

Spring 2010 Programs and Classes Catalogue



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Go to www.sgvcc.org to learn more!

San Geronimo Valley Community Center's Youth Programs



San Geronimo Valley Community Center Youth Center After School Program Schedule Spring 2010				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Loft 3-5 PM	Loft 3-5 PM	Loft 2-5 PM	Loft 3-5 PM	
Eco-Yoga for Children 3:30-4:30 PM	Story Magik 3:30-4:30	Story Magik 3:30-4:30PM Korean Karate 4:30-5:30 PM		Fencing 3:30-4:30 PM
VAST 3-5 PM	VAST 3-5 PM	VAST 2-6 PM	VAST 3-6 PM	

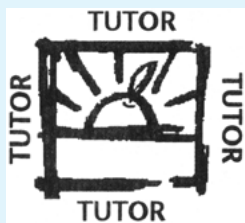


The Loft
 After School Classes
 Parent's Night Out
 Friday Night's Live
 Holiday Camps



The Loft is amazing and in full swing!!! Loft members come up and hang out Mondays, Tuesdays, Wednesdays, and Thursdays after school until 5:00 PM! Each day the Loft offers members a healthy snack, fun games, open gym time, hang time with staff, cool crafts and homework help. Join today! Loft membership is just \$135.00 and covers your membership through the end of the school year. Scholarships are available. *For younger kids, 9 years and under, Zoila's is open from noon until 6:00 PM every day, 488-9344.*

There are loads going on this season! We have after school classes at the Community Center, after school classes at the Loft, Parent's Night Out every month, Friday Night's Live for teens, High School Girl's Supper Club, Youth Fest, Dungeons and Dragons Club, and Holiday Camp! See below for details and make sure to read the Loft and Youth Programs Weekly Report via email in your electronic school notes!



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, ext. 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 _____

After School Classes at the Community Center

Our after school enrichment classes are a blast!!! Try Sewing with Pranava on Tuesdays from 3:15-4:00 PM, Karate with Ramon on Wednesdays from 4:30-5:30 or Fencing with Stewart on Fridays from 3:30-4:30.

After School Classes in The Loft

Stay tuned for drumming, metal work and lots of other things!

Parent's Night Out!

Need a break or a date night perhaps? Bring the kids to "Parent's Night Out!" It happens once a month! At PNO, kids get dinner, dessert, a movie, crafts, fun and a grand ol time, so mark your calendars! Set dates coming up are on the following Fridays: March 26, April 23, May 21 and June 4 in Room 9 Lagunitas School. Cost is just \$25.00 per child and just \$5.00 for each additional sibling! You can't even stay home for that much!

Friday Night's Live

Just about every month, the Loft puts on one of our Friday Night's Live events! Most have a theme and all of them are fun, so save the following nights. In March, we will have "Guy's Night" for all the bros 10 years old and up for night time basketball and pizza. In March we'll also have another "Girl's Night" for all the ladies! In April we're seeing, *Touching Home* at the Rafael Theater in San Rafael to see Valley boys Noah and Logan Miller and Academy Award winner Ed Harris in this West Marin shot feature film! And to close out the year, we'll have another "Scary Movie Night" and show *The Ring 2*.

Holiday Camps

What to do when you need to work and school is out???? Have your child attend Holiday Camp at the Loft! Holiday Camp is offered March 22 for staff development day and April 12-16 for Spring recess for kids 5-10 years old. RSVP is required a week in advance! If we don't have at least 5 kids signed up, we can't offer camp, so please sign up now!! Cost is \$54 per day, \$7.50 an hour.



After School Enrichment Classes

All Payments for Afterschool Enrichment Classes must be made by the first class meeting.

ECO-YOGA FOR CHILDREN with Jennifer Riley

A dynamic class integrating yoga, creative movement and local ecology studies to empower and inspire children to deeply connect with themselves, each other and the natural world.

In Yoga, children not only connect with and strengthen their bodies, they also have the opportunity to experience the self within. Through yoga, children cultivate self awareness, self esteem, a balanced nervous system, hand-eye coordination, body/mind balance, optimized brain functioning, among countless other benefits. We will be exploring yoga techniques and relaxation through sharing stories about the vibrant local ecosystem. We will also explore the human/nature connection and the importance of stewardship for the earth.

Instructor Jennifer has been evolving as a dedicated yogini since 1997. She began studying Kundalini yoga in 2007 and has her teaching certification through the Kundalini Research Institute. Jennifer has been working with children for over 15 years. Please contact Jennifer@waysoftheearth.org, 342-4285.

Kindergarten/1st Ages 4-7. Class maximum of 12.

MONDAYS, 3:30 – 4:30 PM

FEE: \$70 for 6 weeks series, includes a healthy snack
Session I: March 15 – April 26 (no class April 12 – Spring Break)

Valley Room

STORY MAGIK (11-13 YRS OLD) with Vlatka Herzberg

Have fun inventing and writing stories. Each class starts with a story by the instructor. Use creative techniques to connect with your muse and story, followed by writing and sharing time. Bring journal, Crayola Crayons or Sharpie Markers and pen. Create "Story Squares" to share with family and friends. Register early. Call 209-3959 or email v.herzberg@comcast.net. Class limit, 10. Please pay cash or check at first class.

Ages: 11-13

FEE: \$108 for six weeks.

TUESDAYS: 3:30 – 5:00 PM

Dates: March 23 – May 4 (no class April 13 – Spring Break)

Valley Room

STORY MAGIK (7-10 YRS OLD) with Vlatka Herzberg

Story Magik starts with a story by the instructor and ends with stories by kids. Each week there's a new story to listen to and a new story to create. Kids will imagine, write, then draw "Story Squares." We'll share our stories with each other. 1-1/2 hours of creative fun, resulting in new stories to share with family and friends. Bring Crayola crayons and scrapbook or journal and pencil. Register early. Call 209-3959 or email v.herzberg@comcast.net. Class limit, 10. Please pay cash or check first class.

Ages: 7-10

FEE: \$108 for six weeks.

WEDNESDAYS: 3:30 – 5:00 PM

Dates: April 7- May 19 (no class April 12 – Spring Break)

Valley Room

KOREAN KARATE

with Ramon Pruitt of Danville Karate

Kids develop important skill requisites to success!

Concentration, Self-discipline, Confidence, Perseverance, 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



FENCING

with Stuart Kaufman

Swordplay the fun way. Learn the ancient art of fencing in a fun-filled hour of games and exercises designed to teach proper fencing while the student also has fun. After suiting up into fencing outfits (provided by the academy along with gear) students will do group footwork and then work in pairs for a variety of games that teach fencing techniques.

At the end of each lesson, the students will participate in a "round-robin" tournament just like at real fencing competitions at the US Nationals and the Olympics.

Fencing today is considered one of the safest sports and the staff of the Marin Fencing Academy has 32 years of experience teaching youth fencers. This sport is extremely popular with girls as well as boys. Ages 6 and up are welcome. Pupils will be grouped by ability and taught to at the appropriate level.

Maestro Stuart Phillip Kaufman is the founder of the Marin Fencing Academy, which is Marin's oldest, opening in 1974. Visit his website at www.marinfencing.com. Call 488-8888 ext. 250 for details.

FEES: Session III (2/5- 4/2) \$160 (8 classes)

FRIDAYS 3:30 – 4:30 PM

Session IV: April 23 – June 11

Lagunitas Multipurpose Room



2010 SUMMER CAMP

It's hard to believe, but summer is just around the corner, thank goodness. So... we want to put the call out to all our Summer Day Campers and their parents, both to those of you we already know and to those of you we have not yet had the pleasure to meet. Howie and I will be there and we can't wait to see you!

The San Geronimo Valley Community Center will be holding our annual five-week Summer Day Camp. It's just too much fun to pass up!

Every week has a different theme. One week we might take a trip to Heart's Desire Beach, and while we're there, take a hike to Indian Beach, or just spend the day playing in the sand, water and sun. Another week may be all about Silly Sports and a hike to Roy's Redwoods. We also have a Family BBQ and Campout each year. Counselors, campers and their families to get together, have potluck BBQ and sleep out under the stars on-site at the camp. What a great way to make new friends and reconnect with old ones. We look forward to this year, and who knows what new fun is in store!



Five 1-Week Sessions June 28 – July 30

Camp Hours 9:00 AM – 3:00 PM

Before & After Care Offered

Partial Scholarships are Available

Please call Julie Young at the Community Gym
488-4118 x219

classes@sgvcc.org

www.sgvcc.org



HOLIDAY CAMPS

(9:00 AM–5:00 PM)

5–10 years

March 22

April 12–16

Please register at least a week in advance for Holiday Camps.

Full Day: \$54 per day

Part day: \$7.50 per hour to be paid daily.

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 10 and up

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

Wednesdays 2:00 – 5:00 PM

Membership is \$100 per year.

For info, Call (415) 488-4118 ext. 219

youthprograms@sgvcc.org

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.

T'AI CHI — BEGINNING CLASSES

with Jacob Barnett

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 allow our vital energy (chi) to grow and circulate throughout our bodies. We learn to experience the 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 maintaining our centers and improving our ability to respond to challenging times.

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 for twelve years, 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 contact: Jacob Barnett, 488-4458 or email chi@isbridge.com.

FEE: \$80 for 8 week series

MONDAYS 8:30 – 9:30 AM

Call instructor with interests and availability (when you would like a class).

Valley Room

GENTLE YOGA

with Florence Schneider

Enjoy gentle yoga journeys of yoga posture, breath, awareness, movement, and stillness, in a sacred sound space with Certified Yoga Teacher Florence Schneider. Benefits are body-mind health, integration, coordination, balance, enjoyment, stress release, and deep peace. No prior yoga experience is necessary. Please bring your own mat and blanket.



Florence Schneider, CYT, is a professional yoga teacher with 15 years experience teaching yoga. For more information see: www.florenceschneider.com. To pre-register, call Florence at 342-5349 or email her at: gentlyoga@sbcglobal.net.

FEE: \$60 for 4 week series

MONDAYS, 10:00 – 11:15 AM

SATURDAYS, 10:00 – 11:15 AM

Ongoing

West Room

TOTAL BODY SCULPTING CORE EXERCISES FOR EVERY-BODY

with Suzanne Shelley

Over time we develop patterns of movement that compromise the structural integrity of our bodies. This lack of balance and strong core muscular support results in bulges in our abdomen, hips and buttocks and leads to recurrent pain in our back, hips, knees, neck and shoulders. The goal of this class is to learn how to build core strength from a foundation of alignment. As a result you will be taller, leaner, and more flexible. You will feel different after the first class and see results within the first 10 classes. All ages and levels of physical ability are welcome from athletes to couch potatoes.



Suzanne Shelley has 18 years experience teaching Total Body Sculpting to groups and individuals. She has worked with hundreds of people helping them experience the joy of moving from their core with ease and grace. Please dress comfortably and bring an exercise mat. Questions can be sent to suzanneshelley4@gmail.com.

FEE: \$18 per class \$150 for 10 classes. First class is free.

MONDAYS 6:30 PM

WEDNESDAYS, 9:00 AM

THURSDAYS 9:00 AM

Valley Room

SINGING SALMON FLUTE CIRCLE

with Paul & Tina Berensmeier

Singing Salmon Flute Circle is a gathering of people interested in Native American flute. Play creatively in a wonderful space adorned by local artwork. We will support one another through solo, duet and group work. No prior experience necessary. Open to all: listeners, beginners, advanced. Bring flute and friend. No flute? No problem. We have extras. Paul and Tina studied with world-renowned flautist Carlos Nakai. Paul has 15 years flute experience. Contact: Paul or Tina 488-1964.



FEE: \$10 donation appreciated at door

1st & 3rd Mondays each month

Ongoing

West 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 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

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.

FEE: \$45 per month

WEDNESDAYS, 8:30 – 9:30 AM

New Wednesday Evening class beginning April 7, 7:00 PM

Ongoing

West Room

PILATES WITH PROPS

with Pranava Levine

This workout is an easy way to build up strength and flexibility, working core muscles from all directions. The practice is gentle and progressive, but will strengthen your whole body. We use different props such as a stretchy band and a Pilates ring. The props make some exercises easier to learn, helping to gain body-awareness. For some other exercises, they increase the challenge, strengthening subtle muscles. Pilates is designed for everyone — young, older, athletic, sedentary and for those rehabilitating from injury; very good also after giving birth. No previous experience is required.

Pranava is a certified Pilates Mat Work Instructor. She is detailed and attentive; she will modify an exercise in order to fit your level, strength or flexibility. Please bring a Yoga mat and a blanket. For information and registration, please call Pranava at 482-8689 or visit www.yogaout.com.

FEE: \$65 for 5 class series/drop-in \$13 (sliding scale available)

WEDNESDAYS 9:00 to 10:00 AM

Room 9

FAMILY DOG 2

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@optimistdog-training.com. Or (415) 259-9481.

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

FEE: \$140 for six weeks

WEDNESDAYS: 6:30 to 7:30 pm

Session I: March 17 – April 28 (no class April 12)

Session II: TBA

Valley Room

Classes for Adults

GENTLE CHAIR YOGA

with Florence Schneider

Gentle Chair Yoga is for seniors and those of us who don't want to get up and down off the floor and/or have difficulty sitting on the floor. We sit in a circle on chairs and/or use our chairs to assist standing postures. It is relaxing, good feeling, healing, healthy, HEALTH-CARE you can afford! The class is conveniently held just before the Senior Lunch.



Instructor is Florence Schneider, Certified Yoga Teacher, who has 15 years experience teaching yoga for all ages and levels of fitness. Call Florence at 342-5349 or email her at: gentlyoga@sbcglobal.net.

FEE: Sliding scale \$5 - \$12/ class depending on income

THURSDAYS, 11:00 AM - 11:50 AM

4th Thursday of the month class starts 10:30 - 11:30 AM

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 1/2 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.

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

FEE: 6 week sessions: \$65. Sorry, no drop ins.

THURSDAYS 6:30-8:00 PM

Valley Room

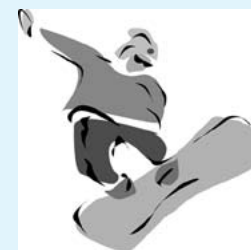


SKIING AND BOARDING FUN FOR FAMILIES

This snowy season promises some ferocious fun. Our famous leader Dave Cort has volunteered to host a Fun for Families ski trip! This is your chance for a festive daytrip to frolic and freeze with your friends and fellow families.

The first ski trip will take place Monday, March 22 for a trip to Sugarbowl. Transportation is provided. Please contact Dave Cort at 488-8888 #224 or director@sgvcc.org if you are interested.

Limited to 50 people. Children 8th grade or younger must be accompanied by a parent.



CULTIVATING THE HERBAL MEDICINE WOMAN WITHIN: EXPERIENTIAL HERBAL STUDIES IN HOME HERBAL HEALTH CARE

with Kami McBride

This course is a hands-on experience in learning how to use herbs for food, medicine, skin care and preventive wellness. Through direct experience, you acquire a comprehensive foundation in using an integrative approach to using herbal medicine in your daily life. We turn seasonal harvests into healing medicine. Learn self-reliance, sustainable wellness practices and develop a comprehensive foundation for using Herbology in your daily life for disease prevention and greater vitality.

Become a Home Herbalist, enhance your personal health and infuse your home and community with modern day applications of the ancient art of herbal medicine.

Class meets one Saturday each month for one year: November 21, December 19, January 16, February 20, March 20, April 17, May 19, June 17, July 17, September 18, October 16. Visa and Mastercard, payment plans with early registration

Call and use a credit card on the phone: 707-446-1290 or mail \$325 deposit to:

Living Awareness Institute

P.O. Box 775 Davis, CA 95617

www.livingawareness.com

This class always fills, register early

FEE: \$1,995, tuition includes all fresh and dried herbs for medicine making and personal pharmacy development

SATURDAY, 9:30 AM - 5:30 PM each day

Valley Room & Kitchen



VALLEY WINE CLUB

The Valley Wine Club is gearing up for several tasting trips. A chartered bus will pick up participants at the Community Center and tour the fantastic Wineries of Napa and Sonoma. The next trip is being planned and will be announced.

If you are interested please contact Dave Cort for details 488-8888 #224 director@sgvcc.org



Photo by Lisa Baylacq