

Art

BASKET MAKING CLASSES

Adult

Emily Dvorin

Sat 10am to 4pm. \$53R/\$61NR 1 class (per class)

Beginners welcome! Materials included!

Bring: scissors, note pad, pencil, and a bag lunch.

Location: Studio #205, ICB Building, 480 Gate Five Rd., Sausalito

March 7th - Twined and Plated Basketry

March 21st - Coiled Basketry

April 4th - Contemporary Random Weave Basketry

April 18th - Wacky Basketry

May 2nd - Natural Basketry

Plain Air Painting - Activity #2580

Ages 18 to Adult

Jeb Brady

A multi media class which will guide the student from preliminary sketch to finished the landscape painting. Mediums will include pencil, charcoal, watercolor, and oil paint, offering the student experience with each. *Location: Artist Studio and painting sites throughout Marin*

Su 3/29-6/14 12:00-3:00 \$220 11 classes

Expressive Sketching

Adult

Daphne Lipton, B.F.A, Exhibiting Artist

Explore a new expressive approach to sketching! We will use our senses to experience an open approach to sketching by use of music, quick sketches and other fun exercises! Students are encouraged to bring an easel and pastels, pencils, large crayons and 18" x 24" drawing paper.

Pencils and white paper will be available \$5 material fee to be paid to instructor. *Location: Vista Room*

Tu 4/07 6:30-7:30pm \$15 one time class

Dance

Intro to Ballroom / Latin Dance - Activity #2202

This is a beginning level course, which cycles through all the basic dance of ballroom and Latin style. Have you been watching all the fun dance competitions on TV and thought I could do that? Now is the time, sign-up for a fun dance class today. This is a good way to get some exercise and have fun! *Location: Baywest Ballroom 1133 E. Francisco Blvd., San Rafael*

M 4/06-4/27 8-9pm \$53R/\$61NR 4 classes

M 5/04-6/10 8-9pm \$53R/\$61NR 4 classes

M 6/08-6/29 8-9pm \$53R/\$61NR 4 classes

M 7/06-7/27 8-9pm \$53R/\$61NR 4 classes

M 8/03-8/31 8-9pm \$53R/\$61NR 4 classes

Intro to West Coast Swing - Activity #2202

This is a beginning level course which teaches the basic figures and components of West Coast Swing. This fun, slick dance is done to a wide variety of music from Blues, R&R, rock and Club. Mark Novak is one of California's premier dance teachers. Recognized by the ISTD and the NDCD and he has won top teaching awards and owns and operates the Baywest Dancesport school in San Rafael. No class 5/25

M 4/06-4/27 7-8pm \$53R/\$61NR 4 classes

M 5/04-6/01 7-8pm \$53R/\$61NR 4 classes

M 6/08-6/29 7-8pm \$53R/\$61NR 4 classes

M 7/06-7/27 7-8pm \$53R/\$61NR 4 classes

M 8/03-8/31 7-8pm \$53R/\$61NR 4 classes

Adult Activities

Introduction to Tango Argentino- Activity #2202

This is an introduction to the basic steps and styling of Tango Argentino, which is known for its daring and romantic qualities. You'll find that you too can add these skills to your personal development. Lisette Derelle is one of the Bar Area's most cherished talents in the modern tango scene and is a master teacher.

S 4/04-4/25 12-1pm \$53R/\$61NR 4 classes

S 5/02-5/30 12-1pm \$65R/\$73NR 5 classes

S 6/06-6/24 12-1pm \$53R/\$61NR 4 classes

S 7/11-7/25 12-1pm \$41R/\$47NR 3 classes

S 8/01-8/29 12-1pm \$65R/\$73NR 5 classes

Adult Ballet - Activity #1523

Enjoy a fun and energetic workout while learning ballet basics. This is a high-energy, keep on moving, fun type of class. From slow and slinky to fast and fabulous, this class is a great way to jumpstart or refine your ballet education. All fitness levels welcome, dance at your own pace.

Location: Fairfax Pavillion

T 4/07-6/09 4-5 \$101 8 classes

Th 4/09-6/11 4-5 \$101 8 classes

Enrichment

Piano Magic - Activity #2131

18 years and up

Todd Walker

Learn 72 chords, 156 hand positions and how to read music form lead sheets and fake books. You will learn how to play any popular song in any key and the tools of the trade that will make you sound like a pro. Material fee of \$27 per student for study book and CD will be collected in class by instructor. *Location: SARC, Vista Room*

W 5/6 6:30-9:30pm \$47R/\$53NR 3 hour class

Canine Communications - Activity #2184

Adults

Penny Locke

Our dogs, can become confused as to their role in our lives at any point. Consequently, their undesirable or anti-social behavior challenges us. We know best how to be human, our dogs only know canine. Learn what really matters to your dog. You will build a like-long relationship with your best friend based on mutual trust and respect using N force, gadgets or confrontation. This is people training; please leave your dog at home. *Location: Vista Room*

Th 4/09 6:00-9:00pm \$37R/\$43NR 1 class

Th 5/14 6:00-9:00pm \$37R/\$43NR 1 class

Th 6/04 6:00-9:00pm \$37R/\$43NR 1 class

Th 7/09 6:00-9:00pm \$37R/\$43NR 1 class

Th 8/20 6:00-9:00pm \$37R/\$43NR 1 class



Adult Activities Cont.



How To Eat Like A Vegetarian - Even If You Never Want to Be One Activity # 2122

Adults

Patti Breitman

Are you ready to eat well?? Think you don't have time? Learn the kitchen short cuts that save time and add flavor. Delicious, nutritious vegetarian meals are easier than you think! Discover a new understanding of healthy eating that doesn't take a bite out of your already busy day. Class is taught by the author of *How to Eat Like a Vegetarian, Even If You Never Want To Be One*. *Location: TBA*

Th	5/21	7:00-9:00pm	\$27R/\$31NR	1 class
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Fitness

Chi Running - Activity # 1513

Ages 15 and up

Hazel Wood

Do you enjoy running or want to run but are afraid of the pain and injury that sometimes accompany it? With ChiRunning® you learn to align posture, apply core strength, increase efficiency and reduce effort and impact so that soreness and injury become things of the past. Learn to make running feel easier and a lot more fun. This class series provides the tools - endorsed by top runners and doctors - for anyone to achieve their running goals and enjoy a lifetime of pain-free running. Veteran runners and novice runners will benefit equally. Running exercises in class are short, so no one needs to worry about being left behind. *Location: Memorial Park*

T	4/20-5/11	6:00pm-7:00pm	\$99R/\$108NR	4 classes
T	7/13-8/03	6:00pm-7:00pm	\$99R/\$108NR	4 classes

Women's Hiking Adventures - Activity # 1100

Adults

Donna Simonsen

Join us for an inspiring hike and discover the magic of fields and hills covered with beautiful wildflowers of spring time. Connect with nature to rejuvenate, replenish and nurture yourself and reawaken the elements of wilderness within. The hikes are moderately challenging and average 4 to 6 miles. Participants need to be in good health and able to hike at a twenty-five minute mile pace. Schedule and directions to trailheads are given at time of registration. Enrollment is limited. *Location: Trailheads. Directions given after registration*

F	3/06-3/27	9:00-12:00pm	\$75R/\$85NR	4 hikes
F	4/03-4/24	9:00-12:00pm	\$75R/\$85NR	4 hikes
F	5/01-5/22	9:00-12:00pm	\$75R/\$85NR	4 hikes
F	6/05-6/26	9:00-12:00pm	\$75R/\$85NR	4 hikes
F	7/03-7/24	9:00-12:00pm	\$75R/\$85NR	4 hikes
F	8/07-8/28	9:00-12:00pm	\$75R/\$85NR	4 hikes

Leisure Walks in Marin- Activity # 1100

Adults

Donna Simonsen

Do you find the rugged trails of Marin too challenging? Join us for easy and fun walks in the flat lands and gentle slopes of Marin. We'll take time to do bird watching, admire the wild flowers and meditate on the beautiful scenery around us. This is a great opportunity to adventure outside, meet new people and enjoy the magic of nature. Length of walk is approximately 2 miles. *Location: Trailheads. Directions given after registration*

F	4/03-4/24	1:30-3:00pm	\$55R/\$65NR	4 hikes
F	5/01-5/22	1:30-3:00pm	\$55R/\$65NR	4 hikes
F	6/05-6/26	1:30-3:00pm	\$55R/\$65NR	4 hikes
F	7/03-7/24	1:30-3:00pm	\$55R/\$65NR	4 hikes
F	8/07-8/28	1:30-3:00pm	\$55R/\$65NR	4 hikes

Hike Your Prayers- Activity # 1100

Adults

Donna Simonsen

Come and explore the beauty and sacredness of Marin's hiking trails. Join us for a fun Sunday morning hike in the Great Outdoors. These coed hikes are moderately challenging and average 3 to 5 miles. Led by Donna Simonsen. *Location: Trailheads. Directions given after registration*

Su	4/05-5/17	9:00-11:00am	\$60R/\$70NR	4 hikes
Su	6/07-7/19	9:00-11:00am	\$60R/\$70NR	4 hikes
Su	8/02-9/20	9:00-11:00am	\$60R/\$70NR	4 hikes

Kung Fu Seminar - Activity #1506

18 and up

Scott Jensen

This class teaches practical skills for self defense including blocking, parrying, dodging, covering, break grabs, and kicking and punching combinations, with supervised drills and free sparring. This class will emphasize safety and fun. People build self confidence and respect for themselves and others. *Location: Fairfax Pavillion*

S	4/02	12:00-3:00pm	\$99	1 class
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Pilates for Adults - Activity # 1111

Instructor: Jamaica Janowicz

Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. Jamaica is a certified Pilates instructor. Participants should wear exercise clothing and bring a mat. Special! Do two days per week for \$160 (18 classes). *Location: Stapleton School, 118 Greenfield Ave*

T	3/31-6/02	10:00-11:00am	\$95	9 classes
Th	4/02-6/04	10:00-11:00am	\$95	9 classes



Adult Activities Cont.

Yoga Classes at the Log Cabin - Activity # 3400

Come join us for a mixed levels Mindful Flow yoga class where you will learn the basic principles for yoga and challenge your body and mind. Mindful Flow classes focus on allowing the prana, life energy, to move more freely in the body and the mind. Class emphasizes meditation in motion consciously flowing through vinyasa and standing poses and progressing into deeper, quieter postures toward the end of the class. *Location: The Log Cabin at Memorial Park*

T	4/07-5/12	6:00-7:00pm	\$77	6 weeks
Th	4/09-5/14	6:00-7:00pm	\$77	6 weeks

Evening Tai Chi - Activity #1520

Adult

Wanda Ford

Tai chi involves slow, circular and continuous movements coordinated with the breath. This graceful exercise class which includes qigong is a low-impact way to improve strength, flexibility and balance, promotes better health and an inner sense of well-being. Wanda ford has studied with Patrick Johnson, H.H. Lui, Dr. Bradford Bennett and Dr. Katy Ha. Pre-requisite: Beginner class with Patrick Johnson, Tuesdays 6:40pm SARC. *Location: Robson House, 237 Crescent Road*

Th	4/02-6/11	6:30-7:30pm	\$137R/\$142N	11 classes
Th	6/18-8/27	6:30-7:30pm	\$137R/\$142N	11 classes

Tai Chi for Well Being - Activity #1516

Ages: 15 & Older

Patrick Johnson

Relax and strengthen your body and mind. Uplift your spirits as you become more grounded and balanced. Enjoy peace of mind in daily living as you practice the Taoist principles of Tai Chi. Patrick Johnson began intensive study with Master Lui in 1979 and has been teaching in Marin since 1985. *Location: SARC*

Learning the Basics I

Tue	3/31-6/09	6:40-7:40pm		11 classes
Tue	6/16-8/25	6:40-7:40pm		11 classes

Learning the Form II & III

Tue	3/31-6/09	7:40-8:40pm		11 classes
Tue	6/16-8/25	7:40-8:40pm		11 classes

T'ai Ch'i Gung - Activity #1515

Adult

Chris Anderl

In this class we practice: Immune (lymphatic) circulation and cleansing; important acupressure points for longevity, stress and pain-relief, and special brain-enhancing points for improving mental function and clarity, Opening and Stretching exercises for Joints (including spine), connective tissue, muscles, and structural alignment. Most exercises can be done while seated in a chair or standing. *Location: Robson House*

S	4/04-6/13	10:00-11:15am	\$93R/\$101NR	11 classes
S	6/19-8/29	10:00-11:15am	\$85R/\$93NR	10 classes

The Ross Valley Walkers

Come join us to meet friends, get some fresh air, and exercise. The group will begin with a few minutes of warm ups then we're off. Please wear comfortable walking shoes. Pre-registration is required! *Location: Fairfax Women's Club, 246 Park Road*

T	3/31-6/09	9:30-10:30am	\$5	11 classes
T	6/16-8/18	9:30-10:30am	\$5	10 classes

Safety

Adult-Child CPR

Adult

Patty Stahl / Dan McGoon - SAPD

Participants learn to how to perform CPR and care for breathing and cardiac emergency in adults and children under the age of 12. Patty Stahl is our police department Community Service Officer and a certified American Red Cross instructor. Dan McGoon is a VIP (Volunteer in Policing) and a certified American Red Cross instructor. Student must pass certification exam to receive card. Includes a \$25 material fee (certification card, skills cards and book). *Location: Vista Room*

Th	5/28	6:00-10:00pm	\$50	1 class
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Get Ready Marin

The people of Marin County face a multitude of hazards including: earthquakes, wildfires, flooding, and land slides. To address these public safety risks, a simple and free two-hour emergency preparedness program is being offered to all households in Marin County through the Get Ready Emergency Disaster Preparedness Program. For additional information go to: <http://www.getreadyrossvalley.org/>

Location: Vista Room

Th	2/12	6:30-8:00pm	Free	1 class
Th	3/26	6:30-8:00pm	Free	1 class
Th	4/16	6:30-8:00pm	Free	1 class
Tu	5/19	6:30-8:00pm	Free	1 class
Tu	7/21	6:30-8:00pm	Free	1 class

CERT Training

(The Community Emergency Response Team)

CERT

In the event of a major disaster, professional emergency services may be overwhelmed and unavailable for long periods of time. With this in mind, the fire departments in Marin County have adopted a citizen-training program called Community Emergency Response Training (CERT). CERT is designed to provide hands-on training to become self-sufficient for at least 72 hours following a disaster.

For more information about this important training go to:

<http://www.rossvalleyfire.org/>

To register call: 927-5077 Corte Madera Fire Department

The 15-hour course is available over a Thursday night and two Saturdays.

Th	7/16	6:30-9:30pm	Corte Madera Council Chambers	\$30 3-classes
Sat	7/18	9:00-4:00pm	College of Marin	
Sat	7/25	9:00-4:00pm	College of Marin	
Th	11/05	6:30-9:30pm	Corte Madera Council Chambers	\$30 3-classes
Sat	11/07	9:00-4:00 pm	College of Marin	
Sat	11/14	9:00-4:00 pm	College of Marin	