

Arts & Crafts

Acrylic Painting (Tole)

Open lab for acrylic painters. An opportunity to paint and be inspired by other painters. INSTRUCTOR: Shirley Macpherson has held classes at the Terra Linda Community Center for more than 20 years. She is a member of the National Society of Decorative Painters and attends seminars and conferences all over the country to keep up with new trends and ideas. Two of her original design ornaments are part of the permanent collection of the Smithsonian Institute.

F Sep 9-Jan 20 9:30 AM-12:30 PM \$5 per class
TLCC 16267

Be in charge of your Digital Pictures

Are you challenged with finding your images on your computer, keeping them organized, or being able to get them off your camera, backing them up or even printing them? Learn effortless organization, easy editing, and back-up systems that make it easy to take charge of jpegs; all your digital pictures that might be on your camera, flashcards or on your computer. This class will teach/demo techniques that will bring your pictures back to life! You'll learn how to go from digital images on your camera and computer to print pictures, pages, digital storybooks. *Material fee \$55-\$95 (valued \$120+) payable to instructor at first class. Includes instruction materials and DVD with Story Book Creator 3.0 (Windows) or sbcStudio (MAC) and nearly \$40 in digital themed predesigned pages and a coupon good toward a Hardcover photobook. *Materials for Windows and Mac differ. Instructor: Karyn Kambur

Tu	Sep 13	6:45 PM-8:30 PM	\$30(R)/\$32(N)
	SRCC	16128	
W	Oct 5	6:45 PM-8:30 PM	\$30(R)/\$32(N)
	SRCC	16129	
Tu	Nov 15	6:45 PM-8:30 PM	\$30(R)/\$32(N)
	SRCC	16130	
W	Dec 7	6:45 PM-8:30 PM	\$30(R)/\$32(N)
	SRCC	16131	
Tu	Jan 10	6:45 PM-8:30 PM	\$30(R)/\$32(N)
	SRCC	16132	
Tu	Feb 7	6:45 PM-8:30 PM	\$30(R)/\$32(N)
	SRCC	16133	



Japanese Flower Arranging - Sogetsu Ikebana w/Rachel Johnson

Develop creative self-expression, and explore the beauty of nature, as you learn this exquisite art form. The dynamic art of Ikebana reveals the power of line and use of space. Each class includes a demonstration of various Ikebana arrangements, followed by student practice time, and individual assistance, in a relaxed atmosphere. The instructor will collect a \$10 materials fee for her demonstrations on the first day of class. Beginning students may expect to purchase additional textbooks, tools and supplies. INSTRUCTOR: Rachel Johnson: Rachel's Ikebana practice brings together her interests in Asian philosophy, the creative arts, and the natural world. She loves to teach and share ikebana with others, and regularly exhibits her work in the San Francisco Bay Area.

W	Sep 28-Dec 7	1:00 PM-4:00 PM	\$200(R)/\$210(N)
	SRCC	16154	
W	Jan 18-Mar 21	1:00 PM-4:00 PM	\$200(R)/\$210(N)
	SRCC	16155	



Knit a Christmas Stocking

Here is your opportunity to knit a Christmas stocking for someone special. You will have choices of design and personalization using red, green and white yarn. Students must know basic knitting skills i.e. custom bind off, knit, purl, increases and decreases. You will need #7 needles (straight or circular) a set of double point needles, size 7 and a notebook. Materials fee \$15 is due the instructor on the first day of class. INSTRUCTOR: Deborah McFarland is a Master Knitter teaching all levels since 1976. She has the ability to explain techniques in a simple and understandable manner, her infinite patience and her teaching style keeps classes fun and comfortable.

Ages 15 and up

W	Sep 7-Oct 26	10:00 AM-11:30 AM	\$80(R)/\$84(N)
	SRCC	16215	

Adults

**Classes fill quickly.
Register Early.**

Register Now!

Call 485-3333

<http://eplay.livelifelocally.com>

25

Monthly Drawing Group

Ages 16 and Up -- Informal monthly art for intermediate to advanced students. Each student will work independently on projects and have individual attention from the instructor and participate in group discussions. Outdoor drawing (weather permitting), still life, drawing and collage projects included. INSTRUCTOR: Daphne Lipton received her B.F.A (majored in painting and ceramic sculpture) from Israel. Is an exhibiting artist and educator. Materials: easels if desired, paper, canvases drawing materials.

Sa Oct 15-Feb 18 11:30 AM-01:00 PM \$75(R)/\$79(N)
SRCC 16209



Photo Organization - A System That Works!

Is the task of organizing your family's photos and memorabilia daunting? It doesn't have to be! With easy step-by-step instructions and a Power-sort (TM) organizational system, you'll quickly sort and catalog 1200 to 2400+ photos in no time! This class focuses on a personalized method for organizing photos and memorabilia that is easy to maintain. We'll also tackle that same shoebox of digital photos with a demo of Memory Manager (windows-based) software for easy organization of all your jpegs. Bring photos from one event. Material fee of \$68 (paid to instructor at first class) includes Power Sort organizational system or Quick Sort and Store Collection; (valued at over \$130) INSTRUCTOR: Karyn Kambur

Th	Sep 22	6:45 PM-8:00 PM	\$30(R)/\$32(N)
	SRCC	16134	
Tu	Oct 18	6:45 PM-8:00 PM	\$30(R)/\$32(N)
	SRCC	16135	
W	Nov 16	6:45 PM-8:00 PM	\$30(R)/\$32(N)
	SRCC	16136	
Th	Dec 8	6:45 PM-8:00 PM	\$30(R)/\$32(N)
	SRCC	16137	
W	Jan 11	6:45 PM-8:00 PM	\$30(R)/\$32(N)
	SRCC	16138	
W	Feb 8	6:45 PM-8:00 PM	\$30(R)/\$32(N)
	SRCC	16139	

Terra Linda Ceramics

Learn sculpting, coiling, slab building, how to use drape molds, make plates and bowls, mosaics, tiles and jewelry. Many kinds of low-fire clays are available; a wide selection of glaze, crystals, underglaze, engobes, mason stains, acrylic bisque stains and gold leaf. Wheels are available for students with prior knowledge of throwing. A beginning wheel demonstration is given each session. A \$20 material fee is due to the instructor on the first day of class. Sign up early; class size is limited. INSTRUCTOR: Susan Hontalas has a BFA from S.F. Art Institute in Ceramic Sculpture and has shown her work in San Francisco and Marin. Susan has been teaching ceramics at the Terra Linda Community Center for 15 years.

Tu	Sep 13-Nov 1	9:00 AM-12:00 PM	\$130(R)/\$143(N)
	TLCC	16279	
W	Sep 14-Nov 2	9:00 AM-12:00 PM	\$130(R)/\$143(N)
	TLCC	16276	
W	Sep 14-Nov 2	6:30 PM-9:30 PM	\$130(R)/\$143(N)
	TLCC	16277	
Tu	Nov 8-Dec 20	9:00 AM-12:00 PM	\$120(R)/\$132(N)
	TLCC	16278	
W	Nov 9-Dec 21	9:00 AM-12:00 PM	\$120(R)/\$132(N)
	TLCC	16280	
W	Nov 9-Dec 21	6:30 PM-9:30 PM	\$120(R)/\$132(N)
	TLCC	16281	
Tu	Jan 10-Feb 28	9:00 AM-12:00 PM	\$130(R)/\$143(N)
	TLCC	16274	
W	Jan 11-Feb 29	9:00 AM-12:00 PM	\$130(R)/\$143(N)
	TLCC	16275	
W	Jan 11-Feb 29	6:30 PM-9:30 PM	\$130(R)/\$143(N)
	TLCC	16273	



Terra Linda Ceramics Lab

Ceramics Lab is offered to those students who are enrolled in Susan's Ceramic classes. There is no instruction given during the open lab. Bring your own tools and clay. The consent of the instructor is required to sign up.

W	Sep 14-Nov 2	12:00 PM-3:00 PM	\$2/hour
	TLCC	16288	
Th	Sep 15-Oct 27	10:00 AM-1:00 PM	\$2/hour
	TLCC	16290	
W	Nov 9-Dec 21	12:00 PM-3:00 PM	\$2/hour
	TLCC	16289	
Th	Nov 10-Dec 22	10:00 AM-1:00 PM	\$2/hour
	TLCC	16291	
W	Jan 11-Feb 29	12:00 PM-3:00 PM	\$2/hour
	TLCC	16292	
Th	Jan 12-Mar 1	10:00 AM-1:00 PM	\$2/hour

Athletics

ADULT SPORTS

MARIN BOCCE FEDERATION

The Marin Bocce Federation operates the 10 state-of-the-art synthetic courts on B Street adjacent to the San Rafael Community Center. To sign-up for their leagues or to simply reserve a court for drop-in play, contact them at 485-5583.

BASKETBALL

The Spring Adult Basketball League plays Monday thru Thursday nights. Play is offered in A, B, B-II, C, D, women's and over-40 yrs. divisions. Information will be available in December 2011.

COED SOFTBALL

The Spring COED Slow Pitch Softball League begins play the end of March. Games are played on Sunday late mornings and afternoons at McInnis Park. Rosters will be available in December 2011.

FAST PITCH SOFTBALL

The Spring Fast Pitch Softball League begins play in March. The only fast pitch league in Marin offers play in B, C and women's divisions. Information will be available in December 2011.

SLOW PITCH SOFTBALL

The Spring Slow Pitch Softball League begins play in March. Play is offered in B, C and D divisions. Information will be available in December 2011.

Computers

Basic Computer Education

An introduction to computers. Students will become familiar with how to operate a computer, learn basic Microsoft Office applications, and how to email and use the internet. This class is taught primarily in Spanish. Program taught by Canal Alliance staff. Classes held in the Pickleweed Park Community Center. *No class 3/31 & 4/8.

Sa	Jan 14-Jun 9*	9:00 AM-12:00 PM	\$44(R)/\$46(N)
	PWCC	16449	
Tu	Jan 17-May 29	9:00 AM-12:00 PM	\$44(R)/\$46(N)
	PWCC	16450	
Tu	Jan 17-May 29	7:00 PM-10:00 PM	\$44(R)/\$46(N)
	PWCC	16451	
W	Jan 18-May 30	7:00 PM-10:00 PM	\$44(R)/\$46(N)
	PWCC	16452	
Th	Jan 19-May 31	7:00 PM-10:00 PM	\$44(R)/\$46(N)
	PWCC	16453	

Cooking

COOKING WITH VALERIA:

Join Valeria for her new workshops of gustatory and exceptionally easy and savory repasts for YOU – THE HOME COOK. Each presentation is followed by dinner accompanied by compatible beverages to the foods prepared (wines, mineral water, special drinks.) DOOR PRIZES and a folder with material to take home including recipes. All inclusive cost is \$49 INSTRUCTOR:

Personal chef and caterer to many Bay Area families and businesses, Valeria Furino has studied cuisine globally with chefs such as Julia Child, Jacques Pepin, Diana Kennedy and James Beard. She is the recipient of many national awards for excellent recipes (more than 2000 internationally published) and for her food seminars on television.

Where's My Mate?

BE MY VALENTINE! A lovely and romantic workshop with Valentine in mind. Foods, legends, aphrodisiacs and 'magic' will be presented to attract and delight any 'Valentine to be'. Enjoy your Valentine preparation by spending this time with Valeria, Master 'Heart' teacher. Food and beverages will be served. Door Prizes! INSTRUCTOR: Valeria Furino

Th	Feb 2	6:45 PM-9:00 PM	\$20(R)/\$21(N)
	SRCC	16223	

Cooking with Valeria, Mediterranean Style

Simple and delicious, low sodium and low calories, we are presenting these beautiful tasty foods for your fall entertainment and Holidays' galore. 1. A fisherman from the island of Capri, Italy (seafood) a Mexican triple repas: soup, soft tacos, h.d.o. (botanas) of various flavors. A Zen Abbot (veggies, veggies and sauces) A French patisserie with a twist (Napoleon at St. Helen) DINNER, beverages, recipes to take home and door prices will follow. Chef de Cuisine: Valeria Furino

Oct 20	6:45 PM-9:00 PM	\$20(R)/\$21(N)
SRCC	16216	



Holiday Cooking: Cooking for #1, 2, or...

Let's make new friends for the holidays! Let's invite the whole block and cook together! Minimum time spent in the kitchen and maximum time spent enjoying, tasting, toasting and talking about fun.

1. Venetian h.d.o. (chichetti)
2. Imperial Rome Pasta
3. Florentine Veggies and Breads
4. Surprise Bombe to sweeten your senses.

Dinner, beverages, recipes to take home and door prizes will follow. Chef de Cuisine: Valeria Furino

Th	Dec 8	6:45 PM-9:00 PM	\$20(R)/\$21(N)
	SRCC	16217	

Dance

English Country Dance at Pickleweed Park Community Center

Live music, refreshments and FUN! All dances taught. No partner necessary. No experience necessary. If you can walk, you can do English Country Dance. Join us! Live musicians, experienced dancers and callers (teachers) come from the North Bay Country Dance Society and the Bay Area Country Dance Society. They bring years of experience as well as many helping hands to the dance. For more information contact Gayle Mills at gegamills@gmail.com FACILITATOR: Gayle Mills

Su	Sep 11-Jan 8	2:00 PM-4:30 PM	\$32(R)/\$34(N)
	PWCC	16264	

Greek Folk Dance- Circle Dance

Students will learn dances from Northern Greece as well as the fundamentals of Greek Folk Dances so that they can dance on every Greek party or feast. There are over 4,000 traditional dances that come from all regions of Greece. Rhythm is an important aspect of those dances. Come dance to some of these rhythms and have fun! Moreover, it is also healthy for body and mind. Beginners and advanced dancers are welcome. Dance is like breathing to instructor Kristalli Papadopoulos who started dancing at the age of 6. She has been dancing Greek dances in Greece and Germany for the past 30 years and teaching for the last 25 years.

Tu	Sep 20-Nov 15	7:00 PM-8:30 PM	\$64(R)/\$70(N)
	PWCC	16173	
Tu	Nov 29-Jan 24	7:00 PM-8:30 PM	\$48(R)/\$53(N)
	PWCC	16174	

KiVo: The Kinetic Voice

Rhythm, Vocals, Dance! Join us as we blend tribal dance



and liberate the voice by chanting, clapping, vocalizing. KiVo is a fun and energetic way to get your heart rate up, activate the voice and work as an ensemble that resonates together. You will learn the Magnetic Step, the Beehive, Butterfly Wings, The Spiraling Pinwheel, and the Tailbone Traveler along with Vocal Chakra Healing Tones & Body Chants. Much but not all the music we dance is composed by Lis, especially for KiVo.

INSTRUCTOR: Lis Addison is a composer, vocalist & dancer. She is skilled at facilitating group gatherings, classes and performances. She holds an MFA in electronic music from Mills College and is certified in Yoga, Nia & Zumba. She has taught music and movement locally for 13 years, has performed and taught internationally and her music can be heard on radio and in yoga, healing & dance studios around the world.

Th	Sep 8-Nov 10	6:30 PM-7:30 PM	\$120(R)/\$126(N)/\$15
	SRCC	16170	

Tap Dance: Beginning/Intermediate

Put a spring in your step with this non-stop, fun-filled class. Learn simple tap steps and entire routines to the rhythms of the 30's to the present in a non-competitive atmosphere. Individualized attention allows students to progress at their own level. Tap vocabulary, steps, dance routines, as well as warm-up exercises and stretching are covered. A great way to get in shape! Just bring your tap shoes and a smile. Previous dance experience recommended. INSTRUCTOR: Lucy Simon has studied many dance forms in the San Francisco Bay area, including Tap, Jazz, African, Hip Hop and Modern. She has danced and performed with the College of Marin, The San Francisco Jazz Dance Company and Rock My Soul. She enjoys sharing her love of dance through teaching. Lucy has been teaching in Marin County since 1985.

M	Sep 12-Oct 31	6:00 PM-7:00 PM	\$80(R)/\$88(N)/\$11
	TLCC	16298	
M	Nov 7-Dec 19	6:00 PM-7:00 PM	\$70(R)/\$77(N)/\$11
	TLCC	16299	
M	Jan 9-Feb 27	6:00 PM-7:00 PM	\$60(R)/\$66(N)/\$11
	TLCC	16300	

Fitness

Aerobics with Leonor/Aeróbicos con Leonor

Join Leonor every Monday evening for your weekly aerobic workout. Instructor Leonor Van Rozeboom teaches her classes in both Spanish and English and taught low and high impact aerobics, step classes and weight training in Guadalajara Mexico. Venga a practicar sus ejercicios aeróbicos todos los Lunes con la instructora Leonor Van Rozeboom ella enseña sus clases en Inglés y Español y tiene experiencia en entrenamiento de pesas y enseñando aeróbicos de alto y bajo impacto en Guadalajara, Mexico.

M	Sep 19-Nov 7	6:00 PM-7:00 PM	\$40(R)/\$42(N)
	PWCC	16118	
M	Nov 21-Dec 19	6:00 PM-7:00 PM	\$30(R)/\$32(N)
	PWCC	16383	

Awareness Through Movement®

Regain a sense of your youthful self as you lie on the floor exploring gentle movement sequences. Discover amazing connections within you which relieve pain. You will walk, reach, turn, balance, bend, and again live life to the fullest. Be prepared to be surprised. Terry Campbell and Celeste Binnings have taught 'Awareness Through Movement' for 24 years and are Guild Certified Feldenkrais Practitioners. Teaching people to move with ease and grace and return to their sense of well-being brings great joy to Celeste and Terry in group classes or one-on-one private lessons.

F	Sep 9-Oct 21	12:30 PM-1:30 PM	\$56(R)/\$59(N)/\$10
	SRCC	16150	
F	Oct 28-Dec 16	12:30 PM-1:30 PM	\$48(R)/\$51(N)/\$10
	SRCC	16151	
F	Jan 6-Feb 17	12:30 PM-1:30 PM	\$56(R)/\$59(N)/\$10
	SRCC	16152	

Beginning Pilates Mat Class at Terra Linda

Pilates is designed to stretch, strengthen, and balance the body. Pilates is one of the best modalities for weight loss and back care. This Mat class focuses on muscles in the center of the body, toning and building core strength. Many feel invigorated after class. Modifications for each exercise can be made to accommodate all fitness levels. Please bring a mat or a large towel if you have one. Preregistration requested. Discounts if enrolled in multiple sessions. INSTRUCTOR: Dot Spaet is a Certified Personal Trainer with 20 years of fitness experience. She has been teaching Pilates Mat to adults and seniors for 7 years. Dot has a passion for fitness and likes to make classes accessible to as many people as possible.

M	Sep 12-Oct 31	7:00 PM-8:15 PM	\$95(R)/\$105(N)/\$15
	TLCC	16310	
W	Sep 7-Oct 26	6:30 PM-7:45 PM	\$85(R)/\$94(N)/\$15
	TLCC	16311	
M	Nov 7-Dec 19	7:00 PM-8:15 PM	\$85(R)/\$94(N)/\$15
	TLCC	16312	
W	Nov 2-Dec 21	6:30 PM-7:45 PM	\$85(R)/\$94(N)/\$15
	TLCC	16313	

M	Jan 9-Feb 13	7:00 PM-8:15 PM	\$70(R)/\$77(N)/\$15
	TLCC	16314	
W	Jan 4-Feb 29	6:30 PM-7:45 PM	\$95(R)/\$105(N)/\$15
	TLCC	16315	

Eliminate Back Pain for Good

Take this 4 week workshop and feel your back pain diminish almost immediately. Discover how to move without hurting. Learn what stretches relieve discomfort and identify which tight muscles to work on. Strengthen the abdominals to support your back and prevent future pain. This workshop series is both informative and experiential. Under Dot's expert direction, you will learn how to take care of your own back. Pre-registration is required. First night is introductory and FREE. Cost for 4 week series is \$109 which includes the 1st night. INST: Dot Spaet has years of experience helping people relieve their own back pain. She holds Certifications in Personal Training, Yoga, Pilates, CORE Conditioning, Stretching and Performance Nutrition. She has a passion for helping people feel better. Scores of people walk around pain-free as a result of Dot's teachings. She would love to be a part of your solution to your back pain.

W	Jan 18-Feb 8	7:00 PM-8:30 PM	\$109(R)/\$114(N)
	SRCC	16161	

Fitness and Conditioning

Stretching 'sportaerobics' in an easy-going, fun atmosphere with yoga stretches and breathing, relaxed mat work, low impact aerobics and a few laughs keeps this friendly group smiling and fit. Drop by and check us out for a great way to feel good. Evening classes at the Terra Linda Community Center. INSTRUCTOR: After major surgery in 1986, Michael Gordon has developed an effective exercise routine that he has taught regularly for the past 12 years.

Tu, Th	Aug 2-30	7:00 PM-8:00 PM	\$42/\$10 Drop in
	TLCC	15845	
Tu, Th	Sep 1-29	7:00PM-8:00 PM	\$42/\$10 Drop in
	TLCC	15846	
Tu, Th	Oct 4-27	7:00 PM-8:00 PM	\$42/\$10 Drop in
	TLCC	16379	
Tu, Th	Nov 1-29	7:00 PM-8:00 PM	\$42/\$10 Drop in
	TLCC	16380	
Tu, Th	Dec 6-29	7:00 PM-8:00 PM	\$47/\$10 Drop in
	TLCC	16381	
Tu, Th	Jan 3-31	7:00 PM-8:00 PM	\$47/\$10 Drop in
	TLCC	16378	



Adults

Register Now!

Call 485-3333

<http://eplay.livelifelocally.com>

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Jazzercise

Come and join us for Jazzercise...the original dance exercise phenomenon! Jazzercise is an effective, total-body conditioning program that makes people look and feel great! Jazzercise combines the art of jazz dance and aerobics to make your workout fun. The class is 60 minutes long with a warm up and 30 minutes of aerobics and muscle toning/training and stretching. Judi Sheppard Missett, founder of Jazzercise, incorporates Pilates, kick-boxing and so much more to stay on the cutting edge of today's popular interest in Fitness. Registration is available on site prior to any class. Please come 10 minutes early. Bring your own mats for strength training portion of class. For more information please contact Tina Lambert, 415 492-0133 or online at tinalambert@mailstation.com

Age: 18 & Up

San Rafael Community Center
 Tuesday/Thursday 6:15-7:15pm
 Saturdays 8:30-10:00am
 Terra Linda Community Center
 Monday/Wednesday/Friday
 9:15-10:15am



Knees, Knees, Knees! A Feldenkrais Wkshp

Do your knees ache and creak? Wouldn't it be nice to move with ease? Come lie on the floor and do movement sequences that free your hips and ankles to rotate. Your knees won't have to twist. They can be the hinges they were designed to be. You will walk bend and move effortlessly. The workshop lessons were designed by Moshe Feldenkrais, a physicist/engineer/athlete who recovered from severe knee injuries by inventing Awareness Through Movement (R) lessons. INSTRUCTOR: Terry Campbell's injured knees work very nicely thanks to this series of lessons. She is a Guild Certified Feldenkrais Practitioner who has worked with the Feldenkrais Method for 24 years.

Tu	Oct 11	7:00 PM-10:00 PM	\$49(R)/\$52(N)
	SRCC	16153	

MAS Training: Mobility w/Agility & Stability

Are you finding that your balance isn't as good as it used to be? Balance is a complex skill that is affected by many factors. In this class we'll practice drills and skills that contribute to moving safely and maintaining your balance while moving. Some segments of the class are seated but you must be able to stand and walk for at least 20 minutes. INSTRUCTOR: Vicki Jackson completed her Master's degree in Kinesiology (PE) focusing on older fitness and balance training. She has been teaching fitness classes for over 14 years and is certified by the Senior Fitness Association. Feel free to contact Vicki at 415-883-2834

Ages: 50& Up

F	Jul 22-Aug 26	10:45 AM-11:40 AM	\$42/\$8.50 Drop in
	TLCC	15839	
F	Sep 2-Oct 21	10:45 AM-11:40 AM	\$49/\$8.50 Drop In
	TLCC	16269	
F	Nov 4-Dec 23	10:45 AM-11:40 AM	\$42/\$8.50 Drop In
	TLCC	16270	
F	Jan 13-Feb 24	10:50 AM-11:40 AM	\$49/\$8.50 Drop In
	TLCC	16271	

Pilates with Gliding Disks

Imagine performing Pilates exercises wearing disks, either under one or two hands, either under one or two feet. Each move is widened with sliding or circular motions. This is a great way to reach and strength underlayer cores, often forgotten in classic workout. This technique demands precision and awareness. Pilates with Gliding Disks will definitely be a challenge and is especially recommended for those of you who wants to move to the next level. Join the fun and stay fit! Please bring a yoga mat and a blanket Gliding disks will be provided. INSTRUCTOR: Pravana Levine is a certified Pilates Mat Work instructor with many years of yoga teaching too. She is attentive and detailed. She will modify an exercise if needed to fit your level and strength or health condition.

Sa	Oct 8-22	9:00 AM-11:00 AM	\$63(R)/\$69(N)
	TLCC	16372	

Pilates with Props

This work out is gentle and progressive. It will strengthen your whole body without you noticing it as it is very subtle. We use props such as magic circle and stretchy-band. Those help in three different ways: by gaining body awareness, by building more strength in adding challenges, by supporting you in more difficult exercises. Pilates is designed for everyone - young, older, athletic, sedentary, and for those rehabilitating from injury or surgery. Also recommended for postnatal care. No previous experience is required. Please bring a yoga mat and a blanket. INSTRUCTOR: Pravana Levine is a certified Pilates Mat Work instructor and a yoga instructor. She is detailed and attentive. She will modify and exercise if needed in order to fit your level and strength or health condition. Discount if you sign up for more than one class per week. Drop-in fee \$15 per class.

Tu	Jul 26-Aug 30	8:30 AM-9:30AM	\$78(R)/\$86(N)
	TLCC	15850	
Th	Jul 28-Sep 1	8:30 AM-9:30AM	\$78(R)/\$86(N)
	TLCC	15851	
Tu	Sep 6-Oct 18	8:30 AM-9:30 AM	\$91(R)/\$100(N)
	TLCC	16360	
Th	Sep 8-Oct 20	8:30 AM-9:30 AM	\$91(R)/\$100(N)
	TLCC	16361	
Tu	Oct 25-Dec 13	8:30 AM-9:30 AM	\$91(R)/\$100(N)
	TLCC	16362	
Th	Oct 27-Dec 15	8:30 AM-09:30 AM	\$91(R)/\$100(N)
	TLCC	16363	
Tu	Jan 17-Mar 6	8:30 AM-09:30 AM	\$91(R)/\$100(N)
	TLCC	16364	
Th	Jan 19-Mar 8	8:30 AM-09:30 AM	\$91(R)/\$100(N)
	TLCC	16365	

Pilates with Stability Ball

This mini series is designed to deepen the Pilates experience. Because the unstable base of the ball, it requires many deep stabilizing muscles to perform. At the same time it strengthen the body, the exercise ball heightens proprioception - your awareness of how your body moves in space. It's so much fun that you won't notice you are working! It is also a great help for relaxing. The Stability

Ball was originally used by physiotherapists for rehabilitation. No previous experience is required. Please bring a Yoga mat, a blanket and your own Stability Ball (55', 65' or 75' depending on your height). INSTRUCTOR: Pranava Levine is a certified Pilates Mat Work Instructor. She is detailed and attentive. She will modify an exercise if needed in order to fit your level and strength or health condition. Drop-In \$26 if space available.

Sa	Feb 18-Mar 3	9:30 AM-11:00 AM	\$63(R)/\$69(N)
	TLCC	16375	

Secrets to Permanent Weight Loss

In this ground-breaking interactive workshop, I'll teach you how to stop craving sugar, simple steps to shrink your waistline and lose your belly fat, how to feel clear and alert all day and what to look for to crack your unique weight loss code and finally the most critical mindset shift you need to make before starting a successful weight loss program. We'll go over both food and exercise. INSTRUCTOR: Dot Spaet is a Fitness Consultant and Nutrition Specialist, Certified in Personal Training, Yoga and Pilates. She has a passion for health and fitness and loves empowering others through her teachings. Dot is known for solutions that fit people's lifestyles and do not take much time. Many people say that Dot's program is the only one they have stuck with and gotten results from. Get into better shape, gain control over your body, and claim the body you want! Put Dot on your team and be successful today!

Sa	Jan 14	1:00 PM-4:00 PM	\$59(R)/\$62(N)
	SRCC	16162	

Strength and Flexibility Exercises for Young & Old

In small groups we will learn exercises that focus on joint mobility, stretching and strengthening muscles plus igniting the energy points of our bodies. Feedback is given to help participants exercise up to their potential and to get the best results possible. Exercise progress from a standing position to a mat on the floor. Lessons are based on the principles of Physical Therapy, Qi Gong, Acupoint Therapy, Kinesiology and many other techniques. Instructor Kristalli Papadopoulou draws her knowledge from over 20 years as a certified Physical Therapist and Dance Teacher. She is originally from Germany where she received a certificate in exercise management.

M	Aug 8-29	6:00 PM-7:00 PM	\$53(R)/\$56(N)
	PWCC	15922	
W	Sep 21-Nov 16	11:00 AM-12:00 PM	\$56(R)/\$62(N)
	PWCC	16171	
W	Nov 30-Jan 25	11:00 AM-12:00 PM	\$42(R)/\$46(N)
	PWCC	16172	

Tahitian/Hula Workout

Come join this fun and exciting atmosphere for adults by learning the basics of Tahitian dance. One will learn the beauty and gracefulness with the energetic rhythms of Tahiti. Class is geared for individuals who would like a workout but with a touch of beauty and grace. Wear com-

fortable workout clothes, if you have a paraeu (sarong) please bring, instructor will supply one for students to use if you do not have your own. Instructor: Kiana Fernandez has been a professional dancer for 20 years. From Hawaii, to Tahiti and in the U.S. Also holds classes in Hercules and competes every year in the Tahiti festival.

W	Oct 19-Nov 30	7:15 PM-8:15 PM	\$90(R)/\$95(N)/\$15
Drop in	SRCC	16206	

Tai Chi - For Health and Enlightenment

Originally a martial art, Tai Chi emphasizes using softness, slowness, and yielding to overcome strength and speed. As an exercise, it reduces stress and promotes healing by increasing and circulating the body's life force or chi. In this class you will learn a sequence of movements that cultivate this life force for greater health and vitality. This moving meditation develops balance, grace and power. Join us for a fun and dynamic workout that will leave you feeling energized, relaxed and centered. INSTRUCTOR: Starfire has taught Tai Chi at UC Berkeley since 1992 and has studied the healing and martial arts for over 30 years.

W	Sep 7-Oct 12	6:00 PM-7:00 PM	\$90(R)/\$95(N)
	SRCC	16166	
W, F	Oct 26-Dec 7	6:00 PM-7:00 PM	\$90(R)/\$95(N)
	SRCC	16167	

Yoga and Balance

As we get older, often balance becomes more challenging. Let's prevent falls and get your balance back! The exercises in this class are based on Yoga principles using awareness, breathing and relaxation. You will learn how to strengthen your feet, legs and back. Specific balance exercises will be demonstrated step by step so you can work at your own level. Each class will end with a deep guided relaxation. No prior Yoga experience is necessary. Please bring a Yoga mat and a blanket. Chairs will be available for sitting and holding on. INSTRUCTOR: Pranava has been teaching Yoga since 1985. She is detailed and attentive and will modify an exercise if needed to fit your level, strength or health condition. Drop-in \$12, if space is available. Take 2 classes per week and pay just \$9 per class! (Need to sign up for both at the same time.)

Tu	Sep 6-Oct 4	10:00 AM-11:00 AM	\$50/\$90/T&Th
	TLCC	16350	
Th	Sep 8-Oct 6	10:00 AM-11:00 AM	\$50/\$90/T&Th
	TLCC	16351	
Tu	Oct 11-Nov 1	10:00 AM-11:00 AM	\$40/\$72/T&Th
	TLCC	16352	
Th	Oct 13-Nov 3	10:00 AM-11:00 AM	\$40/\$72/T&Th
	TLCC	16353	
Tu	Nov 8-Dec 13	10:00 AM-11:00 AM	\$50/\$90/T&Th
	TLCC	16354	
Th	Nov 10-Dec 15	10:00 AM-11:00 AM	\$50/\$90/T&Th
	TLCC	16355	
Tu	Jan 17-Feb 21	10:00 AM-11:00 AM	\$60/\$108/T&Th
	TLCC	16356	
Th	Jan 19-Feb 23	10:00 AM-11:00 AM	\$60/\$108/T&Th
	TLCC	16357	

Games

Beginning Bridge

This is the time to learn BRIDGE, the game that has proved so fascinating to people for generations. This class will start at the very beginning with the fundamentals of bidding and play. Come with or without a partner. You will be playing bridge at the first class! Biologists have recently demonstrated that mental activity stimulates the immune system and helps prevent illnesses. Improve your mind and memory, while having fun and meeting other new bridge players at the same time! INSTRUCTOR: Peggy Tatro is an accredited teacher of the American Contract Bridge League, and a Life Master player with over 1800 masterpoints. She is also an active member of the American Bridge Teacher's Association, and has received their Master Teacher designation. Peggy has been teaching bridge in Marin County for over 15 years. E-mail at peggytatro@sonic.net or phone (415) 492-1784.

Tu	Oct 11-Nov 15	7:00 PM-9:00 PM	\$94(R)/\$103(N)
	TLCC	16268	

Duplicate Bridge at Terra Linda

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs in the course of 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 are not required, but a partner is necessary. Improve your play and meet other bridge players! Check our web site at www.marinbridge.com. Questions about duplicate bridge and lessons: Peggy Tatro, 492-1784

Age: 18 & Up

M, W-F, Su	On-Going	12:00 PM-3:30 PM
	TLCC	

Duplicate Bridge with Barbara at Terra Linda

Bridge tip at 6:30pm; play at 6:45pm. Come play bridge with a nice group of people. It's competitive bridge but we still laugh and have fun. Non life master pairs. Call for partners, Barbara Prior 415-892-1856.

Age: 18 & Up

W	On-Going	6:30 PM-10:00 PM
	TLCC	



Yoga Workshops

Yoga means harmony. Would you like to feel more peaceful, less stressed, less worried, experience more joy & contentment. Understand how simple changes in your daily life can bring real peace. In those two workshops we'll allow to deepen the yoga experience. Relaxation and Meditation are both very needed in this fast pace world. Come immerse yourself, bring Yoga into your life. No prior yoga experience required. Please bring a yoga mat and a blanket. INSTRUCTOR: Pravana Levine is a certified Pilates Mat Work Instructor since 2006 and a Yoga Instructor since 1985. She is detailed and attentive. She will modify an exercise if needed in order to fit your level, strength or health condition.

Sa	Dec 10	9:30 AM-12:00 PM	\$35
	TLCC	16358	
Sa	Jan 21	9:30 AM-12:00 PM	\$35
	TLCC	16359	

Zumba

Zumba is the Latin inspired dance/fitness program that blends red-hot international music and contagious steps to form a 'Fitness Party' that is downright addictive. INSTRUCTOR: Fernanda Cedeno was born in Ecuador and studied International Business. She always liked dancing, exercising, and learning about nutrition and healthy lifestyle. She has taught for various dance and fitness centers in Marin County including The Bay Club, Rocco Dance, the Jewish Community Center, Golds Gym, Ellan Fitness Center, as well as some community organizations like LIFT for teens. Fernanda enjoys teaching the Latin dance culture through Zumba. *No Class Oct 5.

Wed	Aug 31-Oct 12*	6:00-7:00 PM	\$48(R)/\$53(N)
	PWCC	16400	
Wed	Oct 19-Nov 23	6:00-7:00 PM	\$48(R)/\$53(N)
	PWCC	16401	
Wed	Nov 30-Jan 4	6:00-7:00 PM	\$48(R)/\$53(N)
	PWCC	16402	



Adults

Hoppe's Bridge Club at Pickleweed

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs in the course of 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 are not required, but a partner is. Improve your play and meet other bridge players! Check our web site at www.marinbridge.com or for additional information phone Roy Hoppe, Bridge Club Director at (415)755-7532.

Age: 18 & Up

M & Tu On-Going 11:45 AM-3:00 PM \$8

PWCC

(No Bridge on 9/5)

Health & Safety

American Red Cross CPR/AED for the Professional Rescuer & Standard First Aid Course

Learn the skills needed to respond appropriately to breathing and cardiac emergencies as well as how to care for wounds, burns, breaks, allergic reactions and much more! This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest. Participants will learn how to recognize and provide appropriate care for breathing emergencies, including cardiac arrest, and other life-threatening injuries and illnesses. Upon successful completion of all skills and written tests, participants will receive an American Red Cross certification in CPR and AED for the Professional Rescuer which is valid for one year and Standard First Aid which is valid for 3 years. No prerequisites to take course.

Th	Oct 6 & 13	4:30PM-8:30PM	\$100(R)/\$110(NR)
	TLCC	16560	
Th	Jan 12 & 19	4:30PM-8:30PM	\$100(R)/\$110(NR)
	TLCC	16561	
Th	Feb 9 & 16	4:30PM-8:30PM	\$100(R)/\$110(NR)
	TLCC	16562	

American Red Cross-CPR/AED Professional Rescuer Class

To teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest. Participants will learn how to recognize and provide appropriate care for breathing emergencies, including cardiac arrest, and other life-threatening injuries and illnesses. Upon successful completion of all skills and written tests, participants will receive an American Red Cross certification in CPR and AED for the Professional Rescuer which is valid for one year.

Th	Nov	4:00PM-10:00PM	\$78(R)/\$81(N)
	TLCC	16564	
Th	Nov	4:00PM-10:00PM	\$78(R)/\$81(N)
	TLCC	16565	

Language

Basic Hebrew Conversation Level 1 & 2

Students in this class will become familiar with the Hebrew (Ivrit) Alef Beit (Alphabet), writing, reading and basic Hebrew Conversation. Dialogs, sharing a meal while speaking Hebrew and games will be included in this interactive class! INSTRUCTOR: Ms. Lipton is a native Hebrew speaker with a B.F.A. from Israel. She has been teaching Hebrew for many years in Marin County and the Los Angeles area. L'Hitrot (see you in Hebrew!) Materials: Students will purchase a book for the class-information will be provided at the time of registration. Material fee: \$5.00 to be paid to the Instructor on the first day of class. Orientation meeting prior to class will be on 8/16/11 6PM-6:30PM at SRCC (attendance desired, but not mandatory.) For specific course description please contact the instructor at: dslipton@yahoo.com

AGE: 16 & Up

Tu	Sep 6-Oct 11	5:45 PM-06:45 PM	\$99(R)/\$104(N)
	SRCC	16208	
M	Sep 12-Oct 24	5:45 PM-06:45 PM	\$99(R)/\$104(N)
	SRCC	16218	
Tu	Sep 6-Oct 11	10:30 AM-11:30 AM	\$95(R)/\$99(N)
	SRCC	16219	
Tu	Nov 1-Dec 13	6:00 PM-07:00 PM	\$99(R)/\$104(N)
	SRCC	16220	
Tu	Jan 3-Feb 7	10:30 AM-11:30 AM	\$99(R)/\$104(N)
	SRCC	16221	

Intermediate Hebrew Class

Prerequisite: Basic knowledge of Hebrew reading and writing. Planning a trip to Israel or would like to improve your understanding in Hebrew/Ivrit? Class will review and practice reading, reading comprehension and learning conversation. Class will include songs, art, sharing a meal in Hebrew, reading a Hebrew newspaper and dialogs. INSTRUCTOR: Ms. Lipton is a native Hebrew speaker with a B.F.A. from Israel. She has been teaching Hebrew from many years in Marin County and Los Angeles area. Shalom! Orientation meeting prior to class will be on 8/16/11 6PM-6:30PM at SRCC (attendance desired, but not mandatory.) For specific course description please contact the instructor at: dslipton@yahoo.com

AGE: 16 & Up

Tu	Sep 6-Oct 11	7:00 PM-8:00 PM	\$99(R)/\$104(N)
	SRCC	16210	
M	Oct 3-Nov 21	10:30 AM-11:30 AM	\$99(R)/\$104(N)
	SRCC	16222	
M	Oct 3-Nov 14	5:30 PM-6:30 PM	\$99(R)/\$104(N)
	SRCC	16224	
Th	Jan 5-Feb 9	5:35 PM-6:35 PM	\$99(R)/\$104(N)
	SRCC	16225	

Adults

Languages with Valeria Furino

Free orientation for Foreign Language classes offered by Valeria Furino at the San Rafael Community Center! Join Valeria for this FREE orientation to discuss and find the appropriate class level for you. Ask any questions you may have regarding the classes offered in our program. Orientation will be held on Thursday, September 8, 2011 from 11:30 – 12:30 p.m. at the San Rafael Community Center. For more information, please call Valeria at (415) 331-0199. A \$6.00 material fee at the first class will be collected by the instructor.

INSTRUCTOR: VALERIA FURINO, M.A. is a citizen of the world, by the way of Rome, Paris, Madrid, New York, Dallas and Rio de Janeiro. Valeria has taught at various universities (Kansas, Texas, UCLA) and on television. For 15 years, Valeria has taught her active Natural Language Method in Marin County, totally geared for conversation.



Italian Refresher

Become more confident in the beautiful Lingua Italiana, immersing yourself a bit more in LA DOLCE VITA. Review of verb tenses studied before and even the 'monster' irregulars will become very friendly! New idiomatic expressions, phrases of actuality and cultural tips will be introduced and rehearsed in a clear and easy conversational way. Bring all of your questions, your curiosity and desire to learn. This 5 week course is dynamic, short and intensive; very valuable for your continuous learning of Italiano. A \$6 material fee will be collected by the instructor on the first day of class.

INSTRUCTOR: Valeria Furino, M.A.

Th	Jan 12 –Feb 9	10:30AM-12:00PM	\$90R/\$95N
	SRCC	16233	



Adults

Basic Conversational Italian, “A La Extra Simple” Part 1

We embark together in our Italian experience envisioning the blue Mediterranean sea surrounding little colorful towns, villages in the high mountains with grazing sheep, aroma of wild flowers and almost ready grapes to be picked...And we begin to learn the spoken language of today experiencing in class and rehearsing together without boring grammatical rules, ASSOCIATION, REPETITION and minimum of translation will make learning an easy reward. INSTRUCTOR: Valeria Furino, M.A.

Th	Sept 15- Oct 27	10:30AM-12:00PM	\$100(R)/\$105(N)
	SRCC	16226	

Basic Conversational Italian, “A La Extra Simple” Part 2

This program is the continuation of the Basic Conversational Italian, “A La Simple” Part 1 and immediately follows that session. INSTRUCTOR: Valeria Furino, M.A.

Th	Nov. 3-Dec 8	10:30AM-12:00PM	\$90(R)/\$95(N)
	SRCC	16227	

Conversational French Refresher

For students who have completed French Level 1 and 2 or the equivalent. Come and join us for this 6 week refresher course, geared to you, faux debutante. Perhaps you studied French somewhere over the rainbow of yester year, but did not use it for a while. This is a good chance to brush up “un peu de francais” and have some rewarding time seeing how quickly it comes back. From practical forms of communication, simple but apropos phrases geared to improve comprehension and up-date you with today’s language. In short time we will “trigger” all of the knowledge already stored in your French memory bank. “Allons enfants de la patrie...lejour de gloire est arrive!” A \$6 material fee will be collected by the instructor on the first day of class. INSTRUCTOR: Valeria Furino, M.A.

Th	Jan 12-Feb 16	12:00-1:30PM	\$100(R)/\$105(N)
	SRCC	16230	

French A La Mode, All Conversational, Level #1

Basic Conversational French: planning a romantic autumn get away to Provence, the Loire, or perhaps going to soak up some hot sun rays in Martinique or St. Barth?

Then, come to share with us these 7 weeks of very easy and appropriate language experience. Imagine that in a very short time you will be delighted to hear yourself ordering at the Bistro or visiting and bargaining at the Marche stopping to buy some bijouxeries (jewelry) and all in French! Painlessly and quickly you can become a true etoile (star) in this easy conversational experience: PROMISE! A \$6 material fee will be collected the first day of class. INSTRUCTOR: Valeria Furino, M.A.

Tu	Sept. 13-Oct 25	7:00PM-8:30PM	\$100(R)/\$105(N)
	SRCC	16228	

French A La Mode All Conversational Level #2

This course is a continuation of French Level #1 and will run for 6 weeks.

Tu	Nov 1-Dec. 6	7:00PM-8:30PM	\$90(R)/\$95(N)
	SRCC	16229	



Espanol All Conversational Basic #1

From the sounds of this beautiful language, we'll start exploring together the richness and diversity, culture and the geography of the Latin world. In a simple but rewarding way, immediately we will learn to speak without boring and lengthy grammatical drills! Useful vocabulary about HOW TO shop, tour, order local food and dine/dancing at the music of the Mariachi...or perhaps just resting on your patio in a cozy Posada. Experience with Valeria these 7 weeks of learning with fun, tortillas, tacos and aguitas dulces! A \$6 fee will be collected by the instructor the first day of class. INSTRUCTOR: Valeria Furino, M.A.

W	Sept. 14-Oct 26	12:00-1:30PM	\$100(R)/\$105(N)
	SRCC	16231	

Espanol Basic Conversational #2

This class is a continuation of Espanol All Conversational Basic #1

W	Nov. 2-Dec 7	12:00-1:30PM	\$90(R)/\$95(N)
	SRCC	16232	

Conversational Espanol for Travelers

6 traveling weeks in the Americas, the islands and in Spain. GET CONVERSATIONAL with the traveling language and easily appreciate the rewarding mobility of speaking with the natives, enjoying the interaction of the everyday experience, in Espanol! A true "travel dream" tailor-made for you, the Explorer. A \$6 material fee will be collected the first day of class. INSTRUCTOR: Valeria Furino, M.A.

W	Jan. 11-Feb 15	7:00PM-8:30PM	\$100(R)/\$105(N)
	SRCC	16235	

Martial Arts

Canal Karate - Beginning Karate

This class is designed for new students. Learn control, discipline, respect and increase self-esteem while earning your belt. Instructor Hugo Que holds a second degree black belt and has been teaching Karate since 1980. In Mexico City, he developed an award winning Karate program. He, as well as his students, has participated in international Karate competitions.

Tu, Th	Aug 2-Sep 8	7:00 PM-8:00 PM	\$63(R)/\$66(N)
	PWCC	15765	
Tu, Th	Sep 13-Oct 20	7:00 PM-8:00 PM	\$63(R)/\$66(N)
	PWCC	15766	
Tu, Th	Oct 25-Dec 1	7:00 PM-8:00 PM	\$63(R)/\$66(N)
	PWCC	16199	
Tu, Th	Dec 6-Jan 12	7:00 PM-8:00 PM	\$63(R)/\$66(N)
	PWCC	16200	
Tu, Th	Jan 17-Feb 23	7:00 PM-8:00 PM	\$63(R)/\$66(N)
	PWCC	16201	

Canal Karate - Int/Adv Training

Join the Light of Tiger Karate program. This class is designed for students of all ages with intermediate and advanced Karate experience. Enhance your skills with Instructor Hugo Que. Hugo holds a second degree black belt and has been teaching Karate since 1980. In Mexico City, he developed an award winning Karate program. He, as well as his students, participated in international Karate competitions.

Ages 5 and up

Tu, Th	Aug 2-Sep 8	8:00 PM-9:00 PM	\$63(R)/\$66(N)
	PWCC	15761	
Tu, Th	Sep 13-Oct 20	8:00 PM-9:00 PM	\$63(R)/\$66(N)
	PWCC	15762	
Tu, Th	Oct 25-Dec 1	8:00 PM-9:00 PM	\$63(R)/\$66(N)
	PWCC	16195	
Tu, Th	Dec 6-Jan 12	8:00 PM-9:00 PM	\$63(R)/\$66(N)
	PWCC	16196	
Tu, Th	Jan 17-Feb 23	8:00 PM-9:00 PM	\$63(R)/\$66(N)
	PWCC	16197	

Adults



Taekwondo for Teens and Adults

All Belt Ranks: It's never too late to begin your training in the world's most popular Martial Art. Physical strength, confidence, coordination, and flexibility are just a few of the benefits you will receive when you study the world's most popular Martial Art of Taekwondo. Le Moi's ATA Martial Arts focuses on each person as a whole and invites you to be the best you can be! Members of this class are invited to Thursday Sparring as scheduled. Speak to your instructor for more details. For ages 13 and up. INSTRUCTOR: Greg Le Moi has been involved with Martial Arts for over 26 years. He has been associated with ATA for over 8 years. His History of teaching includes children and adults of all ages. Including those with physical and/or developmental disabilities. Le Moi's ATA strives to create tomorrow's leaders, one black belt at a time.

Ages 15 and up

Tu, Th	Oct 25-Dec 15 TLCC	7:15 PM-8:00 PM 16348	\$142(R)/\$156(N)
Tu, Th	Jan 3-Feb 23 TLCC	7:15 PM-8:00 PM 16349	\$142(R)/\$156(N)



Music

Beginning Caribbean Steel Drums

Learn the magic of making music on Caribbean steel drums. Have fun with the basics of sticking and melody making. Enjoy playing favorites like Yellow Bird, Marianne, Jamaica Farewell, Lion King and more. Beginners will be jammin' instantly with the easy play-by-note method. We supply the drums, just come ready to have fun!!!! Instructor Harry Best is a native of St. Lucia. Harry is a seasoned songwriter whose music has had more notoriety than his steel drum band. For years he has written hit songs for artists such as the Caribbean international stars, 'Arrow'.

Ages 10-Adult

Th	Sep 8-Oct 13 PWCC	6:00 PM-7:00 PM 16553	\$100(R)/\$105(N)
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Intermediate Caribbean Steel Drums

Continue learning the magic of making music on Caribbean steel drums.

Expand your skills and repertoire with our easy play-by-note method. We supply the drums, just come ready to have fun!!! Instructor: Harry Best. With over 30 years experience in the industry, Harry Best's insights easily and quickly demystify the steel drum, making learning interesting and fun for his students. A native of St. Lucia in the Caribbean, Harry has been one of the top providers of Caribbean steel drums music to patrons all over northern California. He has founded steel drum bands, conducted steel drum classes and promoted steel drum events.

Ages 10-Adult

Th	Sep 8-Oct 13 PWCC	7:00 PM-8:00 PM 16552	\$100(R)/\$105(N)
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Personal Growth

Color Liberation

CHROMA-LICIOUS - Color Liberation; Do you love color? Are you afraid of color? Do you only wear black? Do you wonder why chartreuse confuses you or you never use red? So, let's explore the wonderful world of color through a series of exercises which will liberate your application of color on a personal and-or professional level. Colors are very personal and they transcend current fashion trends or peer pressure! (\$15 materials fee) INSTRUCTOR: Alicia D. Keshishian has been an art director, graphic designer, surface designer and illustrator for more than 30 years. She art directed in New York City for several years, was a senior art director for Papyrus, was an artist-in-residence at the Penland School and currently produces a line of custom, hand-made-to-order carpets. Alicia is a presenter on color and rug production.

Sa	Oct 1 SRCC	10:00 AM-4:00 PM 16169	\$90(R)/\$95(N)
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Pet First Aid and CPR

This class will ensure you are ready to act with confidence when your pet needs you most. Covers: car accidents, heat stroke, foot injuries, rescue breathing, CPR, choking, shock, poisoning, hypothermia, snakebites, burns, fractures, scene safety, muzzling, restraining, eye injuries, and drowning. **INSTRUCTOR:** Carole Gathman, Owner and President of CPR etc has been registered nurse for 33 years. Carole worked in an ICU and Trauma Emergency Department in Michigan, before moving to California in 1987. Carole worked in the emergency departments at Marin General Hospital and Kaiser Terra Linda. She also worked as a nurse on a cruise ship in Hawaii as a Case Manger for Home Care Medicare patients.

Ages 18 and up

Sa	Oct 15	12:00 PM-04:00 PM	\$50
	TLCC	16297	



Beyond Basics of Rock Climbing



Go beyond the basics with this informative and enjoyable rock climbing class. Improve your climbing by learning techniques for cracks, slab climbing, route finding, energy conservation, and much more. A rappel will also be part of the activities and top off a great day! Class held through Outback Adventures Store at the Corte Madera Creek off of Sir. Francis Drake. Location: Meet at the Mount Tamalpais East Peak parking area next to the rest rooms. The East Peak of Mt Tam is a beautiful location, and a great spot for showing folks the fun and exiting sport of rock climbing! You will enjoy 360-degree views of the Bay area while pushing your limits on the rocks; our friendly and professional guides will make this a safe and enjoyable experience never to be forgotten.

Age: 18 & Up

Call for dates and more information

Corte Madera Salt Marsh Ecological Reserve



Come explore the wetlands along Corte Madera Marsh while taking in the views of Mount Tamalpais and the San Francisco Bay. We will paddle out in stable double sea kayaks while keeping our eyes open for the curious harbor seals that gather nearby. If conditions permit, we may take an optional side trip past the infamous San Quentin Prison, then stop on a nice sandy beach with incredible views for taking photographs. Class held through Outback Adventures Store at the Corte Madera Creek off of Sir. Francis Drake.

Age: 18 & Up

Sun	Aug 28	11:00 AM-3:00 PM	\$70
		16029	



Emotional Freedom Techniques (EFT)

This easily learned 'tapping technique' can help you feel more relaxed, and in control of your life. With Emotional Freedom Techniques (EFT) you can learn to harmonize your mind and emotions in any situation. Topics will vary according to student needs. Most common topics are; physical pain, weight loss, cravings, phobias, relationship issues. **INSTRUCTOR:** Michelle Ercolini is a Certified EFT Practitioner. She has been providing private sessions and dynamic, interactive classes for over three years.

Th	Sep 15-29	7:00 PM-9:00 PM	\$45(R)/\$47(N)
	SRCC	16157	
Th	Oct 13-27	7:00 PM-9:00 PM	\$45(R)/\$47(N)
	SRCC	16158	
Th	Jan 12-26	7:00 PM-9:00 PM	\$45(R)/\$47(N)
	SRCC	16159	
Th	Feb 9-23	7:00 PM-9:00 PM	\$45(R)/\$47(N)
	SRCC	16160	

Adults

Full Moon/Moonlight Kayak Tour NEW

Navigating your kayak by moonlight is mystical experience you won't soon forget. This unique kayak tour allows for a grand view of the moon rising into the night's sky. The atmosphere is peaceful and calming, yet spectacular. We will paddle leisurely while admiring the moon's silvery light reflecting off the water's surface. Bring your friends and family to this warm welcoming event. Closer to the date of the course, Outback Adventures trip guide will contact you with more details about what to bring and wear as well as answer any specific questions. Class held through Outback Adventures Store at the Corte Madera Creek off of Sir. Francis Drake. Specific times depends on tides. Call to confirm specific times.

Age: 18 & Up

Call for dates and more information



Introduction to Kayaking and Paddling NEW

Discover Kayaking! Are you curious about kayaking and want to learn more? We'll show you that kayaking is an activity that everyone can enjoy. Whether it is recreational, day touring, or open coast paddling, this class will help you discover what's right for you. In calm protected waters you will learn about kayak features and selection, paddling strokes, safety, and equipment. This class is great for beginners and those interested in paddling a full range of kayaks while learning the differences between the many choices. Come prepared for a fun and educational experience! Closer to the date of the course, Outback Adventures trip guide will contact you with more details about what to bring and wear as well as answer any specific questions.

All Ages

Call for dates and more information

Introduction to Rock Climbing NEW

You don't need any experience or brute strength to try this adventure. Whether you are a total beginner, an intermediate gym climber, or someone looking for a refresher, you can be assured you'll have a blast. Throughout the day you will get expert instruction and a lot of climbing time. By the end of the class you will know about rock climbing safety, movement, knots, equipment, and belaying. So go for it, and make the next move with Outback Adventures! This is our most popular class taught throughout the Bay Area. Class held through Outback Adventures Store. Location: Meet at the Mount Tamalpais East Peak parking area next to the rest rooms. The East Peak of Mt Tam is a beautiful location, and a great spot for showing folks the fun and exiting sport of rock climbing! You will enjoy 360-degree views of the Bay area while pushing your limits on the rocks; our friendly and professional guides will make this a safe and enjoyable experience never to be forgotten.

Age: 18 & Up

Call for dates and more information

Retirement Planning Today

Whether you plan to retire 20 years from now or have just recently retired, this course will help to assess your financial situation, make a plan for retirement, or re-evaluate your current plan. You should attend if you are concerned about investment risk, are considering changing jobs or retiring, want to save money on taxes, want to avoid a large financial loss before or during retirement, or have been so busy you only dream about retirement. Classroom sessions are instructed by a qualified financial professional who enhances the presentation with stories of real-life experiences. The course includes a 230-page textbook filled with examples and illustrations and is yours to keep. INSTRUCTOR: Classroom sessions are instructed by Bob Powell a qualified financial professional who enhances the presentation with stories of real-life experiences. The course includes a 230 page textbook filled with examples and illustrations and is yours to keep.

Th	Oct 27-Nov 3 SRCC	6:30 PM-9:30 PM 16163	\$65(R)/\$70(N) Individuals \$90(R)/\$95(N) Couples
Sa	Oct 29-Nov 5 SRCC	9:00 AM-12:00 PM 16164	
W	Nov 2-9 SRCC	6:30 PM-9:30 PM 16165	

**Classes fill quickly.
Register Early.**



Sunset Kayaking Tour



What a great way to end your day or ignite your evening! Paddle out from Outback Adventure's private beach towards the shoreline of the Corte Madera Ecological Reserve. During sunset hours, the water and wind are typically calmest and create optimal conditions for a relaxing paddle. The Sun's warm colors reflect off the marsh grasses and the water's surface, creating a tranquil environment with a unique perspective. Along the way we'll observe shorebirds coming in to roost and hopefully a few Harbor Seals swimming about and feeding. We will head back just before the last vibrant beams of light hide behind Mount Tamalpais. This tour is excellent for those looking for a one of a kind outdoor adventure and is very popular among couples and close friends. Closer to the date of the course, Outback Adventures trip guide will contact you with more details about what to bring and wear as well as answer any specific questions. Call for specific time.

Age: 18 & Up

Sat Aug 27 6:00 PM-9:00 PM \$55 16046

Tomales Bay Excursion



Experience one of the premier paddling destinations in California on this guided kayak tour! Wildlife abounds in this spectacular setting. Colorful sea stars slide beneath your kayak as majestic Thule Elk roam the hillsides. One of the largest protected bay and coastal areas in California; this kayaker's paradise is a short distance from San Francisco and the Bay Area. Launching from Nick's Cove, we will paddle in stable double sea kayaks, past Hog Island, to the White Cliffs of Tomales Bay, a unique geological formation similar to the White Cliffs of Dover. We will then stop for lunch, accessible only by small watercraft. This kayak trip is appropriate for beginner and intermediate paddlers in good physical condition. Closer to the date of the course, Outback Adventures trip guide will contact you with more details about what to bring and wear as well as answer any specific questions. Class held through Outback Adventures Store Call for specific times.

Age: 18 & Up

Sat Aug 27 10:00 AM-1:00 PM \$85 16052

You're On The Air! Voice Overs

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it helps. With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films and videos, you might think that it would be impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business!

W Nov 2 7:00 PM-9:00 PM \$32(R)/\$34(N)
PWCC 16115

Theatre

Adult Theatre-ANNIE

ANNIE will be the upcoming Fall/Winter 2011/2012 theatre production presented by North Bay Rep-Theatre For A Cause. If interested in being a part of this production, auditions are as follows: ADULTS/TEENS 14 & Older – held Tues, October 11 from 7:30-9:00PM. AUDITIONS FOR CHILDREN- Annie's 8-14 years/Speaking Orphans-6-12 years.- Tues, Oct. 11th from 6:30-7:30PM.

Performances for the public will be held March 9th, 10th, 16th, 17th, 18th, 23rd, 24th, 2012 at the San Rafael Community Center. Rehearsals begin on Monday, Oct. 17th through Dec. 12th. (No rehearsals held 12/19 through 1/16/2012). Rehearsals will resume on Monday, January 23rd & Tuesday, January 24th from 7-9PM through Feb. 28th, 2012. Director Sharon Boucher brings a vast knowledge and experience to these productions. Previous shows have been 'Alice in Wonderland', 'Wizard of Oz', 'Willy Wonka and The Chocolate Factory' and 'Beauty & The Beast'. Sharon will also be starring as 'Miss Hannigan' in the production.

All Ages

M-Tu Oct 17-Feb 28 7:00 PM-9:00 PM \$90(R)/\$100(N)
SRCC 16204



Adults

Register Now!

Call 485-3333

<http://eplay.livelifelocally.com>

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Travel

Come and explore the wonders of the world. San Rafael Goldenaires and San Rafael Community Services have planned many wonderful adventures for you to enjoy. Brochures available by calling the San Rafael Goldenaires at 485-3348. The tours listed below are offered by Collette Vacations and Tours:

New England Yuletide December 5th, 2011 – 7 days

Enjoy 2 nights at the historic Mt Washington Hotel, Tour 3 Newport Mansions decorated for the holidays, enjoy a horse drawn wagon ride through a Christmas tree farm, 2 nights Boston the historic Parker House Hotel. \$2,149 pp double includes r/t air, taxes, insurance and r/t transportation from San Rafael to the airport.

Discover Panama – The Land Between the Seas – February 29th-March 8, 2012

Highlights: Panama City, Miraflores Locks, Culinary Demonstration, Monkey Island Cruise, Smithsonian Galeta Marine Laboratory, Gamboa, Panama Canal Railway, Embera Indigenous Village, Salsa Dance Lesson, Play Bonita. Per Person Rates: Double-\$2,859, Single-\$3,709, Triple-\$2,829

In addition to the above tours, we will be offering two (2) cruises for the year 2012:

Four Easy Ways To Register...

- **PHONE:** 415-485-3333
- **FAX:** 415-485-3186
- **ON-LINE:** <http://eplay.livelifelocally.com>
- **WALK-IN:** Any of our four Community Centers

If you choose to mail the registration form (page 57), insert it along with a payment for the full amount made payable to the City of San Rafael, apply postage and mail it to 618 B Street, San Rafael, CA 94901. If you choose to fax the form after you complete it, fax it to the number listed above and be sure to include your credit card number for payment.

Cruise to Hawaii from San Francisco Roundtrip – 1

15 Days April 28 – May 13, 2012

This is a one-time cruise to the beautiful Hawaiian islands of Maui, Oahu, Kauai, and the big island of Hawaii.

Spend your days in port: snorkeling, swimming with the dolphins, walking the rain forests, enjoying the beauty of Hawaii's green land, blue skies, and white sands, and then there is always: shopping & more! Sail on the Star Princess - from only \$120 per day

August 2012 cruise to Alaska on the Sea Princess Roundtrip San Francisco!

11 Days - August 21 to August 31, 2012

San Francisco – 2 sea days – Juneau – Skagway – Glacier Bay - Ketchikan – sea day – Victoria, B.C. – Sea day & back to San Francisco. Cabins range from \$1249/person to \$2374/person.

For above cruises, please call BARBARA NELSON, Barbara's Travel/San Marin Travel 415-883-1120 OR 1-866-462-7887 toll free.



Do you have a special ability, talent or hobby to share? Would you like to make some extra money? We are looking for instructors to teach classes for children, teen, adults or seniors. If you are interested in teaching, please call.