

San Geronimo Valley Community Center Programs



Winter 2009/2010 Catalogue

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 Winter 2009/10				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Loft 3-5 PM	Loft 3-5 PM	Loft 2-5 PM	Loft 3-7 PM	
Capoeira 3:30-4:30 PM	Sewing 3:15-4:00 Hand Crafting 3:30-4:30	Theater Games 2:15-3:30PM 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 and Activities
Parents' Nights Out
Teens Friday Nights LIVE!
VAST – Valley After School Tutoring

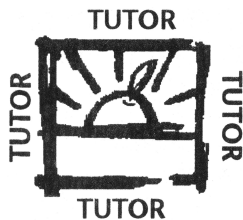
The Loft is finally open! If you are 10 years and up you can come by and hang out with us in our new fun space above the San Geronimo Gym. The Loft is a diverse youth program dedicated to promoting personal and group development through fun events, creative expression, community activism, youth empowerment, mentoring, and the open exchange of ideas. *We are currently open 4 days a week, Mondays and Tuesdays 3:00 until 5:00 PM, Wednesdays 2:00 until 5:00 PM and Thursdays 3:00 until 7:00 PM. We serve delicious healthy kid prepared snacks and offer a large variety of games, crafts and activities. Homework help is available every day.*

For younger kids, 9 years and under, needing after school care, Zoila's (488-9344) will be open from Noon till 6:00 PM everyday!

Our diverse **Afterschool Enrichment Classes** are cranking up at the Community Center with a little something for all. Expore your inner ham in **Theatre Games** (improv for kids) on Wednesdays from 2:15-3:30. Make a Basket and Didgeridoo in **Hand Crafting Class** 3:30-4:30 on Tuesdays or try **Sewing** with Pranava from 3:15-4:00. Swashbuckle the safe way in **Fencing** with Maestro Kaufman, Fridays 3:30-4:30. Learn self confidence and **Karate** with Ramon Pruitt, Wednesdays, 4:30-5:30; and **Capoeira** with Mestra Sorriso on Mondays, 3:30-4:30.

Valley After School Tutoring (VAST)

Get Off to a Great Start This Year with 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 _____

Holiday Camps

This school year we will be offering **Holiday Camps** for children 5-10 years during select school holidays. All of the fun of a summer camp except... well... not during summer. Here are the dates: November 25; December 21-23, December 28-31, January 25, February 16-19, March 22 & April 12-16. Please register at least a week in advance for Holiday Camps.



Parents!!

This year, Just for You, we will be offering a monthly "**Parents' Night Out.**" Think, evening childcare for your 2-12 year olds. Think, 4 hours of grown up time, 6:00 - 10:00 PM. Think, first date in (fill in the blank) years. Excited? Check your dates, make your plans...December 18, January 22, February 26, March 26, April 23, May 21, and June 4

Teens!!

And just for you, this year on two Fridays per month from 5:30 till 9:30 PM, The Loft crew will be hosting "**Friday Nights Live**" a revolving themed hang spot for 12 to 16 year olds. Coming up, Boy's night!, Chrisma-Hanna-Kawanzika party & Valentine's Night. All this fun for 5 bucks each!

For more information, call 488-8888, ext. #250 or e-mail youthprograms@sgvcc.org



After School Enrichment Classes

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

CAPOEIRA

with Mestra Sorriso (Karlton Kepke)

Capoeira is a Brazilian art form, which incorporates music, dance, acrobatics and self-defense in an improvisational expression of freedom. Training in Capoeira increases strength, flexibility, stamina, grace, coordination and self esteem. In addition to movement, students learn to play the musical instruments that accompany this art form. Instruments include the berimbau, atabaque (drum), pandeiro (tambourine), and agogo (bell). In addition, children will learn the traditional songs of Capoeira sung in Portuguese. For children ages 7- 12 years. Contact Karlton (415) 488-1988.



FEES: \$15 drop in or \$80 for 6 week session
Session II: November 9 – December 14 \$75
MONDAYS 3:30 – 4:30 PM
Valley Room

SEWING CLASS FOR CHILDREN

with Pranava Levine.

Would you like your child to have basic handsewing skills, learn embroidery stitches, sew buttons, make a pretty purse, accessories, fairies or gnomes, holiday surprises and much mores . . . ? When I myself went to elementary school, girls had to learn basic sewing and it was boring because there was no space for our own creativity. My love for making things started at a very young age and I will love to share this with your children, by helping them realize projects, allowing their own creativity to be expressed. This class is limited to 10 children. Please register early by calling and sending a check to Pranava 482-8689.

Age 6 and up (younger children welcome to try one class first.)
FEES: \$ 90; includes all supplies & material and also a snack: Lemonade & cookies!
TUESDAYS: 3:15 to 4:00 PM
Session 1: December 1 – January 19
(No class during Winter Break)
Session 2: January 26 – March 9 (No class Feb. 16, Mid-Winter Break)
West Room

THEATER GAMES

with Dottie Escue

An introduction to theater for children ages 5-9, based in part on the groundbreaking work of Viola Spolin, master theater director and founder of the historic Second City Improv Theater in Chicago. In this class we will use simple structured games to bring forth creativity, imagination and self confidence. Children will develop body and sensory awareness, spacial perception and interpersonal skills. We will work on simple character development and present a short play of mini sketches at the end of the class.

Dottie Escue, MA, CMT is a professionally trained actor, singer and dancer with numerous stage and screen credits. She has performed Shakespeare off Broadway in New York, and starred in many dramatic and musical theater productions. Dottie has danced in several dance companies and is pursuing instructor certification in Latin Ballroom dancing. She has also been a featured classical soprano soloist with numerous chorales and vocal ensembles. She is currently singing with her partner's country rock band and is a grateful community member and Montessori mom.(415) 259-0399, dottieaescue@yahoo.com

FEE: 8 Week Series \$80
WEDNESDAY, 2:15 – 3:30 PM
Starting December 2, running through February 3
No class 12/23 & 12/30
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
No Class 12/23/ & 12/30
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 488-4118 ext. 219 for details.

FEES: Session I (9/4– 10/23) \$160 (8 classes)
FRIDAYS 3:30 – 4:30 PM
Session II: November 6 – January 15
No class 11/27, 12/25, 1/1/10
Lagunitas Multipurpose Room



HAND CRAFTING CLASSES

with Alicia M. Retes, C.I.G., C.I.T.

TUESDAY 3:30 – 4:30PM
FEE: \$160 plus \$20 Material Fee, Eight Classes
Ages 8 and up, 8 students maximum
Class starts on November 17 and runs till January 19.
No classes on Dec 22 and Dec 29.

WEAVING NATURE'S TREASURES Create Your Own Basket!

In this beginner's class, students learn the ancient art of twining, a major basketry construction method. Have fun creating wood bottom baskets using cane reeds to weave a basket representing your personal connection with nature. Guaranteed successful completion of one basket!

Class 1 View a variety of baskets from Alicia's family basketry tradition and collection including Mayo, Appalachian and Kumeyaay. Learn about natural weaving materials, the basics of twining and begin creating your own basket. Please bring a "weaveable" natural treasure (small sea shells, beads or seeds with a hole for attachment).

Class 2 Building on your knowledge from Class 1, begin weaving and shaping your basket into a practical container or artistic sculpture

Class 3 Continue weaving and attach your natural treasures

Class 4 Complete your basket.

DO YOU DIDGERIDO? Create Your Own Didgerido!

The Tjapukai tribe in Kuranda taught Alicia how to play the didgerido, an ancient Australian Aboriginal musical instrument. You will learn how to create a didgerido, design it and learn how to play the instrument.

Class 1 View and listen to a variety of didgeridos from traditional Euclyptus to bamboo, agave and plastic pipes. Begin construction and discuss possible designs for personal symbols to apply to your didgerido.

Class 2 Shape the beeswax mouthpiece and start painting designs.

Class 3 Finish painting designs.

Class 4 Learn how to play the instrument.

Additional Projects Available

Feathers are an amazing evolutionary development separating birds from all other animals. Humans have used feathers for thousands of years, in rituals, warfare, art-work and for adornment. Learn the structural differences of feathers, how they work for birds and make your own feather creation from peacocks, parrots and more. Kids will have fun learning about feathers and thrilled to take home a feather creation of their very own!

Paper Mache Critters

Have fun using paper mache to create crazy critters or your own piñata.

Contact **Alicia M. Retes, C.I.G., C.I.T.** Artist, Naturalist and Certified Interpretive Guide and Trainer, Alicia_Retes@yahoo.com, (415) 307-3417 (610) 291-2147

HOLIDAY CAMPS

(9:00 AM–5:00 PM)

5–10 years

December 21, 22, 23, 28, 29, 30, 31

January 25

February 16,17, 18,19

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 3:00 – 5:00 PM

Wednesdays 2:00 – 5:00 PM

Thursdays 3:00 – 7:00 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.

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, 9:00 – 10:15 AM

Ongoing
Valley 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.

FEES: \$18 per class \$150 for 10 classes. First class is free.
MONDAYS 6:30 PM.

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 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

DISCOVER YOUR POTENTIAL THROUGH ASTROLOGY.

with Carol Baum

This class is designed to introduce students to astrology as a tool for self discovery by interpreting natal charts to access individual capabilities and strengths. We will cover the basic significance of planets, signs, houses, and aspects to provide information to uncover and reinforce inherent aptitudes and talents indicated in the chart. This analysis can help determine career potential, and educational goals as it gives insight into the psychological and emotional patterns of the individual and can help unleash blocks that have inhibited self-fulfillment. Instructor will provide a chart for each student with birth information.

Carol Baum had been studying astrology for the past 25 years and has attended numerous conferences and workshops with prominent astrologers. She is a board member of the National Council of Geocosmic Research and a member of the San Francisco Astrological Society. She has been doing interpretations for the last ten years. Contact Carol for more information: (415) 272-1867 or baumcarol@gmail.com.

FEE: \$225
TUESDAYS: 6:30-8:00 pm. 1.5 hours each
session: 10 classes starting January 5 through March 23, 2010. No class February 23 or March 2.
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. For more information or to register, call Kenn at 488-4213.



FEE: \$45 per month
WEDNESDAYS, 8:30 – 9:30 AM
Ongoing
Valley Room

KUNDALINI YOGA

with Bob (Baba) Bain

Often referred to as the Yoga of Awareness, Kundalini Yoga is a practice that combines dynamic postures, with breath, mantra, focus, and sound in exercises called *kriyas*. This yoga has the potential to strengthen your immune system, provide emotional release, strengthen and maintain spinal health, provide clarity of mind, relieve depression, and provide a heightened state of being. This yoga can be done by all and there is safe space held within the practice to allow for a mind-body-spirit challenge as well as deep states of relaxation and meditation. There is no prior experience required to attend, nor to achieve great benefit from this yoga.

Bob (Baba) Blain grew up in the San Geronimo Valley and attended Drake High School before going to Sonoma St. University where he studied in the *Energy Management and Design* program and also began studying and practicing yoga on a regular basis. Currently Bob has two teaching certifications and over 550 hours of training with his amazing teachers Jeffrey Williams (lifestylesofflight.com) and Dr. Siri Gian Singh Khalsa (reichianinstitute.org). Bob is dedicated to the daily practice of Kundalini yoga and to holding space for others to join.

FEE: 4 week series \$40
WEDNESDAYS 6:00-7:00 PM
West Room

FAMILY DOG 1

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 (415) 259-9481.

Age: For dogs 4 months and older. Primary handler must be 18 but children are welcome to attend with an adult.
FEES: \$140 for six weeks
WEDNESDAYS: 6:30 to 7:30 pm
Session 1: January 6 – February 10
Valley Room

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
THURSDAYS 8:30 – 9:30 AM
West 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, HEALTHCARE 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: gentleyoga@sbcglobal.net.

FEE: Sliding scale \$5 - \$10/ class depending on income

THURSDAYS, 11:00 AM - 11:50 AM

Valley 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

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.

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

FRIDAYS 9:00 to 10:00 AM

Valley Room

VALLEY WINE CLUB

The Valley Wine Club is gearing up for several tasting trips. A chartered bus will pick up at the Community Center and tour the fantastic Wineries of Napa and Sonoma. The next wine trip is planned for Sunday, January 17.

Call Dave Cort for Details (415) 488-8888 #224
director@sgvcc.org



SKIING AND BOARDING FUN FOR FAMILIES

This snowy season promises some ferocious fun — our famous leader Dave Cort has volunteered to host two Fun for Families ski trips this winter! You read that right, TWO festive daytrips to frolic and freeze with your friends and fellow families. Transportation is provided.

The first ski trip will take place on Monday, January 25. This is a county-wide day off from school. For more info and to sign up, call Patrick Byrd 488-4119, ext. 219, or email youthprograms@sgvcc.org. *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

\$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