

# Teen Sports & Active Recreation

## MARTIAL ARTS

### KEMPO FAMILY KARATE

*(Youth and Adults)*

Families who kick together, stay together! Here is a great chance for parents, siblings, and children to work out together! There are very few sports that allow this to happen! The whole class will do exercises together, then adults and children will be in two different groups learning self-defense at their own pace!

Instructor: Arceli Bell and Marieta De La Cruz

**Location: Centennial Recreation Center, Multipurpose Room**

Activity #	Date	Day	Time	Age	Sessions
4660.301	9/2-9/30	T	5:25pm-6:10pm	5yrs+	5
4660.302	10/7-11/04	T	5:25pm-6:10pm	5yrs+	5
4660.303	11/11-12/16*	T	5:25pm - 6:10pm	5yrs+	5

\*No Class 11/25

Material Fee: \$99 (to be paid to instructor in class) No material fee required for first class. Optional for first month, but is required for continuing students. Includes: uniform, gloves, patches and a binder.

Resident Fee: \$63 / CRC Member: \$58

Non-Resident Fee: \$73 / CRC Member: \$68

Drop in fee with pre-registration: \$15

### KEMPO KARATE: SAFETY, LIFE & MARTIAL ARTS

This class teaches safety, life skills as well as martial arts. Students will improve their focus, confidence, discipline and respect.

Instructor: Arceli Bell and Marieta De La Cruz

**Location: Centennial Recreation Center, Multipurpose Room**

Activity #	Date	Day	Time	Age	Sessions
4660.304	9/4-10/2	TH	5:25pm-6:10pm	6 ½yrs +	5
4660.305	10/9-11/6	TH	5:25pm-6:10pm	6 ½yrs +	5
4660.306	11/13-12/18*	TH	5:25pm-6:10pm	6 ½yrs +	5

\*No Class 11/27

Material Fee: \$86 (to be paid to instructor in class) No material fee required for first class. Optional for first month, but is required for continuing students. Includes: uniform, gloves, patches and a folder.

Resident Fee: \$63 / CRC Member: \$58

Non-Resident Fee: \$73 / CRC Member \$68

Drop in fee with pre-registration: \$15

### KEMPO KARATE

*(ALL RANKS)*

Students will learn self defense techniques against grabs, punches and kicks. They will gain confidence, self control, and build character. Weapons such as Bo Staff and Escrima Sticks will also be offered.

Instructor: Arceli Bell and Marieta De La Cruz

**Location: Centennial Recreation Center, Multipurpose Room**

Activity #	Date	Day	Time	Age	Sessions
4660.307	9/2-10/2	T/TH	6:15pm-7:00pm	7yrs+	10
4660.308	10/7-11/6	T/TH	6:15pm-7:00pm	7yrs+	10
4660.309	11/11-12/18*	T/TH	6:15pm-7:00pm	7yrs+	10

\*No Class 11/25 and 11/27

Material Fee: \$99 (to be paid to instructor in class) No material fee required for first class. Optional for first month, but is required for continuing students. Includes: uniform, gloves, patches and a binder.

Resident Fee: \$120 / CRC Member: \$115

Non-Resident Fee: \$130 / CRC Member: \$125

Drop in fee with pre-registration: \$15

## TEEN SPORTS

### TEEN/ADULT BEGINNER VOLLEYBALL

Learn to improve your volleyball skills with drills and practice games. This class is for players who have had some volleyball experience but wish to advance and improve to the next level. Classes begin with passing, serving, hitting and defensive drills followed by officiated games designed to focus on team defense and scoring strategies.

Instructor: CRC staff

**Location: Centennial Recreation Center Gymnasium**

Activity#	Date	Day	Time	Age	Sessions
5611.301	9/18-11/6	TH	8:30pm-9:50pm	13+yrs	8

Resident \$72 / CRC Member \$67

Non-Resident \$77 / CRC Member \$72

### TENNIS: TEEN BEGINNER/ INTERMEDIATE

This is class is for the beginning and intermediate player. Basic fundamentals and skill development will be emphasized. Bring a tennis racket and dress appropriately. Space is limited, so sign up now!

Instructor: Michael Myers

**Location: Community Park Tennis Courts**

Activity#	Date	Day	Time	Age	Sessions
2300.301	9/10-10/15	W	4:30-5:30pm	13-18yrs	6
2300.302	10/22-12/3*	W	4:30-5:30pm	13-18yrs	6

\*No Class 11/26

Resident \$77 / CRC Member \$72

Non-Resident \$82 / CRC Member \$77

TEENS



## TEEN TENNIS LEAGUE

The junior program is designed for the individual who already knows how to play the game. He/she should be able to hit balls and rally consistently with a partner. The emphasis of the program is skill development and preparation for match play with the goal to prepare the Juniors for USA Team Tennis. Bring a tennis racket and dress appropriately.

Instructor: Michael Myers

**Location: Community Park Tennis Courts**

Activity#	Date	Day	Time	Age	Sessions
2300.303	9/11-10/16	TH	4:30-5:30pm	13-18yrs	6
2300.304	10/23-12/4*	TH	4:30-5:30pm	13-18yrs	6

\*No Class 11/17

Resident \$77 / CRC Member \$72

Non-Resident \$82 / CRC Member \$77

## TENNIS: PRIVATE LESSONS

These lessons are for individuals and/or small groups (1-4) people, who prefer individual attention and instruction that is not available in a large class setting. Please call (408) 782-2128 to get more information.

Instructor: Michael Myers

**Location: Community Park Tennis Courts**

Activity#	Date	Day	Time	Age	Sessions
5680.306	9/9-12/31	SU-SA	Anytime	5-17yrs	1-8

1/2 Hour Lesson: \$25 / Hour Lesson: \$50

## JR. GOLF

This 5 week class will teach golf fundamentals such as: the grip, the stance, putting, chipping, and full swing. This is a great introduction to the sport or to review and practice what you have learned. Please dress comfortably, bring water and wear sun screen. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Stuart Spence

**Location: Eagle Ridge Golf Course, Gilroy**

Activity#	Date	Day	Time	Age	Sessions
5670.305	9/7-10-5	SU	12pm-1pm	5-15yrs	5
5670.306	9/13-10/11	SA	1pm-2pm	5-15yrs	5
5670.307	10/19-11/16	SU	12pm-1pm	5-15yrs	5
5670.308	10/25-11/22	SA	1pm-2pm	5-15 yrs	5

Resident \$57 / CRC Member \$52

Non-Resident \$62 / CRC Member \$57

# Things To Do

mark your calendars

## JUST 4 TEENS

Date	Activity	Time	Cost	Location
Sep 6	Video Game Tourn	6-8pm	Free	Teen Center
Sep 8	YAC Monthly Meeting	5-6pm	Free	City Hall
Sep 10	Foosball Tournament	6-8pm	Free	Teen Center
Sep 13	Movie Time	6-8pm	Free	Teen Center
Sep 16	Pictionary Tournament	6-8pm	Free	Teen Center
Sep 19	Back to School Dance	8-10pm	\$4 adv/\$5 door	CRC Multi Rm
Sep 27	Family Day	2:30-6pm	Free	Teen Center
Sep 30	Ping Pong Tournament	6-8pm	Free	Teen Center
Oct 3	Open Mic. Night	6-8pm	Free	Teen Center
Oct 6	YAC Monthly Meeting	5-6pm	Free	City Hall
Oct 8	Pool Tournament	6-8pm	Free	Teen Center
Oct 17	Halloween Dance	8-10pm	\$4 adv/\$5 door	CRC Multi Rm
Oct 25	Family Day	2:30-6pm	Free	Teen Center
Oct 28	Air Hockey Tourn	6-8pm	Free	Teen Center
Nov 1	Video Game Tourn	6-8pm	Free	Teen Center
Nov 3	YAC Monthly Meeting	5-6pm	Free	City Hall
Nov 5	Foosball Tournament	6-8pm	Free	Teen Center
Nov 8	Movie Time	6-8pm	Free	Teen Center
Nov 13	Ping Pong Tournament	6-8pm	Free	Teen Center
Nov 21	Harvest Dance	8-10pm	\$4 adv/\$5 door	CRC Multi Rm
Nov 25	Pictionary Tournament	6-8pm	Free	Teen Center
Nov 29	Family Day	2:30-6pm	Free	Teen Center
Dec 1	YAC Monthly Meeting	5-6pm	Free	City Hall
Dec 5	Open Mic. Night	6-8pm	Free	Teen Center
Dec 10	Pool Tournament	6-8pm	Free	Teen Center
Dec 12	Winter Dance	8-10pm	\$4 adv/\$5 door	CRC Multi Rm
Dec 23	Air Hockey Tournament	6-8pm	Free	Teen Center
Dec 27	Family Day	2:30-6pm	Free	Teen Center

Middle School Dances: see page 22 for details

Parents Support Group see page 22 for details

Tournaments: Movie Time and Open Mic. Night: sign up in advance in the Teen Center Office.

YAC Monthly Meetings: show up and share your cool ideas at City Hall, Council Chambers. No sign up is required.

**For more detail information please contact the Teen Center Office at 782-2128 ext # 807.**

## DEVELOPMENTAL ASSET

Positive View of Personal Future - Young person is optimistic about her/his personal future

TEENS