

Creative Japanese Flower Arranging- Sogetsu Ikebana

Do you love flowers or gardening? Are you an artist, photographer, or designer seeking to better understand negative space, color, proportion, line and mass, or the visual power of asymmetry? Could your designs have more energy and creative impact? If you answered, 'YES' to any of the above, studying the art of Ikebana, Japanese Floral Design, could be both enjoyable and rewarding! Each week you will design your own arrangement, using surprisingly few flowers and branch material you have collected. There will be an instructor demonstration, time to create your own arrangement and individual assistance during class.

Instructor: Annette Sullivan, 10 classes

Age	Day	Dates	Time	Fee	Course #
13+	W	3/23-5/25	12:15-1:45pm	\$251	37670

Location: Community Center, Mountain View Room

Chinese Brush Painting

Learn to paint landscapes, flowers, birds and other animals in the traditional Chinese style. Class will also cover how to mount on rice paper, scroll making and how to cut your name into the stamping stone. A supply list will be provided at the first class meeting. Students may also purchase supplies from the instructor.

Instructor: Madeleine Fu, 10 classes

Age	Day	Dates	Time	Fee*	Course #
18+	W	4/6-6/8	2-3:30pm	\$101	37668

Location: Community Center, Forest Room

Drop-in: \$11



enjoy

Acrylic Painting with Marin Artist Bernard Healey

Both beginners and advanced artists are welcome in this informative and supportive painting series. A thorough Paint-a-long demonstration is given in each class covering the many subjects that appear in popular landscapes and in many juried shows. Subjects that are covered include such things as sunsets, beach-scapes, forests, waterfalls, rocks, clouds, country scenes and more. Instructor Bernard Healey has worked with artists for over 30 years in both traditional landscapes, and non-representational paintings. His students have appeared in art magazine publications, newspaper articles, and are award winners for their fine art work. Bernard is a graduate of the Academy of Advertising Art, The Art League of San Francisco, and the Ca. School of Fine Art. No drop-ins. Register early as these courses fill up fast.

Instructor: Bernard Healey, 4 classes

Age	Day	Dates	Time	Fee	Course #
18+	Th	3/3-3/24	10:30a-1:30p	\$101	36161
18+	Th	4/7-4/28	10:30a-1:30p	\$101	37671
18+	Th	5/5-5/26	10:30a-1:30p	\$101	37672

SUMMER

Age	Day	Dates	Time	Fee	Course #
18+	Th	7/7-7/28	10:30a-1:30p	\$101	37673

Location: Community Center

Bring the supplies that you have and a supply list will be provided at the first class. No drop-ins.



Holiday Craft Fair
Saturday December 3rd
10am-5pm

Vendor Applications
Available July 1

Application Deadline
August 22

Stretch and Flex

This long-running class has many devoted followers who enjoy the sociability and fun of their moderate, ongoing exercise program using a method developed by Alicia Clark La Pointe. The classes consist of an hour of strengthening, stretching, flexibility exercises and isometrics. Ankle and hand weights are also utilized and are provided in class. Students should wear comfortable clothing.

Instructor: Gail LaForge, 12 classes

Age	Day	Dates	Time	Fee	Course #
18+	Tu&Th	3/29-5/5	9-10am	\$88	37725
18+	Tu&Th	5/10-6/16	9-10am	\$88	37726
18+	Tu&Th	6/21-7/28	9-10am	\$88	37736
18+	Tu&Th	8/2-9/15	9-10am	\$88	37737

Location: Community Center, Mountain View/Cascade Room
No class 8/16, 8/18

ZUMBA Gold



Join the party with ZUMBA GOLD, a fitness program geared towards not only the older active adult but also anyone who wants to go at a slower pace than the regular ZUMBA class. Using Latin and international dance rhythms like the meringue, tango, salsa etc., the class is exercising but at the same time having fun. Jump in with Stephanie Neira a certified ZUMBA GOLD instructor.

Instructor: Stephanie Neira, 5 classes & 6 classes

Age	Day	Dates	Time	Fee	Course #
40+	Tu	3/29-5/3	9:30-10:30am	\$41	37011
40+	Tu	5/10-6/14	9:30-10:30am	\$49	37010

Location: Community Center, Cascade Room
Drop-in \$11. No Class 4/12



Jazzercise is a pulse-pounding, beat-pumping, body-blasting fitness program that gets you results...fast. It's a high intensity dance party that fuses cardio, strength, Pilates, hip hop, yoga and kickboxing. You can incinerate up to 800cph (that's calories per hour) in any of our 60 minute classes. This is the new Jazzercise.

Day	Dates	Time	Fee
M&W	Ongoing	6:15-7:15pm	\$15 Drop-in

LOCATION: Cascade Room

FEE: \$15 Drop-In and value priced passes available.

REGISTRATION: Registration is ongoing, takes place on-site, and can be done 10 minutes prior to any Jazzercise class.

For more information on classes, please call Susan at (415) 383-8094, email to skflint@gmail.com, visit www.jazzercise.com or 1-800-FIT.IS.IT for more information on this class.

NEW CLASS!

Belly Dancing

Join master Belly Dancer, teacher and performer Dhyanis, for a lively way to move your body and feel great. The original feminine workout, done to beautiful exotic music. No dance experience needed to enjoy yourself!

Instructor: Dhyanis, 5 classes

Age	Day	Dates	Time	Fee	Course #
18+	Tu	3/29-4/26	6:15-7:15pm	\$76	38179
18+	Tu	5/3-5/31	6:15-7:15pm	\$76	38180

Location: Community Center, Dance/Fitness Room
Drop-in available if class minimum number is met.

movement



Swing Dance

Swing Dance is one of the most enjoyable and active dances. Our lessons are focused on East Coast Swing and Lindy Hop basics. We give a lot of individual attention with an emphasis on connection/communication skills. Helping people to have fun on the dance floor is our main goal! No partner required. This style of dance is enjoyable to do with various music genres: Swing, rock-n-roll, country, boogie woogie, blues, and more! Instructors Mary DeLave and Al Mayberry have taught in various locations and have been swing dancing for over 5 years. Please wear flats or low wide heels with leather soles (no spike heels). If you don't have comfortable shoes with leather soles we can apply tape temporarily on the soles to add the necessary slight slipperiness. All participants registered for the Swing Dance course also receive free admission to the Open Swing Dance Session following class, 8:15-8:55pm.

For more details visit; <http://marinswingdance.weebly.com>

Instructor: Mary DeLave & Al Mayberry, 5 classes (*4 classes)

Level 1: Swing for Beginning Dancers

Age	Day	Dates	Time	Fee	Course #
10+	M	3/28-4/25	6-7pm	\$61	38185
10+	M	5/2-5/23*	6-7pm	\$49	38186
10+	M	6/6-6/27*	6-7pm	\$49	38189
10+	M	7/11-8/8	6-7pm	\$61	38190

Level 2: Lindy Hop 8 Count

Age	Day	Dates	Time	Fee	Course #
12+	M	3/28-4/25	7:15-8:15pm	\$61	38183
12+	M	5/2-5/23*	7:15-8:15pm	\$49	38184
12+	M	6/6-6/27*	7:15-8:15pm	\$49	38187
12+	M	7/11-8/8	7:15-8:15pm	\$61	38188

Location: Community Center, Dance/Fitness Room

DIZZY JONES PRESENTS

3/11 • MARCH MASQUERADE

4/8 • SPRING FEVER

5/13 • MAD TEA PARTY

6/10 • SUMMER SOLSTICE

7/8 • MIDSUMMER NIGHT'S DREAM

8/12 • SUMMER LOVIN'

7PM • \$25

MUST BE
OVER 21

MILL VALLEY
GOLF CLUBHOUSE
267 BUENA VISTA DRIVE

to make a reservation
please call:
MV rec center:
415.383.1370



LIVE MUSIC
Swing
DANCING
EVENING WEAR
ADMIRER
NOT REQUIRED
COMPLIMENTARY
REFRESHMENTS



POLE Walking: Learn How to Use POLES for Balance & Mobility

Learn techniques that enable people to maintain walking form. Experience a profound freedom of movement and enhanced confidence as you walk with ATTITUDE and feel happy! Practice skills that will help navigate everyday obstacles, reduce risk of falling, restore spine function and improve both posture and stamina - all the while strengthening core muscles that support weight-bearing joints.

Top Quality Poles & Balance Tips Provided. Learn which poles fit you best and will help you to achieve your mobility goals. Class size extremely limited to enable personalized attention. Please sign up early to reserve your space.

Instructor: Jayah Paley, 1 class

Age	Day	Dates	Time	Fee	Course #
55+	W	6/1	1-3:30pm	\$36	37012
55+	W	8/10	1-3:30pm	\$36	38015

Location: Community Center Lobby

Hiking & Yoga Adventures

Join us for an inspiring hike and discover waterfalls and the magic of fields and hills covered with beautiful wildflowers. Connect with nature to rejuvenate, replenish and nurture yourself and reawaken the elements of wilderness within. We will pause to do some simple yoga amidst the beauty of nature and then explore Marin's most magnificent hiking trails with abundant magical redwood forests, majestic mountains, winding creeks and rolling hills. 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 minute mile pace. We hike in light rain, so bring the rain gear. Enrollment is limited.

Instructor: Donna Simonsen, 4 classes

Age	Day	Dates	Time	Fee*	Course #
18+	F	4/1-4/22	9a-12p	\$91	37681
18+	F	5/6-5/27	9a-12p	\$91	37714
18+	F	6/3-6/24	9a-12p	\$91	37715
18+	F	7/1-7/22	9a-12p	\$91	37716
18+	F	8/5-8/26	9a-12p	\$91	37717

Location: TBA

Participants must pick up a list of trailhead directions at the Community Center before the first outing.

Drop-in: \$25

fresh air

Leisure Walks in Marin

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. Classes are coed. Enrollment is limited. Led by nature guide Donna Simonsen who also teaches Gentle Yoga Classes.

"Spend the day at home and you'll never remember it; spend the day outdoors and you'll never forget it."

- Mrs. Terwilliger

Instructor: Donna Simonsen, 4 classes

Age	Day	Dates	Time	Fee	Course #
18+	F	4/1-4/22	2-3:30pm	\$69	37719
18+	F	5/6-5/27	2-3:30pm	\$69	37720
18+	F	6/3-6/24	2-3:30pm	\$69	37721
18+	F	7/1-7/22	2-3:30pm	\$69	37722
18+	F	8/5-8/26	2-3:30pm	\$69	37723

Location: TBA

Participants must pick up a list of trailhead directions at the Community Center before the first outing.

Drop-in: \$25

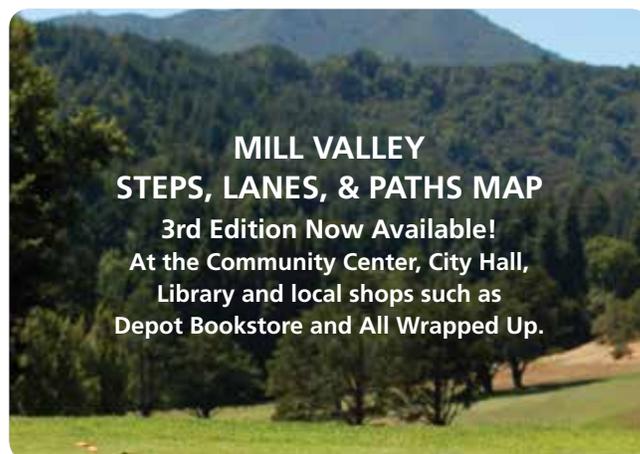
The Art of Moving for Parkinson's Disease

The Art of Moving is an exercise program grounded in Yoga, Tai Chi, and Theatre Arts that was developed by John Argue 30 years ago. The program is a strategic movement practice which emphasizes conscious, mindful movement designed to address the specific needs of people with Parkinson's Disease. This practice helps people increase their flexibility, strength, balance and coordination and improve their oral communication, voice power and speech clarity.

Instructor: Lynda Sheridan, 8 classes

Age	Day	Dates	Time	Fee	Course #
18+	F	4/1-5/20	10-11:30am	\$153	37008

Location: Community Center, Terrace Lounge



Family Kayaking

Join us for a special kayak tour of the Bothin Marsh Preserve, the calm shallow waters of the lagoon west of the Richardson bridge perfect for the "little ones." The day will begin with a discussion on equipment and instructions on kayaking. We will then hit the water, cruising at a relaxed pace using very stable kayaks. Kids will have the opportunity to paddle, or just enjoy the ride with stops for snacks and play on & off the water. Fee covers up to 1 adult & 2 child or 2 adults & 1 child.

Instructor: Stacked Adventures, 1 class

Age	Day	Dates	Time	Fee	Course #
4+	Sa	4/2	9:30-11am	\$71	38138
4+	Su	5/1	9:30-11am	\$71	38139
4+	Sa	5/28	9:30-11am	\$71	38140
4+	Sa	7/9	9:30-11am	\$71	38141
4+	Sa	8/20	9:30-11am	\$71	38142

Location: Bayfront Park

For meeting place, what to bring, and program overview please contact Stacked Adventures via email at stackedadventures@gmail.com



Learn to Kayak

The series will cover kayaking equipment, paddle techniques & rescues, on-land transportation & storage, kayaking planning (tides, maps, etc.) and safety. Each day we will begin with on land instruction developing and challenging are kayaking skills and knowledge. Then tour the area practicing our new skills. The goal of the series is to have you mentally and physically ready to paddle on your own with the confidence and desire to keep developing your kayaking skills at your own pace. We will go through these exercises designed to help everyone get comfortable while developing boat control. On our last day will be practicing kayak rescues which will require you to get in the water; this is not mandatory but highly recommended.

Instructor: Stacked Adventures, 4 classes

Age	Day	Dates	Time	Fee	Course #
12+	M	6/15, 6/29, 7/13, 7/27	9a-2p	\$201	36277

Location: Bayfront Park, Bike Path

NEW CLASS!

Chair Fitness

This class is geared for anyone who prefers a workout having to get on and off the floor. We use chairs to provide stability for a safe workout. Depending on your ability and level of fitness you can take the entire class seated, you can stand using a chair for support or workout any support at all. Chair fitness is recommended for people with stability or other physical issues due to a variety of ailments, surgery, weight issues and aging. You'll benefit from exercises that promote overall fitness by including components of flexibility, aerobics, strenght training and balance. Exercise is a powerful tool in maintaining and improving your quality of life whatever your age or situation. Instructor: Susan Tarran is certified through the Senior Fitness Association to teach Adults with Special Needs and has completed a Senior Fitness program from the National Academy of Sports Medicine.

Instructor: Susan Tarran, 6 classes / 4 classes

Age	Day	Dates	Time	Fee	Course #
18+	M	3/28-5/2	9-10am	\$49	37009
18+	M	5/23-6/20	9-10am	\$32	38267

Location: Community Center, Mountain View Room

Drop-in \$12 if class minimum is met.

No class 5/30



Free guided nature walks consisting of a 1.5 – 2 mile age friendly walk led by a trained and friendly Recreation staff member who will run you through various stretches and relay some of the historical facts about our local parks, natural areas and open spaces.

1st Saturday of Every Month, 2:00 – 4:00pm

Meet at the Mill Valley Community Center in the parking lot in between the park restrooms and baseball diamond.

For questions about each walk, please contact Lisa McHenry at lmchenry@cityofmillvalley.org.

NEW CLASS!

It's Yoga, Family**Especially for Families with Younger Children**

Enjoy healthy family fun with individual and group yoga poses, creative breathing exercises, and relaxing connection time. Designed for ages 2 year and up and open to all family members and caregivers. Family fee is for 2-4 family members.

Instructor: It's Yoga, Kids, 8 classes

Age	Day	Dates	Time	Fee	Course #
2-5	Sa	4/2-5/28	9:30-10:10am	\$241	37652

Location: Community Center, Forest Room

No class 4/16

NEW CLASS!

It's Yoga, Family**Especially for Families with Older Children**

Families strengthen, stretch and breathe together. We incorporate mindfulness and meditation practices to learn to be peaceful no matter what is going around us at school, at home or in the world.

Instructor: It's Yoga, Kids, 8 classes

Age	Day	Dates	Time	Fee	Course #
6+	Sa	4/2-5/28	10:30-11:20am	\$241	37653

Location: Community Center, Forest Room

No class 4/16

NEW CLASS!

Spring Yoga & Renewal Mini-Retreat

Join us for a spacious day of mindful yoga, writing, wellness and rejuvenation. This mini retreat includes a mindfulness practice, all-levels yoga geared for restoring and renewing, personal writing, and healthy refreshments including an organic and locally sourced spring tea. We'll provide a supportive environment for working with spring energy; rejuvenating the body, mind and spirit. A great opportunity for letting go of the old, and opening up to new beginnings! Cody and Michal are a dynamic teaching duo who create warm, safe environments. Open to all levels, all bodies, emphasis on gentle care for a long life of healthy yoga. Wear comfortable clothing, bring a journal. Co-Facilitators Cody Strauss & Michal Lahav.

Instructor: Cody Strauss, 1 class

Age	Day	Dates	Time	Fee	Course #
18+	Sa	3/26	12-3pm	\$56	38264

Location: Community Center, Mountain View Room

renew

Mindful Movement for Creative Living

Feel more centered, integrated and vibrant! This class draws from a range of somatic traditions such as mindfulness meditation, anasara yoga, breathing practice, and dance. Gentle and flowing movement circulates energy through the body, thereby helping ease chronic tension and stiffness, while mindfulness helps us feel connected and integrated. Side effects may include feeling more peaceful, playful, resourceful, and willing to explore your creative potential. Class is geared for those with aging bodies (and/or creaky joints), but is accessible to all levels and ages. Wednesday evenings at 5pm, drop-ins welcome.

Instructor: TBA, 4 classes

Age	Day	Dates	Time	Fee	Course #
50+	Th	5/5-5/26	1-2pm	\$46	37278

Location: Community Center, Dance/Fitness Room

Drop-in \$16

Tai Chi

This series of 10 one-hour classes will focus on learning the movements of Yang style short form of Tai Chi and deepening personal relaxation. The practice of Tai Chi leads to relaxation, better balance, clear thinking, and strength. For more information of the teaching style Tai Chi go to: www.taichifoundation.org. This class is open to new students as well as those who have previously studied the form. Wear loose fitting clothing. Bring either socks or cotton soled shoes to wear during class.

Instructor: Pacific Rim Resources, 10 classes

Age	Day	Dates	Time	Fee	Course #
18+	M	4/18-6/27	6-7pm	\$191	37724

Location: Community Center, Mountain View Room

No class 5/30

NEW CLASS!

Chi Gong (Qigong) for Health & Longevity

In this class, we will learn twelve ancient qigong exercises and standing postures that promote longevity, immunity, and balance. These exercises are also designed to improve the health of our joints. We will also practice some self-massage and tapping of the acupuncture points. Chi Gong, pronounced chee gung, combines a focus on posture, breath, and visualization. These exercises are mostly circular movements that use the whole body. Suitable for all ages, the practice of qigong is done standing. Wear comfortable clothing and low trainers or flat shoes. Raymond Himmel L.Ac, OMD has practiced Oriental Medicine and Chinese health exercises for more than 40 years. Wear loose fitting clothing. Bring either socks or cotton soled shoes to wear during class.

Instructor: Raymond Himmel, 8 classes

Age	Day	Dates	Time	Fee	Course #
16+	W	3/30-5/18	9-10am	\$111	38239

Location: Community Center, Mountain View Room

Drop-in \$16

CPR

This 3-hour American Safety & Health Institute course includes adult, child & infant CPR, plus choke-saving. A certificate of completion will be provided to all students upon completion of the class. CPR cards provided following administrative processing. Pre-registration required. (This class is not sufficient for health care professionals or continuing education credits.)

Instructor: Carole Gathman, 1 class

Age	Day	Dates	Time	Fee	Course #
13+	Th	4/21	6-9pm	\$84	38128
13+	Th	5/19	6-9pm	\$84	38129

Location: Community Center



See Aquatics & Fitness page 77 for Red Cross Courses

Water Safety Instructor (WSI) Lifeguard Training, Lifeguard Instructor Training, and MORE...

Meditation Made Easy

Meditation to music? Yes! Learn the skills and joys of meditation while listening to soothing music. Relax and let your mind focus on the melody for 20 minutes, then flow into one of Gail's guided visualizations and you have the keys to a wonderful, simple approach to meditation. An ideal way to take a time out from a hectic schedule to heighten awareness, reduce stress and tension and provide you with a wonderful daily energy boost. Meditation works great in groups and by yourself at home - so treat yourself to a moment of balance and tranquility. This is an ongoing group and drop-ins are always welcome. Instructor donates her fee to the MVCC scholarship fund.

Instructor: Gail Consulter, 6 classes

Age	Day	Dates	Time	Fee	Course #
13+	M	4/25-6/6	7-8pm	\$37	37813
13+	M	6/13-7/25	7-8pm	\$37	38009
13+	M	8/1-9/12	7-8pm	\$37	38010

Location: Community Center, Tamalpais Room

No class 5/30, 7/4, 8/15.

Drop-in: \$8

AARP Smart Driver

AARP Smart Driver Courses are for drivers 50 and older. A certificate is awarded upon completion that may entitle a graduate to auto insurance discounts for three years. AARP recommends that students check with their insurance company before attending the class to determine whether they are eligible for a discount and how much the discount will be. Developed by AARP, the course reviews the effects of aging and defines what drivers can do to compensate for them. The course covers rules of the road, how to get a good fit with your car, car maintenance, the effects of medication and alcohol on driving and when it may be time to stop driving.

Instructor: AARP Staff, 1 class

Age	Day	Dates	Time	Course #
55+	M & W	5/16 & 5/18	9a-1p	36991

Location: Community Center, Terrace Lounge

\$15/AARP, \$20/non-AARP

Participants make check out to AARP



FILM NIGHTS *at Old Mill Park*

Friday, August 26th
Friday, September 23rd
Friday, October 14th

- Movies begin 15 minutes after sunset
- Bring a blanket or low beach chairs
- Movies are FREE
- Go to www.millvalleycenter.org for movie titles

AMERICAN RED CROSS CERTIFICATION PROGRAMS

Cancellation & Refund Policy for all ARC Classes: Patron requested refunds/credits must be requested no later than 7 days prior to the program's start date. No refunds/credits will be given if requested after the 7-day deadline. No refunds/credits if student does not pass the course. **No Exceptions.**

Lifeguard Training Course

This course teaches participants how to prevent, prepare for and respond to emergencies in, on and around the water. This course contains a blended learning segment that requires participants to complete certain segments online via redcross.org prior to attending the course. Students who complete this course successfully will be certified in American Red Cross Lifeguard Training/First Aid and CPR/AED for Lifeguards (valid 2 years). NO job guarantee comes with certification. Participants must be 15 years of age by last class meeting. Pre-requisite Swimming Test: Swim 300 yards using a combination of breaststroke and front crawl (freestyle), submerge 7 to 12 feet for a 10lb diving brick and swim with diving brick for 20 yards.

You must register for Blended Learning classes at least one week in advance. Registrations will not be taken within seven days of the course start date.

Instructor: MVR Staff, 4 classes

Age	Day	Dates	Time	Fee	Course #
15+	Sa-Su	4/2-4/10	10a-5p	\$198	36580
15+	M-Th	6/13-6/16	10a-5p	\$198	36587

Location: Aquatics Center

Lifeguard Review Course

This is a review and re-certification course for Individuals with a current Lifeguarding/First Aid/CPR/AED certificate that is about to expire. This course contains a blended learning segment that requires participants to complete certain segments online via redcross.org prior to attending the course. The purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting. You must successfully take both the written and practical tests to receive certification. Must bring whistle and resuscitation mask to class or purchase on site for additional fee. Course fee includes ARC \$35 cert fee.

You must register for Blended Learning classes at least one week in advance. Registrations will not be taken within seven days of the course start date.

Instructor: MVR Staff, 2 classes

Age	Day	Dates	Time	Fee	Course #
15+	Sa-Su	4/9-4/10	10a-5p	\$126	36581
15+	W-Th	6/15-6/16	10a-5p	\$126	36588

Location: Community Center

American Red Cross: First Aid/CPR & AED Training

The ARC First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. There is a written portion to this course that must be successfully passed or else you will not receive certification.

Course fee includes ARC \$35 cert fee & resuscitation mask.

Instructor: MVR Staff, 4 classes

Age	Day	Dates	Time	Fee	Course #
11+	Sat	4/16	10a-5p	\$130	36583
11+	Sun	6/12	10a-5p	\$130	36589

Location: Aquatics Center



For more information on training, contact the Aquatics Division at 415-383-1370 or email scortes@cityofmillvalley.org

NEW CLASS!

Face Painting Workshop

Did you ever want to be good at face painting? Would you like to improve the skills you already have? If yes, then this class is for you! You have a chance to take a class with a professional face and body artist that has ten years of experience. Tatyana Fateyeva is an award-winning face artist and the owner of Tatyana's Magic Brush. She believes that good materials and practice are key to success. You will have a custom made kit with the best supplies in the industry. You will start by learning basic sponge and brushstroke techniques. After getting a steady hand you will learn how to combine them into designs and progress to creating your own unique fabulous face art with sparkles and gems. You will use your legs and arms for practice of the brushstrokes, so wear shorts and a t-shirt. There will be a live model as well for demonstration. Get ready for a wonderful day of painting!

Instructor: Tatyana Fateyeva, 1 class

Age	Day	Dates	Time	Fee	Course #
18+	Sa	4/23	9:30a-5:30p	\$151	38232

Location: Community Center, Mountain View Room

A \$60 supply fee is due to the instructor at the beginning of the workshop.

**Be Your Own Travel Agent: Online Travel Tips & Deals**

Looking to save on flights and hotels? Want to know the best places to eat when you're on vacation? If you like to travel and want to make the most of your time and budget, then this is the workshop for you. Bring your smart phone, tablet or laptop to class and we will show you the insiders tips to fun and frugal travel. Through travel apps and internet site tips, we will help you plan your dream vacation so you can have a stress free trip when you get there.

Instructor: Technology 4 Life, 1 class

Age	Day	Dates	Time	Fee	Course #
18+	F	6/10	10a-12p	\$36	38028

Location: Community Center, Tamalpais Room

NEW CLASS!

Managing your Photos

Your photos are important because they are preserving your memories and experiences. Despite how much we love taking pictures, many of us leave them sitting in cameras or phones for years. If you've been meaning to organize your photos and get them in one place for a long time, this is the class for you! In this two-session course, you will learn all about different ways to preserve your photos, organize them into folders, edit them, back them up and print them. Bring your digital cameras, smart phones, flash drives or whatever device your photos are saved on to class and we'll show you how to take them out, save them in one place, use software to make the process easy and fun, and start getting them in order. The longer you wait to download your photos and organize them the greater the risk of losing them or forgetting where they are.

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	Tu	5/24-5/31	10a-12p	\$66	37004

Location: Community Center, Tamalpais Room

NEW CLASS!

Intro. to Social Media for Seniors

What is Facebook and why would I use it? How do I skype with my grandchildren or friends? What is a tweet? Social media is everywhere and can be very confusing. This class will show you how social media technology can help you connect with the world and your loved ones without ever leaving your home. In this two-session course, you will learn all about Facebook, Twitter and Skype accounts, learn how to protect your privacy, view your loved ones pictures, take advantage of on-line coupons, and keep in touch with the younger people in your life. Don't worry, this class is for the true beginners!

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	W	6/22-6/29	10a-12p	\$66	38029

Location: Community Center, Tamalpais Room

socialize

iPhone/iPads Basics 1: Getting to know your Device

Congratulations, you finally got your very own iPhone or iPad! There is only one problem, you have no idea how to use it! In this personalized, two session course, you'll be guided through how to make calls, send emails, send texts, and manage applications. A course for those new to the smart phone/wireless device world, each session provides one-on-one help and comes with instructional handouts so you can practice at home. Don't let that amazing technology sit in its box any longer! Bring your Apple iPhone or iPad to class along with your Apple ID password.

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	Th	3/17-3/24	10a-12p	\$66	36101
18+	F	7/15-7/22	10a-12p	\$66	38030

Location: Community Center, Tamalpais Room

iPhone/iPads Basics 2: Essential Applications

Need a refresher for using your iPhone or iPad? Are you using iOS 8.0? This course will review some of the basics of using your device. We will show you how to get the most out of your built-in apps including Photo editing, iCloud, Calendar, Siri, E-mail, Texting, Facetime, Maps/GPS, and more! In this two day course, you will practice using these essential applications included with your iPad/iPhone. We will show you how to find out what version of the device you are using and when/how to upgrade. We'll introduce the steps to find and install new apps, and show you how to update, delete and organize you apps for easy access. If you understand the basics of your device and are ready to see what else it can do, this is the course for you! A perfect sequel to the "Getting To Know Your Device" class. Bring your Apple iPhone or ipad to class along with your Apple ID and password.

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	Tu	4/5-4/12	11:30a-1:30p	\$66	37005

Location: Community Center, Tamalpais Room

technology

NEW CLASS!

iPad/iPhone Basics 3: Maps, Travel, Shopping & The World of Apps

iPad and iPhone users, come discover the incredible world of applications! Finds apps to help you manage your daily activities and feed your pasions! In this two session course, we will focus on finding helpful, fun and interesting applications that you can download to you device. Come discover how to use apps for reading books, shopping, brain training, fitness, internet radio, stock tracking, playing games, translating, travel, and much more! This class is a fun way to learn something new and a perfect sequel to the Basics 1 and Essential Applications class. Don't forget to bring your device, AppleID, and Apple password to class.

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	Tu	5/3-5/10	10a-12p	\$66	37003

Location: Community Center, TeenZone Lounge (Field View)

Essential Oils 101 Make & Take

Curious about Essential Oils? We will give you a general over-view and you will learn how you can incorporate their wellness benefits into your everyday life while we make a few items you can use yourself or give as gifts. Go home with a few things including a calming pillow spray, foaming hand soap and a roller bottle to apply after a rough work-out! No experience necessary.

Instructor: Valentine Smith, 1 class

Age	Day	Dates	Time	Fee	Course #
16+	Sa	4/2	10a-12p	\$25	38275
16+	Sa	7/16	10a-12p	\$25	38277

Location: Community Center, Terrace Lounge

NEW CLASS!

Essential Oils Spring Make & Take

Come make 5 items using essential oils that anyone in your life will love! Perfect for Mother's Day gifts! Includes a Face Wash, Bath Salts, a Sugar Scrub and more! No experience necessary.

Instructor: Valentine Smith, 1 class

Age	Day	Dates	Time	Fee	Course #
16+	Sa	5/7	10a-12p	\$36	38276

Location: Community Center, Mountain View Room

NEW CLASS!

Essential Oils Summer Make & Take

Come make 5 items using essential oils that anyone in your life will love! Perfect for Father's Day gifts! Includes a Sore Muscle Roller, Stress Roller, Muscle Soak Salts and more! No experience necessary.

Instructor: Valentine Smith, 1 class

Age	Day	Dates	Time	Fee	Course #
16+	Sa	7/16	10a-12p	\$36	38278

Location: Community Center, Forest Room

NEW CLASS!

Everyday Uses for Essential Oils

Have you been wondering what's all the buzz about essential oils? How you can use them to support good health and wellness. Can oils help with sleep, mood, and immune support? Come learn about how essential oils will change you and your family's lives! In this class you will get an introduction to what Essential Oils are, how and why they work in our bodies and everyday practical uses. We will give you true and tried recipes for rollers, capsules, diffuser combinations and even tell you how to use the essential oils in your kitchen. Karin Collins is a certified Vegan Raw Foods Chef and Nutritionist Educator. Owner of FIT4MOM Marin.

Instructor: Karin Collins, 1 class

Age	Day	Dates	Time	Fee	Course #
18+	Th	3/17	7:30-8:30pm	\$31	38265

Location: Community Center, Mountain View Room

NEW CLASS!

Cooking with Essential Oils

Come learn & taste food made with Essential Oils! Essential Oils have many wonderful therapeutic benefits, but they are also great when added to foods and liquids as natural flavoring! Essential Oils can replace your fresh or dried herbs and spices. They have a longer shelf life and can be handy in the kitchen when you do not have either at your disposal. Extracted through careful steam distillation and cold pressing, harvested from seed to seal Young Living Essential oils provide many alternatives to harsh chemical food additives, allowing you to create the environment your family deserves. Karin Collins is a certified Vegan Raw Foods Chef and Nutritionist Educator. Owner of FIT4MOM Marin.

Instructor: Karin Collins, 1 class

Age	Day	Dates	Time	Fee	Course #
18+	Th	4/7	7:30-9pm	\$31	38266

Location: Community Center, Forest Room

Bridge from A to ...B

We will cover the mechanics of playing a bridge hand, including basic notions of bidding, defense and the play of the hand. Although no one can completely master the intricacies of bridge in a few weeks, by the end of the class you will be able to sit at a bridge table and feel confident and at ease playing the game of bridge. Jim Cohen is a bronze life master and has been certified as an instructor by the American Contract Bridge League.

Instructor: Jim Cohen, 6 classes

Age	Day	Dates	Time	Fee	Course #
40+	W	4/20-5/25	1-2pm	\$91	38024

Location: Community Center, Terrace Lounge seating area

Bridge from C to... D

If you are comfortable with the materials covered in Bridge from A to B, then you are ready for this second course. We will begin to explore the world of conventions (Stayman, Jacoby Transfers, Blackwood, etc.) and continue to develop proficiency with bidding, defense, and play of the hand.

Instructor: Jim Cohen, 6 classes

Age	Day	Dates	Time	Fee	Course #
40+	W	4/20-5/25	2:30-3:30pm	\$91	38025

Location: Community Center, Terrace Lounge seating area

NEW CLASS!

Ukulele Jubilee: A Uke-a-nanny

We'll sing strum and play with some ukulele tricks along the way. Join in for a HIGH-ENERGY, low key Kanikapila (sing along.) All skill levels welcome. We'll use the MAD ABOUT UKE song books with almost 200 songs! You can purchase this book at our gathering or on line for \$20. A tentative set list will be e-mailed 5 days in advance of each meeting. We'll sing the songs of Sinatra, Elvis, Ray Charles, Patsy Cline, Roy Orbison, the Beatles and many more. Please join us for 10 weeks of music and laughter.

Instructor: Tucker Spolter, 10 classes

Age	Day	Dates	Time	Fee	Course #
16+	W	3/30-6/1	10-11:45am	\$121	37743

Location: Community Center, TeenZone Game room
Students are asked to bring a ukulele, ukulele tuner, a binder and graph paper.



Thrive in Retirement

Are you a Baby Boomer who is facing retirement or semi-retirement? This workshop is realistic and affirmative approach to living a healthy, balanced, joyful and fulfilling life in retirement. Join us for 3 evenings of activities, exploration, discussion and learning. Developing a plan for achieving your dreams. Find meaningful work - paid or volunteer. We will look at the personal side - not the financial side - of retirement. Past attendees call this course EMPOWERING, joyful and energizing. For 30 years Lynn's workshop have helped men and women make successful career and life transitions. Make the next years the best years of your life.

Instructor: Lynn Ryder, 3 classes

Age	Day	Dates	Time	Fee	Course #
45+	Tu	4/12-4/26	6:30-8:30pm	\$116	37006

Location: Community Center, Manzanita Room

NEW CLASS!

Lighten Up Your Carbon Footprint

Over 200 Marin households have collectively reduced 2.6 million pounds of carbon emissions doing a fun, free program called Resilient Neighborhoods. Find out how to be on one of our teams. You'll learn simple ways to save money by trimming energy and waste, conserving water and driving more economically. You'll also learn how to prepare your home and neighborhood for what a warming planet will bring our way-more wildfires, droughts, sea level rise and severe storms. If you want to learn more about climate change and what you can do about it, don't miss this presentation. For more information go to: www.resilientneighborhoods.org or email resilientneighborhoods@gmail.com.

Instructor: Polina Osipova, 1 class

Age	Day	Dates	Time	Fee	Course #
13+	Th	4/21	7-8pm	Free	38259

Location: Community Center, Manzanita Room

NEW CLASS!

Small Space Gardening

Do you love the smell of fresh tomatoes, the taste of handpicked basil or the crunch of newly gathered greens in your salad? If you do but have never known how to make it happen, this class is for you. The smell and flavor of homegrown food and flowers is within your reach, right out your door. It doesn't take an acre to grow a garden. Learn the basics of successful container gardening, from plant, planter and soil selection to on-going care and maintenance. This is a hands-on class designed to teach the essentials and help you grow the things you love.

Instructor: Emily Murphy, 1 class

Age	Day	Dates	Time	Fee	Course #
13+	Su	4/24	10a-12p	\$24	38011

Location: Community Center, Forest Room

NEW CLASS!

Guided Autobiography

In Guided Autobiography Course, you will write your life stories - two pages at a time - using tested themes such as family, work and health. Priming questions help evoke memories of events and people. Writing and sharing life stories with others is an enjoyable way to find a new meaning in life and put the past into perspective. Participants of Guided Autobiography gain a greater feeling of wellbeing and a growing appreciation of their lives and the lives of others. Each class will include exercises, discussion of the week's theme, writing tips, writing, and sharing of stories among the class participants. Guided by Melanie Vetter, Certified Guided Autobiography instructor, the class will be fun and energizing. All levels of writing experience (from no experience to expert) are welcome and encouraged to join. A \$6 material fee is to be paid to instructor at the first class.

Instructor: Melanie Vetter, 5 classes

Age	Day	Dates	Time	Fee	Course #
18+	Th	4/28-5/26	6:30-8:30pm	\$126	37002

Location: Community Center, Terrace Lounge

NEW CLASS!

Legacy Letters

We all have a deep desire to create a lasting legacy, to share our values, love, and hopes and dreams for an even better future. Creating a Legacy Letter is an enjoyable and introspective experience that leave the writer feeling fulfilled and the recipients thankful. In fact, a Legacy Letter is often considered to be the most cherished and meaningful gift you can give to those you love. Using an informative, step-by-step workbook, Melanie Vetter, Certified Legacy Coach, will help you enjoy the process through guided writing exercises in supportive environment. We will also discuss methods of design and conservation techniques.

Instructor: Melanie Vetter, 4 classes

Age	Day	Dates	Time	Fee	Course #
18+	W	4/20-5/11	2:15-3:45pm	\$81	37007

Location: Community Center, Kids Watch



MILL VALLEY GOLF COURSE

Reservations / Pro Shop / Lessons
 (415)388-9982
 280 Buena Vista Ave, Mill Valley
 Website: www.mvgolfcourse.org

The beautiful Mill Valley Municipal Golf Course is truly one of the hidden jewels of Marin County and by far the best golf deals around! This 9-hole par 33 (par 32 for back nine) is hidden amongst 42 acres of hills, creeks and mature redwoods. Call and reserve your tee time one week in advance or just drop in and play. There may be a delay in opening the course due to rain, frost or ice. Closure may only be for a few hours, so call the Pro Shop (if in doubt).

Youth on Course

The City of Mill Valley is proud to present Youth on Course, a program sponsored by the Northern California Golf Association (NCGA), designed to encourage junior golf, as well as family golf play locally. Membership includes the YOC card, membership into the NCGA with a host of benefits (ncga.org), as well as discounted play Mon-Fri for only \$5.00 (a daily savings of \$8-10).

Par 3 Course

In addition, we have completed a special Par 3 course inside our traditional course to encourage play by beginners. This special short course comes complete with proper tee markers, yardage plates and scorecards.

Fees

Our fees and rates are available online at www.mvgolfcourse.org. Fees and rates subject to change

Golf Lessons Gil Bennett (415)388-9982

Tournament Information Gil Bennett (415)388-9982

Golf Clubhouse Reservations John Murphy (415)383-1370

Contacts for Mill Valley Golf Club www.mvgolf.com



IMPORTANT SPORTS CONTACT INFO

Boyle Park Tennis Courts	388-6523
CYO Basketball	507-4237
Mill Valley Soccer Club	381-KICK
Southern Marin Youth Football	www.southernmarinfootball.com
Southern Marin Lacrosse	www.smlax.com
Mill Valley Little League	www.millvalleyll.org

Are the fields open or closed?

Call the hotline for current field conditions: 383-7818.
 Remember, fields are closed for 24 hours after measurable rain.

Volkssport

If you like WALKING –
 You are going to love VOLKSSPORTS!

The Mill Valley Recreation Department is proud to co-sponsor two year-round events with the American Volkssport Association and the Vaca Valley Volks. Both events start and finish at the Mill Valley Community Center. One walk, 10 kilometers in length, is through the village of Mill Valley, and the second, 12 kilometers long, is through the town of Sausalito. Maps describing each of these events are available at the front desk of the Fitness Center.

BOYLE PARK TENNIS COURTS

Tennis is a great way to stay fit! Classes are offered for all levels of experience. Come brush up on the basics, learn a new shot, or meet some playing partners. For updated court, lesson, and playing information go to www.boyleparktennis.com or call 415-388-6523. Tennis Instructors: Chris Reiff, Frank Van Riggelen & Joe Kells.

www.boyleparktennis.com Chris Reiff 415-388-6523

TENNIS

Adults & Youths 15+

Tennis is a great way to stay fit! Classes are offered for all levels of experience. Come brush up on the basics, learn a new shot, or meet some playing partners.
Instructors: Chris Reiff, Frank Van Riggelen & Joe Kells



Morning Schedule

Tuesday & Thursday
September - July

Advanced/Intermediate:

9-10 am
Match play drills, doubles strategy and some stroke analysis.

Beg./Int. Stroke Production:

10-11am
Develop the fundamental skills needed for match play.
Morning classes run Sept. through June.

Evening Schedule

Tuesday & Thursday
March - November

Beginning/Intermediate:

6 to 7pm
Stroke production and introduction to match play.

Advanced:

7 to 8pm
Active drills and advanced match play.



Saturday Morning Advanced Doubles

Drop-in Play

8:30-10:30am

This program will include brief doubles instruction followed by match play. Play will be arranged by an informal round robin format.

Play is limited to a maximum of 12 players.

This is an advanced-level clinic.

Price is \$15 drop-in.

Monday Night Intermediate Doubles

Drop-in Play

5:15-6:30pm

This program will include brief doubles instruction followed by match play. Play will be arranged by an informal round robin format.

Play is limited to a maximum of 12 players.

This is an intermediate-level clinic.

Price is \$15 drop-in.

League Play

Boyle Park participates in USTA, Marin and SNMWTL league tennis. Please contact Chris at bpt@boyleparktennis.com or 415-388-6523 for more information on league play.

Classes are ongoing. You may purchase a class card (no expiration) for \$104 which allows you to participate in 8 classes, or you can purchase classes on a drop-in basis for \$15/class.

When it's raining, tennis classes are cancelled. If in doubt of class status, call the Pro Shop at 415-388-6523

