

# Adult Activities

## Adult Tennis - Activity # 1300

Ages: 15-Older

Tennis in Marin

Students will be introduced to the basic skills of tennis, including forehand, backhand, serve and volley. Emphasis is on proper stroke technique and enjoyment. If you have any questions regarding your abilities and class placement, please call Erik at 457-9217.

Location: Memorial Park

Introduction to Tennis (Level 1)

Mon	01/25-03/15	6:00-7:30pm	\$165R/\$175NR	8 classes
Fri	01/29-03/19	10:30-12:00am	\$165R/\$175NR	8 classes

Intermediate/Advanced (Level 3/3.0)

Wed	01/27-03/17	6:00-7:30pm	\$165R/\$175NR	8 classes
Fri	01/29-03/19	9:00-10:30am	\$165R/\$175NR	8 classes

## Adult Tennis Spring - Activity# 1300

Ages: 15 and older

Tennis in Marin Instructors

Students will be introduced to the basic skills of tennis, including forehand, backhand, serve and volley. Emphasis is on proper stroke technique and enjoyment. If you have any questions regarding your abilities and class placement, please call Erik at 457-9217. No class on 4/12, 4/16, and 5/31

Location: Memorial Park

Intro to Tennis (Level 1)

Mon	04/05-06/07	6:00-7:30pm	\$165R/\$175NR	8 weeks
Fri	04/09-06/04	10:30-12:00pm	\$165R/\$175NR	8 weeks

Intermediate/Advance Tennis (Level 3/3.0)

Wed	04/05-06/07	6:00-7:30am	\$165R/\$175NR	8 weeks
Fri	04/09-06/04	9:00-10:30am	\$165R/\$175NR	8 weeks

## Coed Softball - Activity# 1109

Did you know that softball is the #1 team participation sport in the U.S.? This slow pitch adult league has been a success since its inception over 14 years ago. Our format offers the perfect combination of recreation and competition. You may join as a team (must have a minimum of 5 men and 5 women) or you may sign up as a free agent and we will assign you to a team if room is available. All games overseen by a certified ASA umpire. Contact Chris Thoennes at 258-4643 for more information. Final day to register May 21st.

Location: Red Hill Park

Team registration fee: \$600

Free agent: \$55

Jun-End of August

## Pole Dancing For Exercise - Activity #5500

Age-18 and up

Aruna, World Dance and Fitness

Have fun using the pole for exercise and self expression. In 4 sessions you'll learn: Basic pole safety, 5 spins, fun & easy transitions to the floor and up again, simple climbs and staying on the pole--all culminating in a short routine.

Location: World Dance and Fitness, San Anselmo

Fri	02/05-02/26	7:00-9:00pm	\$100	4 classes
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## Should I Play the Guitar?

### A Special Workshop for Students - Activity #2495

18 Years of Age

Ages: 8 to 18

Travis Andrews and Ruth Parry

If you're between the ages of 8 and 18, we'll help you decide if the guitar is the right musical instrument for you. In this special two-hour workshop, we'll teach you the basics of guitar and help you discover the joys of making your own music. We'll show how easy it is to master the basics and start playing on your own with other people. Bring your own guitar, or use one of ours. Taught by String Letter Music School Staff Instructors Ruth Parry and Travis Andrews.

Location: String Letter Music School, 55 San Anselmo Ave., San Anselmo, CA 94960

Sat	01/9, 2/6, 3/6, 4/3, 5/15	2:00-4:00pm	\$10	5 weeks
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## Women's Hiking Adventures - Activity # 1100

Age-18 and up

Donna Simonsen

Explore some of the many magnificent trails of Marin on moderately challenging 4 to 6 mile hikes. With different hikes each week, you're sure to discover an area of Marin you have never seen before. Participants need to be in good health and able to hike at a twenty-five minute mile pace.

Location: Trailheads. Directions given after registration

Fri	12/04, 11, 18, 01/01	9:00-12:00pm	\$75R/\$85NR	4 hikes
Fri	01/08, 15, 22, 29	9:00-12:00pm	\$75R/\$85NR	4 hikes
Fri	02/05, 12, 19, 26	9:00-12:00pm	\$75R/\$85NR	4 hikes
Fri	03/05, 12, 19, 26	9:00-12:00pm	\$75R/\$85NR	4 hikes
Fri	04/02, 9, 16, 23	9:00-12:00pm	\$75R/\$85NR	4 hikes
Fri	05/07, 14, 21, 29	9:00-12:00pm	\$75R/\$85NR	4 hikes

## Leisure Walks In Marin - Activity # 1100

Age; 18 and up

Donna Simonsen

You can still enjoy the nature and scenery our county has to offer on more leisurely trails. Our hikes average 2 miles and move at a slower pace, giving participants more time to admire the flora and fauna.

Location: Trailheads. Directions given after registration

Fri	12/4, 12/18, 1/8, 1/22	1:30-3:00pm	\$55R/\$65NR	4 hikes
Fri	02/5, 02/19, 3/5, 3/19	1:30-3:00pm	\$55R/\$65NR	4 hikes
Fri	04/1, 04/15, 5/7, 5/21	1:30-3:00pm	\$55R/\$65NR	4 hikes

## Hatha Yoga Workout - Activity # 1525

Ages- 18 and up

Joanne Bentley

This class is held in the beautiful Robson Harrington mansion in San Anselmo. The body and mind thrive on these time tested, dedicated postures. Practice alignment of breathing with the movements. Class will integrate core practices from all branches of Yoga. Levels 1-3. Beginners welcome! Bring yoga mat, towel, block and strap optional.

LOCATION: Robson House, 237 Crescent Road

Thurs	01/07-03/18	6:00-7:00pm	\$137R/\$147NR	11 classes
Thurs	03/25-06/10	6:00-7:00pm	\$149R/\$159NR	12 classes

## Tai Chi Qigong - Activity #1520

Ages-18 and up

Wanda Ford

Tai Chi Qigong involves slow, circular movements coordinated with the breath. This is a low impact way to improve strength, flexibility and balance with an inner sense of well-being. Wanda has studied with Patrick Johnson, H.H. Lui, Dr. Bradford Bennett with seminars in China with Master Wan and Master Zhao.

Robson Harrington House, 237 Crescent Road, SA

Thurs	01/07-03/18	6:30-7:30pm	\$137R/\$147NR	11 classes
Thurs	03/25-06/10	6:30-7:30pm	\$149R/\$159NR	12 classes



## Community Orchestra - Activity #4500

12 years to Adult

Richard Riccardi

The Community Orchestra is a musical group with an emphasis on learning and performing the standard classical and light classical music literature. Performances will be arranged in local venues on various dates during the duration of the class session. Players from 12 years and up will be considered. The conductor/music director will be Richard Riccardi.

Requirement: Audition with knowledge of major scales, ability to read music, and a solo piece of your choice (auditions held during the first meeting of the class)

Robson Harrington House

Auditions: Tuesday 1/5 and 3/23 at 7:30 pm

Tues	01/12-03/16	7:00-9:00pm	\$96R/\$104NR	10 classes
Tues	03/30-06/01	7:00-9:00pm	\$96R/\$104NR	10 classes

## How to Eat like Vegetarian -

### Even If You Never Want to be One - Activity #4500

Age: 18 and up

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: Directions will be given after registration.

Thurs	03/11	7:00pm-9:00pm	\$27R/\$31NR	
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## Intro to Ballroom/Latin Dance - Activity #2202

Age-18 and up

Mark Nelson Novak

This is a beginning level course, which cycles through all the basic dances of ballroom and Latin style. This is a good way to get some exercise and have fun! *No class 01/18, 02/15 & 03/31*

Location: Baywest Ballroom 1133 E. Francisco Blvd., San Rafael

Mon	01/11-02/08	8:00-9:00pm	\$53R/\$61NR	4 classes
Mon	02/22-03/15	8:00-9:00pm	\$53R/\$61NR	4 classes
Mon	03/22-04/12	8:00-9:00pm	\$53R/\$61NR	4 classes
Mon	04/19-05/10	8:00-9:00pm	\$53R/\$61NR	4 classes
Mon	05/17-06/14	8:00-9:00pm	\$53R/\$61NR	4 classes

## Beginning Acting for Adults - Activity #2202

Age: 18 and up.

Bettina Devin

Calling all hams or frustrated performers! Bettina Devin (40 yr. showbiz vet) introduces, or perhaps in your case, RE-introduces you to the creative world of acting. Improv games, acting technique, speech/diction, and the chance to be filmed as you perform actual film, TV, and commercial scripts. Don't let your creative kids have all the fun! You owe it to yourself to let out your own inner actor!

Location: Vista Room

Mon	01/11-03/15	10:00-11:00am	\$109R/\$11 NR	9 classes
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## Beginning Voiceover for Adults - Activity #2204

Age: 18 and up

Bettina Devin

Got voice? Have an irresistible urge to make people laugh or cry or just to buy things? Do microphones have a strange appeal for you? Your inner Voiceover Actor may be urging you to let him/her OUT! Come have a ball playing with all kinds of copy from commercial to video games to animation and beyond! In her so-far 40 year career as a professional actress/singer, Bettina Devin has created 100's of voices/characterizations for the likes of Pixar, Disney, Leapfrog, MGM, Paramount and countless corporate accounts. This class is great for singers who want to do sound-alikes as well! Prepare to be addicted!

Location: Vista Room

Tues	01/12 - 3/16	10:00-11:00am	\$122R/\$132NR	9 classes
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# Adult Activities (cont.)

## Wisdom Healing Oigong - Activity #1516

Ages-18 and up

Randee Wolf Rosenfeld, M.A.

Wisdom healing Qigong-as taught in Master Mingtong Gu's workshops, uses movement, visualization sound and conscious intention to cultivate energy for health, well-being and self-healing. Strengthen your endocrine and immune systems; reduce stress and depression; obtain powerful tools for self-healing; prevent and cure illness, reverse and slow down the aging process. Randee Wolf Rosenfeld is teaching a class at the Marinwood Community Service District.

Location: Vista Room

Mon	01/25-03/15	\$54R/\$64NR	7 classes
Mon	03/22-05/03	\$75R/\$85NR	10 classes

## Chi Running - Activity # 1513

Age: 15 and up

Hazel Wood

Have you been sidelined by injuries? Are you a beginner and are concerned about the pain and injury that sometimes accompany running? Learn to make running feel easier, more fun, have more energy and avoid injury. 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. 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.

Hazel is a Certified ChiRunning Instructor and brings her many years of experience running short and long distances to share knowledge and tips with her students.

Memorial Park - meet by the Log Cabin

Tues	04/26, 05/03, 05/10	6:00-7:20pm	\$99R/\$108NR	3 classes
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## Active Adults - Activity #2517

Ages 18 and up

Santiago Quintero

Active adults is a class designed for Seniors or people that have injuries or don't work out on a regular basis. The class will incorporate cardio exercise weight training and balance exercise to improve the quality of daily life. All the movements of the class are functional and imitate the everyday life routine. This class will motivate you and give you the results you want with no impact on your body and it will teach basic ergonomics and core stability. It is a great class for everyone.

Vista Room

Wed	01/27-03/24	6:00-7:00pm	\$101	8 classes
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## Cardio and Core - Activity #2529

Ages 18 and up

Santiago Quintero

Cardio and core is design to strengthen the body by focusing on the core. This class will target your heart rate and core strength using low weights but high intensity movements. This class will improve your agility while building muscle. During the course of the class people will learn how to target their heart rate and keep it going to speed up your metabolic rate and help the student loose weight. This class is good for anyone that is active as well as those that are just starting to work out. It is easily described as a combination of Pilates, functional training and Cross fit.

Vista Room

Fri	01/29-03/12	7:00-8:00am	\$111	8 classes
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## Boot Camp For Women - Activity # 1111

Ages: 18 years and up

Stein Erik Skaar

Get ready to whip yourself back in shape! ACSM/Crossfit certified trainer Stein-Erik Skaar will help you realize your personal fitness goals through this intense 1 hour session designed for women with Beginner to Intermediate knowledge of resistance training. This class is a great way to train in a group supported environment helping to motivate you to be **YOUR** best physically. Come join us outside to get your workout on! *No class: 1/18, 1/25, 2/15, 2/17, 4/12/4/14, 5/31*

Location-TBA

Mon	01/11-03/22	9:00-10:00am	\$125	8 wks
Mon	03/29-06/07	9:00-10:00am	\$225	9 wks
Wed	01/13-03/24	9:00-10:00am	\$156	10 wks
Wed	03/31-06/02	9:00-10:00am	\$225	9 wks

## Mt. Biking for Women / Men - Activity # 1111

Ages: 18 and older

Stein Erik Skaar

Are you ready to hit our backcountry on your mountain bike? This class will teach the basics of mountain biking including tackling steeper uphill downhill fundamentals, gear use, bike maintenance, and pacing. Taught by ACSM/Crossfit certified personal trainer Stein-Erik Skaar, come be a part of a group supported environment that will enlighten you to the beautiful mountain biking playground that we have right in our backyard. We look forward to riding some fat tires with you this fall. *No class 2/19, 4/16*

Location-TBA

Fri	01/15-03/26	9:00-11:00am	\$250	10 wks
Fri	04/02-06/04	9:00-11:00am	\$225	9 wks

## Hiking with Stein

Ages: 18 and older

Stein Erik Skaar

Did you know that Marin has over 600 miles of wonderful hiking trails? In this exciting new program, Stein Eric Skaar will help you explore many of them. Stein is a licensed personal trainer, mountain bike enthusiast and is very familiar with our Mountain backyard. Get in shape while having a great time! *No class 2/17, 4/14*

Location-TBA

Wed	01/13-03/24	10:30-12:30pm	\$175	10 wks
Wed	3/31-6/2	10:30-12:30pm	\$158	9 wks

## Pilates for Adults - Activity # 1111

Ages: 18 and older

Stapleton School

Over the last decade Pilates has entered fitness mainstream. Pilates improves your mental and physical well being, increases flexibility and strengthens muscles. These mat classes will focus on abdominal and back strength, flexibility and spinal mobility. Join us and get a great workout in a supportive, pleasant

atmosphere. Wear exercise clothes and bring a mat. Special! Do two days per week and take off \$20. *No classes the week of 2/15 and 4/12.*

Location: 118 Greenfield Ave

Tue	01/26-04/01	10:00-11:00am	\$125	9 weeks
Thu	01/28/04/03	10:00-11:00am	\$125	9 weeks
Tue	04/06-06/08	10:00-11:00am	\$125	9 weeks
Thu	04/08-06/10	10:00-11:00am	\$125	9 weeks



## Trips: Yosemite Tour

June 21 - 23, 2010

2 nights & 3 days

Come join us for a trip to the Yosemite Valley. Spend two nights in the Yosemite Lodge or at Chukchansi Gold resort Casino.

Tour Price Includes: Comfortable coach ride & 2 nights Accommodations of choice:

- Yosemite Lodge in Yosemite National Park or
- Chukchansi Gold Resort Casino in Coarsegold outside Yosemite National Park. Incl, \$20 food coupon \$ \$20 slot play
- Yosemite National Park Entrance Fee
- Yosemite Valley floor tour (2 hours-Ranger Narration)

FEES:

Yosemite Lodge: \$599 per person, based on double occupancy / \$825 single occupancy Chukchansi Gold Resort Casino: \$399 per person, based on double occupancy / \$520 single occupancy Deposit: \$200 required to hold reservation. *No refunds after May 1, 2010.*

Call (415) 258-4669 for flyer.

## 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/> Minimum 5 students.

### THE BENEFITS:

- Prepared citizens means reduced injuries and illnesses due to a disaster.
- A reduction to the over-burdened emergency first responders
- A reduction to the over-burdened hospitals and urgent care centers
- A reduction in the financial burden the city will bear due to disaster
- A stronger community: people helping each other
- Information to protect yourself, your family, your community, during a disaster.

Location: Vista Room

Tues	01/12	6:30-8:00pm	Free	1 class
Tues	02/16	6:30-8:00pm	Free	1 class
Tues	03/18	6:30-8:00pm	Free	1 class

### Basket Making Classes

Ages:18 and up

Emily Dvorin

February 27th - **TWINED & PLAITED BASKETRY** - Activity # 300

Weaving, criss-cross, over and under! Explore one of the oldest traditional forms of woven basketry. Develop simple and fast techniques for a variety of weaves, enjoy the process and go home with a completed basket. You will receive personalized instruction and satisfying results.

March 6th - **COILED BASKETRY** - Activity # 301

Relaxing, ongoing, spiraling! Learn to form a strong and beautiful basket by wrapping and stitching around a foundation core, connecting in a spiral. Experiment with shape, color, pattern and a variety of stitches. Very individualized instruction. Traditional techniques with a modern approach.

March 13th - **CONTEMPORARY RANDOM WEAVE BASKETRY** - Activity # 302

Transform modern, urban, ordinary materials into an extraordinary, free-form vessel. No experience needed! Play with fun materials using this unconstrained basketry technique.

