

CITY OF CAPITOLA

# COMMUNITY SERVICES & RECREATION

FALL 2024

SEPTEMBER 1 – DECEMBER 31



Find us on  
Facebook



@CapitolaRecreation

[WWW.CITYOFCAPITOLA.ORG/RECREATION](http://WWW.CITYOFCAPITOLA.ORG/RECREATION)





**Work With Us:**

Capitola Recreation is looking for enthusiastic individuals interested in developing their recreation employment experience. Recruitment for recreation leaders for Camp Capitola is now open! Anyone interested in serving the community or working alongside youth programming is encouraged to apply to join our team. Please contact the Capitola Recreation front office for more information or visit [cityofcapitola.org/jobs](http://cityofcapitola.org/jobs)

## CONTACT US

**MONDAY - FRIDAY | 8 AM - 5 PM**

Capitola Community Center | 4400 Jade St. Capitola, CA  
 831.475.5935 | [capitolarecreation@ci.capitola.ca.us](mailto:capitolarecreation@ci.capitola.ca.us)  
[www.cityofcapitola.org/recreation](http://www.cityofcapitola.org/recreation)

## TABLE OF CONTENTS

- How to Register/Policies ..... 1
- Capitola Recreation Events..... 2-4
- Other Community Events ..... 5
- Capitola Scoop..... 6-7
- Afterschool Rec Club Programs ..... 8-9
- Youth Classes ..... 10-13
- Adult Classes ..... 16-25
  - Arts/Crafts ..... 14-16
  - General Interest..... 17-19
  - Dance/Fitness..... 19-23
- Adult Tennis ..... 24-25
- Letter to Readers ..... 26-27
- Ocean Safety..... 28
- School Break Camps..... 29

Please note Class and Event locations and schedules are subject to change after printing. Please refer to our digital catalog or call us at 831-475-5935 for the most up to date information.



## CLASS REGISTRATION BEGINS AUGUST 8<sup>TH</sup>

### HOW TO REGISTER

**Log into your CivicRec account or create a new account.** Create your account in advance to expedite your day of registration. Add all your family members. When registration opens for your activity go to the website and begin your registration process. Call in or walk in registration is available for some activities but not all. [www.cityofcapitola.org/recreation](http://www.cityofcapitola.org/recreation)

**ONLINE:**

<https://secure.rec1.com/CA/capitola-recreation-ca/catalog>

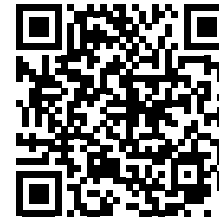
**PHONE-IN**

Call (831) 475-5935 Monday - Friday between the hours of 8:00 am - 5:00 pm.

**WALK-IN**

Register at our office, Monday - Friday 8:00 am - 5:00 pm at 4400 Jade Street, Capitola, CA 95010.

### CREATE AN ACCOUNT TODAY



## POLICIES

**WHO PAYS THE RESIDENT PRICE?**

A Resident (R) resides within the City of Capitola and the Soquel Union Elementary School District. A Non-resident (NR) resides within the rest of Santa Cruz County or outside of the County.

**SENIOR DISCOUNT**

If you are 62 or older, please request your 10% discount at the time of registration. This discount cannot be applied to non-qualifying members of your family.

**CANCELLATIONS**

When an activity is cancelled by Capitola Recreation, a full refund will be given to each participant or a pro-rated amount if activity has already begun.

**REFUNDS**

Requested more than two weeks before the start date of an activity, the City will provide a full refund, less a registration fee. (range \$20 to \$50 depending on activity)

Requested within two weeks before the start date of an activity, the City will provide a 50% refund OR participant can transfer into an available activity with different dates (difference in fee will be paid by participant or applied as credit to account) OR apply credit to account less registration fee.

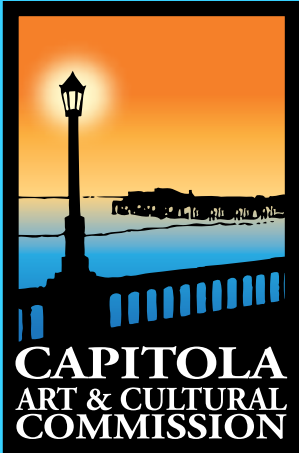
No refunds will be given after the second day of an activity.

Account Credit is valid for one year. Please allow up to 2 weeks to receive you refund amount.

If a participant becomes sick or is injured during the activity, and the illness or injury precludes the participant from continuing, the City will provide a pro-rated refund based on the remaining days of activity. You may be required to provide documentation regarding the illness or injury.

No refund will be provided if a participant is removed from the activity for disciplinary reasons.





9<sup>th</sup> ANNUAL  
**Capitola  
 Plein Air**

October 21- 27, 2024

*Beach Bliss Weddings*

Say 'I do' in a heartbeat, with sand  
 between your toes.



Join us for a whirlwind wedding  
 celebration by the sea!

**CLOTHING  
 EXCHANGE**

September 21 • 10 AM

Come join Capitola Recreation Women's Clothing Exchange and turn your unwanted clothes into "new to you". Bring your unwanted, gently used, clean and scent free clothing, shoes and accessories and swap for as much as your closet will hold. Any items not claimed will be donated. Arrive on time to sort clothes and get a peek at what is available.

Capitola Community Center 4400 Jade St. Capitola



City of Capitola  
**FOOD TRUCK  
 FRIDAYS** AT MONTEREY AVE  
 PARK 4:30-7:30PM

June 15	July 12	Aug 17	Sept 13
---------	---------	--------	---------



**SUMMER TWILIGHT CONCERT SERIES**

Wednesdays 6-8pm

- August 7** Space Heater (Funk/Dance/Jam)
- August 14** The Inciters Band (60's Style Original Soul)
- August 21** Cowboys After Dark (Classic Rock/Funk)
- August 28** The Alex Lucero Band (Soul/Americana)

# MOVIES

at the beach



## Grease

August 30

## Shark Tale

September 20

 FOLLOW US ON  
**Instagram**



## NATIONAL NIGHT OUT

AUGUST 6

5:00 PM TO 7:00 PM

JADE STREET PARK

4400 JADE STREET, CAPITOLA, CA 95010

FREE EVENT FOR THE COMMUNITY!

FOOD AND REFRESHMENTS WILL BE PROVIDED

HOSTED BY THE CAPITOLA POLICE DEPARTMENT



September 14 & 15, 2024

Saturday 10am-6pm

Sunday 10am-5pm

Stroll the festival sipping exceptional wines from 22 Santa Cruz Mountain wineries while admiring the artistic talents of over 100 fine artists. Enjoy live music, be inspired by local dance groups, and street performers in beautiful Capitola Village.

Visit [capitolaartandwine.com](http://capitolaartandwine.com)



## Capitola Beach Festival

September 28 & 29



**SURFIN' SANTA WILL BE DROPPING INTO CAPITOLA BEACH VIA OUTRIGGER CANOE THIS HOLIDAY SEASON FOR A VISIT WITH THE KIDS.**

**NOVEMBER 30 @ 12:00 PM - 3:00 PM PST**







VISIT

# City of Capitola Museum

2024 - A YEAR OF ANNIVERSARIES

## Little City Under Canvas- The 150th Anniversary of Camp Capitola:

*S.A. Hall officially opened Camp Capitola in the summer of 1874, thereby making Capitola one of the oldest beach resorts on the California Coast. The story of the campground will be told through historic photographs, artifacts, and a diorama.*

## 75th Anniversary of the City of Capitola:

*The Museum opens mid-March for its celebration of 75 years of Capitola. View our historically furnished 1907 Beach Collage and adjoining vintage Bathhouse located in front of the museum. You may also check out our rotating exhibits at the Capitola Library located at 2005 Wharf Road as well.*

*We hope you help us celebrate the surprisingly long and multi-faceted history of this wonderful little community.*

# Cliff Drive Resiliency Project



January 2023 storm events caused significant erosion to the bluff along Cliff Drive southwest of Hooper Beach. These storms undermined the retaining wall installed in the mid-1990s. Last fall, the City initiated a study to assess risks to the bluff due to sea level rise and storm surge, which may threaten Cliff Drive's accessibility for pedestrians, bicyclists, and motorists in the future. If you would like further information about the Cliff Dr. Resiliency Project scan the QR code above. [cityofcapitola.org/publicworks/page/cliff-dr-resiliency-project](http://cityofcapitola.org/publicworks/page/cliff-dr-resiliency-project)

## City of Capitola Accessory Dwelling Units Resource Guides



Accessory Dwelling Units (ADUs) are independent homes located on the same property as another primary dwelling home. City created an ADU guide to assist homeowners with the review process for ADUs and ultimately to support the city's goals for creating more affordable housing options. Check out Capitola's ADU Resource Guide available on our website. The City of Capitola has made available free of charge ADU plans that have been reviewed and are building code approved by Capitola's Building Official. The program offers five floor plans and three exterior design styles, designed for a typical lot within the city.



A playground designed to provide all children access to play while fostering respect, connectedness, and joy.



[www.countyparkfriends.org/jadestpark](http://www.countyparkfriends.org/jadestpark)





**ONE SATURDAY EACH MONTH & BOO BASH FRIDAY**



# PARENTS NIGHT OUT

5pm-9pm ( 9/7, 10/25 BooBash)  
4pm-8pm (11/9, 12/7)  
\$25/Child/ \$31/Child (Non-Res)  
Capitola Community Center



Capitola Recreation  
**AFTERSCHOOL REC CLUB**  
at New Brighton Middle School

*Registration Opens July 9th*

*Scholarships Available!*




*field trip Fridays!*




**What We Offer:**

- Recreational sports
- Healthy snacks
- Homework help
- Arts & Crafts
- Community & leadership
- Technology activities
- Supportive & fun staff

Pick up service from Main St Elementary and Soquel Elementary Schools

**Sample Schedule:**

- Snack / homework
- Outdoor Activity
- Snack / hangout / relax
- Clean up & Pick up

**New Brighton Middle School Students, 6th-8th Grade:**

New to NBMS? Check out the Afterschool Rec Club.

Fun place to meet others!

Capitola Community Services & Recreation  
831-475-5935  
[www.cityofcapitola.org/recreation](http://www.cityofcapitola.org/recreation)



# Mayor for a Day

If you were mayor of Capitola, what would you do? Elementary, Middle School, and High School students have the chance! Submit your submission for Mayor for a Day essay contest!

Visit <https://www.cityofcapitola.org/recreation/webform/mayor-day> to enter!





# YOUTH CLASSES

Scholarships Available!

## BALLET: MOM / DAD & ME

4 Wks  
 Jeani Mitchell  
 2-4 yrs  
 Through basic ballet technique, your child will develop gross and fine motor skills. He or she will develop movement, rhythm and the ability to follow directions and work with a group. Children will be enchanted with lots of wings, wands and tutus. Children may take this class beyond 3 years of age if they are not ready to participate in Pre-ballet by themselves. An \$10 materials fee is payable at the first class. Please, no video recording of the class. Teacher will allow an appropriate time for pictures.

Capitola Community Center  
 R: \$145 | NR: \$162  
 Wed 3:45-4:30 pm 9/11-10/9  
 Wed 4:15-5:00 pm 10/23-11/20

## PRE-BALLET I

4 Wks  
 Jeani Mitchell  
 5-9 yrs  
 Children will discover the joy of dance and age appropriate technique in a positive and nurturing environment. Emphasis will be placed on proper posture and alignment. This class is designed to develop grace, coordination and creativity. Children will learn valuable skills, build self confidence, make new friends and find the joy of discipline and dance. There is a time for creative expression and children will be able to create their own dances. A \$10 materials fee is due at first class.

Capitola Community Center  
 R: \$145 | NR: \$162  
 Wed 4:45-5:30 pm 9/11-10/9  
 Wed 5:00-5:45 pm 10/23-11/20



## AFTERNOON ART FOR KIDS

3 Wks  
 Dana Schmidt  
 5-10 yrs  
 Looking for some awesome art activities for your child? We'd love them to join us for some fun Friday afternoon art! Throughout the 3 sessions we will create different art pieces using a variety of materials: Watercolors, pastels, paint sticks, crayons, glitter, and more. We will explore different art techniques from drawing, collage, print making, crayon resist to painting. Children will create 3-4 unique art projects that could be frame worthy. If your child chooses to do both sessions, we will be doing different art lessons throughout. Dana Schmidt is a retired school teacher, and has been teaching art to children for over 25 years. No class 11/29

Capitola Community Center  
 R: \$100 | NR: \$108.50  
 Fri 3:00-4:15pm 10/11-10/25  
 Fri 3:00-4:15pm 11/22-12/13

## BEGINNING PIANO FOR KIDS

6 Wks  
 Laura Alioto  
 7-10 yrs  
 Introduce your child to the wonderful world of piano! In this small group class, your child will use interactive learning tools and keyboards to learn the basics of piano and reading music. They will learn how to read musical notes and apply them to the piano keyboard turning them into simple songs. A great start to a fun way to understand music! An \$8 materials fee is payable at the first class.

Capitola Community Center  
 R: \$140 NR: \$157  
 Wed 3:15-4:00pm 11/6-12/11







**TEEN BRAZILIAN JIU-JITSU**

6 Wks  
 Claudio Franca BJJ  
 claudiofrancabjj.com  
 santacruz@claudiofrancabjj.com  
 (831) 476-7650

This series is specifically designed for teenagers to learn the fundamental skills of sport and self-defense of Brazilian Jiu-Jitsu in a supportive, and non-competitive environment. They will be able to hone their self-confidence, self-esteem, body awareness, and coordination while getting a great workout. A uniform (Gi) is required and available for purchase at the dojo. This program may only be taken through the recreation department once.

1658 Soquel Dr, Suite C, Santa Cruz CA  
 R: \$210 | NR: \$227

M | F 4-5:55pm 9/9-10/18  
 M | F 4-5:55pm 11/4-12/13

**YOUTH KICKBOXING**

6 Wks  
 Claudio Franca BJJ  
 6-14 yrs  
 claudiofrancabjj.com  
 santacruz@claudiofrancabjj.com  
 (831) 476-7650

The goal of this program is to introduce kids to self-defense-ready kickboxing to help build self-confidence, instill self-esteem, and learn discipline. They will learn how to properly punch, kick, knee, elbow, and drill various striking art takedowns in a controlled, safe, and non-competitive environment. Kids enrolled in this 6-week program will be joining an ongoing class with our kid kickboxing members. We recommend purchasing headgear, a mouthpiece, shin guards, and a cup for male kickboxers before starting the program. This program may only be taken through the recreation department once. You may join our dojo afterward to continue training in kickboxing.

1658 Soquel Dr, Suite C, Santa Cruz CA  
 R: \$170 | NR: \$187

W | F 4:00-4:55 pm 9/4-10/11  
 W | F 4:00-4:55 pm 11/6-12/13

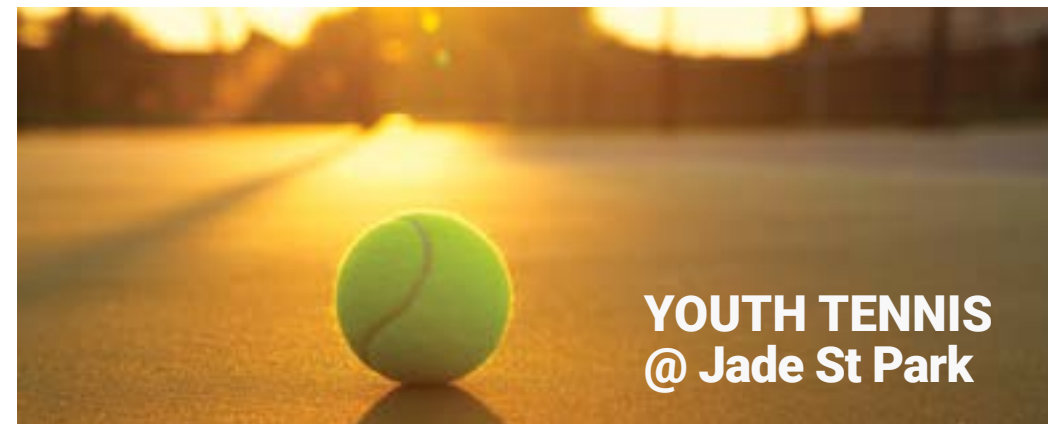
**YOUTH BRAZILIAN JIU-JITSU**

6 Wks  
 Claudio Franca BJJ  
 claudiofrancabjj.com  
 santacruz@claudiofrancabjj.com  
 (831) 476-7650

The goal of this program is to provide a fun and encouraging environment where youth may learn the fundamental skills of sport and self-defense of Brazilian Jiu Jitsu. Kids will be able to improve their self-confidence, self-esteem, body awareness, and coordination. A uniform (Gi) is required and available for purchase at the dojo. This program may only be taken through the recreation department once.

1658 Soquel Dr, Suite C, Santa Cruz CA  
 R:\$200| NR: \$217

Ages 3.5-5:  
 T | Th 3:10-3:55 pm 9/3-10/10  
 T | Th 3:10-3:55 pm 11/5-12/12  
 Ages 6-9:  
 T | Th 4:00-4:55 pm 9/3-10/10  
 T | Th 4:00-4:55 pm 11/5-12/12  
 Ages 10-14:  
 T | Th 5:00-5:55 pm 9/3-10/10  
 T | Th 5:00-5:55 pm 11/5-12/12



**TENNIS FOR KIDS**

4 Classes  
 5-13 yrs  
 Laura Alioto  
 (831) 295-9033

Introduce your child to tennis with a class designed specifically for them. This class is for beginners with little to no experience. The class will use smaller nets, racquets and balls designed especially for small people! Instructor Laura Alioto has been coaching preschool to high school tennis for over 10 years as well as Quick Start with USTA. Laura has previously been a high school coach for 15 seasons and is USPTA certified. A \$6 materials fee is payable at the first class.

Jade Street Park Tennis Courts  
 R: \$100/\$120 | NR: \$117/\$137

<b>Class for 7-8 years:</b>			<b>Class for 9-13 years:</b>		
Fri	3:30-4:15pm	9/6-9/27	Fri	4:15-5:00pm	9/6-9/27
Fri	3:30-4:15pm	10/4-10/25	Fri	4:15-5:00pm	10/4-10/25
Tue	3:30-4:15pm	11/5-12/10	Tue	4:15-5:00pm	11/5-12/10



**KOREAN MARTIAL ARTS (TAE KWON DO)**

3 Wks  
 Sang Jin  
 3.5-15 yrs

This class introduces young children to Tae Kwon Do, focusing on safe falling, kicks and tumbling. This class will help develop coordination, flexibility and self-confidence. Your child will also learn social skills, playground skills, focus, patience, self-control, and the importance of never initiating violence.

Korean Martial Arts Academy  
 3702 Portola Dr, Santa Cruz CA  
 R: \$130 | NR: \$137 (Little Tigers)  
 R: \$150 | NR: \$167

<b>Little Tigers (3.5-5 yrs):</b>			<b>Ages 10-14</b>		
Tu   Th	3:45-4:25pm	9/3-10/10	Tu   Th	5:30-6:20 pm	9/3-10/10
Tu   Th	3:45-4:25pm	10/15-11/21	Tu   Th	5:30-6:20 pm	10/15-11/21
<b>Ages 6-9</b>			<b>Ages 15&amp;Up</b>		
Tu   Th	4:30-5:20pm	9/3-10/10	Tu   Th	6:30-7:30 pm	9/3-10/10
Tu   Th	4:30-5:20pm	10/15-11/21	Tu   Th	6:30-7:30 pm	10/15-11/21





## ADULT CLASSES

### MANDALAS IN AUTUMN

6 Wks

Michele Faia  
(831) 713-9312  
mandalas@michelefaia.com  
www.michelefaia.com

LET'S PAINT LEAVES! From their nurturance, to sprouting, to full bright green leafing, and then to an array of beautiful changing colors which we contemplate with reverence. Finally, leaves let go and fall to regenerate a new cycle. It's the cycle of nature. Leaves mirror us and they "wordlessly teach the truth of the world." (Zicheng) Join us as we paint from our hearts within our supportive Circle. We will learn the basics of mandala making and watercolor, including creating autumn colors. Bring a new leaf and a fallen leaf to the first class.

**Capitola Community Center**

R: \$90 | NR: \$107

Thu 1:00-3:30pm 9/12-10/17

### ACRYLIC PAINTING

4 Wks

16 & up  
Cindy Kaskey  
clk mama@yahoo.com

This is a class for people who have picked up a paintbrush before but would like some instruction, inspiration, or painting time. Each week we have a theme. I send out images for inspiration which can be copied, compiled, or completely ignored.. I often send out videos as well to give you a few different ways other people have painted the theme. Each week focuses on a different technique that you can incorporate into your painting. The class is geared to support each other and our creative journeys. You will need paint, brushes, canvas or something to paint on, and a palette. Please email [clk mama@yahoo.com](mailto:clk mama@yahoo.com) for a list of supplies. *No class 11/11*

**Capitola Community Center**

4 Wk Session:

R \$100 | NR: \$117

Mon 1:00-3:00pm 10/28-12/9



*Do you have a leisure skill and enjoy teaching? Capitola Recreation is always looking for new Instructors to add to our activity guide. Check out our website or call the Capitola Community Center to learn more about how to become an Instructor.*



### BEGINNING ACRYLIC PAINTING

4 Wks

Cindy Kaskey  
clk mama@yahoo.com

This is a class for people who think they can't paint but would love to be able to. I will break the paintings down into simple-to-follow steps and you will come out with a painting you love! Please email [clk mama@yahoo.com](mailto:clk mama@yahoo.com) for a list of supplies. This is just a short 4 week class that will introduce you to different painting techniques. The picture above is the first painting we will be doing.

**Capitola Community Center**

R: \$90 | NR: \$107

Mon 1:00-2:45pm 9/9-9/30



### MIXED MEDIA ACRYLIC PAINTING

3 Wks

Katie Simpson  
simpson.kathleen@gmail.com  
Instagram: @katie.simpson.arts  
kmsimpson.com

Explore acrylic paint and mediums by using mixed media painting techniques. The class will cover collage, drawing and glazing, along with various acrylic techniques.

Taught by local artist Katie Simpson, check out her work at Open Studios Santa Cruz County in October. \$20 materials fee covers one canvas panel, collage materials, pencil & eraser, brushes, acrylic mediums to try, and paint to use during classes. You may choose to bring photos to paint from and additional surfaces to paint on. You are welcome to bring your own supplies if you prefer.

**Capitola Community Center**

R: \$105 | NR: \$122

Sat 2:00-5:00pm 11/2-11/16



### EXPLORING WATERCOLOR: BASICS FOR BEGINNERS

4 Wks

Heidi Woodmansee  
IG @Heidimichelle.artstudio  
<https://www.heidimichelleartstudio.com>

Learn the basics of Watercolor with local artist and popular workshop teacher Heidi Michelle. Together we will explore various painting techniques, and during the four week class you will become more proficient and confident with your painting skills. Learn the how-to's of different washes and glazing, hard and soft edges, line work, creating volume and shadows, good composition, special effects, and more. A supplies list will be sent to you upon registration. Materials fee of \$5.00 is due the instructor at the first class.

**Capitola Community Center**

R: \$220 | NR: \$237

Tue 1:30-3:30pm 9/3-9/24  
Tue 11:30-1:30pm 11/5-11/26



### REALISTIC PAINTING: WATERCOLOR, INTERMEDIATE & ADVANCED LEVELS

8 Wks

Hanya Fojaco  
hanyaart@icloud.com  
www.hanyafojaco.com

Continue to develop your painting skills within a realistic painting context. Please bring three or more simple reference photos which you have taken or have permission to use. An \$8 materials fee is payable to the instructor at the first class for a few supplies that will be provided to new enrollees. Bring watercolor supplies you already have to compare with the materials list for this class.

**No Class 11/27**

**Capitola Community Center**

R: \$137 | NR: \$154

Wed 12:30-3:00pm 9/18-10/16  
Wed 12:30-3:00pm 10/23-12/18





### DESTINY TIMELINE JOURNAL

3 Wks

Beverly Alexander Martin

[www.beverlyalexandermartin.com](http://www.beverlyalexandermartin.com)

Everyone has a thread that runs through their life's biography. This participatory class offers specific timeline prompts, guided journaling tips, and mood board suggestions to encourage you to find and express that thread. Your class guide used this timeline approach to author her memoir, "Destiny Deems." You'll be using it to create a multiple use tool that can help you better understand the trajectory of your life. A \$10 materials fee is due to the instructor at the first day of class.

**Capitola Community Center**  
R: \$65 | NR: \$73.50

Sat 10:00-11:00am 9/7-9/21  
Sat 10:00-11:00am 10/5-10/19



### LEARN TO SEW HOLIDAY STOCKINGS

1 Wk

Lisa Rupp

18 yrs

[hello@sereiadesign.com](mailto:hello@sereiadesign.com)  
[sereiadesign.com](http://sereiadesign.com)

Get into the festive spirit and create a one-of-a-kind stocking that can be filled with treats this holiday season. In this Beginners workshop, you will learn basics of sewing, working with machines, and using fabric and trims all while expanding your skills and creating a fun project to deck the halls with holiday cheer. Whether you are brand new to sewing or looking to craft a special holiday keepsake, this class is for you.

**New Brighton Middle School**

R: \$380 NR: \$397

Sat 1:30-5pm 12/7

### INTRODUCTION TO ZENTANGLE WORKSHOP

1 Day

Sheila Burt

[burtsusa@gmail.com](mailto:burtsusa@gmail.com)

Instagram: @95003.tangler\_czt

No previous art experience is needed for this workshop. Zentangle® is an easy-to-learn, relaxing art form created by drawing structured patterns called tangles. You will learn about the Zentangle method, which is celebrating its 20th anniversary this year. Following the 8 steps of Zentangle, notice your mind and body relax as you focus on creating a black and white image. The supply kit for this workshop is \$10, payable (cash only please) to the instructor at the beginning of this workshop.

**Capitola Community Center**

R: \$40 | NR: \$57

Sat 10:00-1:30pm 9/28

### 3D PAPER STAR ZENTANGLE INSPIRED DECORATION

1 Day

Sheila Burt

[burtsusa@gmail.com](mailto:burtsusa@gmail.com)

Instagram: @95003.tangler\_czt

No previous art experience is needed for this workshop. We will decorate two paper stars using the Zentangle® method. This is a fun, easy-to-learn and relaxing form of drawing patterns. After decorating with our tangles (patterns) and color of your choice, we will then join these two stars to create a 3-D double-sided decoration. You will purchase the supply kit needed for this workshop at the beginning of class for \$10 (cash only). Please bring scissors, colored pens and pencils to the workshop (as these are not included in the supply kit). You will need these to personalize your 3D stars. More information about this will be emailed before the class.

**Capitola Community Center**

R: \$40 | NR: \$48.50

Sat 10:00-1:30pm 12/7  
Sat 10am-1:30pm 12/14



### 2 HANDED SPEY CASTING w/FLY ROD

3 Wks

Alex Ferber

(831) 419-0564

[alex.ferber74@gmail.com](mailto:alex.ferber74@gmail.com)

[adventureflyfishingsantacruz/home.com](http://adventureflyfishingsantacruz/home.com)

Hooking a Steelhead on a Swung fly can be quite difficult and challenging, yet one of the greatest rewards of Fly Fishing. In this class we will cover the basic principles and methods one needs to develop to become a successful Steelheader. We will be focusing on using 2 handed fly rods (Spey Casting) to present a "Swung" fly to the fish. This class is geared to those who are interested in getting into Spey Casting or for the angler looking to improve their casting and explore various techniques to be more successful on the water. This class is geared to those who are interested in getting into Spey Casting or for the angler looking to improve their casting and explore various techniques to be more successful on the water. Topics will include casting techniques and how they would apply in a fishing situation. We will discuss the rods, lines, flies as well as the various tips available. We will cast with both Skagit and Scandi lines. We will be looking at optimal water types and reading water to better understand where to find fish. NOTE: there is an additional \$5 materials fee paid directly to instructor on first day of class.

**Jade St. Soccer Field**

R \$135 | NR \$152

Jade St Park:  
Sat 1:00-3:00pm 8/31-9/14

### DESIGN YOUR OWN LANDSCAPE FOR BEGINNERS- FOUR WORKSHOP OPTIONS

Michelle Ouse

2 Wks

[greenouse@gmail.com](mailto:greenouse@gmail.com)

Ready to design your own landscape? Let's do this! In this beginning class we will learn the very basic skills needed to create a landscape base plan to scale. Be ready to get outside and measure and then draw using a scale ruler. Michelle has been a local landscape contractor and designer for over 25 years. She will show you from start to finish the how to's of landscape design and a lot of other fun facts along the way. Please note: This is a series of four classes. By the time you are finished with the last class you will have your completed landscape design. If you enroll in 3 or more workshops, the price will be \$35 per workshop. a \$10 materials fee is due to the Instructor at the beginning of the "Let's Get Started" Workshop  
**Capitola Community Center**  
R: \$50 (per workshop) | NR: \$58.5  
Workshop #1: Let's Get Started:  
Sat 9:30-11:30am 11/2-11/9  
Workshop #2: Now the Fun Begins!  
Sat 9:30-11:30am 11/16-11/23  
Workshop #3: Putting Ideas on Paper  
Sat 9:30-11:30am 12/7-12/14  
Workshop #4: Finishing Up  
Sat 9:30-11:30am 1/4-1/11



### INTERMEDIATE CASTING

3 Wks

Alex Ferber

(831) 419-0564

[alex.ferber74@gmail.com](mailto:alex.ferber74@gmail.com)

[adventureflyfishingsantacruz/home.com](http://adventureflyfishingsantacruz/home.com)

Do you want to improve casting a fly rod? This class is for those that have some casting experience. If you want to improve your ability to be more accurate and improve your distance, this class is for you. We will focus on improving loop control. We will be working on learning single and double hauling techniques, with a goal of improving your loop formation, increasing your distance and accuracy, and your ability to cast in windy conditions. We will discuss skills to enable you to become more precise when presenting your flies. We will also learn some specialty casts, such as Reach Cast, Curve Casting, S cast, and other aerial mends that will improve your ability to catch fish. We will have "fishing scenarios" to mimic fishing solutions. This class will help you become a more successful angler. NOTE: there is an additional \$5 materials fee paid directly to instructor on first day of class.

**Jade St. Soccer Field**

R \$185 | NR \$202

Jade St Park:

Sat 9:00-12:00am 8/31-9/14



### WHAT DO I DO NOW?

2 Wks

Ray Kubick

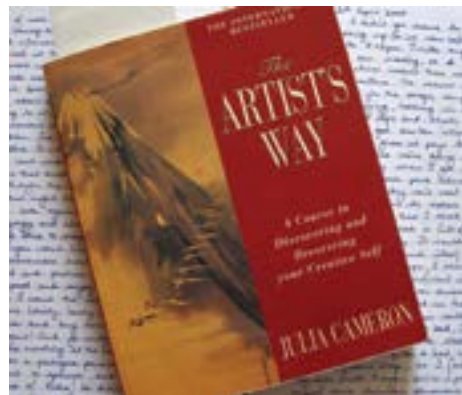
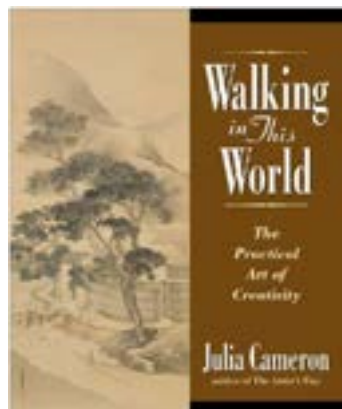
Are you planning for retirement or retired now? "What Do I Do Now?" will help you uncover a number of the non-financial issues to consider highlight some things to work on as soon as possible, even before retiring, and we'll review the myriad of resources out there that will help you craft a more satisfying next phase of life.

**Capitola Community Center**

R: \$60 | NR: \$77

Sat 10:00 - 12:00pm 12/7-12/14





**HIKING AND LUNCHEON FOR WOMEN**

**62+**  
 4 Wks  
 Robin Everest  
 reverestassociates@gmail.com.  
 Come join us once a month to explore Santa Cruz county and enjoy lunch. We'll hike local forests and the seashore, explore secret walks and architecture, then picnic or enjoy different local eateries (the registration fee does not include lunch). All you need are good walking shoes, a day pack with water, and the ability to hike 2.5-3.2 miles for 1.5-2.0 hours. Our first meeting, we'll meet at Capitola Recreation to get to know each other, plan our hikes, then head out. Group size limited to 7. In case of rain, we will reschedule to the next day or day after.

**Various Locations**  
 R: \$55 | NR: \$63.50  
 Wed 10:00 – 1:30pm 9/18,10/16, 11/20



**THE ARTIST'S WAY FOR WOMEN 55+**

14Wks  
 Robin Everest  
 reverestassociates@gmail.com.  
 Would you like support in creating a more meaningful life in retirement? Come join us for this thirteen-week adventure. We will use "The Artist's Way" by Julia Cameron as our guide. Each week we will gather and share about that week's chapter, exercises, and weekly one-hour outing. "The Artist's Way" is for anyone who would like to use their imagination and creativity to enhance their lives. All you need is openness, curiosity, and a commitment to doing the daily journaling and weekly outing. Please bring a copy of the book to our first meeting. Robin Everest recently retired from teaching professional writing and career planning at Santa Clara University.  
**No Class 11/29**  
**Capitola Community Center**  
 R: \$195 | NR: \$212  
 Fri 10:00 – 11:30pm 9/13-12/13

**CRAFTING YOUR LIFE--FOR WOMEN**

**55+**  
 2 Wks  
 Robin Everest  
 55 yrs+  
 reverestassociates@gmail.com  
 craftingyourlifeafter55.com  
 Join this workshop and explore creative ways to discover your life purpose in retirement. Let your imagination guide you through 7 excursions to rediscover your dreams, gifts, and talents. Explore the top 10 activities happy retirees pursue (like volunteering, health & fitness, learning). Use your findings to start creating a diversified life full of flow activities expressive of who you are now. Go home with a fuller understanding of this stage of life, a new support group, and the tools for moving forward. Robin Everest taught successful "Finding Your Life's Work" workshops and is looking forward to working with you.  
**Capitola Community Center**  
 R: \$73 | NR: \$82.50  
 Sat 10:00-12:30pm 9/7 -9/14

**SELF PUBLISHING BOOTCAMP**

4 Wks  
 Victoria M Johnson  
 https://www.creativebreath.net  
 FB/Instagram @CreativeBreathWriters  
 Calling all writers who want to become published authors. This course introduces you to everything you need to know to professionally turn your manuscript into a book that you can sell or give to others. Whether you want to self-publish a novel, a memoir, or your poetry, you will learn how to turn your words into a book or an ebook. This fun, helpful class will cover manuscript preparation, book production elements, publishing platforms, marketing, and much more. Register today to discover the steps to self-publishing success. Victoria is the author of 6 books, 3 of which are self-published.  
**Capitola Community Center**  
 R: \$89 | NR: \$106  
 Tue 11:30 – 1:00pm 10/22-11/12

**ZUMBA GOLD: MONDAY NIGHT**

**VIRTUAL PARTY** 6 Wks  
 Adrienne Harrell  
 831-535-8255  
 adrienne@soulfulceremonies.com  
 Stay active and have fun from the comfort of your home with our Virtual Zumba Gold class! Tailored for active older adults, this low-impact, easy-to-follow workout features dynamic Latin rhythms that will boost your fitness, coordination, and mood. Enjoy the benefits of Zumba without leaving your house, connecting with a supportive community online. Perfect for all fitness levels, our virtual class ensures a safe, social, and engaging experience. All you need is a screen, some space, and your enthusiasm. Don't miss out on this exciting way to stay fit and connected—join us online and let's groove together!

**ZOOM**  
 R: \$52.75 | NR: \$69.75  
 Mon 6:00-6:50pm 9/9-10/14  
 Mon 6:00-6:50pm 10/28-12/9

**ZUMBA GOLD: WEDNESDAY NIGHT**

**LIVE PARTY** 6 Wks  
 Adrienne Harrell  
 831-535-8255  
 adrienne@soulfulceremonies.com  
 Join our vibrant Zumba Gold class for a fun, low-impact workout designed for active older adults! Enjoy easy-to-follow dance moves set to energetic Latin rhythms that will boost your fitness, coordination, and mood. Perfect for beginners and seasoned dancers alike, this class ensures a safe, social, and supportive environment. Get ready to dance, laugh, and make new friends while improving your overall health and wellness. No dance experience is needed—just bring your enthusiasm and a smile! Let's groove to a healthier, happier you!  
**Capitola Community Center**  
 R: \$110 | NR: \$127  
 Wed 6:00-6:50pm 9/11-10/16  
 Wed 6:00-6:50pm 10/30-12/11



**MEMOIR IN A FLASH**

6 Wks  
 Victoria M Johnson  
 https://www.creativebreath.net  
 FB/Instagram @CreativeBreathWriters  
 Have you longed to write a memoir? Does the task seem daunting? This encouraging class will help you write and organize your stories and show you how to translate your life experiences into a compelling memoir. Learn to embrace the flash (short and very short) style of writing while using tools of effective storytelling. Discover ways to immerse your readers in your world and keep them engaged from chapter to chapter. See amazing examples and explore techniques with writing exercises. Why spend years writing that long daunting memoir when you can write it in a flash? For writers of all levels. A \$5 materials fee is due to the instructor at the start of class.  
**Capitola Community Center**  
 R: \$95 | NR: \$112  
 Tue 11:30 – 1:00pm 9/10-10/15



**ALIGNMENT YOGA**

Aimee Fitzgerald  
 14 Wks 16 yrs & up  
 aimee.fitzgerald@gmail.com  
 415-734-1194  
 www.aimeefitzgerald.com  
 Practicing yoga can increase our physical and mental health. Spend 45 minutes exploring your strength and flexibility with an Iyengar-based gentle yoga class. We will complete standing, seated, and supine yoga asana. We will generally spend time holding each position. We will focus on using our breath. This class generally does not have flowing sequences. This class is suitable for those who prefer a gentle class, beginners, or people who have had an injury in the past. Please email Aimee if you have any questions about if this class is right for you. Students will need to bring their own yoga mat. Feel free to bring a yoga strap, or a necktie, or towel to use for stretching. Also feel free to bring a pad or folded towel for under your head.  
**Capitola Community Center**  
 R: \$90 | NR: \$127  
 Fri 4:30–5:15pm 9/6-12/13



**WEST COAST SWING LEVEL 1**

5 Wks  
15 yrs & up  
Becky Adams  
(831) 475-4134  
growingwithbecky@gmail.com  
West Coast Swing Level I will introduce you to the fun and challenging California State Dance. You will learn to lead and follow while learning the Push Step, and variations of the Right and Left Side Passes. In addition, you will be introduced to basic Whip timing. Becky has taught East and West Coast Swing in Santa Cruz for 30 years and is looking forward to introducing this challenging to new West Coast Swing dancers.  
**Capitola Community Center**  
R: \$65 | NR: \$82  
Thu 6:00-7:00 pm 9/12-10/10



**ADULT BRAZILIAN JIU-JITSU**

6 Wks  
Claudio Franca BJJ  
claudiofrancabjj.com  
santacruz@claudiofrancabjj.com  
(831) 476-7650  
Ever been interested in learning Brazilian Jiu-Jitsu, but weren't sure where to start? If so, this series is for you! You will be introduced to the basic moves such as rolls, hip-escapes, throws, falls, and many more skills to begin your BJJ training. Each class provides a great workout in a friendly, supportive, and non-competitive environment. A uniform (Gi) is required and available for purchase at the dojo. This program may only be taken through the recreation department once.  
**1658 Soquel Dr, Suite C, Santa Cruz CA**  
R:\$210 | NR: \$227  
Mon | Wed 5:10-5:55 pm 9/9-10/16  
Mon | Wed 5:10-5:55 pm 11/4-12/11

**EAST COAST SWING LEVEL 1**

5 Wks  
15 yrs & up  
Becky Adams  
(831) 475-4134  
growingwithbecky@gmail.com  
If you've never partner danced before, this class is for you. In this introduction to Swing, you will learn the basics of all the Swing Dances. You will learn beginning steps, an introduction to leading and following, as well as some fun combinations. You will gain variety and confidence for your next big event and be ready to enjoy the many Swing bands and events in the Monterey Bay Area. Wear your shoes with the least tread in your closet or better yet, your 'dance shoes'. Singles and Couples are encouraged to join this class.No Class 11/11  
**Capitola Community Center**  
R: \$65 | NR: \$82  
Mon 6:00-7:00 pm 9/9-10/7  
Mon 6:00-7:00 pm 10/21-11/25

**EAST COAST SWING LEVEL 2**

5 Wks  
15 yrs & up  
Becky Adams  
(831) 475-4134  
growingwithbecky@gmail.com  
: If you know the basic 6 count Swing, with 'inside and outside turns' and 1 or 2 more moves, this class is for you. We will review the basic Swing moves, pick up speed, add 2 new rhythm variations, continue to improve our lead and follow, and jump into some fun Advanced Beginning combinations. This course will add variety and confidence to your swing repertoire for your enjoyment of the many Swing bands and events in the Monterey Bay Area, as well as a foundation for moving into Intermediate swing combos and Lindy. No class 11/11  
**Capitola Community Center**  
R: \$65 | NR: \$82  
Mon 7:15-8:15pm 9/9-10/7  
Mon 7:15-8:15pm 10/21-11/25

**NIGHT CLUB TWO-STEP LEVEL 1**

18yrs & up 5 Wks  
Becky Adams  
831-475-4134  
growingwithbecky@gmail.com  
Night Club Two-Step is designed for the popular slow music of today. This class is recommended for beginning dancers and those with minimal experience with partner dancing. You will be introduced to leading and following skills while learning the basics of this smooth, lilting social dance. This dance is closely related to Rumba, Salsa and Cumbia and is popular with Swing, Country and contemporary ballroom dancers. In addition, this class is highly recommended for wedding parties.No class 11/28  
**Capitola Community Center**  
R: \$65 | NR: \$82  
Thu 6:00-7:00 pm 11/7-12/12

**BEGINNING LINE DANCE**

5 Wks  
Shanta Shenoy  
Join me, Shanta, in a no-partners-required dance class. I use both country and contemporary music for a fun experience and a great work out. No class 11/28  
**Capitola Community Center**  
R \$70 | NR \$87  
Wed 7:30-8:30pm 9/4-10/2  
Wed 7:30-8:30pm 10/9-11/6  
Wed 7:30-8:30pm 11/13-12/18  
Thu 11:00-12:00pm 9/5-10/3  
Thu 11:00-12:00pm 10/10-11/7  
Thu 11:00-12:00pm 11/14-12/19



**COUNTRY WESTERN LINE DANCING**

6 Wks  
Michael Lew dancingraider@yahoo.com  
Country Western Line Dancing is a fun way to dance and get your cardio in. Beginners and intermediate dancers are welcome. We will dance to golden oldies of Willie Nelson, George Strait, and many more.  
**Capitola Community Center**  
R: \$60 | NR: \$77  
Tue 7:15-8:30pm 9/5-10/10  
Tue 7:15-8:30pm 10/17-11/21

**TAI CHI YANG STYLE ADVANCED BEGINNERS** 16 Wks

18+  
Kathleen (Kat)Brown  
westeastsonomatics.com  
kat888brown@yahoo.com  
Students who have completed Part 1 of the Long Form (see Beginners Tai Chi) are encouraged to learn an advanced new series of tai chi movements called the PhD (PrettyHeavy-Duty). This Yang-style form was developed by Hubert H Luis at the Columbia College Chicago Dance Center in the 1970s. Warm-ups will include repetition of Part 1 of the Long Form. Optional (free) community class open to all on Sunday mornings at 9 am on the patio behind Community Center. No class 11/28  
**Capitola Community Center**  
R: \$40 | NR: \$55  
Tue | Thu 9:45-10:45am 9/3-12/19



**BALANCE AND BLISS THROUGH GENTLE YOGA**

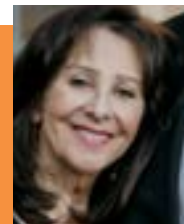
8 Days  
Janet Russell Keller  
Discover comfortable movement through gentle yoga! Improve your core strength and balance to avoid injuries. Must be able to get up from the floor. Enjoy classes that are mostly Hatha Yoga, classical stretching and drifts of Chi Gong. Non competitive and fun. Bring a yoga mat, yoga block and medium towel. Janet holds a BA in Physical Education from UC Berkeley and was certified to teach by the Chopra Center for Well Being in 2005. No Class 10/14, 11/11, 11/28  
**Capitola Community Center**  
R: \$105 | NR: \$122  
M | Th 4:00-5:00 pm 9/9-10/3  
M | Th 4:00-5:00 pm 10/17-11/14  
M | Th 4:00-5:00 pm 11/18-12/16



**TAI CHI BEGINNERS YANG STYLE-BEGINNERS**

16 Wks  
Kathleen (Kat) Brown  
westeastsonomatics.com  
kat888brown@yahoo.com  
An hour long beginners Tai Chi class with Qigong warm-ups. We will focus on learning Part 1 of a Yang-style tai chi long form. The tai chi postures are strung together to create close to 10 minutes of continuous circular graceful movement and meditation. Class will end with Qigong flowing movement to provide serene transition into "real life." Optional (free) community tai chi practice on Sunday at 9 a.m. open to all on the patio behind the Community Center. No Class 11/28  
**Capitola Community Center**  
R \$40 | NR: \$55  
Tu | Th 8:30-9:30am 9/3-12/19





Gina has been certified by the American Council on Exercise for 20 years. Over that time span Gina has had a great deal of expertise working in the health care field teaching Stanford's Chronic Disease Self Management Course, A Matter of Balance (Maine Health), the exercise component of a clinical 16 week weight management course and is a past Board Member of American Bone Health and Peer Educator of American Bone Health. Her interest in bone health is what led her to where she is today. Gina has countless years of experience teaching these classes in local recreation spaces and is excited to share her knowledge with the community to keep our bodies strong as we age!



Therapilates for men and women was developed by Physical Therapist Sherri Betz, DPT to address the needs of people with osteoporosis, osteopenia, poor balance, poor posture, joint and spinal conditions. The typical pilates repertoire consists of 34 exercises, 15 of which are contra-indicated for those with osteoporosis. The facts are: 1 in 2 women over age 50 and 1 in 4 men over age 70 will fracture their wrist, spine or hip. Fall and fracture prevention starts by incorporating lower and upper body strength training, postural alignment training, balance training and core strengthening.

**ZOOM THERAPILATES® MAT CLASS**

6 Wks  
18 yrs & up  
Gina Enriquez, C.P.T. & Staff  
(831) 224-8287  
ginacenriquez@yahoo.com  
This class will be live streamed via Zoom from instructor Gina Enriquez to help you maintain and improve your postural alignment, balance and strength. Leg strengthening is one of the most important things you can do to remain independent. Once you have signed up for class, you will receive an email about 30 minutes before class time with a meeting ID as well as a password on how to access the online Zoom classes. Must have own mat, foam roller (36 x 6in), exercise bands (long and ankle), and small dumbbells. Modifications for those with osteoporosis will be given. No Class 10/14, 11/11  
**Online**  
R: \$126.60 | NR: \$143.60  
M | W 8:30-9:30am 9/9-10/16  
M | W 8:30-9:30am 10/21-11/27  
M | W 8:30-9:30am 12/2-12/23  
M | W 9:45-10:45am 9/9-10/16  
M | W 9:45-10:45am 10/21-11/27  
M | W 9:45-10:45am 12/2-12/18

**THERAPILATES® MAT CLASS-IN PERSON**

6 Wks  
18 yrs & up  
Gina Enriquez, C.P.T. & Staff  
(831) 224-8287 / ginacenriquez@yahoo.com  
Join us for a Pilates-based bone building class using foam rollers, exercise tubes, bands and free weights. We focus on body awareness, alignment, breathing and core control with exercises that involve weight-bearing, standing balance, and spinal mobility. Special focus is on postural correction, form, balance, spine extension, hip extension, fracture prevention and FUNctional fitness! You must be able to get down to and up from the floor for mat exercises to participate. Must have own mat and foam roller (36 x 6in). Modifications for those with osteoporosis will be given. No Class 10/14, 11/11  
**Capitola Community Center**  
R: \$140 | NR: \$157  
M | W 8:30-9:30am 9/9-10/16  
M | W 8:30-9:30am 10/21-11/27  
M | W 8:30-9:30am 12/2-12/23  
M | W 9:45-10:45am 9/9-10/16  
M | W 9:45-10:45am 10/21-11/27  
M | W 9:45-10:45am 12/2-12/18

**THERAPILATES® CHAIR CLASS-IN PERSON**

6 Wks  
18 yrs & up  
Gina Enriquez, C.P.T. & Staff  
(831) 224-8287  
ginacenriquez@yahoo.com  
Halt bone loss and restore bone mass! The exercises in this class will help to correct posture, strengthen muscles of the torso, shoulders, legs and feet, improve standing balance and increase flexibility, all using exercise tubes and bands. Exercises will be done in a seated or standing position next to a chair and using a wooden dowel for balance. If you have difficulty getting up and down from the floor, then this is the class for you. Special focus is on using pilates-based exercises to prevent osteoporotic fractures, make daily tasks easier and to incorporate FUNctional fitness. Modifications for those with osteoporosis will be given. No Class 10/14, 11/11  
**Capitola Community Center**  
R: \$140 | NR: \$157  
M | W 11:00-12:00pm 9/9-10/16  
M | W 11:00-12:00pm 10/21-11/27  
M | W 11:00-12:00pm 12/2-12/18

**ZOOM THERAPILATES® CHAIR CLASS**

6 Wks  
18 yrs & up  
Gina Enriquez, C.P.T. & Staff  
(831) 224-8287  
ginacenriquez@yahoo.com  
This class will be live streamed via Zoom from the in-person Bones and Balance class to help you maintain and improve your postural alignment, balance and strength. Leg strengthening is one of the most important things you can do to remain independent. If you have difficulty getting up and down from the floor, this is the class for you. Once you have signed up for class, you will receive an email about 30 minutes before class time with a meeting ID as well as a password on how to access online Zoom classes. Must have own exercise bands (long and ankle) and small dumbbells. Modifications for those with osteoporosis will be given. No Class 10/14, 11/11  
**Online**  
R: \$126.60 | NR: \$143.60  
M | W 11:00-12:00pm 9/9-10/16  
M | W 11:00-12:00pm 10/21-11/27  
M | W 11:00-12:00pm 12/2-12/18

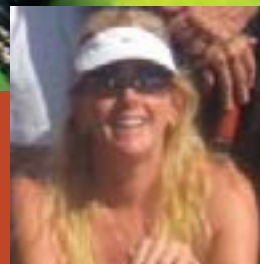


# ADULT TENNIS

## @ Jade St Park



David Cobabe is a former Illinois State junior doubles champion. He began teaching privately while attending Stanford and has been teaching on and off since that time. He is trained in the Alexander Technique which aids teaching tennis technique that is functionally sound, optimizes performance and protects the body from injury. If you have questions, or want to arrange private lessons, email David at [dscobabe@mac.com](mailto:dscobabe@mac.com).



Laura Alioto has played for almost 20 years. She's played for Cabrillo Junior college team in 2014/2015 and has coached high school since 2008. She is a USPTA certified tennis instructor. If you have questions, or want to arrange private lessons, email Laura at [lauraalioto@yahoo.com](mailto:lauraalioto@yahoo.com)

**USTA 3.5/4.0 Doubles Play and Strategy:** This class centers around no-add competitive doubles play with a variety of partners each lesson. The vast majority of the players are USTA 3.5 to 4.0. Instruction is given during play, so there is limited extended drilling. All aspects of doubles play is covered. Instructor's permission is a prerequisite if the USTA rating is not met.

**USTA 2.5 / 3.0 Doubles Play and Strategy:** This class is designed around No-add doubles play with a variety of partners. Strategic and technical instruction is given during play with occasional breakouts to reinforce new technique, but largely class revolves around point play. The atmosphere is light and fun as many members have been attending this class for years. Class participation is subject to instructor approval.

### PRIVATE TENNIS LESSONS- LAURA

Contact Laura via email, [lauraalioto@yahoo.com](mailto:lauraalioto@yahoo.com), to set up a time. Make payment in advance to the Capitola Recreation office. Register in our office during regular business hours, Monday-Friday, 8:00-5:00, or online, at: <https://secure.rec1.com/CA/capitola-recreation-ca/catalog>, and bring your receipt with you to your lesson. 1-2 players • 1 hour • \$70 per hour | \$35 half hour

LEVEL	DAYS	TIMES	PRICE	DATES
Beginning Adult	Fri	5-6:00 pm	\$100   \$117	9/6-9/27
Beginning Adult	Fri	5-6:00 pm	\$100   \$117	10/4-10/25
Beginning Adult	Tue	5-6:00 pm	\$150   \$177	11/5-12/10
Beginning Adult	Mon	5-6:00 pm	\$150   \$177	11/4-12/9

LEVEL	DAYS	TIMES	PRICE	DATES
USTA 3.5 / 4.0 Doubles Play and Strategy	T Th	9:00 - 10:30 am	\$180   \$197	9/3-10/10
USTA 3.5 / 4.0 Doubles Play and Strategy	T Th	9:00 - 10:30 am	\$180   \$197	10/15-11/21

LEVEL	DAYS	TIMES	PRICE	DATES
USTA 2.5 / 3.0 Doubles Play and Strategy	T Th	10:30 am - Noon	\$180   \$197	9/3-10/10
USTA 2.5 / 3.0 Doubles Play and Strategy	T Th	10:30 am - Noon	\$180   \$197	10/15-11/21





# WE ARE MOVING

\*temporarily

Dear Community Members,

We are excited to announce some significant changes coming to the Capitola Community Center. As part of our commitment to enhancing the facilities and services we offer, the community center will undergo extensive renovations. These improvements will provide a more modern, comfortable, and versatile space for all of our community activities and events.

During this renovation period, which is expected to last for about a year, we will be relocating to temporary facilities at Opal Cliffs School. While our main operations will shift to this new location, we want to assure you that we will continue to maintain our presence and programs at Jade Street Park. We understand the importance of continuity in the activities and services you rely on, and we are dedicated to minimizing any disruption during this transition.

Our team has worked diligently to ensure that many of your favorite classes and programs will still be available at our temporary location. From fitness classes and arts workshops to community meetings and youth programs, we aim to continue to offer a wide range of activities that meet your needs and interests. We encourage you to check



our updated schedules and stay informed about any changes through our website and newsletters.

Looking ahead, we are thrilled about the improvements and enhancements that the renovation will bring. The updated Capitola Community Center will



feature state-of-the-art facilities designed to better serve our community. We anticipate a grand reopening in 2025, where we can all come together to celebrate the new and improved space. We understand that change can be challenging, and we appreciate your patience and support during this time. Our goal is to make this transition as smooth as possible for everyone involved.

If you have any questions or concerns, please do not hesitate to reach out to our staff.

Thank you for being an integral part of our community. We look forward to continuing to serve you at Opal Cliffs School and Jade Street Park and to welcoming you back to the renovated Capitola Community Center in 2025.







**NEW**

## WE NOW OFFER WEEKEND LIFEGUARDING SERVICES THROUGH OCTOBER

The Capitola Lifeguard Service provides beach safety operation from the end of May to October. Memorial Day Weekend to Labor Day Weekend lifeguard are on duty 7 days a week from 10am to 6pm and then on weekend until the end of October.

### **Beach and Water Safety**

Here are some steps you can take to ensure your visit to the beach stays safe!

- Learn to swim
- Swim near a lifeguard
- Never swim alone
- Supervise children closely, even when lifeguards are present
- Don't rely on flotation devices, such as rafts or inner tubes. Even US Coast Guard approved life jackets are not a substitute for swimming ability
- If caught in a rip current, swim sideways until free, don't swim against the current's pull
- Do not swim while under the influence of illicit drugs, medications that may cause impairment or alcohol
- Protect your head, neck and spine -- don't dive into unfamiliar waters -- feet first, every time
- If you are in trouble, call or wave for help
- Follow regulations and lifeguard directions
- Swim parallel to shore if you wish to swim long distances
- Report hazardous conditions to lifeguards or other beach management personnel
- Stay clear of coastal bluffs, they can collapse and cause injury
- Never turn your back to the ocean -- you may be swept off coastal bluffs or tide pool areas by waves that can come without warning



## SCHOOL BREAK CAMPS FOR KIDS

### CHECK OUT OUR WINTER BREAK CAMPS

Nov 25-27	\$102 / \$126
Dec 23, 27, 30	\$102 / \$126
Jan 2, 3, 6	\$102 / \$126

9AM-4:30PM

\$102/Residents  
\$126/Non-Residents

CAPITOLA COMMUNITY CENTER,  
4400 JADE ST  
REGISTER YOUR CHILD TODAY!

**Parks  
Make  
Life  
Better!**

### Grades 1-5

Holidays are coming and kids are out of school, what's a parent supposed to do? Join us here at Capitola Recreation. Our camps offer hands-on crafts, outdoor activities (weather permitting), connect with friends and much more! Space is limited, Sign up early!

### SPRING BREAK CAMP

April 7-11 \$170 / \$210



City of Capitola  
Community Services & Recreation  
Capitola Community Center  
4400 Jade Street  
Capitola, CA 95010  
(831) 475-5935

PRSRT STD  
U.S. POSTAGE  
PAID  
PERMIT # 7013

ECRWSS



The Capitola Community Services & Recreation Department is proud to serve the City with programs and services that make Capitola fun, safe and enriching for residents and visitors. As one department we bring residents the staples of the community such as Junior Guards and the Twilight Concert series while enhancing City public safety with Capitola's Beach Lifeguard service. Visit our website <https://www.cityofcapitola.org/recreation> to learn more about the department.