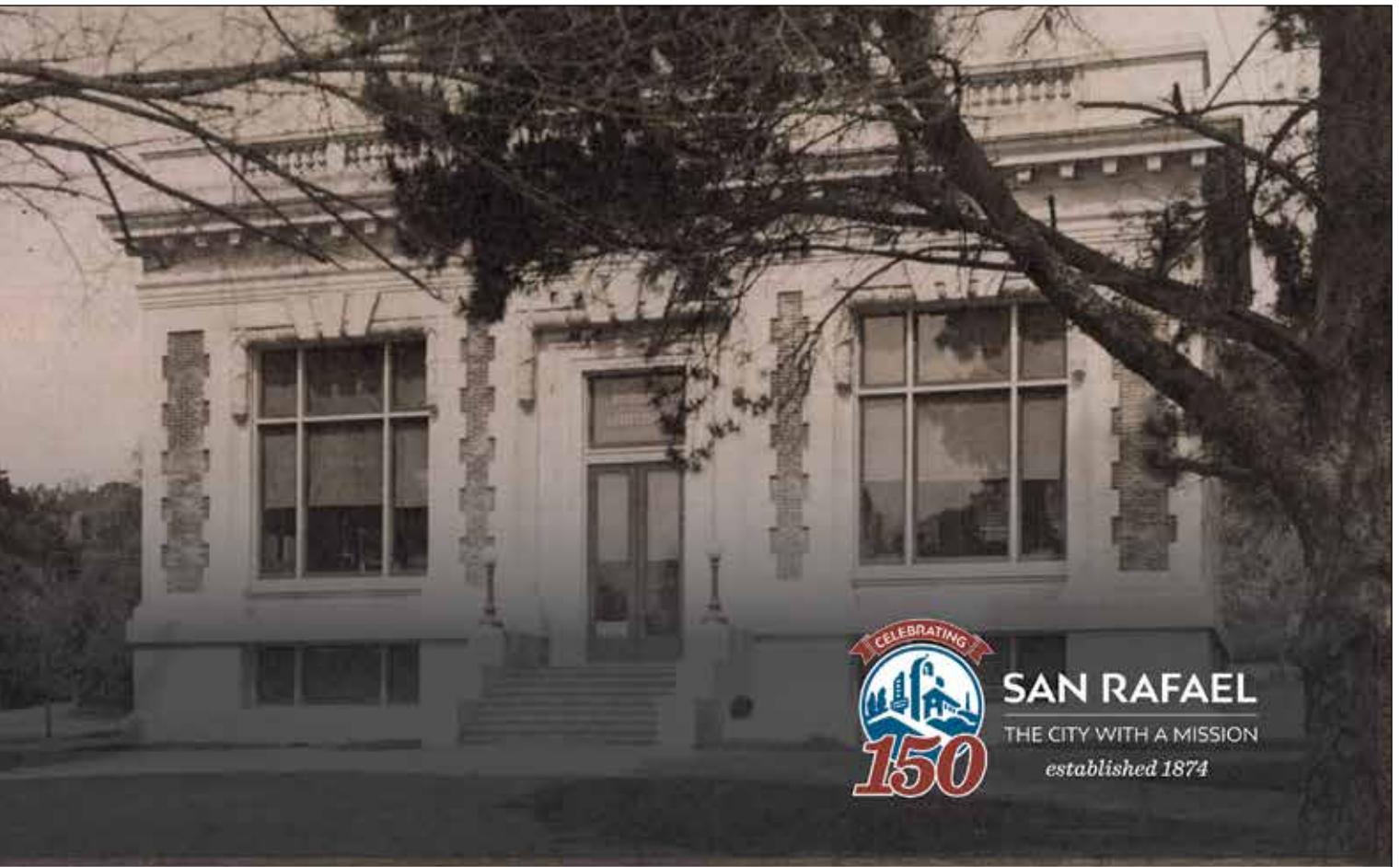
“Andrew Carnegie, the iron king, has been giving away his millions in a manner which he thinks will do much good —by erecting public library buildings in various cities, not only in this country, but also in Europe... It has been suggested that if he were properly approached and presented with the facts about the San Rafael Library that his liberality would prompt him to give sufficient funds with which to erect a Library building in our city. Let the effort be made. No harm can come from it, and in all probability the donation can be secured.”

A petition was submitted to Andrew Carnegie, and in 1904, San Rafael secured \$25,000 to erect a library. Carnegie required the city to purchase a suitable lot for the building, and to offer ongoing support for collections, repairs, and services. The Italianate classic library was designed by the Reid Brothers, who also designed San Francisco's Fairmont Hotel. Construction was delayed by a shortage of funding and the earthquake of April 1906.

Happily, on Saturday, January 9, 1909, San Rafael celebrated the

new library with a ticketed event that included prayers and speeches from local leaders, as well as the ceremonial lighting of library's fireplace. Ninth Circuit Court Justice, William T. Morrow, a friend of Andrew Carnegie's, who'd advocated strongly on the town's behalf, was one of the speakers. His remarks at the dedication are remarkably contemporary:

“It is well said that a library performs three great functions in administering to our welfare and happiness: First, there is information; Second, inspiration,



**SAN RAFAEL**

THE CITY WITH A MISSION

*established 1874*

and Third, recreation. So it is that the libraries have become to be recognized as one of the necessary elements in promoting the intelligence and the spirit and the welfare of a community...”

Although the library was small in footprint, the high ceilings, immense skylight and huge plate glass windows gave it a grandeur. The walls were painted pale green with a dark oak wainscoting. On

the west side of the library were biographies, fiction, travel, poetry, and essays. On the east side of the library were children’s books, magazines, encyclopedias, and books on history, fine arts, natural sciences, sociology, philosophy, and religion. In the basement was a lavatory, an “informal reading room for men” where men could read a newspaper dressed in their soiled work clothes, and a resting room for women.

On January 21, 1909, the Marin Journal quoted a townspeople who opined, “to judge from the number of dogs on the steps of that building, one would suppose it to be a public pound.” But despite naysayers, the building, born at the beginning of the 20th century, continues to serve the City into the 21st century.



**San Rafael's Public Library today...** continues to serve the community with 200,000 annual visits, 300+ free programs, and access to a collection of more than 2,000,000 books, digital resources, and tools. From early literacy and teen events to job help and technology support, the Library remains a vital, inclusive space for learning, creativity, and connection in San Rafael.

# Preschool

## HOW TO READ THE CLASS INFORMATION

7340	Th	10:40am-12:00pm	6/6-7/18	\$120/\$132
↓	↓	↓	↓	↓
<b>CLASS CODE</b>	<b>DAY OF WEEK</b>	<b>START-END TIME</b>	<b>BEGIN/END DATE</b>	<b>RESIDENT FEE/ NON-RESIDENT FEE</b>

## Introduction To Ballet

**Ages: 4Y-6Y**

**Location: Albert J. Boro Community Center**

In this class, students will learn the fundamentals of Ballet in a fun, relaxed environment.

9015	M	4:15pm-5:00pm	9/08-12/01	\$50/\$55
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## Jumping Jacks

**Location: San Rafael Community Center**

**Fees: \$54-Six classes / \$96-Twelve classes / \$10 drop-in**

Jumping Jacks is an hour-long class that consists of activities that encourage creative movement, balance, and hand-eye coordination in a high-energy, fun-filled atmosphere. The first half is free play with parents/caretakers interacting with children. The second half is group time where kids have fun dancing with scarves, playing with the parachute and of course popping bubbles!

Crawling-26 mos.	Tu/Th	9:30am-10:30am	ongoing
26 mos.-4 years	Tu/Th	10:40am-11:40am	ongoing

## Little Angels Circle Time

**Ages: 3M-6Y**

**Location: Terra Linda Community Center - Rooms 3 & 4**

**Drop-in Fees: \$17/class**

*Instructor: Wendy Calderon's 13 years as a nanny helped her discover a passion for working with others. Children are always living in the moment and connecting with joy. Working as a medical assistant, she valued her connection with clients and loved to see them smile and hear about their families. She decided to combine these efforts to create the Little Angels program, which operates on multiple sites in Marin.*

Little Angels provides a safe environment for children of all abilities to explore, imagine, and create connections. Children will enjoy over an hour of entertainment and learning including a rotation of art, play time, story time, and much more! Guardians must remain on-site for this program. **No Class: 11/27.**

8924	Th	10:40am-11:45am	8/28-9/25	\$75/\$84
8925	Th	10:40am-11:45am	10/02-10/30	\$75/\$84
8926	Th	10:40am-11:45am	11/06-12/18	\$90/\$100
8927	Th	10:40am-11:45am	1/08-2/05	\$75/\$84
8928	Th	10:40am-11:45am	2/12 -3/12	\$75/\$84

# Preschool

## Soccer Stars

Backed by more than 20 years of experience, Soccer Stars offers a unique, age-specific curriculum for kids ages 1 & up. While the program has been successfully running nationwide for 2 decades, it is new to the majority of the North Bay, and we are so excited to bring it to the San Rafael community.

Soccer Stars teaches the fundamentals in a fun, non-competitive, educational environment. Our unique curriculum uses positive reinforcement and a low child-to-coach ratio to make sure each child feels confident in their own abilities, allowing kids to improve at their own rate. No matter their age, Soccer Stars has specific and progressive lesson plans built to your child's developmental needs. Many of our program ages overlap so that you and your child can be comfortable with the level of play during your session.

**Material Fee: \$25 due to instructor on first day. Jersey included. Discount: 25% discount offered for siblings.**  
**No Class: 11/26, 11/28, 11/29, 2/18, 2/20 & 2/21.**

## Parent & Me Ages: 1Y-2.5Y

With parents & caregivers, our coaches & puppet friends, Mimi and Pepe, take toddlers through a world of exciting physical activity. Play-based activities & engaging original music is used to develop pre-soccer skills in a fun & nurturing environment. We use the soccer ball as a vehicle to develop skills, teach teamwork & build confidence. Be sure to bring a water bottle, sunscreen, and athletic closed toe shoes. We hope to see you out on the field!

### Location: Albert Park Community Lawn

9049	Sa	9:00am-9:40am	9/06-10/25	\$192/\$211
9050	Sa	9:00am-9:40am	11/08-12/20	\$144/\$158
9051	Sa	9:00am-9:40am	1/17-3/28	\$240/\$264

### Location: Terra Linda Park

9061	W	4:00pm-4:40pm	9/03-10/22	\$192/\$211
9062	F	9:30am-10:10am	9/05-10/24	\$192/\$211
9066	F	9:30am-10:10am	11/07-12/19	\$144/\$158
9070	F	9:30am-10:10am	1/16-3/27	\$240/\$264



## Toddler Ages: 2Y-3.5Y

### Location: Albert Park Community Lawn

9043	F	9:30am-10:10am	9/05-10/24	\$192/\$211
9052	Sa	9:50am-10:30am	9/06-10/25	\$192/\$211
9044	F	9:30am-10:10am	11/07-12/19	\$144/\$158
9053	Sa	9:50am-10:30am	11/08-12/20	\$144/\$158
9045	F	9:30am-10:10am	1/16-3/27	\$240/\$264
9054	Sa	9:50am-10:30am	1/17-3/28	\$240/\$264

### Location: Terra Linda Park

9064	F	10:20am-11:00am	9/05-10/24	\$192/\$211
9068	F	10:20am-11:00am	11/07-12/19	\$144/\$158
9072	F	10:20am-11:00am	1/16-3/27	\$240/\$264

## Preschool Ages: 3Y-4.5Y

### Location: Albert Park Community Lawn

If your child attends Parkside Preschool on Fridays, please talk with your child's teacher as we have made arrangements for Soccer Stars staff to pickup and drop-off kids while they are there!

9046	F	10:20am-11:00am	9/05-10/24	\$192/\$211
9055	Sa	10:40am-11:20am	9/06-10/25	\$192/\$211
9047	F	10:20am-11:00am	11/07-12/19	\$144/\$158
9056	Sa	10:40am-11:20am	11/08-12/20	\$144/\$158
9048	F	10:20am-11:00am	1/16-3/27	\$240/\$264
9057	Sa	10:40am-11:20am	1/17-3/28	\$240/\$264

### Location: Terra Linda Park

9063	W	4:50pm-5:30pm	9/03-10/22	\$192/\$211
9067	W	4:30pm-5:10pm	11/05-12/17	\$144/\$158
9071	W	4:30pm-5:10pm	1/14-3/25	\$240/\$264

# Preschool Programs

## Parkside Preschool

51 Albert Park Lane, San Rafael 94901  
Director: Jackie Newsom Phone: 485-3388

Parkside Preschool is a year-round, full-time program, which provides a developmentally appropriate play-based program that focuses on exploration, discovery, and social interaction. The two classrooms are set up with a variety of activity centers: art, science, language arts, library, dramatic play, blocks, and math. Activities are planned and prepared to spark a child's sense of curiosity and wonder. The stimulating and supportive environment, coupled with caring professionals, nurtures a love for learning with an emphasis on problem solving, self-regulation skills, and creativity.

## Pickleweed Preschool

40 Canal Street, San Rafael 94901  
Interim Director: Karina Velasquez Phone: 485-3101

Pickleweed Preschool is a state funded, part-day preschool program. Our highly experienced and caring teachers create an environment that offers a range of experiences to encourage and foster children's independence and social-emotional development. Through the carefully selected materials provided, the children will have the opportunity to further develop both their fine and gross motor skills. Children will participate in small and large group activities to study and explore their expanding world and will learn practical life and social skills through their work and play. All activities and curriculum will encourage children's English Language Development and Acquisition.



# School-Age Child Care

Serving the San Rafael and Miller Creek School Districts, the City of San Rafael offers year-round childcare to children in Transitional Kindergarten through 5th grade. The centers provide a safe, enriching, and enjoyable atmosphere where school-age children can learn and grow through positive experiences. Our professional staff provides a wide variety of group and individual activities to support and enhance your child's physical, social, and emotional development.

Whether you are looking for a part-day play experience or full-time childcare, each center offers a variety of flexible schedules to meet your needs. Please note that our centers have a limited capacity and program enrollment is first-come first-served, so please contact us early and inquire about rates and availability.

**Registration is conducted at the various school sites.**

## Glenwood Children's Center

Glenwood Elementary School  
25 W.Castlewood Drive, San Rafael 94901  
Director: Jocelyn Hallroan Phone: 485-3102

## Parkside Children's Center

51 Albert Park Lane, San Rafael 94901  
Director: Sonda Sockolov Phone: 485-3387

## Lucas Valley Children's Center

Lucas Valley Elementary School  
1175 Idylberry Road, San Rafael 94903  
Director: Diana Muller Phone: 485-3189

## Mary Silveira Children's Center

Mary Silveira Elementary School  
375 Blackstone Drive, San Rafael 94903  
Director: Angie Stunz Phone: 485-3190

## Vallecito Children's Center

Vallecito Elementary School  
50 Nova Albion Way, San Rafael 94903  
Director: Trisha Cerutti-Saylors Phone: 485-3103



SCAN THE CODE TO SEE  
JOB DETAILS AND APPLY TODAY!

## WE'RE HIRING!

Come join a great team!  
City of San Rafael Childcare Division

# Youth & Teens

## Afterschool Enrichment Programs

Focusing on educational and recreational activities for Elementary School-Age students, our classes intend to enhance your child's school experience.

Focusing on educational and recreational activities for Elementary School-Age students, our classes intend to enhance your child's school experience.

Courses may be offered at your school, in subjects such as:

- Arts and Crafts
- Chess
- Dance
- Drama/Theater
- Educational (Math and Writing)
- Film/Movie Making
- Finance
- Foreign Language
- Science/STEAM
- Sports



Our Afterschool Enrichment Program classes are offered in both the **Miller Creek** and **San Rafael City School Districts**. Currently we offer classes at Coleman, Glenwood, Lucas Valley, Mary Silveira, Sun Valley and Vallecito Elementary Schools. We offer classes throughout the school year broken up into three seasons: **Fall** (September-December), **Winter** (January-March), and **Spring** (April-May) and are always looking for new or revised courses to offer to families at each school location each season.



These fee-based classes are offered on a first-come, first-served basis. Classes fill up quickly, so please visit our website to stay up to date on our offerings and open registration dates/times. A limited number of scholarships are available for families who qualify, and the qualifications & application information can be found at the bottom of our recreation websites main page.

We are continually searching for teachers/instructors to provide enriching activities to students and families in our community. Whether you are a small business or a school parent, if you possess a certain skill or hobby and would like to teach your passion/knowledge to students after school, we would love to further discuss our Contract Instructor Partnership program.

Please contact Program Coordinator Jason Fong at [jason.fong@cityofsanrafael.org](mailto:jason.fong@cityofsanrafael.org) or call 415-485-3338 for further information.

# Youth & Teens

## HOW TO READ THE CLASS INFORMATION

7340	Th	10:40am-12:00pm	6/6-7/18	\$120/\$132
↓	↓	↓	↓	↓
<b>CLASS CODE</b>	<b>DAY OF WEEK</b>	<b>START-END TIME</b>	<b>BEGIN/END DATE</b>	<b>RESIDENT FEE/ NON-RESIDENT FEE</b>

## ARTS & CRAFTS

### Nutcracker Workshop

**Ages: 5Y & Up**

**Location: Falkirk Cultural Center - Upstairs**

Families and individuals are invited to “crack it up” at the Falkirk Cultural Center. What will you name your Cracker? How will you decorate them? Each family/individual will receive one 2-foot-tall wooden nutcracker. Paint, jewels, fabric and more will be provided, but you are welcome to bring decorative items from home to create a specially themed Nutcracker. Children need to be accompanied by an adult. Don't delay in registering as we have a limited number of Nutcrackers.

9151	Sa	10:00am-12:00pm	11/15	\$35/\$39
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### Terra Linda Ceramics

Award winning artist, Nadia Tarzi-Saccardi, is the director for the Terra Linda Ceramic Artists program since 2017. Nadia first studied ceramics and sculpture forty years ago in Strasbourg, France and for the last 15 years has been teaching ceramics to adults & children across the Bay Area. She was awarded the **Best of Marin 2020, 2021, 2022, 2023, 2024 and 2025 for Best Art Instructor and Best Art Studio**. Visit: [www.terralindaceramicartists.com](http://www.terralindaceramicartists.com)

For all ceramics classes:

**Location: Terra Linda Community Center**

**Material Fee: \$30 due to instructor 24 hrs. before first class**

### Mud Masters

**Ages: 9Y-13Y**

Join this artistic group who learn creating in clay. Students learn all about clay, pinch pot, slab building, coiling, sculpting and glazing. A fun new project is demonstrated in each class and individual expression is encouraged. All levels are welcome.

8960	Tu	4:00pm-5:30pm	9/23-10/21	\$155/\$170
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### Hang Out with Clay-All Level Teen Class

**Ages: 14Y-17Y**

This after-school program is designed to give you the opportunity to express and explore your creative ideas through the amazing medium of clay. You will be taught all the techniques that you need to create what you imagine and encouraged to develop your own style. All levels are welcome. There will be many opportunities to explore glazing, surface decorations, as well as working on a portfolio if desired. Sign up early! Space is limited. **No Class: 3/31, 4/7 & 5/26.**

8959	M	4:00pm-6:00pm	9/22-10/27	\$186/\$204
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### Holiday Family Workshop

**Ages: 5Y-12Y**

Enjoy family time with clay. Make holiday crafts with your children, choose a glaze color from our event's palette that makes you happy and pick up your fired pieces just in time for the holidays.

Each attendee must register for the class. One parent/guardian is required to register with any child registration. Questions, please call (415) 485-3344

**Material Fee:** A \$20 materials fee per family is due to the instructor at the workshop check in.

9081	Su	2:00pm-4:00pm	12/07	\$40/\$44
9168	Su	2:00pm-4:00pm	12/14	\$40/\$44

# Youth & Teens

## DANCE

### Introduction to Ballet

**Ages:** 7Y-10Y

**Location:** Albert J. Boro Community Center - Multi-Purpose Rm.

In this class, students will learn the fundamentals of Ballet in a fun, relaxed environment. **No Class: 11/24.**

9016	M	5:00pm-5:45pm	9/08-12/01	\$50/\$55
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### Teen Salsa, Bachata and Merengue

**Ages:** 10Y & up

**Location:** Albert J. Boro Community Center - Multi-Purpose Rm.

Come learn the basics of Salsa, Bachata, and Merengue. Students will learn fun routines to dance solo or with a partner. **No Class: 10/10 & 11/28.**

9017	F	4:15pm-5:00pm	9/12-12/05	\$50/\$55
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## PERSONAL GROWTH



### ARC Adult & Pediatric CPR, AED & First Aid

**Ages:** 13Y & Up

**Location:** Terra Linda Community Center

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head/neck/back injuries, heat/cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

9154	Sa	9:00am-2:00pm	9/20	\$112/\$123
9155	Su	9:00am-2:00pm	10/19	\$112/\$123
9156	Sa	9:00am-2:00pm	11/08	\$112/\$123

### ARC Adult & Pediatric CPR, AED & First Aid - EN ESPAÑOL

**Edades:** 13 años en adelante

**Lugar:** Terra Linda Community Center

El curso de Primeros Auxilios para Adultos y Pediátricos / RCP / DEA incorpora la ciencia más reciente y enseña a los estudiantes a reconocer y cuidar una variedad de emergencias de primeros auxilios, como quemaduras, cortes, rasguños, enfermedades repentinas, lesiones en la cabeza, cuello, espalda, emergencias por calor y frío, y cómo responder a emergencias respiratorias y cardíacas para ayudar a las víctimas de cualquier edad: adultos (alrededor de 12 años o más) y pediátricos (bebés y niños de hasta 12 años de edad). Los estudiantes que completen con éxito este curso recibirán un certificado de Primeros Auxilios para Adultos y Pediátricos / RCP / DEA válido por dos años.

9153	Do	9:00am-2:00pm	10/05	\$112/\$123
9157	Sa	9:00am-2:00pm	11/22	\$112/\$123

# Youth & Teens

## ATHLETICS

### Canal Mini Soccer League

Any Language

**Ages: 5Y-12Y**

**Location: Albert J. Boro Community Center - Gymnasium**

**Material Fee: \$30 due at registration.**

In this fun, recreation program, parents and children bond together as they enjoy the popular game of soccer. This is purely a recreational program organized and taught by Concilio parents and volunteers. Instruction is primarily in Spanish. Program provided in connection with volunteers from Voces Del Canal. **No class: 11/01, 11/03.**

**Edades: 5Y-12Y**

**Lugar: Albert J. Boro Community Center - Gimnasio**

**Precio del material: \$30 a pagar en el momento de la inscripción.**

En este divertido programa recreativo, padres e hijos estrechan lazos mientras disfrutan del popular juego del fútbol. Se trata de un programa puramente recreativo organizado e impartido por padres y voluntarios de Concilio. Las clases se imparten principalmente en español. Este programa se imparte en colaboración con voluntarios de Voces del Canal. **No hay clase: 11/01, 11/03.**

9014	M/Sa	4:45pm-6:15pm	10/18-12/13	\$25
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### Classical Fencing

**Location: San Rafael Community Center - Rooms 3 & 4**

Classical Fencing is the art and science of defense; the primary system taught is the French Foil. You will learn correct footwork, basic attacks and defenses, and safety protocol. Continuing students will learn tactics, strategy, more advanced techniques, and historical/traditional etiquette. A mask and gloves are required, but not for the first class (Instructor will provide purchasing information). **No Class: 11/1 & 2/17.**

**Ages: 9Y-14Y**

9082	Tu	5:30pm-6:30pm	9/09-10/14	\$100/\$110
9083	Tu	5:30pm-6:30pm	10/28-12/09	\$100/\$110
9084	Tu	5:30pm-6:30pm	1/13-2/24	\$100/\$110

**Ages: 14Y & Up**

9086	Tu	6:30pm-7:30pm	9/09-10/14	\$100/\$110
9087	Tu	6:30pm-7:30pm	10/28-12/09	\$100/\$110
9088	Tu	6:30pm-7:30pm	1/13-2/24	\$100/\$110

### Soccer Stars

**Ages: 4.5Y-6.5Y**

**Location: Albert Park Community Lawn**

**Material Fee: \$25 due to instructor on first day. Jersey included.**

**Discount: 25% discount offered for siblings.**

*Backed by more than 20 years of experience, Soccer Stars offers a unique, age-specific curriculum for kids ages 1 & up. While the program has been successfully running nationwide for 2 decades, it is new to the majority of the North Bay, and we are so excited to bring it to the San Rafael community.*

Soccer Stars teaches the fundamentals in a fun, non-competitive, educational environment. Our unique curriculum uses positive reinforcement and a low child-to-coach ratio to make sure each child feels confident in their own abilities, allowing kids to improve at their own rate. No matter their age, Soccer Stars has specific and progressive lesson plans built to your child's developmental needs. Many of our program ages overlap so that you and your child can be comfortable with the level of play during your session. **No Class: 11/29 & 2/21.**

9058	Sa	11:30am-12:10pm	9/06-10/25	\$192/\$211
9059	Sa	11:30am-12:10pm	11/08-12/20	\$144/\$158
9060	Sa	11:30am-12:10pm	1/17-3/28	\$240/\$264

### NEW! Soccer Stars After School

**Ages: 4.5Y-6.5Y and 6Y-9Y**

**Location: Albert Park Community Lawn**

**Material Fee: \$25 due to instructor on first day. Jersey included.**

**Discount: 25% discount offered for siblings.**

*The goal of our Soccer Stars program at this stage is to improve children's elementary capacity through fun games, technical skill development and group activities. The primary focus is to increase familiarity of space to enable children to develop team skills in a game environment. Emphasis is placed on awareness of teammates, sportmanship and confidence building with the soccer ball so that these skills can be easily transferred into the soccer game. **No Class: 11/26 & 2/18.***

**Ages: 4.5Y-6.5Y**

9090	W	2:30pm-3:15pm	9/10-10/29	\$192/\$211
9091	W	2:30pm-3:15pm	11/05-12/17	\$144/\$158
9092	W	2:30pm-3:15pm	1/14-3/25	\$240/\$264

**Ages: 6Y-9Y**

9093	W	3:30pm-4:15pm	9/10-10/29	\$192/\$211
9094	W	3:30pm-4:15pm	11/05-12/17	\$144/\$158
9095	W	3:30pm-4:15pm	1/14-3/25	\$240/\$264

# Youth & Teens

## MARTIAL ARTS

### Canal Karate

**Ages: 5Y & Up**

**Location: Albert J. Boro Community Center - Multi-Purpose Rm.**

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This self-defense program will help students achieve improved focus and strength while having fun. Various class levels to match student's Karate experience. Additional material fees due to the instructor for uniform and optional SHOTOKAN KARATE-DO INTERNATIONAL-US FEDERATION belt testing/advancement. **No Class: 11/11, 11/27.**

Age:	Time:
Beginning (5Y+)	5:00pm–6:00pm
Youth/Intermediate (7Y+)	6:00pm–7:00pm
Adult/Intermediate	7:00pm–8:00pm
Adult/Advanced	8:00pm–9:00pm

Aprende y mejora el control, la disciplina, el respeto y aumenta la autoestima mientras te ganas el cinturón. Este programa de defensa personal, galardonado internacionalmente, ayudará a los estudiantes a lograr un mejor enfoque y fuerza mientras se divierten haciéndolo. Varios niveles de clase para que coincida con la experiencia de Karate del estudiante. \$10 de descuento para varios hermanos. Tarifas de material adicionales debidas al instructor por uniforme y opcional SHOTOKAN KARATE-DO INTERNATIONAL-US FEDERATION cambio de cinta/avance. **No hay clase: 11/11, 11/27.**

Edad:	Tiempo:
Juventud/Comienzo (5Y+)	5:00pm–6:00pm
Jóvenes/Intermedios (7Y+)	6:00pm–7:00pm
Adulto/Intermedio	7:00pm–8:00pm
Adulto/Avanzado	8:00pm–9:00pm

9012	Tu/Th	5:30pm–6:30pm	9/16–10/23	\$80/\$88
9013	Tu/Th	5:30pm–6:30pm	10/28–12/11	\$80/\$88
9139	Tu/Th	5:30pm–6:30pm	1/06–2/12	\$80/\$88



## TAEKWONDO CLASSES FOR YOUTH

The Taekwondo classes are taught by Greg Le Moi who has been involved with martial arts for over 30 years. He has a background in Taekwondo, Jujitsu & Karate. He has taught children and adults of all ages including those with physical and/or developmental disabilities. Le Moi's Martial Arts strives to create tomorrow's leaders, one black belt at a time. **No class: 11/27, 12/23, 12/25, 12/30, 1/01.**

**Location: Terra Linda Community Center**  
**Uniform Fee: \$45 due to instructor on first day of class**  
**Sibling Discount: -\$10**

### Taekwondo Tiny Tigers

**Ages: 4Y-6Y**

Our Tiny Tigers program is designed to help children, ages 4 to 6, improve their motor skills and enhance their ability to pay attention and follow instructions. All students will experience a safe, fun, and exciting learning environment. Le Moi's Martial Arts focuses on each person as an individual and invites them to be the best they can be!

8276	Tu/Th	3:30pm–4:00pm	9/16–11/6	\$134/\$147
9024	Tu/Th	3:30pm–4:00pm	11/18–1/22	\$134/\$147
9025	Tu/Th	3:30pm–4:00pm	2/3–3/26	\$134/\$147

### Taekwondo Youth-Beginning

**Ages: 7Y & Up**

White - Green Belt: Our Beginning program is for ages 7 and up. There are many reasons to become involved in the Martial Arts. Our Beginning classes are based on a lifetime learning concept in addition to technical skills. The building blocks for our system are the Life skills, which we use as our monthly themes. Camo and Green Belt members of this class are invited to Thursday Sparring as scheduled. Speak with your instructor for more details.

8279	Tu/Th	4:05pm–4:50pm	9/16–11/6	\$164/\$180
9028	Tu/Th	4:05pm–4:50pm	11/18–1/22	\$164/\$180
9029	Tu/Th	4:05pm–4:50pm	2/3–3/26	\$164/\$180

### Taekwondo Youth-Advanced & Black Belt

**Ages: 7Y & Up**

Youth Advanced and Black Belt program is for ages 7 & up. Purple-Black belt rank. Our classes are based on a lifetime learning concept in addition to advanced technical skills. The building blocks for our system are the Life skills, which we use as our monthly themes. This is a combined class. Youth will train until 5:40pm. Black Belts until 6:10pm.

8282	Tu/Th	4:55pm–6:10pm	9/16–11/6	\$164/\$180
9026	Tu/Th	4:55pm–6:10pm	11/18–1/22	\$164/\$180
9027	Tu/Th	4:55pm–6:10pm	2/03–3/26	\$164/\$180

# Youth & Teens

## PERFORMING ARTS

### Happy Lane Drama - Captain Louie Jr.

**Ages:** 12Y-14Y

**Location:** San Rafael Community Center – Room 5

**Material Fee:** \$115 due to instructor on first day of class.

Based on the children's book, *The Trip* by Ezra Jack Keats, and featuring a score by Grammy Award-winning composer, Stephen Schwartz, *Captain Louie JR.* is a delightfully fresh and touching story about friendship, the ability to make new friends and the importance of old ones. Louie has just moved to a new town and is nervous about making new friends. Alone in his room, he takes flight in his imagination, back to his old neighborhood, where he spends Halloween with his colorful crew of chums. Over the course of trick-or-treating and being introduced to the new kid in that neighborhood, Louie discovers that making new friends is nothing to be afraid of. **No class: 9/01.**

9127	M	4:00pm–6:00pm	8/25–11/17	\$250/\$275
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### Happy Lane Drama - Elf

**Ages:** 7Y-14Y

**Location:** San Rafael Community Center – Auditorium

**Material Fee:** \$115 due to instructor on first day of class.

Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh reality that his father is on the naughty list and that his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas. This modern-day holiday classic is sure to make every young performer embrace his or her "inner elf" with plenty of large ensemble numbers featuring elves and (New Yorkers) of every type. **No class: 9/25, 10/21, 10/23, 11/ 11, 11/25, 11/27.**

9042	Tu/Th	4:00pm–6:30pm	9/02–12/11	\$495/\$544
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### Happy Lane Drama - Fiddler on the Roof Jr.

**Ages:** 7Y-12Y

**Location:** San Rafael Community Center – Auditorium

**Material Fee:** \$115 due to instructor on first day of class.

This special adaptation of the nine-time Tony Award-winning Broadway musical, *Fiddler on the Roof JR.* follows Tevye the milkman as he tries to protect his daughters and his way of life from a changing world. Created by Broadway legends Jerome Robbins, Harold Prince, Jerry Bock, Sheldon Harnick and Joseph Stein, *Fiddler on the Roof JR.* tackles the universal theme of tradition in ways that reach across barriers of race, class, nationality and religion. Set in the little village of Anatevka, the story centers on Tevye, a poor dairyman, his devoted wife, and his five daughters. With the help of a colorful and tight-knit community, Tevye tries to marry off his daughters and instill in them a sense of tradition in the face of changing times. **No class: 2/17, 2/19.**

9076	Tu/Th	4:00pm–6:30pm	1/06–3/26	\$495/\$544
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# Adults

## HOW TO READ THE CLASS INFORMATION

7340	Th	10:40am-12:00pm	6/6-7/18	\$120/\$132
↓	↓	↓	↓	↓
<b>CLASS CODE</b>	<b>DAY OF WEEK</b>	<b>START-END TIME</b>	<b>BEGIN/END DATE</b>	<b>RESIDENT FEE/ NON-RESIDENT FEE</b>

## ARTS & CRAFTS

### Japanese Flower Arranging - Sogetsu Ikebana

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Rooms 2 & 4**

**Materials Fee: \$40 paid to instructor on the first day of class. Fee covers instructor materials for weekly demonstration. Required textbook and additional supplies are available for purchase at class. Please contact instructor Rachel at [rachel@simplygrounded.com](mailto:rachel@simplygrounded.com) for any questions about the course.**

Beginners welcome! When you practice Ikebana, your hands, eyes and imagination become absorbed in the limitless originality of nature. Develop your creative self-expression and explore the beauty of flowers, through this exquisite art form. You will learn techniques to create simple yet dynamic Ikebana designs. Each class includes a demonstration, practice time, and individual assistance. Required textbook and additional supplies are available for purchase in class. **No class: 10/23 & 10/30.**

8970	Th	11:00am-2:00pm	9/04-11/20	\$300/\$330
8971	Th	11:00am-2:00pm	1/15-3/19	\$300/\$330



### NEW! Gridding, Grisaille & Glazing

**Ages: 18Y & Up**

**Location: Falkirk Cultural Center – Upstairs**

Join artist and teacher Mae MacKenzie as she guides you through painting in the Grisaille technique. Grisaille is a painting technique dating back to the 13th Century. Participants will first learn to use gridding to transfer an image to a canvas. With black and white and all the grays in between, we will then paint a grisaille still life in acrylics. When the painting is dry, it can either remain a grisaille or transparent color can be applied using a technique known as glazing. The second half of the session will be devoted to portrait painting using the same techniques. No previous experience is required. \*Participants must supply their own materials, email [falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org) for a materials list. **No class: 11/26.**

9147	W	10:00am-1:00pm	11/12-12/10	\$140/\$154
9148	W	10:00am-1:00pm	1/07-1/28	\$140/\$154
9149	W	10:00am-1:00pm	2/04-2/25	\$140/\$154
9150	W	10:00am-1:00pm	3/04-3/25	\$140/\$154

### Papier-Mâché Sculptures

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Room 5**

**Materials Fee: \$10 due to instructor first day of class**

Join us for a fun and creative papier-mâché class designed for adults. By exploring various techniques of papier-mâché art, you will learn to create your own sculptures and decorative pieces in a fun and relaxing environment. No experience is necessary. Please bring a wire cutter and safety gloves if you are interested in working with chicken wire. **No class: 11/26**

9030	W	10:00am-12:30pm	9/10-10/15	\$120/\$132
9031	W	10:00am-12:30pm	10/29-12/10	\$120/\$132
9032	W	10:00am-12:30pm	1/14-2/18	\$120/\$132
9033	W	10:00am-12:30pm	3/04-4/08	\$120/\$132

# Adults

## ARTS & CRAFTS

### TERRA LINDA CERAMIC ARTIST

Award winning artist, Nadia Tarzi-Saccardi, is the director for the Terra Linda Ceramic Artists program since 2017. Nadia first studied ceramics and sculpture forty years ago in Strasbourg, France and for the last 15 years has been teaching ceramics to adults & children across the Bay Area. She was awarded the **Best of Marin 2020-2025** for **Best Art Instructor** and **Best Art Studio**.  
Visit: [www.terralindaceramicartists.com](http://www.terralindaceramicartists.com).

Join our unique and vibrant ceramics community.  
Learn all about clay and let your imagination soar!

PLEASE NOTE, WE DO NOT OFFER ALL LEVEL CLASSES.

**IF YOU ARE A BEGINNER OR RETURNING TO CLAY AFTER A LONG HIATUS**, please sign up for the Fundamentals class. In the Fundamentals class, you will master the needed techniques to get you going in your new creative adventure.

**TO ATTEND AN INTERMEDIATE, INTERMEDIATE/ADVANCED CLASS** the requirements are knowing the fundamental building techniques, including and not limited to how to use the slab roller, scoring & slipping, pinching, coiling, using molds, and knowing how to glaze.

A master class demonstration is offered during the second week of each intermediate/advanced session, and individual artistic and technical support is given throughout the session. TLCA also offers exhibiting opportunities to its advanced ceramic artists.

For all ceramics classes:

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

**Material Fee: \$70 due to the instructor 24hr prior to the first class. Fee includes a bag of regular clay.**

**No Class: 11/11, 11/26, 11/29 & 3/31.**

**Class Registration Dates: September classes will open 08/18, November classes will open 10/07, January classes will open 11/04, March classes will open 02/03**

### Fundamentals - Introduction to Ceramics

This class is dedicated to beginners ONLY and to people who have not done ceramics in many years and need a refresher in techniques.

After this session is completed, if students want to continue taking classes they must sign up for another session of classes. This class is not a repeat class. The requirements to attend an intermediate, intermediate/advanced class are knowing the fundamental building techniques, including and not limited to how to use the slab roller, scoring and slipping, pinching, coiling, using molds, and knowing how to glaze. No exceptions. **No Class: 11/26.**

8943	W	5:30pm-8:30pm	9/24-10/29	\$270/\$297
8955	W	5:30pm-8:30pm	11/05-12/10	\$225/\$248
9100	W	5:30pm-8:30pm	1/07-2/11	\$270/\$297
9107	W	5:30pm-8:30pm	3/04-4/08	\$270/\$297

### Ceramics - Intermediate & Advanced

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

This class is not designed for a beginners level.

**No Class: 11/11, 11/26, 11/29 & 3/31.**

**ADVANCED CERAMICS** (Instructor approval required.)

9098	W	9:00am-12:00pm	1/07-2/11	\$270/\$297
9105	W	9:00am-12:00pm	3/04-4/08	\$270/\$297

### INTERMEDIATE CERAMICS

8941	Tu	6:00pm-9:00pm	9/23-10/28	\$270/\$297
8944	Th	9:00am-12:00pm	9/25-10/30	\$270/\$297
8946	Sa	9:00am-12:00pm	9/27-11/01	\$270/\$297
8953	Tu	6:00pm-9:00pm	11/04-12/09	\$225/\$248
8956	Th	9:00am-12:00pm	11/06-12/11	\$225/\$248
8958	Sa	9:00am-12:00pm	11/08-12/13	\$225/\$248
9097	Tu	6:00pm-9:00pm	1/06-2/10	\$270/\$297
9101	Th	9:00am-12:00pm	1/08-2/12	\$270/\$297
9104	Tu	6:00pm-9:00pm	3/03-4/07	\$225/\$248
9108	Th	9:00am-12:00pm	3/05-4/09	\$270/\$297

### INTERMEDIATE/ADVANCED CERAMICS

8940	Tu	9:00am-12:00pm	9/23-10/28	\$270/\$297
8942	W	1:00pm-4:00pm	9/24-10/29	\$270/\$297
8945	Th	6:00pm-9:00pm	9/25-10/30	\$270/\$297
8952	Tu	9:00am-12:00pm	11/04-12/09	\$225/\$248
8954	W	1:00pm-4:00pm	11/05-12/10	\$225/\$248
8957	Th	6:00pm-9:00pm	11/06-12/11	\$225/\$248
9096	Tu	9:00am-12:00pm	1/06-2/10	\$270/\$297
9099	W	1:00pm-4:00pm	1/07-2/11	\$270/\$297
9102	Th	6:00pm-9:00pm	1/08-2/12	\$270/\$297
9103	Tu	9:00am-12:00pm	3/03-4/07	\$225/\$248
9106	W	1:00pm-4:00pm	3/04-4/08	\$270/\$297
9109	Th	6:00pm-9:00pm	3/05-4/09	\$270/\$297

# Adults

## Tole Painting/Acrylic Painting

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

This open lab for acrylic painters is an opportunity to paint and be inspired by other painters. Lab Director Shirley Macpherson has run the tole painting lab for over 30 years at the Terra Linda Community Center. She was a member of the National Society of Decorative Painters and attended seminars and conferences throughout the United States to keep up with new trends and ideas. Four of her original designs are part of the permanent collection of the Smithsonian Institute. Call 415.485.3344 for more information.

F	9:30am-12:30pm	Resumes Sept 12	Drop-in \$6
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## Nutcracker Workshop

**Ages: 5Y & Up**

**Location: Falkirk Cultural Center - Upstairs**

Families and individuals are invited to “crack it up” at the Falkirk Cultural Center. What will you name your Cracker? How will you decorate them? Each family/individual will receive one 2-foot-tall wooden nutcracker. Paint, jewels, fabric and more will be provided, but you are welcome to bring decorative items from home to create a specially themed Nutcracker. Children need to be accompanied by an adult. Don't delay in registering as we have a limited number of Nutcrackers.

9151	Sa	10:00am-12:00pm	11/15	\$35/\$39
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## Watercolor Painting - All Levels

**Ages: 18Y & Up**

**Location: Falkirk Cultural Center**

Through a combination of review and practice with fundamentals, students will explore methods and techniques to make watercolor paintings interesting, dynamic, fresh, and appealing. Each class starts out with a lesson and then students paint along with the instructor. After class, students are encouraged to email a picture of their piece to the instructor for feedback. You must bring all your own materials. Please email [falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org) for a materials list.

8714	Tu	10:00am-1:00pm	10/07-10/28	\$110/\$121
8715	Tu	10:00am-1:00pm	11/04-12/09	\$110/\$121
9142	Tu	10:00am-1:00pm	1/06-1/27	\$110/\$121
9143	Tu	10:00am-1:00pm	2/03-2/24	\$110/\$121
9144	Tu	10:00am-1:00pm	3/03-3/24	\$110/\$121



*Have an idea for a great class?  
Have an awesome instructor to refer?*

*We're always looking to expand our classes and programs. Visit [www.cityofsanrafael.org/become-recreation-contract-instructor/](http://www.cityofsanrafael.org/become-recreation-contract-instructor/) for more information.*

# Adults

## ATHLETICS

### Open Gym Sports

**Ages: 16Y & Up**

**Location: Albert J. Boro Community Center - Gymnasium**

**Drop-in: \$4 – Sign-in required.**

The Gymnasium in the Albert J. Boro Community Center is open Monday, Wednesday, and Friday evenings for drop-in basketball and/or volleyball. Admission is \$4 per person and everyone must sign in. No program on City holidays. Schedule is subject to change. Contact the Center at (415) 485-3077 for exact days and times.

El Gimnasio en el Centro Comunitario Albert J. Boro está abierto los lunes, miércoles y viernes por la noche para jugar baloncesto y / o voleibol sin cita previa. La entrada cuesta \$4 por persona, y todos deben registrarse. No hay programa en los días festivos de la ciudad. El horario está sujeto a cambios Comuníquese con el Centro al (415) 485-3077 para conocer los días y horarios exactos.

### Classical Fencing

**Ages: 14Y & Up**

**Location: San Rafael Community Center - Rooms 3 & 4**

Classical Fencing is the art and science of defense; the primary system taught is the French Foil. You will learn correct footwork, basic attacks and defenses, and safety protocol. Continuing students will learn tactics, strategy, more advanced techniques, and historical/ traditional etiquette. A mask and gloves are required, but not for the first class (Instructor will provide purchasing information). **No class: 11/11 & 2/17.**

9086	Tu	6:30pm–7:30pm	9/09–10/14	\$100/\$110
9087	Tu	6:30pm–7:30pm	10/28–12/09	\$100/\$110
9088	Tu	6:30pm–7:30pm	1/13–2/24	\$100/\$110

### Marin Bocce Federation [www.marinbocce.org](http://www.marinbocce.org)

Marin Bocce Federation has multiple day and night leagues. We host a number of local and regional tournaments with a nice blend of competition and social fun. Residents in our county and surrounding areas are invited to join leagues.

We are open to the public for “open play” on certain days of the week. We love teaching new players. We encourage families to join open play—children six years and older are welcome to play.

Join us and see what it’s all about. We will be happy to introduce the game to you. We have clinics and instructional lessons for new players and existing players, to sharpen their skills and improve their game.

Whether it is a beautiful sunny weekday or a magical night under the lights, Marin Bocce Federation is filled with fun, friendship and fair spirited competition.

Bocce is a game for everyone and is guaranteed to provide a lifetime of fun!



# Adults

## GAMES

### Introduction to Modern Bridge Fundamentals

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

In this class we will be using Pat Harrington's Play and Learn Bridge series, focusing on the cards in front of us and discussing those cards. After the third class, even those that have never seen cards before will be able (and encouraged) to get together to play a few hands outside of class time. No extra materials are required (just a deck of cards and four people).

Lesson 1: Welcome, Tricks, Declarer, Dummy, Declarer Planning, Opening Lead

Lesson 2: Playing in No Trump, Playing in a Trump Suit, Choosing a contract

Lesson 3: Introducing Bidding and Hand Evaluation

Lesson 4: 1NT Opener and Responses

Lesson 5: Opening One of a Major Suit, and Responding

Lesson 6: Opening One of a Minor Suit, and Responding

8906	Tu	6:30pm-8:30pm	8/19-9/23	\$190/\$209
8921	Tu	6:30pm-8:30pm	1/13-2/17	\$190/\$209
			Drop-in	\$45

### MORE Modern Bridge Fundamentals

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

This class is a continuation of Introduction to Modern Bridge Fundamentals. We will complete the final 6 lessons in Pat Harrington's 12 lesson Play and Learn Bridge. Players that have not taken Introduction to Modern Bridge Fundamentals but have some experience at the bridge table are encouraged to check with the instructor before enrolling. In this class we will be focusing on the cards in front of us and discussing those cards. The lessons are listed by bidding topics, but every lesson also has several important tips on playing the hand. At this point we should have enough knowledge to be playing regularly outside of class time. No extra materials are required (just a deck of cards and four people). **No Class: 10/28, 11/11, 3/31.**

Lesson 1: Hand reevaluation & Dummy Points

Lesson 2: When Responder Bids No Trump

Lesson 3: When Opener Bids No Trump

Lesson 4: Takeout Doubles

Lesson 5: Preempts Lesson

Lesson 6: Strong 2 Club Opening

8911	Tu	6:30pm-8:30pm	9/30-11/18	\$190/\$209
8922	Tu	6:30pm-8:30pm	2/24-4/07	\$190/\$209
			Drop-in	\$45

### No Trump Conventions What Are "Systems" and When Are They On

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

Finding the perfect contract over your partner's opening no trump bid is easier with these awesome tools. Explore Stayman, Jacoby Transfers, Gerber, and Quantitative No Trump bids. Everyone will get a turn at defense and declarer play. **No Class: 12/02.**

Lesson 1: Gerber and Quantitative No Trump

Lesson 2: Stayman

Lesson 3: Jacoby Transfers

8912	Tu	6:30pm-8:30pm	11/25-12/16	\$110/\$121
8923	Tu	6:30pm-8:30pm	4/14-4/28	\$110/\$121
			Drop-in	\$45

### Duplicate Bridge

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs during the game and the same deals are played at other tables. The cards you get do not determine whether you win but rather the way you play the cards you are dealt. Reservations not required but a partner is necessary. Improve your play and meet other bridge players.

[www.marinbridge.com](http://www.marinbridge.com)

Henry Kingdon: (415) 572 9458 or [h\\_kingdon@yahoo.com](mailto:h_kingdon@yahoo.com).

Peggy Strong: (415) 299-7511

M	12:00pm	Ongoing	Director: Henry Kingdon
W	12:00pm	Ongoing	Director: Henry Kingdon
Th	6:15pm	Ongoing	Director: Henry Kingdon
F	12:00pm	Ongoing	Director: Peggy Strong



**INSTRUCTOR:** Henry Kingdon grew up playing cards and rubber bridge with family and after a long hiatus he dipped his toe in the world of duplicate bridge. Earning his life master and directors certificate in 2016, he is now looking to spread the word about this great game.

# Adults

## FITNESS

### Ponle Estilo Fitness

**Ages: 18Y & Up**

**Location: Albert J. Boro Community Center - Rooms 4-5**

Come and enjoy 60 minutes of great dance cardio. We will burn calories dancing to Latin rhythms like salsa, cumbia and much more. Classes are taught in Spanish, but everyone is welcome to join this fun energetic class. **No Class: 9/01, 11/28 & 1/19.**

9130	M/W/F	7:00pm-8:00pm	8/18-9/12	\$80/\$84
9131	M/W/F	7:00pm-8:00pm	9/15-10/10	\$80/\$84
9132	M/W/F	7:00pm-8:00pm	10/13-11/7	\$80/\$84
9133	M/W/F	7:00pm-8:00pm	11/10-12/05	\$80/\$84
9140	M/W/F	7:00pm-8:00pm	1/05-1/30	\$80/\$84
9141	M/W/F	7:00pm-8:00pm	2/02-2/27	\$80/\$84

### Yoga

**Ages: 18Y & Up**

**Location: Albert J. Boro Community Center**

This yoga class will bring the awareness of your breathing through a flow of poses and body movements. Through a combination of Hatha, Yin, Restorative and mindful breath work participants will feel a sense of well-being while improving flexibility. **No Class: 9/01 & 1/19**

9135	M	10:00am-11:00am	8/11-9/15	\$40/\$44
9136	M	10:00am-11:00am	9/22-10/20	\$40/\$44
9137	M	10:00am-11:00am	10/27-11/24	\$40/\$44
9138	M	10:00am-11:00am	1/05-2/09	\$40/\$44

### Jazzercise

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

Get to know the New Jazzercise, "Cardio Sculpt and Power Sculpt" formerly known as Dance Mixx. Classes are ongoing at Terra Linda Community Center. Jazzercise classes are for all levels and incorporate HIIT cardio dance moves with strength training for the ultimate full-body workout that can help you meet your fitness goals. Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes cardio calories with strength training. Fresh moves and music transform your body while boosting your mood and energy. For pricing or more information, check out jazzercise.com or San Rafael Jazzercise on Facebook! **No Jazzercise on holidays.**

Questions? Contact Tina at tinaljazz@gmail.com or (415) 246-7139.

**Sign up online at [www.jazzercise.com](http://www.jazzercise.com)**

M/W/F	9:15am-10:15am
M	5:30pm-6:30pm
Tu	5:15pm-6:05pm
Th	9:00am-10:00am
Sa	9:00am-10:00am

### Tone Up and Get Fit!

**Ages: 45Y & Up**

**Location: Virtual Class via Zoom**

*Instructor Beth Zamichow is a certified movement therapist, certified Pilates instructor and specializes in senior body/brain fitness. Her passion is in helping and inspiring people to become more aware of their bodies, improve their postures and increase strength, balance and flexibility. Visit [thebodycanvas.com](http://thebodycanvas.com).*

A ZOOM class designed to promote full body movement to get you toned and moving! We will isolate and strengthen certain areas of the body as well as promote joint mobility and flexibility. Each class incorporates balance work and light weight work and is primarily done standing although some exercises can be geared towards being seated in a chair. The class will conclude with a brief guided visualization meditation geared toward promoting inner and outer well-being. We have a nice group, come join us! Zoom link will be sent by an email from the Instructor.

8947	F	8:45am-9:30am	9/05-10/10	\$90/\$99
8948	F	8:45am-9:30am	10/17-11/21	\$90/\$99
8949	F	8:45am-9:30am	12/05-12/19	\$45/\$50
8950	F	8:45am-9:30am	1/09-2/13	\$90/\$99
8951	F	8:45am-9:30am	2/20-3/27	\$90/\$99

### The Feldenkrais Method

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Auditorium**

Do you experience pain, mobility, or balance issues? Developed by Dr. Moshe Feldenkrais, a physicist, engineer, and expert in kinesiology, this method uses the brain's neuroplasticity to reduce pain and improve movement. Through slow, gentle, and precise movements, we retrain the brain to relieve stress, ease muscle tension, and restore balance. Suitable for all ages and abilities. Please bring a yoga mat and a towel. **No Class: 1/19 & 2/16.**

8966	M	10:00am-11:00am	9/08-10/06	\$110/\$121
8967	M	10:00am-11:00am	10/13-11/10	\$110/\$121
8968	M	10:00am-11:00am	11/17-12/15	\$110/\$121
8969	M	10:00am-11:00am	1/12-2/23	\$110/\$121

### Zumba - in Partnership with Vivalon

**Ages: 60Y+**

**Location: Albert J. Boro Community Center**

The class includes all elements of fitness such as cardiovascular, muscular conditioning, flexibility, and balance.

La clase incluye todos los elementos aptitud física como cardiovascular, acondicionamiento muscular, flexibilidad y equilibrio

Th	10:00-11:00am	Ongoing-Drop-in	Free/Gratis
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# Adults

## FITNESS WITH BARBARA

Instructor Barbara Colker has a lifetime experience of various fitness and sports activities, as well as teaching the following classes: Aerobics, (both High Impact and Low Impact), Step Aerobics, Strengthening and Toning, Belly Dance, Balance and Stretch, Ying Yoga and Pilates.



## Balance, Stretch and Strengthening

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Auditorium**

The goals of this class are to increase flexibility and range of motion, improve your balance, and make you stronger, all while having fun! We will spend an hour and fifteen minutes both standing, as well as seated on chairs, no floor work. We will be working on specific stretches for joints and muscle groups where we experience stiffness and tightness. Exercises to improve balance will also be included.

**No Class: 2/10 & 11/11.**

9077	Tu	2:15pm-3:30pm	9/16-10/14	\$80/\$88
9078	Tu	2:15pm-3:30pm	10/28-12/02	\$80/\$88
9079	Tu	2:15pm-3:30pm	12/09-12/16	\$32/\$35
9080	Tu	2:15pm-3:30pm	1/13-3/03	\$112/\$123

## Strengthen and Tone

**Ages: 15Y & Up**

**Location: Terra Linda Community Center**

If you are interested in increasing your overall strength, then this class may be right for you! We will be focusing on strengthening and toning various muscles throughout the body. This 60-minute class will be comprised of specific low impact exercises to target the arms and shoulders, the core, as well as the legs and hips. Exercises will be done standing and lying on a mat. Weights and resistance bands will be used throughout the class. Stretches after each exercise will also be included. **No Class: 11/11, 2/10.**

9113	Tu	12:00pm-1:00pm	9/16-10/14	\$70/\$77
9114	Tu	12:00pm-1:00pm	10/28-12/16	\$98/108
9115	Tu	12:00pm-1:00pm	1/06-2/24	\$98/\$108

## Basic Stretch and Balance Class

**Ages: 15Y & Up**

**Location: Terra Linda Community Center**

If you are looking to move better and have more energy, then try this class. We will be working on increasing your flexibility, improving your balance, and making you stronger, all while having fun! Specific stretches for joints and muscles where we experience stiffness, balance exercises, and core strengthening moves are all included in this 75-minute class, as well as deep breathing exercises to enhance relaxation. At the end of each class, you will feel stronger, more flexible and energized. Exercises will be done standing, seated on chairs, as well as on a mat on the floor. Students should bring their own yoga mats **No Class: 2/11.**

9110	W	4:30pm-5:45pm	9/3-10/15	\$112/\$123
9111	W	4:30pm-5:45pm	10/29-12/17	\$128/\$141
9112	W	4:30pm-5:45pm	1/07-2/25	\$112/\$123

## Tai Chi with Al Loren

**Ages: 55Y & Up**

**Location: San Rafael Community Center - Rooms 2-3**

Instructor Al Loren is well known in Marin County for his expertise working with seniors. His 30 years of experience includes over 15,000 classes taught in 30 different retirement residences, skilled nursing and assisted living facilities.

This Tai Chi class is geared towards the specific needs of Seniors. The emphasis will be on balance enhancement, improved flexibility, and mind to body coordination. All physical levels of Seniors are welcome and encouraged to participate.

**No Class: 11/26.**

9034	W	11:00am-11:45am	9/24-10/29	\$65/\$72
9035	W	11:00am-11:45am	11/05-12/17	\$65/\$72
9036	W	11:00am-11:45am	1/14-2/18	\$65/\$72
9037	W	11:00am-11:45am	2/25-4/01	\$65/\$72



# Adults

## CLASSES BY DOT SPAET

Dot Spaet, an award-winning trainer and teacher, holds certifications in Bone-Fit, Strength Training for Seniors, Personal Training, Core Conditioning, Stretching, Flexibility, Yoga, Pilates, Functional Muscle Training, Stability ball, Kinetic Anatomy and others. Dot's Engineering Background enables her to help people with issues such as Osteoporosis and Osteopenia, back, neck, knee, hip and shoulder joint pain.

Email [dot@getoutofbackpain.com](mailto:dot@getoutofbackpain.com) for more info and to get the zoom link.

**Location: Virtual Class via Zoom**

## Strength Training, Especially for Osteoporosis Reversal and Prevention Online

**Ages: 15Y-90Y**

Strength Training is the most effective way to prevent or improve Osteoporosis. In this 3-month course, you'll be guided through the best exercises to build bone safely and gradually. MONDAY class requires weight training experience. THURSDAY class is for beginners. Weekly recordings are included so you can practice on your own. Participants will need to supply their own resistance bands or dumbbells that Dot will specify.

**REGISTER EARLY; this class always fills up.**

8264	Th	12:45pm-1:45pm	10/02-12/18	\$297/\$326
8260	M	12:45pm-1:45pm	10/06-12/22	\$297/\$326
9021	M	12:45pm-1:45pm	1/05-3/30	\$297/\$326
9020	Th	12:45pm-1:45pm	1/08-3/26	\$297/\$326

## Osteoporosis Reversal and Prevention Online

**Ages: 15Y-95Y**

If you've been diagnosed with osteopenia or osteoporosis and want to take action, this 4-week informational class covers top non-pharmacological strategies to support bone health. Learn how to interpret your numbers, the role of nutrition (like green soup), balance, supplements, targeted weight training, and more to help prevent future fractures. This is not a workout class, but strength training concepts will be discussed. Includes class recordings and time for individual Q&A each week.

**No Class: 3/16.**

9019	M	10:00am-11:00am	3/02-3/30	\$97/\$107
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## Top 5 Keys to Reverse Osteoporosis Online

**Ages: 15Y-105Y**

A 1-hour FREE Online workshop for those diagnosed with osteopenia or osteoporosis. Need more information? Come learn the top 5 non-pharmaceutical things, that you will rarely hear from your doctor, that you can do to help build your bones without drugs. Class will be recorded if registered; includes Q&A.

9018	M	10:00am-11:00am	2/23	Free
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## Osteoporosis Wellness, a Monthly support and information group Online

**Ages: 15Y-105Y**

There is so much uncertainty and confusion about the diagnosis of Osteoporosis and best courses of action to avoid pharmaceuticals. In this monthly support and information group, I will go over the top reasons we have bone loss and what to do about it, plus you get individual attention for your specific situation

9022	3rd M	10:00am-11:00am	10/20, 11/17, 12/15	\$147/\$161
9023	3rd M	10:00am-11:00am	1/19, 2/16, 3/16	\$147/\$161

## Chair Yoga

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Room 5**

*Instructor Beth Toomey embraces Yoga as therapy for the mind and body, integrating mindfulness into her practice and teachings, and as a tool to help balance life's daily changes.*

Chair Yoga class... where traditional yoga meets the support and versatility of a chair. This class is designed to provide students with a well-rounded yoga experience that emphasizes balance, strength, flexibility and relaxation. In this class, you will explore the use of a chair as a prop to enhance and deepen your yoga practice. The chair acts as a stable base, allowing you to perform a wide range of yoga poses with greater ease and comfort. Whether you are a beginner or more experienced yogi, this is a safe way to practice. **No class: 10/02, 11/20 & 11/27.**

9073	Th	11:15am-12:00pm	9/11-10/23	\$99/\$109
9074	Th	11:15am-12:00pm	10/30-12/11	\$82.50/\$90
9075	Th	11:15am-12:00pm	1/15-2/19	\$99/\$109

## Beginning Pilates Mat Class

**Ages: 15Y & Up**

**Location: Terra Linda Community Center**

*Instructor Nancy Fox has been a certified Pilates instructor for over ten years and teaches mat Pilates in Marin County.*

Accessible, approachable, and fun, no matter what shape you're in, you will benefit from doing Pilates. Your balance and posture will improve as you strengthen your core. Classes are taught on multiple levels so it remains a challenge as you progress without being overwhelmed. Bring a mat.

8929	W	6:00pm-7:00pm	9/03-10/29	\$104/\$114
8930	W	6:00pm-7:00pm	11/05-12/17	\$104/\$114
8931	W	6:00pm-7:00pm	1/07-2/25	\$104/\$114

# Adults

## MARTIAL ARTS WITH SCOTT JENSEN

Scott Jensen is a traditionally trained Kung Fu and Tai Chi master with more than 40 years of teaching experience and an international gold medalist. He enjoys sharing his love of the martial arts with everyone from beginning to more experienced students. Scott studied with grandmasters of traditional Chinese martial arts, which includes Northern Shaolin, Lohan, Xing Yi Quan and Tai Chi Chuan, as well as Chi Chuan, Xing Yi Quan, Ba Gua Zhang, and Lan Shou Quan with the lineage masters in each style. **NOTE:** Please wear loose clothes or a Kung Fu uniform and flat shoes with soft soles, such as skateboarding shoes. Remember to bring a water bottle.

### Kickboxing – Combat Conditioning

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Rooms 2-4**

An incredibly intense martial arts workout that will build a strong, flexible physique. You'll learn a variety of strength exercises targeting the upper body/core/legs and stretching exercises focused on the legs/hips to prepare for kicking safely. Practicing punching, basic dodging, footwork and shadow boxing will build your cardiorespiratory fitness and endurance. You will learn unique drills related to animals and martial virtue lessons of good morality and character and earn fun animal patches. **No Class: 11/18.**

8526	Th	6:30pm–7:15pm	9/04–11/06	\$144/\$158
9008	Th	6:30pm–7:15pm	11/13–2/05	\$144/\$158
9009	Th	6:30pm–7:15pm	2/12–4/02	\$144/\$158

### Kickboxing – Techniques and Defenses

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Rooms 2-4**

In this safe, fun and playful class you will learn classic punching, kicking, sparring, dodging, blocking, parrying, covering up, footwork, and defensive skills. Great for beginners! **No Class: 11/18.**

8597	Th	7:15pm–8:00pm	9/04–11/06	\$144/\$158
9010	Th	7:15pm–8:00pm	11/13–2/05	\$144/\$158
9011	Th	7:15pm–8:00pm	2/12–4/02	\$144/\$158

### Kung Fu with Scott Jensen

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Auditorium**

Train in the powerful and dynamic art of Northern Shaolin! This class offers comprehensive instruction in hand forms, classical weapons, sparring, partner drills and practical self-defense. Northern Shaolin is famous for its high and flying kicks, ultra-low sweeps, acrobatic tumbling and rolls, deep stances and mastery of traditional weapons. Taught in a safe, closely supervised environment that emphasizes control, precision and respect. **No Class: 11/26, 1/05, 1/07, 1/19, 2/16.**

8990	M/W	7:00pm–8:30pm	9/10–10/06	\$180/\$198
8991	M/W	7:00pm–8:30pm	10/08–11/03	\$180/\$198
8992	M/W	7:00pm–8:30pm	11/05–12/03	\$180/\$198
8993	M/W	7:00pm–8:30pm	12/08–1/26	\$180/\$198
8994	M/W	7:00pm–8:30pm	1/28–2/25	\$180/\$198
8995	M/W	7:00pm–8:30pm	3/02–3/25	\$180/\$198

### Tai Chi Sword or Tai Chi Push Hands

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Auditorium**

Choose between Tai Chi Sword Class or Tai Chi Push Hands Class

**Tai Chi and Wudang Sword:** Learn the traditional 46-posture form from Grandmaster Chun Yun Ching's lineage. This graceful form builds strength, balance, and internal energy. Practice swords only (no sharp blades permitted)—bring your own (with approval) or purchase one from the school. Advanced students may learn additional sword forms.

**Tai Chi Push Hands:** Develop real Tai Chi skill through partner work that builds balance, sensitivity, and timing. This dynamic practice strengthens your root and deepens your understanding of Tai Chi principles.

**No Class: 11/26, 1/05, 1/07, 1/19 & 2/16.**

8984	M/W	7:30pm–8:15pm	9/10–10/06	\$160/\$176
8985	M/W	7:30pm–8:15pm	10/08–11/03	\$160/\$176
8986	M/W	7:30pm–8:15pm	11/05–12/03	\$160/\$176
8987	M/W	7:30pm–8:15pm	12/08–1/26	\$160/\$176
8988	M/W	7:30pm–8:15pm	1/28–2/25	\$160/\$176
8989	M/W	7:30pm–8:15pm	3/02–3/25	\$160/\$176

### Combo Tai Chi & Tai Chi Sword or Push Hands

Two classes in one. See the Tai Chi description on page 26.

9002	M/W	6:45pm–8:15pm	9/10–10/06	\$224/\$246
9003	M/W	6:45pm–8:15pm	10/08–11/03	\$224/\$246
9004	M/W	6:45pm–8:15pm	11/05–12/03	\$224/\$246
9005	M/W	6:45pm–8:15pm	12/08–1/26	\$224/\$246
9006	M/W	6:45pm–8:15pm	1/28–2/25	\$224/\$246
9007	M/W	6:45pm–8:15pm	3/02–3/25	\$224/\$246



# Adults

## MARTIAL ARTS WITH SCOTT JENSEN *continued*

### Qi Gong or Xing Yi with Scott Jensen

**Ages:** 18Y & Up

**Location:** San Rafael Community Center - Auditorium

**Qi Gong:** Qi Gong is a holistic practice that blends gentle stretching, mindful breathing, and meditative movement rooted in traditional Chinese medicine. It revitalizes the body, enhances flexibility, and promotes calm, centered energy.

**Xing Yi:** An internal martial art known for its explosive strikes, efficient movements, and health benefits. Grounded and practical, Xing Yi builds strength and coordination without acrobatics. Students train in separate, dedicated groups under expert instruction.

**No Class:** 11/26, 1/05, 1/07, 1/19 & 2/16.

8972	M/W	6:00pm-6:45pm	9/10-10/06	\$144/\$158
8973	M/W	6:00pm-6:45pm	10/08-11/03	\$144/\$158
8974	M/W	6:00pm-6:45pm	11/05-12/03	\$144/\$158
8975	M/W	6:00pm-6:45pm	12/08-1/26	\$144/\$158
8976	M/W	6:00pm-6:45pm	1/28-2/25	\$144/\$158
8977	M/W	6:00pm-6:45pm	3/02-3/25	\$144/\$158

### Tai Chi with Scott Jensen

**Ages:** 18Y & Up

**Location:** San Rafael Community Center - Auditorium

Tai Chi strengthens your body, sharpens your mind and restores inner balance. Explore self-defense, cultural wisdom and graceful performance while building Qi and deep inner strength. **No Class:** 11/26, 1/05, 1/07, 1/19 & 2/16.

8978	M/W	6:45pm-7:30pm	9/10-10/06	\$160/\$176
8979	M/W	6:45pm-7:30pm	10/08-11/03	\$160/\$176
8980	M/W	6:45pm-7:30pm	11/05-12/03	\$160/\$176
8981	M/W	6:45pm-7:30pm	12/08-1/26	\$160/\$176
8982	M/W	6:45pm-7:30pm	1/28-2/25	\$160/\$176
8983	M/W	6:45pm-7:30pm	3/02-3/25	\$160/\$176

### Combo Qi Gong or Xing Yi & Tai Chi or Combo Qi Gong or Xing Yi & Kung Fu

**Two classes in one.** See the respective descriptions on pages 25-26.

Qi Gong or Xing Yi and Tai Chi: 6:00pm-7:30pm

Qi Gong or Xing Yi and Kung Fu: 6:00pm-8:30pm

8996	M/W	6:00pm-8:30pm	9/10-10/06	\$224/\$246
8997	M/W	6:00pm-8:30pm	10/08-11/03	\$224/\$246
8998	M/W	6:00pm-8:30pm	11/05-12/03	\$224/\$246
8999	M/W	6:00pm-8:30pm	12/08-1/26	\$224/\$246
9000	M/W	6:00pm-8:30pm	1/28-2/25	\$224/\$246
9001	M/W	6:00pm-8:30pm	3/02-3/25	\$224/\$246



### Canal Karate

**Ages:** 5Y & Up

**Location:** Albert J. Boro Community Center - Multi-Purpose Rm.

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This self-defense program will help students achieve improved focus and strength while having fun. Various class levels to match student's Karate experience. Additional material fees due to the instructor for uniform and optional SHOTOKAN KARATE-DO INTERNATIONAL-US FEDERATION belt testing/advancement. **No Class:** 11/11, 11/27.

**Age:**

Beginning (5Y+)  
Youth/Intermediate (7Y+)  
Adult/Intermediate  
Adult/Advanced

**Time:**

5:00pm-6:00pm  
6:00pm-7:00pm  
7:00pm-8:00pm  
8:00pm-9:00pm

Aprende y mejora el control, la disciplina, el respeto y aumenta la autoestima mientras te ganas el cinturón. Este programa de defensa personal, galardonado internacionalmente, ayudará a los estudiantes a lograr un mejor enfoque y fuerza mientras se divierten haciéndolo. Varios niveles de clase para que coincida con la experiencia de Karate del estudiante. \$10 de descuento para varios hermanos. Tarifas de material adicionales debidas al instructor por uniforme y opcional SHOTOKAN KARATE-DO INTERNATIONAL-US FEDERATION cambio de cinta/avance. **No hay clase:** 11/11, 11/27.

**Edad:**

Juventud/Comienzo (5Y+)  
Jóvenes/Intermedios (7Y+)  
Adulto/Intermedio  
Adulto/Avanzado

**Tiempo:**

5:00pm-6:00pm  
6:00pm-7:00pm  
7:00pm-8:00pm  
8:00pm-9:00pm

9012	Tu/Th	5:30pm-6:30pm	9/16-10/23	\$80/\$88
9013	Tu/Th	5:30pm-6:30pm	10/28-12/11	\$80/\$88
9139	Tu/Th	5:30pm-6:30pm	1/06-2/12	\$80/\$88

# Adults

## LANGUAGE

### Fun Conversation in Spanish

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Room 5**

Adult fun Spanish conversation classes can greatly improve your language skills while enjoying the learning process. These classes typically focus on speaking and listening, with activities designed to engage students and encourage conversation. We will practice role-playing scenarios, discuss interesting topics, play language games, or participate in cultural activities to make the learning experience more enjoyable. This class is at an intermediate level.

**No Class: 11/11 & 2/17.**

8934	Tu	10:00am-11:00am	8/26-10/14	\$180/\$198
8935	Tu	10:00am-11:00am	10/21-12/16	\$180/\$198
8936	Tu	10:00am-11:00am	1/13-3/10	\$180/\$198



### Beginning Spanish

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Room 5**

This beginning Spanish class for adults is designed for those who have little to no previous experience with learning the Spanish language. In this class, you will be introduced to basic Spanish conversation skills, gaining more fluency and comfort in speaking Spanish. While grammatical concepts will be covered, conversation is the primary focus of this course. This way, students receive the essential knowledge that can be applied immediately to their everyday life! **No Class: 11/11 & 2/17.**

8937	Tu	11:10am-12:10pm	8/26-10/14	\$180/\$198
8938	Tu	11:10am-12:10pm	10/21-12/16	\$180/\$198
8939	Tu	11:10am-12:10pm	1/13-3/10	\$180/\$198

## PERSONAL GROWTH

### ARC Adult & Pediatric CPR, AED & First Aid

**Ages: 13Y & Up**

**Location: Terra Linda Community Center**

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns cuts scrapes sudden illnesses head neck back injuries heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

9154	Sa	9:00am-2:00pm	9/20	\$112/\$123
9155	Su	9:00am-2:00pm	10/19	\$112/\$123
9156	Sa	9:00am-2:00pm	11/08	\$112/\$123

### ARC Adult & Pediatric CPR, AED & First Aid - EN ESPAÑOL

**Edades: 13 años en adelante**

**Lugar: Terra Linda Community Center**

El curso de Primeros Auxilios para Adultos y Pediátricos / RCP / DEA incorpora la ciencia más reciente y enseña a los estudiantes a reconocer y cuidar una variedad de emergencias de primeros auxilios, como quemaduras, cortes, rasguños, enfermedades repentinas, lesiones en la cabeza, cuello, espalda, emergencias por calor y frío, y cómo responder a emergencias respiratorias y cardíacas para ayudar a las víctimas de cualquier edad: adultos (alrededor de 12 años o más) y pediátricos (bebés y niños de hasta 12 años de edad). Los estudiantes que completan con éxito este curso recibirán un certificado de Primeros Auxilios para Adultos y Pediátricos / RCP / DEA válido por dos años.

9153	Do	9:00am-2:00pm	10/05	\$112/\$123
9157	Sa	9:00am-2:00pm	11/22	\$112/\$123

### Voice Overs... Now Is Your Time

**Ages: 18Y & Up**

**Location: Virtual Class via Zoom**

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

9158	W	6:00pm-8:00pm	10/01	\$30/\$33
9159	Th	6:00pm-8:00pm	12/11	\$30/\$33

# Older Adults

## Multicultural Older Adult Program

### ALBERT J. BORO COMMUNITY CENTER

50 Canal Street

Age: 60Y & Up

FREE

W	10:00am-1:00pm	Ongoing
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Older adults of all ethnicities in Marin are welcome to come to the Albert J. Boro Community Center-Pickleweed Park where we provide opportunities for socialization and integration. The group meets every Wednesday from 10:00am-1:00pm. Hot, nutritional lunches are served at 11:30am for a suggested contribution of \$3 for those who are 60 years of age and older. There is no obligation to contribute. To make reservations for lunch, call (415) 473-4636 by the prior Thursday. Funding for the meal portion of the program, at least in part, is made available by the Marin Department of Health and Human Services, Division of Social Services, Aging and Adult Services. Programs are organized by the City of San Rafael Library and Recreation Department.

Join in on the activities and meet new friends. Bring your ideas of what type of programs and activities you would like to start at the Center. Our largest populations at present are Hispanic/Latino and Vietnamese, although we welcome all older adults. For more information contact the Albert J. Boro Community Center at (415) 485-3077.



## Programa Multicultural para Adultos Mayores

### CENTRO COMUNITARIO DE ALBERT J. BORO

50 Canal Street

Edades: 60 años en adelante

GRATIS

Mie	10:00am-1:00pm	En curso
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Los adultos mayores de todas las etnias en Marin son bienvenidos a venir al Centro Comunitario Albert J. Boro / Pickleweed Park, donde brindamos oportunidades para la socialización y la integración. El grupo se reúne todos los miércoles de las 10am a 1pm. Se sirven almuerzos calientes y nutritivos a las 11:30am por una contribución sugerida de \$3, para personas mayores de 60 años. No hay obligación de contribuir. Para hacer reservaciones para el almuerzo, llame al (415) 473-INFO (4636) antes del jueves anterior. Este programa es posible gracias a los fondos de la Ley Federal de Mayores Estadounidenses y es administrado localmente por la División de Servicios para Adultos y Ancianos de Salud y Servicios Humanos del Condado de Marin. Los programas son organizados por el Departamento de Biblioteca y Recreación de la Ciudad de San Rafael.

Únete a las actividades y conoce nuevos amigos. Traiga sus ideas de qué tipo de programas y actividades le gustaría comenzar en el Centro. Nuestras poblaciones más grandes latinas y vietnamitas, sin embargo, todos los adultos mayores son bienvenidos. Para obtener más información, comuníquese con el Centro Comunitario Albert J. Boro al (415) 485-3077.



# Older Adults

## Terra Linda Older Adults

### TERRA LINDA COMMUNITY CENTER

670 Del Ganado Road

Age: 55Y & Up

The Terra Linda Senior Citizen Organization meets from 9:30am-12:30pm every Tuesday. Activities include weekly bingo games and occasional luncheons and plenty of time to socialize. If you are 55 years and older, you are welcome to join the group for a fee of \$15 per year. For more information, please call (415) 485-3344.



San Rafael is a thriving age-friendly community: inclusive, accessible, and collaborative.

Join the Age-Friendly San Rafael Community Partnership today.

San Rafael is designated as an "Age-Friendly" city by the World Health Organization (WHO) and AARP and is a member of the worldwide Network of Age-Friendly Communities.

The City enables older adults to:

- age safely in a place that is right for them.
- be economically secure.
- continue to develop personally.
- continue to contribute to the community while retaining autonomy, health, and dignity.

The work of the Age-Friendly San Rafael Community Partnership is focused on housing, employment, civic and social engagement, outdoor spaces and community building, and community preparedness. Learn more: [www.cityofsanrafael.org/departments/age-friendly](http://www.cityofsanrafael.org/departments/age-friendly)

*We are a group of older adult volunteers that work closely with city and community organizations advocating for policies that support and promote people of all ages to live, contribute and be a vibrant part of the community. Please join us in our work! Contact [recreation@cityofsanrafael.org](mailto:recreation@cityofsanrafael.org) for more information on how you can get involved!*



# Older Adults

## *San Rafael* **Goldenaires** *Celebrating Seniors*

### **SAN RAFAEL COMMUNITY CENTER**

**618 B Street | Age: 62Y+**

The San Rafael Goldenaires is a non-profit organization that partners with the San Rafael Library and Recreation Department. The Goldenaires provides its members the opportunity to participate in a wide variety of classes, trips, social activities, and special events. Membership is \$40 per year and is available to all adults 62 years and older.

More information is available at [www.srgoldenaires.org](http://www.srgoldenaires.org) or inside the club's monthly newsletter, The Newsette.

Membership applications are available by calling (415) 485-3348 or at the office located inside the San Rafael Community Center on Monday Tuesday, Wednesday or Friday, 10:00am-2:00pm.

### **GOLDENAIRES ONGOING EVENTS**

**Wednesday Bingo - Open to the public!**  
Bingo begins at 12:00pm - Doors open at 10:30am

Join us for an afternoon of 15 Bingo games. Prizes range from \$40-\$100. Buy-in \$5-\$10 for regular game packs, Special Games \$1 each. Must be 18 years or older to play. Congregate Meal Program is 11-11:30am. Donation is \$3. Please call (415) 473-4636 for reservations.

No bingo on the third Wednesday of the month. For more information call (415) 485-3348.

### **GOLDENAIRES TRAVEL & TRIPS**

Come explore the wonders of the world or your own backyard with the Goldenaires. We schedule monthly day trips to Broadway shows and attractions and also offer longer adventures around the country and the world. Pick up a copy of the Newsette or go to [www.srgoldenaires.org](http://www.srgoldenaires.org) for the most current listing of trips.



### **GOLDENAIRES SPECIAL EVENTS**

**B STREET BALLROOM – Sunday Dances**  
Aug. 24, Sept. 28, Oct. 26, Jan. 25 and Feb. 22

2:00-5:00pm • \$20 at the door - Open to the Public

Join us for a wonderful afternoon of dancing to the sounds of live bands, Swing Set and Laurent Four. All ages, singles and couples are welcome! There are plenty of mixers to get everyone out on the dance floor. Come enjoy the music and meet new friends.

### **FRIDAY THEMED LUNCHEONS**

Sept. 12, Oct. 17, Dec. 12, Jan. 23 and Feb. 13

Each month join us for a delicious meal, entertainment, and socializing. Call office for details (415) 485-3348.

### **MONDAY NIGHT BINGO**

Monday, February 23

Doors open 5:30pm / Buffet Dinner 6:00-6:45pm

Everyone 18 years or older is welcome to join us for an awesome night of friends, fun, food and BINGO! Cash prizes \$60-\$150 per game; 16 games played.

### **DINNER AND BINGO**

Includes one 6-on game pack, dauber and dinner  
Advanced reservation is \$30

Bingo only = \$10 • Dinner only = \$20

Additional packs available for purchase.

### **AFTERNOON BINGO**

Saturday, October 4 • 11:30am-2:30pm

For details, go to [srgoldanires.org](http://srgoldanires.org) or call (415) 485-3348.

# Older Adults

## GOLDENAIRES ONGOING CLASSES

### **HEALTHY STEPS – Mondays, 12pm-1pm**

Facilitated by Teresa Del Giorno, PTA, CMA, CLM. The Ledbed Method is a therapeutic exercise and movement program to help regain range of motion, strength, endurance and balance. No experience is required, it's non-aerobic and offers a sitting version. Call 415-485-3348 for session dates.

### **CONTRACT BRIDGE – Mondays, 10:30am-2:30pm**

Players must have some bridge experience. No reservations needed, but you **MUST** arrive no later than 10:15am and bring your own lunch. Chairperson Bill Nicholson.

### **ACRYLIC PAINTING – Mondays, 11:30am-3:30pm**

Practice your painting skills and create new things in a fun-loving, encouraging environment. Bring your own supplies. New persons may join at any time. Artist Yvonne Brown is willing to guide you and/or suggest painting techniques.

### **DOMINOES – Tuesdays, 10am-12pm**

Join us for a morning of dominoes which is a popular game of skill, strategy and some luck! It is a tile-based game played with rectangular "domino" tiles. If you can share your set with a table of 4, please bring it with you.

### **WATERCOLOR – Tuesdays, 10:30am-2:30pm**

Beginner and experienced students are welcome to join this friendly group for a day of painting. Bring your own supplies and instructor Ann Carroll will provide a still life display for you to paint or work on your own subject matter. Students work at their own pace. Instruction is given if desired. A small fee for the instructor's mileage is requested. Instructor: Ann Carroll.

### **LEARN TO PLAY BRIDGE – Tuesdays, 1pm-4pm**

If you've ever thought about learning to play bridge, there's no better time than now! Bridge has been proven to help maintain mental sharpness, boost immunity, strengthen communication and teamwork skills and provide meaningful social interaction. Players must have some familiarity with card games and we need at least three people present in order to have a game. The program is led/taught by Bill Nicholson, Goldenaires member, bridge player and all-around nice guy!

### **MAHJONG – Tuesdays, 1:30pm-4pm**

Come learn Chinese Mahjong with a free lesson. Instructors will assist in helping members learn the game. This is an ongoing program using Chinese tiles.



### **DUPLICATE BRIDGE (Non Sanctioned) – Wednesdays, 10:30am-2:00pm**

If you are an experienced duplicate bridge player, come join the fun! You must already know how to play as this is not a teaching class. If you would like to join the game, please call the office and we will put you in touch with the group leader.

### **WOOD WORKING – Fridays, 9am-11:00pm**

A great, inexpensive, fun group that promotes a truly rewarding hobby. Beginners welcome! **NO FEE**. Students help out, teaching each other with techniques and can show you how much fun wood carving can be!

### **CRAFTS BOUTIQUE – Fridays, 1pm-3pm**

Enjoy the fun of learning new crafts while making new friends. The craft group meets every Friday. Group members create and hand-make a wide range of craft items – new ideas are always welcome. Items are always on sale for a reasonable price, so come down and look at the lobby display case in the Goldenaires office. Better yet, if you have a talent you would like to share with the craft group, come on down and join this friendly group.

# Falkirk Cultural Center

1408 Mission Avenue • (415) 485-3328 • [falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org) • [f @falkirkculturalcenter](https://www.facebook.com/falkirkculturalcenter)



This elegant three-story house is a blend of Queen Anne and Eastlake styles, built in 1888 on 11 acres. In keeping with the style of the period, it has a complex and intriguing roof line of gables and chimneys, variously shaped bays, and plenty of decorative details.

The interior is beautifully rendered in rich redwood panelling, and features ornate mantelpieces, hardwood floors, and elegant wall coverings. The foyer is especially striking with its huge decorative fireplace and floor-to-ceiling stained-glass windows.

The property was most notably owned by the Dollar family from 1906 until the early 1970s. The estate was named Falkirk in honor of Captain Robert Dollar's Scottish birthplace and to celebrate his civic involvement and generous donations to the City of San Rafael.

## Facility Rental Information

[www.cityofsanrafael.org/falkirk](http://www.cityofsanrafael.org/falkirk)

Falkirk Cultural Center is operated by the City of San Rafael and serves as a historic site, contemporary art gallery, and a popular event venue. When you reserve the venue, you have use of the grounds and entire first floor and access to changing suites on the second floor. Events can be hosted outdoors on the wedding lawn, in the rose garden or on the veranda, or indoors in the parlor.

Facility reservations are accepted one year prior to the date. A rental packet is available online and includes policies and procedures to reserve facilities, sample layouts, helpful resources and an application.

## Art Galleries

[www.cityofsanrafael.org/falkirk-art-galleries](http://www.cityofsanrafael.org/falkirk-art-galleries)

Our three spacious, light-filled galleries on the second floor of the mansion are open to the public and exhibit a variety of contemporary art throughout the year.

### UPCOMING EXHIBITS

**Becky Jaffe** “Frozen Impermanence”

**Michelle Derviss** “Biophilia”

**Tosya Shore & Pamela Moulton** “A Perfect Pairing: San Rafael Through Lens & Brush”

September 12 – October 24

Opening Reception: Friday, November 8 • 5:00-7:30pm

**Chris Mosley** “Reflections in Bloom: Glass & Nature Intertwined”

**Jean-Marc Brugeilles** “Enchanted Universe”

**Gerald Huth** “Hearing the Music”

November 7 – December 16

Opening Reception: Friday, November 14 • 5:00-7:30pm

### SPECIAL EVENTS

**Painting in Plein Air at Falkirk**

**Friday: September 12 • 2:00-5:00pm**

Join us for an afternoon of painting outdoors on the Falkirk grounds. Artists of all medias are invited to participate. Falkirk is an inspirational setting, and we can't wait to see what is created. *This event is FREE!* Pieces are on exhibit at the new exhibits Opening Reception, 5pm-7pm and peoples choice awards are given.

**Nutcracker Workshop**

**Ages: 5Y & Up**

**Location: Falkirk Cultural Center - Upstairs**

Families and individuals are invited to “crack it up” at the Falkirk Cultural Center. Join us to create a festive Nutcracker to be on display at Falkirk and then go home with you for the season.

See page 12 or 19 for more information.

## CALL FOR 2026 EXHIBITS

Would you like to exhibit your artwork in one of Falkirk's beautiful galleries? August 1, 2025 – September 31, 2025, proposals for exhibiting in 2026 will be accepted. Applications will be available on the website [www.cityofsanrafael.org/falkirk/](http://www.cityofsanrafael.org/falkirk/) starting August 1, 2025.

# Aquatics

## TERRA LINDA POOL

670 Del Ganado Road, San Rafael

Pool (415) 485-3346

[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)

[www.cityofsanrafael.org/pools](http://www.cityofsanrafael.org/pools)



## Masters Swim Class

Intro to Masters is for anyone that can swim 25 yards of freestyle. Each session will focus on improving freestyle with a short venture into development of other strokes. You'll learn how to use the pace clock and how to maximize your pool time efficiently. A master's program can help you become a better swimmer while enjoying the camaraderie of other adult learners. If you have fins and/or paddles, bring them but they are not a requirement. A perfect class to get you ready for a next season!

**Instructor:** *Suzie is a former swim team participant and spend many years coaching swim teams, including Claremont in Berkeley. Suzie swam with TAM masters and is a current member of the Dolphin Club in SF. She's completed the 'Triple Crown' of Open Water Swimming, having swum the English Channel, Catalina Channel and around Manhattan. She loves helping people become more confident and competent in the water. She teaches all ages from 4-84 with a focus on technique and using your pool time efficiently. Her motto is 'if you're not fast, you at least want to look good while you're swimming!'*

Mondays 6:00-7:00pm

Drop in fee: \$15

## REGULAR SEASON ADMISSION RATES

Fees Valid April 1 - October 3.

### DAILY DROP-IN

Youth (1-17 yrs)	\$7/Residents	\$10/Non-Residents
Adult (18-61 yrs)	\$9/Residents	\$12/Non-Residents
Older Adult (62 & older)	\$7/Residents	\$10/Non-Residents

### 15 ADMISSION PUNCH CARD

Youth (1-17 yrs)	\$89/Residents	\$128/Non-Residents
Adult (18-61 yrs)	\$115/Residents	\$153/Non-Residents
Older Adult (62 & older)	\$89/Residents	\$128/Non-Residents

## OFF-SEASON ADMISSION RATES

Fees valid October 3 - March 30.

### DAILY DROP-IN

Youth (1-17 yrs)	\$10/Residents	\$13/Non-Residents
Adult (18-61 yrs)	\$13/Residents	\$16/Non-Residents
Older Adult (62 & older)	\$10/Residents	\$13/Non-Residents

### 10 ADMISSION PUNCH CARD

Youth (1-17 yrs)	\$88/Residents	\$117/Non-Residents
Adult (18-61 yrs)	\$121/Residents	\$144/Non-Residents
Older Adult (62 & older)	\$88/Residents	\$117/Non-Residents

## Lifeguard Training

This course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. To be eligible, candidates must be 15 years of age on or before the final scheduled session of the course and have access to a computer to do the online components required for class completion. Certification includes ARC Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer. In addition, candidates must successfully complete various swimming prerequisites.

**Courses offered regularly. Visit us online for more information.**

## WaterGym®

WaterGym provides the benefits of weights, aerobics and stretching in one workout, directly improving all five aspects of physical fitness: muscular strength, muscular endurance, flexibility, cardiovascular conditioning and body composition. And you'll have fun and feel good!

Thursdays 10:00-10:45am

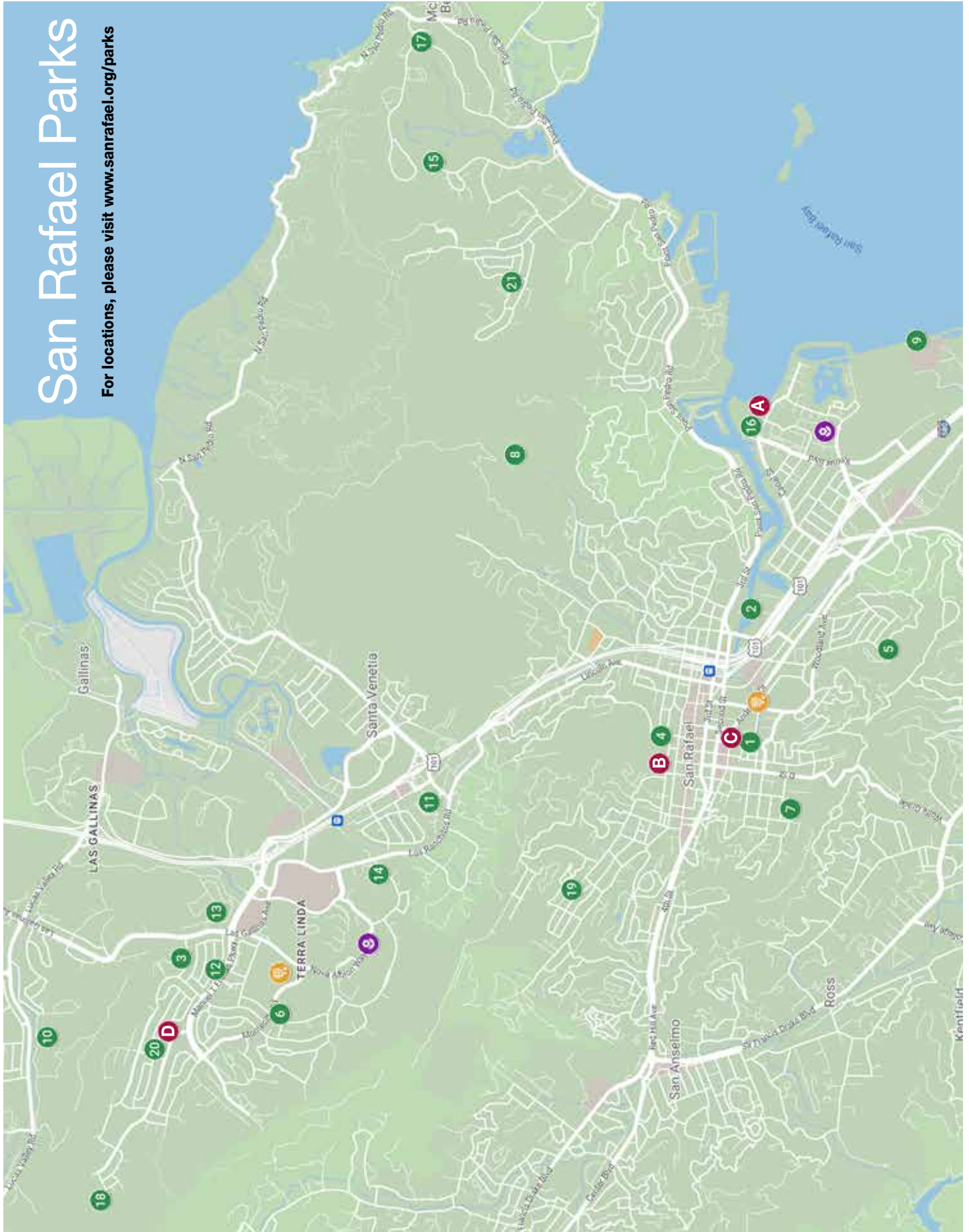
Drop in fee payable to Watergym.

For more information, visit [www.watergym.com](http://www.watergym.com)



# San Rafael Parks

For locations, please visit [www.sanrafael.org/parks](http://www.sanrafael.org/parks)



# San Rafael Park Amenities



PARKS	PLAY-GROUND	PICNIC TABLES	GRASSY AREA	BASKETBALL COURTS	SPORTS FIELDS	OTHER FACILITIES
1 Albert Park & Stadium	✓		✓		✓	baseball/softball fields, bocce courts
2 Beach Park						currently closed
3 Bernard Hoffman Field			✓		✓	softball field
4 Boyd Park	✓	✓	✓			hiking
5 Bret Harte Park	✓	✓		✓		
6 Freitas Memorial Park	✓	✓	✓			water feature, chess tables
7 Gerstle Park	✓	✓	✓	✓		
8 Harry A. Barbier Memorial Park		✓				open space and trails
9 Jean and John Starkweather Shoreline Park						3-mile trail on the waterfront
10 Jerry Russom Memorial Park		✓				connects to County open space trails
11 Los Ranchitos Park	✓	✓	✓	✓		handball court
12 Munson Park		✓	✓			
13 Oleander Park	✓	✓	✓			
14 Oliver Hartzell Park	✓	✓	✓			
15 Peacock Gap Park	✓	✓	✓			tennis courts, hiking
16 Pickleweed Park	✓	✓	✓	✓	✓	soccer fields
17 Riviera Park	✓	✓	✓			
18 Santa Margarita Park	✓	✓		✓		
19 Sun Valley Park	✓	✓	✓	✓		
20 Terra Linda Park	✓	✓	✓	✓		
21 Victor Jones Park	✓	✓	✓	✓	✓	t-ball, volleyball, shuffleboard, hiking

## COMMUNITY CENTERS



- A** Albert J. Boro Community Center
- B** Falkirk Cultural Center and Grounds
- C** San Rafael Community Center
- D** Terra Linda Community Center and Pool

✓ Reserve picnic tables at these parks.

## TENNIS COURTS

-  Albert Park Tennis Courts
-  Freitas Park Tennis Courts

## COMMUNITY GARDENS

-  Canal Community Garden
-  Terra Linda Community Garden



# Picnic Area Rentals

**The Park Picnic Areas listed below are available to rent. Please contact us at 485-3333.**

For more information, please see our Picnic and Park Rental Application on our website at <https://www.cityofsanrafael.org/parks/>

A person wanting either exclusive use of any park or use of a picnic area for gatherings of 25 or more persons, must apply for and obtain a permit for use. Special event applications are managed by the San Rafael Police Department and must be submitted at least 90 days prior to the date of the proposed event. You can apply for a special event permit at <https://www.cityofsanrafael.org/departments/special-events/>

**PLEASE NOTE:** We do not allow alcohol in any of our city parks. Also, outside equipment such as tables, chairs, inflatable bounce houses or grills are not allowed.

PARK	AMENITIES	SEATING CAPACITY
<b>6 FREITAS MEMORIAL PARK</b> 371 Montecillo Rd	Playground, picnic tables/barbecue, restroom, grassy area, water feature	Picnic area - 10
<b>7 GERSTLE PARK</b> San Rafael Avenue at Clark Street	Playground, picnic tables/barbecue, restroom, basketball court, grassy area, walking trail	Redwood Grove picnic area - 126 Dragon Picnic Area - 48 Lower Playground Picnic Area - 48
<b>16 PICKLEWEED PARK</b> 50 Canal Street	Playground, picnic tables/barbecue, restroom, grassy area, community center, athletic fields, basketball court and outdoor exercise equipment.	Group Picnic Area - 72
<b>18 SANTA MARGARITA PARK</b> At the end of De La Guerra Road	Playground, picnic tables/barbecue, restroom, basketball court, grassy area	Lower Picnic Area - 32
<b>19 SUN VALLEY PARK</b> 144 Solano Street	Playground, picnic tables/barbecue, restroom, basketball court, grassy area	Lower Picnic Area - 24
<b>20 TERRA LINDA PARK</b> 670 Del Ganado Rd.	Playground, picnic tables/barbecue, restroom, basketball court, grassy area, community center, pool	Picnic Area One - 48 Picnic Area Two - 64
<b>21 VICTOR JONES PARK</b> Robinhood Drive	Playground, picnic tables/barbecue, basketball court, grassy area, t-ball diamond	Upper Picnic Area - 32 Lower Picnic Area - 40

San Rafael Parks without a reservable picnic space are available on a first come first serve basis.



Gerstle Park



Terra Linda Park

# Facility Rentals

## Albert J. Boro Community Center

50 Canal Street, 485-3077  
abc.counter@cityofsanrafael.org

This beautiful facility offers rental space for meetings, seminars, workshops, weddings and parties. It features three multi-purpose classrooms with large dry erase boards and projection screens, an art room, and a large community room that can accommodate up to 200 (seated). The community room features round tables, a sound system with podium, stage and a beautiful redwood deck overlooking the park and bay. Enjoy our 8,300 square foot gymnasium with basketball and volleyball, as well as all-weather outdoor athletic fields, outdoor basketball court, and recently expanded park features.. The facility is accessible for disabled persons.



Albert J. Boro Community Center

## San Rafael Community Center

618 B Street, 485-3333  
recreation@cityofsanrafael.org

This community center has been designed as a multi-use facility to accommodate groups of all ages, from tiny tots to senior citizens. Individuals, groups, or organizations are welcome to rent any part of the facility for meetings, weddings, seminars, banquets, fundraisers or any other events. The center is complete with auditorium/theater, kitchen, a complete lobby, separate lounge and four full size meeting rooms-three of which can be opened up to one large room. The auditorium/theater with a capacity of 400 (seated/theater) and 300 (dinner seating) can accommodate larger groups. The adjacent kitchen contains four ovens, a large stove, refrigerator, sinks and ice machine. Additionally some of the meeting rooms contain kitchenettes. Enclosed patios surround the facility. The facility is accessible for disabled persons.



San Rafael Community Center

## Terra Linda Community Center

670 Del Ganado Road, 485-3344  
terralindapool@cityofsanrafael.org

This community center has three large meeting rooms that serve up to three different groups at one time or open up into a large space to accommodate meetings, memorials, birthday parties or other events. Each individual meeting room accommodates 30-40 people, and the entire space accommodates up to 100 people. We provide chairs and tables at no additional cost. The kitchen is close to the meeting rooms and provides a refrigerator, sink, oven, and counter space for food preparation.



Terra Linda Community Center

# HOW TO REGISTER

[www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation)

## REGISTRATION FOR CLASSES IS OPEN

**CONTACT US** Any questions? Need assistance? Please call (415) 485-3333 or email [recreation@cityofsanrafael.org](mailto:recreation@cityofsanrafael.org)

### REGISTRATION INFORMATION

- Only one family per registration form.
- All registrations are taken on a first-come, first-served basis.
- Programs/classes may be canceled if there is a low enrollment.
- Waiting lists will be established if a program is full. If waitlisted, we will notify you if space becomes available. Do not attend the first class if you have not been notified.
- Returned checks will incur a \$25 service charge.
- Registration for the School-age Child Care Program is conducted at the various school sites. For more information, please refer to page 16.

### PAYMENTS AND WAYS TO REGISTER

**CREDIT CARDS** We accept Visa, Mastercard and Discover for online, mail-in and walk-in registration.

**CHECKS** We accept checks for walk-in and mail-in registration

**CASH** We only accept cash for walk-in registration.

**ONLINE** To create a family account, visit the City of San Rafael's registration website at [www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation). We accept credit cards, which are recorded at the completion of the transaction.

**MAIL-IN** Please do not send cash! We will not call you to confirm your registration; however, we will mail receipts. Mail-in registrations will be processed beginning at 9:00am on Wednesday, August 10, regardless of mail-in date. MAIL TO: San Rafael Community Center 618 B Street San Rafael, CA 94901 ATTN: Registration

**WALK-IN REGISTRATION** You may register in-person at the following locations during posted business hours.

San Rafael Community Center | 618 B Street

Albert J. Boro Community Center | 50 Canal Street

Terra Linda Community Center | 670 Del Ganado

### REFUND POLICY

Full refunds will be issued if the activity is canceled by the Department. Refund requests received at least 14 days prior to the start of the class or program will receive a refund less a \$25 administrative fee, per refund request. No refunds will be issued for requests received less than 14 days prior to the start of the class or program, or for non-attendance, one-day workshops, pool admission, or trips.

Requests to transfer an existing registration to a different class or activity must be received at least 14 days prior to the start of the class or program and will be accommodated based on class availability. We are unable to process transfer requests received less than 14 days in advance of the program. For swim lesson refunds, please see page 39.

### QUALITY ASSURANCE POLICY

We welcome your feedback. If, after attending the first class, you are dissatisfied with the quality of the class/program, please contact us immediately. If you contact us prior to the second class, we will issue you a full refund.

### RESIDENT STATUS

A resident is any person with a residential San Rafael mailing address. A San Rafael P.O. Box or business address will not be accepted as proof of residency. A non-resident is someone who lives in another city.

### SCHOLARSHIPS

Limited scholarships available. For more information visit <https://www.cityofsanrafael.org/recreationscholarship/>

### ACCESS & INCLUSION

The City of San Rafael invites people with and without disabilities to enjoy our sites, facilities, and programs. Do you have any special needs that require specific accommodations, so you can fully participate in one of the City's programs? If so, please contact our Library & Recreation Department office at (415) 485-3333.

## CÓMO REGISTRARSE

Los pagos con tarjeta de crédito se procesan a través de nuestro sistema de registro en: [www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation)

También puede pagar con tarjeta de crédito, cheque o efectivo en persona en nuestro centro comunitario.

También puede encontrar un formulario rellenable en línea aquí: [www.cityofsanrafael.org/classes](http://www.cityofsanrafael.org/classes)

# Activity Registration Form

## City of San Rafael

The City's Liability Waiver and Photo Release portion must be signed by all parent/guardians or participants 18 and over. Registrations with unsigned waivers will not be processed. Thank you!

### 1. PRIMARY CONTACT (Adult) COMPLETE ENTIRE FORM

Name of Primary Contact \_\_\_\_\_ Birthdate \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Primary Phone ( ) \_\_\_\_\_ Secondary Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship to Participant \_\_\_\_\_

Emergency Daytime Phone ( ) \_\_\_\_\_ Emergency Evening Phone ( ) \_\_\_\_\_

### 2. ACTIVITY REGISTRATION

PARTICIPANT'S NAME First & Last (1 line per participant)	DATE OF BIRTH (mm/dd/yy)	COURSE NAME	COURSE #	FEE
1.				
2.				
3.				
4.				
5.				

Please note any allergies and/or medications:

I require an ADA accommodation due to a disability to participate in this program.

Total Fees \$ \_\_\_\_\_  
 I wish to donate to the Youth Scholarship Fund + \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

### 3. LIABILITY WAIVER & PHOTO RELEASE

**HOLD HARMLESS AND RELEASE AGREEMENT** The undersigned on behalf of himself/herself and on behalf of any child enrolled by the undersigned in the program, in consideration of participation in this program, agrees to indemnify and hold harmless, and to release, waive, and discharge, the City of San Rafael against any claim, demand, suit, judgment, loss, liability or expense of any kind, including attorney's fees and administrative costs, on account of personal injuries or damages sustained by any person or property arising out of or in any way connected with participation by the undersigned or the enrolled child in this program, including injuries due to the active or passive negligence of the City, its officers, employees, agents, and volunteers. I HAVE READ THE ABOVE HOLD HARMLESS AND RELEASE AGREEMENT AND FULLY UNDERSTAND THAT I ASSUME RISKS FOR ANY INJURIES AND PROPERTY DAMAGE SUFFERED. I also certify that I (or my children) are knowledgeable as to all rules of conduct appropriate to the above-mentioned activity. Neither I nor my child has any physical illnesses, conditions, disabilities, or weaknesses that would interfere with safe participation in the activity. I recognize that bodily injury and/or property damage may be sustained through participation in this activity and acknowledge that I/we voluntarily accept all risks of injury to persons or property.

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**PHOTO RELEASE** By initialing, I do also hereby give my permission to the City of San Rafael to use any and/or all photographs of myself and/or my children for future agency publications. I understand that my name or my children's name(s) will not be published at any time in any publications. I give my permission for a photograph of my child to be used for City of San Rafael marketing purposes. Initial \_\_\_\_\_

### 4. PAYMENT

Credit card payments are processed through our online registration system at [www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation). You may also pay with credit card, check or cash in-person at our community centers.

- San Rafael Community Center**  
618 B Street
- Terra Linda Community Center**  
670 Del Ganado
- Albert J. Boro Community Center**  
50 Canal Street

La porción de exención de responsabilidad y divulgación de fotos de la ciudad debe estar firmada por todos los padres/tutor legal o participantes mayores de 18 años. Las inscripciones con extensiones no firmadas no serán procesadas. ¡Gracias!

### 1. CONTACTO PRINCIPAL (Adulto)

Complete el formulario

Nombre del Contacto Principal: \_\_\_\_\_ Fecha de Nacimiento: \_\_\_\_\_

Dirección: \_\_\_\_\_ Ciudad: \_\_\_\_\_ Código Postal: \_\_\_\_\_

Correo Electrónico: \_\_\_\_\_

Teléfono Primario: \_\_\_\_\_ Teléfono Secundario: \_\_\_\_\_ Teléfono Celular: \_\_\_\_\_

Contacto de Emergencia: \_\_\_\_\_ Relación con el Contacto de Emergencia: \_\_\_\_\_

Teléfono de Emergencia: \_\_\_\_\_ Teléfono de Emergencia: \_\_\_\_\_

### 2. REGISTRO DE ACTIVIDAD

NOMBRE DEL PARTICIPANTE Primer y Apellido (una línea por cada participante)	Fecha de Nacimiento mm/dd/aa	NOMBRE DEL CURSO	# CURSO	PRECIO
1.				
2.				
3.				
4.				
5.				

Por Favor anota cualquier alergias y/o medicamentos:

Requero un alojamiento ADA por discapacidad para participar en el programa

Precio Total \$ \_\_\_\_\_  
 Quiero donar al fondo Youth de becas para niños + \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

### 3. Exención de responsabilidad y liberación de fotos

Acuerdo de Liberación y mantenimiento Indemne: El abajo firmante en nombre de sí mismo y en nombre de cualquier niño inscrito por el abajo firmante en el programa, en consideración de la participación en este programa, acuerda indemnizar y mantener indemne, y liberar, renunciar y exonerar a la Ciudad de San Rafael de cualquier manera conectada con la participación por el abajo firmante o del niño inscrito en este programa, incluyendo lesiones a causa de negligencia activa o pasiva de la Ciudad, sus oficiales, y empleados. HE LEÍDO EL ACUERDO DE LIBERACIÓN Y MANTENIMIENTO INDEMNITARIO Y LO ENTIENDO PERFECTAMENTE Y ASUMO LOS RIESGOS POR CUALQUIER LESIÓN Y CUALQUIER DAÑO SUFRIDO EN LA PROPIEDAD. También certifico que yo (o cualquiera de mis niños) son conocedores de todos los reglamentos de conducta apropiada a la actividad arriba mencionada. Ninguno, yo o mis niños tenemos ninguna lesión física, condición, discapacidad o debilidad que pudiera interferir con la participación segura en la actividad. Yo reconozco que lesiones corporales y daños a la propiedad pueden ser sostenidas mediante la participación en esta actividad y reconozco que yo/hosotros voluntariamente aceptamos los riesgos de lesión a personas o propiedad.

Firma del Apicante \_\_\_\_\_

Fecha: \_\_\_\_/\_\_\_\_/\_\_\_\_

Con mis iniciales, yo doy permiso a la Ciudad de San Rafael de usar cualquier y/o todas las fotografías mías y/o mis niños para futuras publicaciones de la agencia. Yo entiendo que mi nombre o el de mi niño o mis niños no será publicado en ningún momento en ninguna publicación. Yo doy mi permiso de que una fotografía de mi niño(s) sea usada por la Ciudad de San Rafael con propósito de marketing. Iniciales \_\_\_\_\_

### 4. PAGO

Los pagos con tarjeta de crédito se procesan a través de nuestro sistema de registro en [CityofSanRafael.org/Recreation](http://CityofSanRafael.org/Recreation). También puede pagar con tarjeta de crédito, cheque o efectivo en persona en nuestro centro comunitario.

San Rafael Community Center  
618 B Street

Terra Linda Community Center  
670 Del Ganado

Albert J. Boro Community Center  
50 Canal Street

**FREE!**

# 2<sup>ND</sup> ANNUAL TREAT WALK

SAN RAFAEL  
COMMUNITY CENTER  
618 B STREET, SAN RAFAEL, CA 94901

JOIN US FOR A TREAT WALK  
THROUGH THE LONATESE  
GARDEN & ENJOY PUMPKIN  
DECORATING, FACE PAINTING,  
GAMES AND MORE!

OCTOBER 23, 2025  
4PM - 6PM



recreation@cityofsanrafael.org

(415) 485-3333



**SAN RAFAEL**  
LIBRARY AND RECREATION

San Rafael  
**Goldenaires**  
Celebrating Seniors  
Nonprofit #59-3837185

Homebaked Goods   Delish Cafe   Artisan Crafts

## 2025 Goldenaires Holiday Crafts Market

Unique  
Gifts

**November 8**

San Rafael Community Center  
618 B Street | 10AM-4PM

**Santa Visiting Hours: 11AM-2PM**



SRGOLDENAIRES@GMAIL.COM

(415) 485-3348

618 B Street



**SAN RAFAEL**  
THE CITY WITH A MISSION  
*established 1874*

PRSR STD  
US POSTAGE  
PAID  
SAN RAFAEL, CA  
PERMIT #212

\*\*\*\*\*ECRWSEDDM\*\*\*\*\*  
**RESIDENTIAL CUSTOMER**

# FRIDAY NIGHT MOVIES IN THE PARK



**Paddington in Peru**  
Rated PG

Friday  
September 12

PEACOCK GAP PARK  
298 Peacock Drive



**The Wild Robot**  
Rated PG

Friday  
September 26

GERSTLE PARK  
201 San Rafael Ave



**Mufasa (in Espanol)**  
Rated PG

Friday  
October 10

PICKLEWEED PARK  
50 Canal St



**Lilo & Stitch**  
Rated PG

Friday  
October 24

TERRA LINDA PARK  
670 Del Ganado Rd



Movies Begin 10 Minutes  
After Sunset.

REMEMBER TO BRING LOW CHAIRS,  
BLANKETS, PICNIC/SNACKS  
AND FLASHLIGHT.

