

Ice Skating

Age 16+

with the Nazareth Ice Oasis Staff 650.364.8090 ext. 16

\$78 • 6 classes

24.205	Sa	11:15-11:45am	4/25-6/6	no 5/23
24.206	W	6:20-6:50pm	5/6-6/10	

Ice skating is a confidence building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills including forward and backward skating and stopping. Skate rental and practice time are included on the day of the lesson only. **Gloves/mittens recommended. Please arrive 15 minutes before class.**

Location: Nazareth Ice Oasis 3140 Bay Road, Redwood City, CA 94063

Beginning Roller Skating

Age 3+

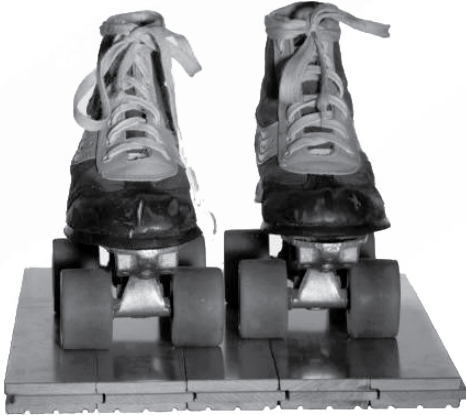
with Redwood Roller Rink certified Coaches

\$45 • 4 classes

24.256	Sa	1-1:30pm	4/4-4/25
24.257	Sa	1-1:30pm	5/2-5/23
24.258	Sa	1-1:30pm	5/30-6/20

Roller skating is a fun aerobic and weight bearing exercise that is fun for the whole family. Class, includes free skate rental, 30 minutes of class instruction, and open skating from 1:30-4pm. Class will be divided into children's and adult groups.

Location: Redwood Roller Rink, 1303 Main St., RWC, 94063



TENNIS AT YOUR SERVICE

Age 15+

Taught by the staff of Stanford Tennis Coach John Whitlinger & USPTA Professional Tom Sarsfield.

\$80 (SR \$62) • 8 lessons

Novice	24.220	Sa	9-10am	4/4-5/23
Low Int.	24.221	Sa	10-11am	4/4-5/23

Maximum of 8 students per class. In case of rain, contact the Rec. Department at 780-7311. Check your receipt for rain-out policy & make-up info. Classes of 3 students will be converted into 6 lessons. Classes of 2 students will be converted into 4 lessons

Novice: For beginners and advanced beginners. Learn simple and efficient stroke techniques to develop dependable strokes that will enable you to enjoy tennis and continue to improve after class.

Low Intermediate: For players who can rally consistently but lack depth and placement. The emphasis is on stroke fundamentals and basic doubles strategy.

Location: Red Morton Tennis Courts

INDIVIDUAL TENNIS LESSONS

Are you having trouble with your backhand or do you want to develop more topspin on your forehand? Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages, beginners to advanced. **Call the Redwood City Parks and Rec Dept. at (650)780-7311 to make arrangements.**

Instructor: Stanford/Whitlinger & Sarsfield Tennis
Locations: Mezes Park Ct. #1 (instructor priority at all times)
Red Morton Park Ct. #1 (Saturdays 9am-9pm)

Fee: \$55 per hour or \$150 for three one hour lessons (Add \$5 per hour for an additional person). All checks payable to the "City of Redwood City". **Check & registration form must be given to the instructor at the first lesson.**



Introduction to Fencing

Age 13+

with *Eric Dew*, two-time Pacific Coast Foil Champion; silver medalist, 2004 National Championships; coach of 2005 National Championships bronze and gold medalists.

\$94 • 6 classes

24.207	Tu	7-8pm	5/5-6/9
24.208	F	6:30-7:30pm	5/8-6/12
24.209	Sa	11am-12pm	5/9-6/13

Tired of running on a treadmill, spinning to nowhere or beating up a lifeless punching bag? Then try fencing! Fencing offers you all the great cardio and physical workout that any great exercise regimen provides, but there's a FUN aspect that makes the whole effort worthwhile. You get to interact with other people so it's as much a social activity as it is a workout activity. Try fencing, have fun and work up a great sweat! \$20 fee payable to instructor at first class for equipment rental. For more information, contact the fencing club at (650) 592-1619 or by email: start@firstplacefencing.com.

Location: First Place Fencing Club, 835 E, San Carlos Ave, Ste B, San Carlos

Introduction to English Horseback Riding

Age 6+

with *Springdown Equestrian Center*

\$175 • 3 classes

16.225	W	1:30-2:30pm	4/22-5/6
16.226	Tu	1:30-2:30pm	5/15-5/19
16.227	M	1:30-2:30pm	6/1-6/15

For the beginner rider, you will learn safety, horse handling, and care through grooming and experience on the ground and on the horse at our professional riding facility. Our knowledgeable instructors will teach you how to mount, dismount correctly and ride in our covered arena under our watchful eye. **Wear long pants and a boot with a heel. We also have riding boots and helmets available for each rider. Due to the physical limitations of our horses, rider's weight should not exceed 225lbs. Check our website for more information: www.springdown.com.**

Location: 725 Portola Road Portola Valley 94028 650.851.1114



Golf Lessons Beginning

with *Emerald Hills Golf Pro Matt Lacues*

\$85 • 5 classes

24.201	Sa	10-11am	4/11-5/9
24.202	Sa	12-1pm	4/11-5/9
24.203	Sa	10-11am	5/16-6/13
24.204	Sa	12-1pm	5/16-6/13

The Beginner Golf Class covers all the basic fundamentals of the game of golf. Students will learn proper techniques in grip, alignment, stance, posture, and ball position. The beginner class will also teach students basics in putting and chipping! This class is designed so that at the end of the class, student will know and understand the workings of the game and be able to enjoy all of its pleasures. After completing the class students are encouraged to move into the Intermediate Class! For info: 650.368.7820. Location: Emerald Hills Golf Course, 938 Wilmington Way, RWC

Come and visit Emerald Hills Lodge and Golf and see what we offer our members!

- Discount Golf on our 9 hole course
- Tennis
- Olympic Size Swimming Pool
- Gym & Sauna
- Play Pool, Shuffleboard & Cards
- Have a beverage at our Bar
- Wednesday Night Dinners
- Golf & Swim Lessons

Call for information: 650.369.1991

www.emeraldhillslodge.com

Add a **Bounce House** to your Picnic Reservation!



Spice up your picnic with a Bounce House! We have created 3 bounce house areas, complete with power, at Marlin, Mezes, and Red Morton Park. Bounce House Areas must be reserved in conjunction with designated picnic areas and are not for rent individually. A permit is required for use of a Bounce House (Max size of 12'x12') Only 1 inflatable allowed per Bounce House Area.

For more information, visit www.redwoodcity.org/picnics