

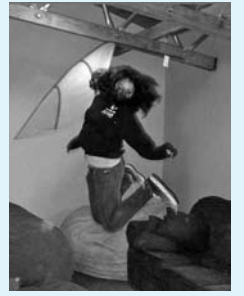
Winter 2011-12 Programs and Classes Catalogue



Afterschool Classes for Children: Page C-2
Wellness Classes for Adults: Pages C-3-4

Go to www.sgvcc.org to learn more!

San Geronimo Valley Community Center's Wellness and Recreation Programs



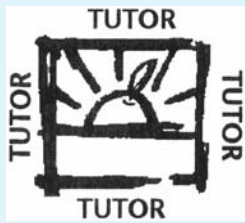
Valley Health Fair October 2011



Left: Rick Krebs and his grandson getting their blood pressure assessed.

Above left: Poko Giacomini and Carol Rebscher help prepare the fresh food for the October Health Day 2011.

Above right: Oscar Breen Justice getting his yearly Flu Mist shot administered by a team of Dominican nursing students. Shots provided by Coastal Health Alliance.



Valley After School Tutoring (VAST)

The Community Center's award-winning Valley After School Tutoring program offers reasonably priced, one-on-one tutoring and group homework clubs to local students. For more information, please contact Alison Pringle or Lynn Charne at 488-8888, x #214. Our VAST email address is vasttutor@yahoo.com. Or, you may visit us in Room 14 on the Lagunitas campus any day after school Monday through Thursday.

Student's Name _____ Teacher _____ Grade _____

Parent's Name _____ Phone _____

Please mark times your student is **not** available to be tutored.

Mondays	Tuesdays	Thursdays
3:00-4:00 _____		
4:00-5:00 _____		
Wednesdays		
2:00-3:00 _____		
3:00-4:00 _____		
4:00-5:00 _____		

Interested in Individual Tutoring _____

Homework Club _____

Subjects

Math _____ Language Arts _____ Science _____ Social Studies _____

Study Skills _____

Homework Help _____

Other _____

Events for Winter 2011-2012

Date	Time	Activity
Tuesday, Dec. 13	4-5:30 PM	Senior Wellness Series with Anna O'Malley, MD, "Mental Well-Being"
Tuesday, January 17	4-5:30 PM	Senior Wellness Series with Anna O'Malley, MD, "Diabetes"
Wednesday, January 18	6:30 PM	Kindergarten Orientation Night
Saturday, Feb. 11	9-11 AM	Bring Grandparents to Breakfast
Tuesday, Feb. 21	4-5:30 PM	Senior Wellness Series with Anna O'Malley, MD "Chronic Pain"
Tuesday, March 20	4-5:30 PM	Senior Wellness Series with Anna O'Malley, MD "Cancer and End of Life"



After School Enrichment Classes for Children

CLAY FOR KIDS

with Pranava Levine

Lets the kids get messy, enjoy the feeling of dirt on their hands and feel good about it. And beautiful creative items will come out. Please note that there will not be another session later, so do not miss this one!!

Series 1: Jan. 23 - Feb. 13.

FEES: \$88 for 4 classes, includes all materials and supply as well as a snack.

MONDAYS: 3:30 - 4:30 PM

Valley Room

YOGA FOR KIDS

with Pranava Levine

A fun class just for kids. While imitating animals, putting their body in challenging poses, doing fun games and listening to stories, children do not realize how many benefits they're getting. Parents notice a more relaxing and positive attitude at home and teachers appreciate more attention at school with less fidgeting. The practice of Yoga, learned as a child, is a lifetime tool for stressful life situations that everyone encounters. Pranava has been teaching Yoga since 1985 for all levels and ages, especially children. Pre-registration requested. Please call Pranava at 482-8689 or email at pranavals@earthlink.net.

Series 1: Jan. 17 - Feb. 14. / Series 2: Feb. 28 - Apr. 3.

FEES: \$60 for 5 classes/ \$72 for 6 classes

TUESDAYS: 3:15 - 4:00 PM.

West Room

WORLD DANCE FOR KIDS

with Cynthia Neville Amarista

Move and play in a creative, cultural way. This class draws on dances of Africa, India, the Middle East, Caribbean, and Polynesia. Using props, patterns, costuming, music, and dance, we will journey the world in celebration and movement together.



Cynthia has been studying, performing, and teaching dance for 16 years. All kids welcome! Please call Cynthia for more info. at 415-613-7592, or just come!

FEE: \$60 for 6 classes. Trades accepted.

TUESDAYS, 4:00-4:45, Ongoing (No class December 20 or 27)

West Room

PLAYDAYS

with Carrie Fisher-Coppola

Come for an hour of Drama Games, Improv and Movement. We will make up our own plays, and learn to use our bodies to create characters, all while working on confidence, poise and awareness of our physical and vocal selves.

Instructor Carrie Fisher-Coppola, (B.A. in Spanish/Eng, B.A. in Theatre) is an actor, dancer, workshop leader and teacher of theatre. Canadian by birth, Carrie trained in various forms of dance before deciding on Theatre as her Artistic Medium. Working with Salamander Theatre for Young Audiences Theatre Company in Ottawa, Canada, for 16 years, has taught her the importance of theatre skills for healthy development. A founding member of Drama Muse Bilingual Theatre Company at the Canadian Museum of Civilization in Gatineau Quebec, Canada, allowed Carrie to reach audiences of all ages in a fun educational atmosphere.

Ages 8-13

FEE: \$12 a class (a total of \$120)

New 10 week session starts January 10, runs until

March 20 (no class February 21)

TUESDAYS: 3:20 - 4:20 PM

Valley Room

KOREAN KARATE

with Ramon Pruitt of Danville Karate

Kids develop important skill requisites to success!

Concentration, Self-discipline, Confidence, Perseverance, and Propriety.



Our balanced training regimen has resulted in 5 world championships so far. Contact Ramon (925) 820- 9612.

Ages 4 to teen

FEE: \$15 per week

WEDNESDAYS, 4:30-5:30 PM, Ongoing.

Valley Room

SEWING & CRAFTS FOR KIDS

with Pranava Levine

The activities in this class stimulate children's creativity while developing fine motor skills. We'll make fun items such as fairies and gnomes, felt animals, valentines decoration and more... And best of all, your child will feel proud about creating his/her own project with very little help. Boys and girls are welcome.

Minimum age for this class is 6 yrs old. Pre-registration requested. Please call Pranava at 482-8689 or email at pranavals@earthlink.net.

Series 1: Jan. 19 - Feb. 16/ Series 2: Mar. 1st to Apr. 5

FEES: \$95, for 5 classes,/\$114 for 6 classes, includes all materials and supplies as well as a snack.

THURSDAYS: 3:15 - 4:15 PM

Room 9



THE LOFT

AFTER SCHOOL HANG ZONE

The Loft is a diverse, youth-driven teen program dedicated to promoting personal and group development through fun events, creative expression, community activism, youth empowerment, mentoring, and the open exchange of ideas.

Ages 4th grade and up

Open Mondays, Tuesdays, and Thursdays 3:00 - 5:00 PM

Wednesdays 2:00 - 5:00 PM

Membership is \$100 per year plus \$35 annual registration fee.

For info, call (415) 488-4118 ext. 218

loft@sgvcc.org

Enrolling now

Wellness Classes for Adults

We are pleased to include in this catalogue an exciting assortment of programs, classes, and workshops for children, adults, and families held at the Community Center. These classes are offered by independent contractors who are responsible for the content as well as the fees for the classes. Please contact them directly for information on registration and payment.

BEING YOGA

with Florence Schneider

A genuine and deep experience of yoga, *Being Yoga* classes with Florence provide an opportunity to return to peace and harmony with oneself and all of life, to re-integration, so that we may be as healthy in body, mind, and emotion as we can be.



Florence's yoga understanding and unique classes arise from her determination to return to health after a childhood accident and a whole array of health challenges she faced as a young adult. In lieu of conventional treatments, at the age of 16, Florence believed it must be possible to return to health naturally on every level, and chose to learn how to.... and did. Being Yoga is what she learned and developed into a class to share and facilitate others in experiencing health, healing, and peace of mind.

Come experience, learn, enjoy, be nourished, and be healthy, powerful and peaceful naturally. Florence's classes are interesting, enlightening, accessible and appropriate to all levels of fitness. Florence Schneider, Certified Yoga Teacher, is a pioneering teacher with 17 years experience. For more information and testimonials see www.FlorenceSchneider.com. Please pre-register by calling Florence at 342-5349 or Email being.yoga.florence@gmail.com. FEE \$60 for 4 class. Sliding scale available starting at \$48
MONDAYS: 10:00 -11:15 AM
SATURDAYS: 10:00 -11:15 AM
Ongoing
West Room

COMMUNITY YOGA

with Mary Donovan

"Yoga is the practice of celebrating what is." R. Yates
Bring new life and radiant presence into 2012 through the profound practice of yoga. Originating in ancient India, yoga is a comprehensive body/mind/spiritual discipline for cultivating inner peace and overall well-being. Begin your Wednesday morning in the gorgeous setting of SGV and prioritize slowing down, paying attention and creating balance on all levels of your being. Combining mindful breathing, centering, mellow sun salutes, traditional "asanas" (occasional poetry!), and a deep relaxation, Mary's well-rounded sequences are nurturing and healing.



Mary has been a certified yoga teacher for over 17 years and is grateful for such an abundance of great training and inspirational teachers. Her teaching is most strongly influenced by Ashtanga and Iyengar (for its precision and form), Anusara (for its emphasis on grace and interconnection), and Kundalini (for energetic attunement). Teaching yoga has been a great gift in her life and helps her to "walk the walk." Trained as a psychotherapist, a workshop leader and co-facilitator for hundreds of soul-enriching workshops (from goddess inquiry to drumming circles), she continues to savor the opportunity to learn, grow and be humbled by the sacred flow of it all. All levels of experience are welcome. Class begins January 4, 2012
WEDNESDAYS 9:00 -10:30 AM
FEE: Suggested donation \$12 per class or 6 for \$60
West Room

GENTLE BEING CHAIR YOGA

with Florence Schneider

Gentle Chair Yoga is for seniors and anyone else who doesn't want to get up and down off the floor, and/or has a difficult time sitting on the floor. We sit in a circle on chairs and/or use the chairs to assist standing postures. It is relaxing, good feeling, healing, healthy, HEALTHCARE you can afford! The class is conveniently held just before the Senior Lunch.



Instructor is Florence Schneider, Certified Yoga Teacher, who has 17 years experience teaching yoga for all ages and levels of fitness. If you have any questions, call Florence to at 342-5349 or email her at gentleyoga@sbcglobal.net.

FEE: Drop-in sliding scale \$8 - \$12/ class
THURSDAYS, 11:00 AM - noon
Room 10

VARJAYOGINI YOGA: NURTURING THE GODDESS WITHIN FOR WOMBIN

with Shakti

Awaken the sensuality of the divine feminine, allow the sweet, delicious, sacred energy flow through your body...that ecstatically expresses in the heart as your goddessy radiance!



Vajrayogini Yoga is a practice of honoring our precious womb, of cultivating our feminine sacred creative force (shakti) for healing, replenishment, rejuvenation and on larger scale healing our Mother Earth. Come beautiful wombin together to reclaim your true essence... Embody the goddess that you are to live the life you've meant to live... Gentle enough for beginners, powerful enough to make a change. Contact: [shakti.padmini 488-7657](mailto:shakti.padmini@pinklotuss.com), [pinklotuss@live.com/ www.pinklotuss.com](mailto:shakti.padmini@pinklotuss.com).

"The world will be saved by the western woman"
Dalai Lama
THURSDAY: 7:30-8:30 PM, starting December 1- January 5
FEE: \$13 drop in / \$30 for three classes
West Room

T'AI CHI ~ BEGINNING CLASSES

with Jacob Barnett:

Learn to Directly Experience Chi in Your Life, in the World

T'ai Chi is a way of regularly reestablishing and deepening our connection to the Natural World, through intention, relaxed movement and abdominal breathing. With regular practice, we experience a current of energy flowing through us and around us and how to harmonize with it. Traditional wisdom holds this circulation of chi is responsible for maintaining optimal health, improving cardiovascular functioning, regaining our balance and strengthening many aspects of mind, body, spirit and emotions. Practicing T'ai Chi is a perfect way of improving the ability to respond to challenging times. Practiced regularly, T'ai Chi is documented to lower blood pressure, improve circulation, increase flexibility, precipitate relaxation and strengthen vitality throughout the body. What's more, it feels wonderful! We practice outdoors (weather permitting) among the birds with the sun on our faces and the breeze in our hair. T'ai Chi is a fantastic way to begin your week and learn a movement form that can benefit you for a lifetime. Classes are paced to meet participants' needs and designed for all interested, regardless of experience.



Jacob Barnett has been practicing T'ai Chi since 1977; instructing since 1982, with an emphasis on applying the form's essence to daily life, as a vehicle for personal health, development, change and transformation. For registration and additional information, please contact Jacob Barnett, 488-4458 or email chi@isbridge.com. **Individual instruction now offered** — by appointment only. Call 488-4458 to arrange a time.

FEE: 8 week series \$80
TUESDAY, 8:30 - 9:30 AM, Ongoing
West Room

MORNING T'AI CHI

with Kenn Chase

Tai Chi, the ancient Chinese art of moving meditation for health, is based on the philosophical principle of harmony of opposites. Regular practice of T'ai Chi enhances the immune system, strengthens the musculoskeletal and cardiovascular systems, and improves balance and flexibility. The practitioner feels centered and gains a peaceful state of mind.



Kenn Chase is an accomplished Yang Style T'ai Chi teacher and certified Feldenkrais practitioner. He has taught T'ai Chi and stress reduction for over 30 years throughout the U.S. and Europe in hospitals, health care facilities, corporations, universities and privately. Kenn also offers monthly T'ai Chi Intensive Workshops at the Center. **Ask instructor about intensive weekend workshops.** For more information or to register, call Kenn at 488-4213. Visit www.mindbodylearning.com for more information.

FEE: \$50 per month
WEDNESDAYS, 8:30 - 9:30 AM, closed session
Valley Room
Added due to popular demand. Ken now offers a whole new series focusing on the tenets of T'ai Chi. Open for beginners. Still some spaces left.
FEE: \$50 per month
WEDNESDAYS 7-8 PM
West Room

QI GONG FOR SENIORS AND FRIENDS

with Kathy Perkins

Qi Gong, though ancient, is a great counterbalance to our modern challenges. It works quickly without side effects to clear our heads, restore our bodies and deepen our inner peace. Not only can it supplement the energy we get from breathing, eating, and sleeping, it also reduces the body's normal energy needs. Blocked energy can be the result of physical or emotional toxicity, which is understood in the East as the source of all physical, mental, emotional and psychological illness. Fresh Earth Energy and Universal Light are absorbed into the heart, mind and body during practice. These positive energies can push out negativity, establish a healthy attitude and create kinder thoughts, words and actions.

Kathy is a certified instructor and has been practicing Tian Gong Qi Gong for 12 years. Contact: perkinskathy@sbcglobal.net.
FEE: \$5. All fees are graciously donated by the Tian Gong Foundation to support the SGVCC Senior program.
THURSDAY, 11:00 AM (before Senior Lunch)
Outside in the courtyard.
Ongoing

EFFORTLESS BODY

with Suzanne Shelley

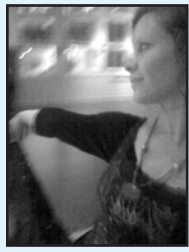
Core strengthening exercises and movement education. A series of 25+ floor exercises designed to exercise the entire body focusing on the smaller, deeper muscles. For 20 years Suzanne has been working with small groups and individuals. She uses balance as a point of reference as she adjusts students for each exercise. This process gently pops students out of their current patterns and integrates a new way of being. This is pattern changing work that makes it possible for anybody to identify what is obstructing them from standing with ease or moving with ease, melt the obstruction (rigidity), and replace it with suppleness, strength, length, and a greater range of motion. Email: suzanneshelley4@gmail.com, phone: 663-1021, website: effortlessbody.org
FEE: \$16 per class drop-in, \$150 for 10 classes
MONDAYS, 6:30 PM
THURSDAYS 9:00 AM
Valley Room



Wellness Classes for Adults

TRIBAL BELLY DANCE

with Cynthia Neville Amarista



Exercise, meditate, and play all at once in the sacred and fun, ancient and eternal dance of life. Explore the movement that has moved humanity through its journey of evolution and the ages. The dances of the Middle East and the gypsies have evolved and changed through time and re-location, though the essence remains the same. We will explore and reclaim this eternal core, in ourselves, and our cultural evolution, through moving and healing our bodies and souls. Women only please. Please call Cynthia for more info, 613-7592.

FEE: \$13/ drop in or 3/\$30. No one turned away for lack of funds.
MONDAYS, 7:45 – 9:00 PM, Ongoing (no class December 26)
Valley Room

GYROKINESIS®

with Tara Coyote-Finch



A typical GYROKINESIS® class begins with engaging the spine and pelvis through simple awakening exercises. While seated, participants mobilize their body through a series of arching, curling, bending, twisting and spiraling movements with corresponding breathing patterns that stimulate the nervous system and open up energy pathways. This is an excellent way to experience a new kind of organic exercise derived from the motions of swimming, dance, tai chi and yoga, and can be done by young and mature alike. Those who practice GYROKINESIS® tend

to be more relaxed in their daily lives, more comfortable in their body and can move with greater flexibility and ease.

Tara Coyote-Finch has been teaching Pilates, GYROTONIC® and GYROKINESIS® for six years at her studio, Studio Equilibria in San Anselmo. Being a dancer and athlete all her life, it is her great joy to share the expansive movement of Gyrokinesis with others. For more information about Tara please see: www.studioequilibria.com

FEE: \$15 a class
WEDNESDAYS: 10:30-11:30 AM, Starting December 7, continuing in January 2012
West Room

ARGENTINE TANGO FUNDAMENTALS

with Janet Lott



A deeply informed introduction to the passionate improvisational dance that has blazed its way around the world. The class will emphasize the principles of lead/follow which are based on an aware and sensitive connection to your partner, musicality and floorcraft. Each class will be one hour of instruction followed by a half hour of guided practice. Argentine Tango, research shows (*Scientific American*, June, 2008), is an excellent modality for improving balance, memory, cognition and

general mobility. And it's FUN! Please wear leather soled shoes. Heels are optional. To ensure gender balance it would be helpful to register with a partner. You will not dance together all evening. There is a 10 class minimum — so bring a friend or two!

Janet Lott, MFA Dance, CalArts, is a professional contemporary dancer and choreographer. She has been on the faculties of CalArts, Naropa University, Reed College and JFKU, among others. She has studied Tango in the U.S., Buenos Aires and Europe with many of the finest teachers of the art. She brings her skills as a dancer and certified teacher of the Alexander Technique to the joy of Tango. www.janetlott.com. Call 272-4811 for more information. **Pre-registration encouraged.**

2012 Session I: January 5, 12, 19, 26

FEE: \$45 for 4 classes.

Session II: February 2, 9, 16, 23.

FEE: \$45 for 4 classes.

Session II: March 1, 8, 15, 22, 29

FEE: \$55 for 5 classes

THURSDAYS: 6:30–8:00 PM

Valley Room

COREMATICS: TARGETING: ABDOMINAL, BACK AND FLEXIBILITY

with George Adams

This popular class is designed for anyone who wants to feel stronger in the *abdominal, oblique, and back muscles*. This class will be augmented by many flexibility exercises to increase range of motion, decrease risk of injury while enhancing your overall balance.

George Adams, fitness expert, will be teaching this class. George is very experienced with a Bachelors in Physical Education and has two teaching credentials, along with a Masters degree from St Mary's College. Presently, with over 35 years of experience, George is a fitness teacher and head track and field coach at the College of Marin. George is also a Valley resident and is a 3rd generation Marinite. For more information please call George @ 488-1084.

FEE: \$20 per class or 10 pre-paid sessions for \$150

TUESDAY and THURSDAY 7:30 – 8:30 AM

Valley Room

FAMILY DOG

with Holly McArthur

A beginning-level class that covers all the fundamentals of good canine manners, including *sit, down, stay, come*, polite greetings, walk nicely on leash, wait at doors and *leave it*. This class includes fun exercises and games using positive reinforcement but is conducted entirely on leash and does not include playtime. The goal of the class is to enhance the relationship between you and your dog. Proof of current vaccinations required at the first class. **First class is mandatory for people only, no dogs please!** This class is limited to 6 dog/handler pairs. Please register early by emailing holly@optimistdogtraining.com or 259-9481.

Age: For dogs 4 months and older. Primary handler must be 18 but children are welcome to attend with an adult.

Session I:

Beginning Family Dog Manners (6 week class \$140) 7:00 PM, January 4, 11, 18, 25, February 1, 8.

Continuing Family Dog Manners (4 week class \$100) 6:00 PM, January 18, 25, February 1, 8.

Session II:

Beginning Family Dog Manners (6 week class \$140) 7:00 PM, February 29, March 7, 14, 21, 28, April 4.

Continuing Family Dog Manners (4 week class for \$100) 6:00 PM, March 14, 21, 28, April 4.

Also due to request, Holly is now offering the following dog workshops. Each workshop is \$50. Any dog over 4 months is welcome to register. Limit 4 dogs per class.

"Walk with Me" — This workshop focuses on ending the frustration of your dog taking you for a walk. In this class we will work on being able to have a loose leash, even in highly distracting situations. **January 21 from 9:30-11:00 AM.**

"Polite Greetings" — This workshop will focus on ending that overly friendly greeting behavior that can be embarrassing! We'll teach the dogs to automatically sit and wait patiently to be petted anytime someone approaches. **February 4 from 1:00-2:30 PM.** All classes: Valley Room



Gym Classes

ZUMBA

with Paula Tomlin

Ditch the workout, join the party! Zumba is the hottest new craze in fitness, combining a fusion of Latin dance moves and heart pounding rhythms. You burn hundreds of calories just dancing and having fun. No dance experience required, beginners welcome! Bring your sons and daughters – 7 years old and up. Men invited. Call or text Paula at 215-9801 or email her at ahuac07@yahoo.com. Come on by!!! It's awesome!!!!

Born in Peru and moved to the United State at a young age I graduated from Golden Gate University with a degree in finance. Fitness had always been part of my life. My passion is to dance and to help people. Teaching Zumba allows me satiate both passions simultaneously. When I am not working, I enjoy going to the park with my two year old son. One thing I have learned as parent is that I can teach classes back to back no problem, but chasing after him is what gets me! Cant wait to see you all — Paola

FEES: \$12.00 drop in or \$90.00 for 10 classes. Your first class is free!

MONDAYS: 7:00 PM

Gym — upstairs in the Loft

WORLD MUSIC!

COME DANCE EVERY THURSDAY at SWEAT YOUR PRAYERS!

Come Dance Out to the Pulse of World and International Music on our **Beautiful, Expansive Sprung Dance Floor** and make **Sweat Your Prayers** a Part of Your Weekly Aerobic Routine!

Why are people Dancing to the 5Rhythms in Australia, Belgium, Bosnia, Denmark, Italy, New York, Seattle and All Over The Globe? Why do Marin County Sweat Your Prayers Classes Sell Out on a Weekly Basis?? Come Find Out Why!

About 5Rhythms: Flowing, Staccato, Chaos, Lyrical and Stillness. The 5Rhythms is a simple, powerful moving meditation that anyone — of any age, size, or physical ability — can practice. There are no steps to follow, no choreography to learn, no way to do it wrong. The only requirement is a body that is still breathing, a heart that is still beating, and a mind that is still curious! Come Join Our Tribe! www.sweatyourprayerssg.com.

FEE: \$15 drop in — Your First Class is Free!

THURSDAY: 7:00 to 9:00 PM

Gym

