

Arts

Hands in Mud

Ages: 16+

A non-instructional workshop for people with experience in ceramics. There are two wheels available, although the focus is on hand building. Participants supply their own materials and tools. An additional firing fee will be collected at class.

101873 1/4-1/25 Wed 6:00-9:00pm
101874 2/1-2/29 Wed 6:00-9:00pm

Location: E. Hart Senior CC

Instructor: Libby Harmor

Fee: \$15

Painting a New Language

Ages: 50+

Explore energetic, direct, and spontaneous approaches to oil, acrylic, and watercolor painting. Experienced painters will learn ways to add luminosity to their color palette and to vary the orchestration of their work. Beginners will enjoy a natural entry into painting. Participants may paint in oil or acrylic using materials they already own, or make additions and modifications from the suggested supply list sent upon registration.

101885 1/6-1/27 Fri 9:30-11:30am
101886 2/3-2/24 Fri 9:30-11:30am

Location: E. Hart Senior CC

Instructor: Susan Recely

Fee: \$25

Pastel Landscapes

Ages: 50+

Instructor will be working with a different image each week, with a 'paint along' demonstration. The instructor will provide all the pastels and paper for your first class, then will provide you a supply list for subsequent classes.

101897 1/3 Tue 12:45-3:15pm
101898 1/10 Tue 12:45-3:15pm
101899 1/17 Tue 12:45-3:15pm
101900 1/24 Tue 12:45-3:15pm
101901 1/31 Tue 12:45-3:15pm
101902 2/7 Tue 12:45-3:15pm
101903 2/14 Tue 12:45-3:15pm
101904 2/21 Tue 12:45-3:15pm
101905 2/28 Tue 12:45-3:15pm

Location: E. Hart Senior CC

Instructor: Reif Erickson

Fee: \$25

Life History Writing

Ages: 50+

Members of the class meet to write the stories of their lives. Prompts are provided and methods of writing stories are demonstrated.

102173 1/3-1/31 Tue 9:30-11:00am
102174 2/7-2/28 Tue 9:30-11:00am

Location: E. Hart Senior CC

Instructor: Bubbles Miguel

Fee: \$5

Dance

Adult Tap

Ages: 18+

Are you one of those persons who tap danced when you were young? Or did you always want to learn how? Here's your chance, it's not too late! Join in the fun and learn new routines. Good music, good fun and a good workout too! Tap shoes and cane required. Beginner/Intermediate please come at 9:30 am and Intermediate/Advanced please come at 10:30 am.

Beginner/ Intermediate

98775 1/3-1/31 Tue 9:30-10:30am
98776 2/7-2/28 Tue 9:30-10:30am

Intermediate/Advanced

98779 1/3-1/31 Tue 10:30-11:30am
98780 2/7-2/28 Tue 10:30-11:30am

Instructor: Carol Pompei

Fee: \$26

Tap 2

Ages: 18+

Designed for tappers who already know some time steps and basic technique. This class will focus on expanding your tap abilities. Fun paddle roll exercises will be taught, and dance combinations with a variety of music will be learned.

Come join in the fun and exercise!

100508 1/4-1/25 Wed 8:00-9:00pm
100509 2/1-2/29 Wed 8:00-9:00pm

Location: Coloma CC

Instructor: Karen Toon

Fee: \$36 / \$10 Drop In

Balkan Dance

All Ages

Intermediate-Advance level line dancing from the Balkan area. Wear comfortable clothing and shoes. Class is continuous so you can start anytime!

98887 1/2-1/30 Mon 7:30-9:30pm
98888 2/6-2/13 Mon 7:30-9:30pm

Location: Coloma CC

Instructor: Fusae Senzaki

Fee: \$16

Belly Dancing

Ages: 16+

Tone up with isolations and undulations while learning the oldest dance style known! Taught in a noncompetitive atmosphere, Belly Dancing can help increase your awareness of self and your self-confidence. Wear comfortable clothes. Props and performance opportunities will be discussed at first class.

98973 1/4-1/25 Wed 7:00-8:00pm
98974 2/1-2/29 Wed 7:00-8:00pm

Location: Coloma CC

Instructor: Selayma Anan

Fee: \$45/ 4 class punch card

Scandinavian Dance

Ages: 13+

Many people around the U.S. enjoy the enchanting movement and music of the traditional folk dances of the Scandinavian countries. Although these dances originated in specific geographic areas populated by specific ethnic groups, today they are enjoyed by people of diverse ethnic groups. All that is required is an appreciation of the beautiful and moving music and dance from this part of the world.

99491 1/2-2/13 Mon 7:00-9:00pm
99492 2/27-4/9 Mon 7:00-9:00pm

Location: Coloma CC

Instructor: Marida Martin

Fee: \$36 Six Classes / \$7 One Class Drop In

5 Rhythms Dance

Ages: 15+

Come dance your heart out and connect with a great community, freeform dancing to live dj-ed music. This is a guided moving meditation that puts the body in motion to still the mind, allowing you to connect with your beautiful spirit. For more information see www.bodyjoy.net or call 267-5478. Drop in rate: \$20/ \$15 with Student ID or pre-enroll for 11 weeks.

98773 1/12-3/22 Thu 6:30-8:30pm

Location: Coloma CC

Instructor: Bella Dreizler

Fee: \$175

Beginners Salsa Class

Ages: 12+

This class will cover the basic step, turns, and patterns of Salsa dancing. No partner required. It's a great way to meet new people and just have fun! This class will help develop a strong foundation of Salsa dancing.

98899 1/7-1/28 Sat 9:00-10:00am
98900 2/4-2/25 Sat 9:00-10:00am

Location: S. Natomas CC

Instructor: Shavonne Mendez

Fee: \$25

Intermediate Salsa

Ages: 12+

This class will cover more advanced footwork, turns, and patterns. No partner required and a great way to make new friends! This class will improve social dancing skills with practice for both leaders and followers.

100823 1/7-1/28 Sat 10:00-11:00am
100824 2/4-2/25 Sat 10:00-11:00am

Location: S. Natomas CC

Instructor: Shavonne Mendez

Fee: \$25

Dance

Hip Hop

Ages: 6-14

Children learn rhythm, coordination, and age-appropriate hip hop choreography with no suggestive movements.

Perfect to get those energetic kids up and moving to fast paced, fun rhythms!

99073 1/5-1/26 Thu 4:00-5:00pm

99074 2/2-2/23 Thu 4:00-5:00pm

Location: S. Natomas

Instructor: Jacqueline Melendez

Fee: \$35



Fee: \$35 Class Fee / \$30 2nd class or student

Location: Coloma CC

Pre School Dance: Ballet, Tap & Jazz

10:45-11:45am Thu Ages: 2-5

11:45am-12:45pm Thu Ages: 2-5

Location: S. Natomas CC

Pre School Dance: Ballet, Tap & Jazz

11:00am-12:00pm Tue Ages: 2-5

2:40-3:40pm Fri Ages: 2-5

6:00-7:00pm Fri Ages: 2-6

12:15-1:15pm Sat Ages: 2-6

Ballet, Tap & Jazz

12:00-1:00pm Tue Ages: 5+

3:40-4:40pm Fri Ages: 7-10

1:30-2:30pm Sat Ages: 6+

Inter/Adv Ballet, Tap, Jazz

3:30-4:30pm Mon All Ages

4:30-5:30pm Mon All Ages

2:30-3:30pm Sat All Ages

Floor Exercise Gymnastics

1:30-2:30pm Fri Ages: 2-5

4:40-5:40pm Fri Ages: 6+

11:00am-12:00pm Sat Ages: 4+

Location: Belle Cooleedge CC

Pre School Dance: Ballet, Tap & Jazz

3:30-4:30pm Thu Ages: 2-6

Ballet, Tap & Jazz

4:30-5:30pm Thu All Ages

Adult Jazz

Fee: \$26.50

6:30-7:30pm Thu Ages: 21+

Floor Exercise Gymnastics

2:30-3:30pm Thu Ages: 2-4

3:30-4:30pm Thu Ages: 3+

Int / Adv Floor Gymnastics

4:30-5:30pm Thu All Ages

For additional information, please call 916.331-0554. An annual material fee of \$20 / 1 student, \$35 / 2 students, or \$50 / 3+ students will be collected at first class.

Ballroom Dance

Advanced Social Ballroom Dance

All Ages

Advanced Ballroom dance instruction for those who have completed Beginning/Intermediate Ballroom dance or with instructor's approval. Partners not required.

98799 1/3-1/31 Tue 7:00-8:00pm

98802 2/7-2/28 Tue 7:00-8:00pm

98800 1/5-1/26 Thu 7:00-8:00pm

98803 2/2-2/23 Thu 7:00-8:00pm

98801 1/6-1/27 Fri 6:30-7:30pm

98804 2/3-2/24 Fri 6:30-7:30pm

Location: B. Cooleedge CC

Instructor: Eddie Lovato

Fee: \$15

Beginning & Intermediate Ballroom Dance

All Ages

This class will give you confidence on the dance floor and in everyday life. Students will learn lead and follow along with popular dances such as the Fox trot, Waltz, Cha Cha, Salsa, Night Club Two Step and many more. Partners not required.

98911 1/3-1/31 Tue 8:00-9:00pm

98912 2/7-2/28 Tue 8:00-9:00pm

98915 1/5-1/26 Thu 8:00-9:00pm

98916 2/2-2/23 Thu 8:00-9:00pm

98919 1/6-1/27 Fri 7:30-8:30pm

98920 2/3-2/24 Fri 7:30-8:30pm

Location: B. Cooleedge CC

Instructor: Eddie Lovato

Fee: \$25

International Choreographed Ballroom Dance

Ages: 18+

Choreographed ballroom dancing is many rhythms including Waltz, Foxtrot, Tango, Jive, West Coast Swing, Paso Doble, Rumba, Cha Cha, Slow Two-Step, Bolero and others. This class is ONLY for advanced level Roundalab Phase 4, 5, and 6 dancers.

99123 1/4-1/25 Wed 6:30-9:00pm

99124 2/1-2/29 Wed 6:30-9:00pm

Location: Coloma CC

Instructor: Win Robinson

Fee: \$24

SHOW BIZ PRODUCTIONS

Instructed by Sydnee and Alice Twilla. Alice was the choreographer for both the NBA Sacramento Kings and the WNBA Monarchs Hip-Hop Crew.

Students will perform in an annual recital.

Fee: \$40 / \$32 family discount

Tap I Tue 5:00pm

Hip Hop I Tue 6:00pm

Hip Hop II Tue 6:00pm

Tap/Hip Hop I & II Wed 4:00pm

Hip Hop I Wed 5:00pm

Stretch & Tumble Wed 6:00pm

Jazz I & II Wed 7:00pm

Stretch & Tumble Wed 8:00pm

Tap I Thu 6:00pm

Tap II Thu 7:00pm

Tap III Thu 8:00pm

Location: Natomas Community Center

Musical Theater Tue 5:00pm

Jazz I Tue 5:00pm

Hip Hop III Tue 6:00pm

Break Dancing II Tue 7:00pm

Hip Hop III Tue 7:00pm

Hip Hop I Thu 5:00pm

Hip Hop I Thu 6:00pm

Musical Theater Thu 6:00pm

Jazz I Thu 7:00pm

Musical Theater Thu 6:00pm

Tap/Hip Hop I & II Sat 10:00am

Ballet I Sat 10:00am

Ballet II Sat 11:00am

Break Dancing I Sat 12:00pm

Ballet I Sat 12:00pm

Hip Hop II Sat 12:00pm

Hip Hop I Sat 1:00pm

Tap I & Tap II Sat 2:00pm

Hip Hop III Sat 2:00pm

Jazz III Sat 2:00pm

Tap III Sat 3:00pm

Location: Coloma Community Center

For more information, please call

916-722-8225

Dog Obedience

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Beginning Dog Obedience

Ages: 14+

Designed to help you learn to communicate with your dog. Traditional exercises including heeling, auto sit, sit stay, down, down-stay and come when called. Dog must be at least 4 months old. Bring dog to all five classes.

Additional time will be scheduled for pets with special problems.

97181	1/10-1/31	Tue	6:00-7:00pm
97182	1/11-2/1	Wed	7:00-8:00pm
97185	1/12-2/2	Thu	7:00-8:00pm
97183	2/21-3/13	Tue	6:00-7:00pm
97184	2/22-3/14	Wed	7:00-8:00pm
97188	2/23-3/15	Thu	7:00-8:00pm

Location: Tahoe Pk

Instructor: Alan & Renee Miller

Fee: \$125

Intermediate/Advanced Dog Obedience

Ages: 14+

Designed for those who wish to compete their dogs. We prepare for AKC Obedience Trial Work CD-CDX-UD. Class will cover heeling, recall, delayed retrieving, signal work, jumping and scent discriminations. All dogs must have competed a basic dog obedience class to attend.

97174	1/10-1/31	Tue	7:00-8:00pm
97175	2/21-3/13	Tue	7:00-8:00pm

Location: Tahoe Pk

Instructor: Alan & Renee Miller

Fee: \$80

Feldenkrais Workshop

A Day of Awareness through Movement

Ages: 18+

Begin to experience improvement with the first lesson and leave with the ability to continue the learning. The lessons will relate ultimately to walking and, there will be time for questions. Please wear loose comfortable clothes, and bring a mat, small pillow and a light lunch.

103023 1/28

Sat 10:00am-5:00pm

Location: S. Natomas CC

Instructor: Diane Fontaine

Fee: \$50



Fitness

Feldenkrais

Feldenkrais - Feel Young Again

Ages: 15+

Regain capability lost due to pain or aging. Rediscover the capacity for graceful, efficient movement. This remarkable movement method can improve your physical and mental agility, improve your posture and balance, and reduce stress. Wear loose comfortable clothing. Bring a blanket or mat. Class is ongoing.

102260	1/5-1/26	Thu	12:00-1:00pm
102261	2/2-2/23	Thu	12:00-1:00pm

Location: Clunie CC

Instructor: Janis Briggs

Fee: \$40

Yoga

Active Yoga

All Ages

Through flowing yoga workouts we will increase strength, flexibility, and balance. As we release tight muscles and counteract stress, we'll relax both body and mind. Bring a yoga mat, a towel, some water and your own unique energy! Beginners welcome.

99885	1/2-1/30	Mon	6:45-7:45pm
99886	2/6-2/27	Mon	6:45-7:45pm

Location: S. Natomas CC

Instructor: Laura Santigian

Fee: \$20 4 classes / \$5 Drop-in Fee

Mixed Level Yoga

All Ages

Start your Monday and Wednesday mornings with a yoga practice designed to increase strength and flexibility, improve balance, and enhance the ability to relax. A mixed level class with optional modifications for poses to help you find your own personal zones of comfort and challenge. Beginners welcome.

99373	1/2-1/30	Mon	9:00-10:00am
99374	2/6-2/27	Mon	9:00-10:00am
101273	1/4-1/25	Wed	9:00-10:00am
101274	2/1-2/29	Wed	9:00-10:00am

Location: S. Natomas CC

Instructor: Laura Santigian

Fee: \$20 4 classes / \$5 Drop-in Fee

Yoga - Chair

All Ages

A more gentle form of yoga. This method replaces the yoga mat with a chair and is easier for those with less limber muscles.

101951	1/4-1/27	Wed/Fri	1:00-2:00pm
101952	2/1-2/29	Wed/Fri	1:00-2:00pm

Location: E. Hart Senior CC

Instructor: Patricia Shaw

Fee: \$30 / 8 classes

Feldenkrais with Diane Fontaine

Ages: 50+

Learn how to improve your posture, balance and breathing while reducing stress tension, fatigue, and easing pain. Teaches you to move with minimal effort by becoming aware of unconscious habits which compromise how your body works.

102223	1/3-1/31	Tue	1:00-2:00pm
102224	2/7-2/28	Tue	1:00-2:00pm

Location: Clunie CC

Instructor: Diane Fontaine

Fee: \$35

Evolving Health Yoga

Ages: 13+

Author of Evolving Health presents this relaxing and energizing blend of yoga, chi-kung & tai chi. Strength, flexibility, balance, energy. 6 different yoga routines. Mixed level, beginners welcome. Sessions roll over if missed. Start anytime. 1st Session is Free!

99873	1/7-1/28	Sat	9:30-11:00am
99874	2/4-2/25	Sat	9:30-11:00am

Location: Coloma CC

Instructor: Ruben Guzman

Fee: \$45

Raja Yoga

Ages: 50+

Gentle yoga adapted to individual needs. The emphasis is on deep relaxation and proper breathing techniques.

101998	1/2-1/30	Mon	12:30-2:00pm
101999	2/6-2/27	Mon	12:30-2:00pm

Location: E. Portal Park

Instructor: Bill Scrivani

Fee: \$32

Hatha Flow Yoga

Ages: 50+

Covers proper body alignment and the benefits of performing postures. Learn how to center and align the body through breathing techniques (pranayana), postures (asana) and deep relaxation. Namaste.

102024	1/2-1/30	M/W/F	2:15-3:15pm
102025	2/1-2/29	M/W/F	2:15-3:15pm

Location: E. Hart Senior CC

Instructor: Patricia Shaw

Fee: \$30 / 8 classes

Fitness

Tai Chi

Healthy Tai Chi & Chi Kung

All Ages
 Low impact exercise, helps improve balance and reduce risk of falls.
 100749 1/5-1/26 Thu 9:30-10:30am
 100750 2/2-2/23 Thu 9:30-10:30am
 Location: S. Natomas CC
 Instructor: Janny Wu
 Fee: \$20/ four session punch card

Healthy Tai Chi & Chi Kung

BEGINNING
 Ages: 18+
 Tai Chi class for beginners.
 100442 1/4-1/25 Wed 9:30-10:30am
 100443 2/1-2/29 Wed 9:30-10:30am
 Location: Pannell/Meadowview CC
 Instructor: Janny Wu
 Fee: \$20/ four session punch card

Tai Chi & Healthy Chi Kung

ADVANCED
 Ages: 15+
 The martial art and healthy Chi Kung dao yin forms are building for dexterous and quick - witted action, improvement in health and self defense.
 100774 1/4-1/25 Wed 7:00-8:00pm
 100775 2/1-2/29 Wed 7:00-8:00pm
 Location: Pannell/Meadowview CC
 Instructor: Janny Wu
 Fee: \$25/ four session punch card

42 – Form Tai Chi Sword

Ages: 18+
 An event in both national and international Wushu games. It including 42 movements with 18 different sword strokes and 3 force-launching actions involved in this form.
 100466 1/7-1/28 Sat 9:00-10:30am
 100467 2/4-2/25 Sat 9:00-10:30am
 Location: Pannell/ Meadowview CC
 Instructor: Janny Wu
 Fee: \$30/ four session punch card

42- Form Tai Chi Quan

Ages: 12+
 Comes from the Yang style of Tai Chi Quan, adopted signature techniques from the Chen, Wu and Sun style as well combining the different features of each of these four styles. It is a form in order to standardize and meet the needs of international Wushu competitions by the Chinese Association.
 100454 1/7-1/28 Sat 10:30-12:00pm
 100455 2/4-2/25 Sat 10:30-12:00pm
 Location: Pannell/ Meadowview CC
 Instructor: Janny Wu
 Fee: \$35/ four session punch card

Tai Chi

Ages: 15+
 Doctors recommend it, Physical therapists rave about it, and major university studies are singing its praises. We'll cover everything you need to get started in Tai Chi and enjoy a lifetime of healthy practice. Class is continuous.
 100414 1/4-1/25 Wed 7:00-8:00pm
 100415 2/1-2/29 Wed 7:00-8:00pm
 Location: Coloma CC
 Instructor: Robert Nakashima
 Fee: \$40

Tai Chi 4 U

Ages: 15+
 Learn how to relax the body and mind to optimize "chi" flow for great health and power. Yang style Tai Chi hand forms and a Chi Gong form are offered to all levels in a non-competitive environment. Classes are continuous. Students can pay \$100 for all four months
 100427 1/3-1/31 Tue 7:00-8:30pm
 100428 2/7-2/28 Tue 7:00-8:30pm
 Location: B. Cooledge CC
 Instructor: Denny Fong
 Fee: \$35

Zumba

Ages: 14+
 Ditch the workout and join the party! Zumba is a cardio-aerobic dance class set to latin and international based rhythms and dance styles. It is a mixture of body sculpting movements with easy to follow dance steps. You will have so much fun, you will forget you are working out! First class is free!
 100761 1/5-1/26 Thu 5:00-6:00pm
 100762 2/2-2/23 Thu 5:00-6:00pm
 Location: S. Natomas CC
 Instructor: Jacqueline Melendez
 Fee: \$20 Monthly Fee / \$7 Drop in Fee

Multi-Level Aerobics

Ages: 13+
 Professionally designed aerobic dance/exercise program choreographed to 80's retro music that provides training for both aerobic and muscular fitness. Bring a mat or towel for the floor routines.
 99385 1/3-1/31 Tue/Thu/Sat 6:00-7:00pm
 99386 2/2-2/28 Tue/Thu/Sat 6:00-7:00pm
 Location: B. Cooledge CC
 Instructor: Janis Paular
 Fee: \$30

Dragon Fire- Fitness Boot Camp

Ages: 13+
 This style of class is the fastest way to shape up, lose weight, improve strength and increase endurance. For further information, please call 457-4636.
 99897 1/3-1/31 Tue/Thu 10:00-11:00am
 99898 2/2-2/28 Tue/Thu 10:00-11:00am
 Location: S. Natomas CC
 Instructor: Dragon Fire Martial Arts
 Fee: \$50

Ab Busters

All Ages
 Come tone, shape, and define your abs. This class will focus on helping to get the firm, solid stomach you have always wanted.
 98689 1/3-1/31 Tue/Thu 9:00-9:30am
 98690 2/2-2/28 Tue/Thu 9:00-9:30am
 Location: S. Natomas CC
 Instructor: Dragon Fire Martial Arts
 Fee: \$30



Prime Time Fitness

Ages: 50+
 Stretching, aerobics, dyna-bands, strength & muscle toning, flexibility & balance. Feel fit and energized with a blend of exercise, tai chi, meditation, group hugs, games, songs and laughter!
 102131 1/2-1/30 Mon/Fri 8:00-9:00am
 102132 2/3-2/27 Mon/Fri 8:00-9:00am
 Location: E. Hart Senior CC
 Instructor: Jackie Iris
 Fee: \$8

Fitness

Ages: 50+

Stretching and Strengthening

Ages: 50+

Improve over all flexibility and strength, focusing on proper body mechanics, posture and balance, ending with relaxation. All levels welcome.

102050	1/2-1/30	M/W	7:30-8:30am
102051	2/1-2/29	M/W	7:30-8:30am

Fee: \$39

102042	1/2-1/30	M/W/F	8:45-9:45am
102046	1/2-1/30	M/W/F	10:00-11:00am
102043	2/1-2/29	M/W/F	8:45-9:45am
102047	2/1-2/29	M/W/F	10:00-11:00am

Location: E. Portal Pk

Instructor: Valerie Miller

Fee: \$55

Senior Dance and Fitness

Ages: 50+

Low-impact, non-competitive and FUN! Stretch, strengthen with light weights and balance work; emphasis on developing a strong upper-body and core. Some dance cardio and closing out with a nice cool down. Bring a mat or towel, water bottle and wear comfortable shoes.

Walk-Ins welcome. First class is free!

99575	1/2-1/30	Mon/Fri	9:30-10:30am
99576	2/3-2/27	Mon/Fri	9:30-10:30am

Location: Coloma CC

Instructor: Selayma Anan

Fee: \$28/8 Classes / \$7 Drop In

Exercise, Energize, Enjoy!

Ages: 50+

Designed for older adults beginner to advanced. Increase strength, flexibility, and improve balance using a variety of techniques and equipment.

102095	1/2-1/30	Mon/Wed	10:30-11:30am
102096	2/1-2/29	Mon/Wed	10:30-11:30am

Location: S. Natomas CC

Instructor: Peggy Edgerly

Fee: \$20

Head to Toe Fitness

Ages: 50+

The all-in-one-class! Feel fit and energized with a blend of exercise, group hugs, games, songs and laughter.

102113	1/2-1/30	Mon/Wed	8:30-9:30am
102114	2/1-2/29	Mon/Wed	8:30-9:30am

Location: B. Cooledge CC

Instructor: Peggy Edgerly

Fee: \$20

Martial Arts

Kuk Sool Won

Ages: 6+

Kuk Sool Won is Korea's traditional Martial Arts and is a hard/soft style that includes pressure points, joint locks, take downs, weapons, sparring and forms in an easy to learn system. This family oriented school is open to all students wanting to learn martial arts for personal reasons to professional goals. All supplies can be purchased through the instructor. Class times are one hour increments Monday-Thursday.



Individual

99273	1/3-1/31	Mon-Thu	5:00-7:00pm
99274	2/1-2/29	Mon-Thu	5:00-7:00pm

Family

99323	1/3-1/31	Mon-Thu	5:00-7:00pm
99324	2/1-2/29	Mon-Thu	5:00-7:00pm

Location: E. Portal Pk

Instructor: Kymberly Wadsworth

Fee: \$65 individual / \$80 family

Tang Soo Do

Ages: 10+

A traditional Tang Soo Do Karate style of punching, kicking, and self defense. Build the mind and body, while you develop, discipline, respect for others and yourself.

100478	1/3-2/23	Tue/Thu	7:00-9:30pm
100479	2/28-4/19	Tue/Thu	7:00-9:30pm

Location: Coloma CC

Instructor: Brooks Matsuda

Fee: \$40

Tang Soo Do Karate

Traditional Korean/Chinese martial art. Through traditional training, students will learn and demonstrate forms self-defense, offensive and defensive techniques, terminology and etiquette. Our students are our testimony! (Physically challenged encouraged).

Ages: 7-13

100484	1/2-1/30	M/W/F	6:10-8:00pm
100485	2/1-2/29	M/W/F	6:10-8:00pm

Ages: 14+

100488	1/2-1/30	M/W/F	8:00-9:00pm
100489	2/1-2/29	M/W/F	8:00-9:00pm

Location: Cabrillo ES

Instructor: Ray Tadena

Fee: \$45

Philippine Martial Arts

Ages: 8+

Introduces students to self-defense training against armed attackers possessing weapons such as sticks, clubs and knives. Open to all experience levels. Teaching foundation direct from Giron System, Serrada, Decuersas systems.

99409	1/9-1/30	Mon	6:30-8:00pm
99410	2/6-2/27	Mon	6:30-8:00pm

Location: Pannell/ Meadowview CC

Instructor: Dexter Labonog

Fee: \$35 Registration Fee / \$25 Youth Fee (8-17yrs)

Turtle Tots Martial Arts

Ages: 3-6

Kuk Sool Won Martial Arts. Improve coordination, self confidence, flexibility, respect and self discipline.

100723	1/5-1/26	Thu	4:30-5:00pm
100724	2/2-2/23	Thu	4:30-5:00pm

Location: E. Portal Pk

Instructor: Kymberly Wadsworth

Fee: \$45



Martial Arts for Adults

Learn the ancient art of self-defense and with it, how to bring harmony to their mind and body in a friendly environment.

M/W 7:10-8:00pm

T/Th 6:10-8:00pm

T/Th 7:10-8:20pm

Location: Coloma CC - Instructor: Mike Oliver

Fee: \$89 new student

Karate for Kids

Learn the traditional values and skills of the martial arts in a fun, safe, and friendly environment. Watch as your child increases in confidence, energy, and spirit.

M/W 3:50-4:40pm

M/W 4:50-5:20pm

M/W 5:30-6:00pm

M/W 6:10-7:00pm

Location: Coloma CC - Instructor: Mike Oliver

Fee: \$89 / \$79 family rate

For more information, call 916-678-0565
or visit www.ZenMartial.com

Music

Learn to Play the DRUMS!

Ages: 8+

In this fun & exciting class you will learn the basics of playing a drum set & will start playing to your favorite songs within a month! We will work on proper stick technique, posture & ergonomics, dexterity exercises, how to keep time as well as basic grooves, beats & fills. Chris Amato has toured nationally and instructed drummers for over 25 years.

99976 1/30-2/27 Mon 6:00-7:00pm

Location: Coloma CC

Instructor: Christopher Amato

Fee: \$55

Piano Lessons

Ages: 6+

Beginning and intermediate students can learn to play the piano using the Glover method. Private lessons run 30 minutes and meet once a week. Students should have access to a practice instrument (portable keyboard or organ is okay). Sign-ups are taken on a monthly basis. Call 808-5641 for an appointment before registering. There will be an additional fee for books once class has started.

99421 1/2-1/30 Mon 11:00am-5:30pm

99422 2/6-2/27 Mon 11:00am-5:30pm

Location: Coloma CC

Instructor: Dianne Siagian

Fee: \$74

Piano for Beginners

Ages: 6+

Learn to play the piano with private lessons! Course consists of four 30 minute lessons each month. There will be an additional material fee to be paid to instructor once class begins. Please call 505-0335 to schedule an appointment before registering.

102241 1/4-1/25 Wed 2:30-6:30pm

102242 2/1-2/29 Wed 2:30-6:30pm

Location: Clunie CC

Instructor: Isaac Smith

Fee: \$74

Taiko Drumming

Ages: 50+

Experience the mind and body benefits of Japanese drumming! Lots of fun.

102373 1/18 - 2/8 Wed 1:00 - 1:45pm

Location: E. Hart Centerl

Instructor: Misa Takagi

Fee: \$30 / 8 classes

Sports

Kidz Love Soccer

Hotline 1-888-372-5803

Mommy/Daddy and Me Soccer

Introduce yourself and your toddler to the 'World's Most Popular Game'! A variety of activities designed around the game of soccer will be played each week. As you and your child participate in our age appropriate activities, your child will be developing their large motor skills and socialization skills.

98324 Fri 1/20-3/9 9:00-9:30am Ages: 2-3.5

Location: W. Land Pk

98323 Sat 1/21-3/10 9:00-9:30am Ages: 2-3.5

98325 Sat 1/21-3/10 11:40am-12:10pm Ages: 2-3.5

Instructor: Kidz Love Soccer

Location: E. Portal Pk

Fee: \$80

Kidz Love Soccer

Taught in a recreational setting for children to learn and play in a safe, noncompetitive environment. Shin guards are required by the second class.

98280 Fri 1/20-3/9 9:45-10:15am Ages: 3.5-4

98281 Fri 1/20-3/9 10:15-10:50am Ages: 4-5

98282 Fri 1/20-3/9 3:40-4:15pm Ages: 3.5-4

98283 Fri 1/20-3/9 3:40-4:15pm Ages: 4-5

98284 Fri 1/20-3/9 4:15-5:00pm Ages: 5-6

98285 Fri 1/20-3/9 4:15-5:00pm Ages: 7-8

Location: W. Land Pk

98274 Sat 1/21-3/10 9:40-10:10am Ages: 3.5-4

98275 Sat 1/21-3/10 10:10-10:45am Ages: 4-5

98276 Sat 1/21-3/10 10:45-11:30am Ages: 5-6

Instructor: Kidz Love Soccer

Location: E. Portal Pk

Fee: \$80

Just 4 Kicks

'Where soccer season never ends!' Children get to learn, understand, and enjoy the 'beautiful game' of soccer. Our methods are fun, educational, and inspire kids to become lifelong fans. Shin guards are required by second class meeting. Weather Hotline 359-6681.

Instructor: Adam White

98237 Fri 1/20-3/9 3:35am-4:20pm Ages: 5-6

98235 Fri 1/20-3/9 2:30-3:00pm Ages: 3.5-4

98236 Fri 1/20-3/9 3:00-3:35pm Ages: 4-5

98238 Fri 1/20-3/9 4:20-5:20pm Ages: 7-12

Location: S. Natomas Cm Pk

98247 Sat 1/21-3/10 9:00-9:30am Ages: 3.5-4

98248 Sat 1/21-3/10 9:30-10:05am Ages: 4-5

98249 Sat 1/21-3/10 10:05-10:50am Ages: 5-6

98250 Sat 1/21-3/10 10:50-11:50am Ages: 7-12

Location: B. Cooledge Pk

Instructor: Adam White

Fee: \$85

Sac-Rec Table Tennis

All Ages

Come try this fun and strategic sport commonly known as Ping Pong, and you will be hooked onto some great recreation and an exhilarating aerobic workout. On Friday nights, play 3-4 others of similar skill in our round robin format on one of our ten tables. Check in no later than 7:15pm. Wear athletic shoes. Loaner paddles and balls are available. Punch cards MUST be purchased in advance.

Fee covers any 6 nights of play.

102323 1/20-2/24 Fri 7:00-9:30pm

Location: Genevieve Didion ES

Instructor: James Therriault

Fee: \$30

Safety

Driver's Education

Ages: 15 +

California requires that all teenagers must take a driver's education course before they can obtain a permit and then a license to drive. Coursework can be completed at any time, day or night. Students may choose a home study or internet course. Students get the necessary certificate to get their driver's permit. Class does not include behind the wheel driving.

FACULTY: Terri Davies, EH&S Specialist.

Variou Days • 8:00am-8:00pm

79725 9/1-1/4

World Wide Web • Instructor: All Good Education Corp

Fee: \$75

Tots

KinderJam

Ages: 1-5

Fun, exciting, and high-energy upbeat music and movement program that emphasizes the kinesthetic learning of preschool skills and concepts. Exposes parents and little ones to fundamental skills that will assist in preparing our little ones for future success in school.

99147 1/5-1/26 Thu 10:15-11:00am

99148 2/2-2/23 Thu 10:15-11:00am

Location: S. Natomas CC

Instructor: Tiffanee Johnson

Fee: \$35

Spanish 4 Toddlers

Ages: 18mos-6yrs

Designed to introduce students to the most popular foreign language in America. Children, parents or caregivers will enjoy a fun-filled class learning Spanish easily through reading, singing, dancing, and other fun activities. Parent or caregiver participation required.

101230 1/17-2/14 Tue 10:00-10:45am

101231 1/18-2/15 Wed 10:00-10:45am

Location: Clunie CC

Instructor: Jacqueline Favrin

Fee: \$65