

# Teen Sports & Active Recreation

## KEMPO KARATE

Students will learn self defense techniques gain confidence, self control, and build character.

Instructor: Arceli Bell and Marieta De La Cruz

Location: Centennial Recreation Center, Multipurpose Room

Activity #	Date	Day	Time	Age	Sessions
4660.205	6/5 -7/10*	TH	6:10-7:10pm	9yrs+	5
4660.206	7/17-8/14	TH	6:10-7:10pm	9yrs+	5

\*No Class 7/3

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.

5 sessions

Resident Fee: \$77 / CRC Discount \$72

Non-Resident Fee: \$87 / CRC Discount \$82

10 session discount

Resident Fee: \$145 / CRC Discount \$140

Non-Resident Fee: \$155 / CRC Discount \$150

## SELF DEFENSE

This class stresses mental and verbal defense and promotes self-awareness for common life situations. Through discussion and role playing, students foster confidence and build verbal skills. Physical escape techniques are also taught. Techniques are reviewed and new ones taught each class. This is a progressive class, but you can join the class at any time. Wear comfortable clothing and bring bottled water. Gloves optional.

Instructor: Arceli Bell

Location: Centennial Recreation Center, Activity Room

Activity #	Date	Day	Time	Age	Sessions
5630.201	6/14	SA	1:30-3pm	13yrs+	1
5630.202	7/12	SA	1:30-3pm	13yrs+	1
5630.203	8/9	SA	1:30-3pm	13yrs+	1

Material Fee (Optional): \$20 Workbook (to be paid to the instructor the first of class)

1 session:

Resident Fee: \$40 / CRC Discount \$35

Non-Resident Fee: \$50 / CRC Discount \$45

5 session discount:

You must sign up for all 3 session at the same time. Total of \$87

Resident Fee: \$34 / CRC Discount \$29

Non-Resident Fee: \$44 / CRC Discount \$39

## 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
5610.201	6/19-8/7	TH	8:30-9:50pm	13+yrs	8

Resident \$72 / CRC Discount \$67

Non-Resident \$77 / CRC Discount \$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
2300.201	4/23-5/28	W	4:30-5:30pm	13-18yrs	6
2300.202	6/24-7/10	T/TH	9:30-10:30am	13-18yrs	6
2300.203	7/15-7/31	T/TH	9:30-10:30am	13-18yrs	6

Resident \$77 / CRC Discount \$72

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

## 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
2300.204	4/24-5/29	TH	4:30-5:30pm	13-18yrs	6
2300.205	6/20-7/18	F	9:30-10:30am	13-18yrs	4*

4 sessions (\*No Class on 7/4)

6 sessions

Resident \$77 / CRC Discount \$72

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

Resident \$53 / CRC Discount \$48

Non-Resident \$58 / CRC Discount \$53

## 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. Call (408) 782-2128 for more information.

Instructor: Michael Myers

Location: Community Park Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
5680.203	4/5-8/31	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
4631.201	6/21-7/26	SA	11am-12pm	5-14yrs	5*
4631.202	8/9-9/6	SA	11am-12pm	5-14yrs	5
4631.203	6/8-7/13	SU	1-2pm	5-14yrs	5*
4631.204	7/27-8/24	SU	1-2pm	5-14yrs	5

(\*No class on 07/05 or 07/06)

Resident \$57 / CRC Discount \$52

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

TEENS