

SEE BACK COVER FOR INFO ON TRYING SOMETHING NEW AT
FREE CLASSES WEEK, SEPT. 12-17!



Parks & Recreation



CITY OF SANTA BARBARA PARKS AND RECREATION DEPARTMENT

FALL ACTIVITIES PREVIEW

WHAT'S INSIDE...

We're **bringing fitness back** at the Carrillo Recreation Center and the Carrillo Street Gym!



**DANCE AT CARRILLO REC
ADULT ACTIVITIES
ADULT SPORTS
ADULT SPORTS LEAGUES**

**AWESOME AFTER-SCHOOL
ACTIVITIES**

DANCE AND FITNESS FOR ADULTS AT THE CARRILLO RECREATION CENTER AND CARRILLO STREET GYM

Unless otherwise noted, all of the following dance and fitness classes for adults take place at the Carrillo Recreation Center, 100 East Carrillo Street. Please call (805) 897-2519 for more information.

ARGENTINE TANGO WITH MICHAEL SERRY

SantaBarbaraCA.gov/Tango

Instructor Michael Serry is dedicated to preserving and fostering the art of Argentine Tango; he brings 13 years of teaching experience to these fun classes.

BEGINNER ARGENTINE TANGO

22389 9/21-10/26 Wed 7:30PM-8:30PM \$77 / \$70
22390 11/2-12/7 Wed 7:30PM-8:30PM \$77 / \$70

INTERMEDIATE ARGENTINE TANGO

22393 9/21-10/26 Wed 8:30PM-9:30PM \$77 / \$70
22394 11/2-12/7 Wed 8:30PM-9:30PM \$77 / \$70

BALLET WITH CAT HAWORTH

SantaBarbaraCA.gov/BalletWithCat

Classes use floor stretches, barre, and centre work to develop skills such as pirouettes, jumps, and leaps. Focus is on technique, individuality, and the joy of dancing.

Ages 15+

BEGINNER BALLET WITH CAT

22401 9/19-10/24 Mon 5:30PM-7:00PM \$77 / \$70
22402 10/31-12/5 Mon 5:30PM-7:00PM \$77 / \$70

INTERMEDIATE BALLET WITH CAT

22404 9/21-10/26 Wed 5:30PM-7:00PM \$77 / \$70
22405 11/2-12/7 Wed 5:30PM-7:00PM \$77 / \$70

INTERMEDIATE/ADVANCED BALLET WITH CAT

22409 9/24-10/29 Sat 10:15AM-12:00PM \$77 / \$70
22407 11/5-12/10 Sat 10:15AM-12:00PM \$77 / \$70

BALLROOM DANCE WITH KOOKIE CORNAN

SantaBarbaraCA.gov/BallroomWithKookie

Have you ever watched people dance at parties or admired dancers on television and wondered, "Can I do that?" Yes, you can! Kookie will have

you dancing to your favorite songs by the end of your first lesson.

INTRODUCTION TO BALLROOM DANCE

22417 9/19-10/24 Mon 6:30PM-7:30PM \$77 / \$70
22418 10/31-12/5 Mon 6:30PM-7:30PM \$77 / \$70

BEGINNER BALLROOM

22414 10/31-12/5 Mon 7:30PM-8:30PM \$77 / \$70

BEGINNER AND INTRODUCTION TO BALLROOM (BOTH COURSES COMBINED!)

22419 9/19-10/24 Mon 6:30PM-8:30PM \$101 / \$92
22420 10/31-12/5 Mon 6:30PM-8:30PM \$101 / \$92

BELLY DANCE

SantaBarbaraCA.gov/BellyDance

Get fit and have fun while learning the ancient and beautiful art of belly dance. Students will learn the basic steps and isolations of the dance, as well as combinations and choreographies.

22427 9/21-10/26 Wed 7:00PM-9:00PM \$77 / \$70
22428 11/2-12/7 Wed 7:00PM-9:00PM \$77 / \$70

COUNTRY LINE DANCE

SantaBarbaraCA.gov/CountryLineDance

Want to get some exercise while having lots of fun learning the most popular line dances? Then this class is for you! Dorothea Escoto teaches beginner to intermediate level line dances including crepin', booze cruize, crickets and frogs, and many more.

22431 9/19-10/24 Mon 7:00PM-8:00PM \$50 / \$45
22432 10/31-12/5 Mon 7:00PM-8:00PM \$50 / \$45

COUNTRY TWO-STEP LESSONS

Come learn how to dance the two-step, a fun, easy couples/partner dance for all ages. Learn basic technique and simple turns in the beginner class, enough to get you out on the dance floor feeling confident that you belong.

BEGINNER COUNTRY TWO-STEP

22438 9/20-10/25 Tue 6:30PM-7:30PM \$77 / \$70
22439 11/1-12/6 Tue 6:30PM-7:30PM \$77 / \$70

INTERMEDIATE COUNTRY TWO-STEP

22442 9/20-10/25 Tue 7:30PM-8:30PM \$77 / \$70
22443 11/1-12/6 Tue 7:30PM-8:30PM \$77 / \$70

INTERMEDIATE DANCE WITH LESLIE SACK

SantaBarbaraCA.gov/DanceWithLeslie

One of our most popular new programs, newly expanded in response to demand from happy students. Students who register for full sessions of the Latin and Smooth courses receive a significant discount; please call the Carrillo Recreation Center for details: (805) 897-2519.

AMERICAN SMOOTH: FOXTROT

22454 9/22-10/27 Thu 7:45-8:30PM \$77 / \$70

AMERICAN SMOOTH: WALTZ

22455 11/3-12/1 Thu 7:45-8:30PM \$51 / \$47

LATIN AND SMOOTH COMBO PACKAGE

22459 11/3-12/1 Thu 7:00PM-8:30PM \$73 / \$67

LATIN DANCE WITH LESLIE SACK

22520 9/22-10/27 Thu 7:00PM-7:45PM \$77 / \$70
22521 11/3-12/1 Thu 7:00PM-7:45PM \$63 / \$58

INTERNATIONAL BALLROOM DANCE WITH VASILY GOLOVIN

bit.ly/BallroomWithVasily

Join instructor Vasily Golovin for a new series of international ballroom dance lessons. The theme will change every three weeks to keep the program dynamic, and will cycle through the five international styles.

VIENNESE WALTZ AND FOXTROT

22548 9/12-10/17 7:00PM-8:00PM \$77/\$70

WEST COAST SWING WITH BRUCE GOMBRELLI

SantaBarbaraCA.gov/WestCoastSwing

Learn the classic and most recent styles of West Coast swing from an instructor that's active in the national West Coast swing dance circuit! West Coast swing can be danced to a wide range of music from blues, pop, R&B, nuevo tango and hip hop.

22397 9/21-10/26 Wed 7:00PM-8:30PM \$77 / \$70
22398 11/2-12/7 Wed 7:00PM-8:30PM \$77 / \$70

ZUMBA WITH JOSETTE

SantaBarbaraCA.gov/Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. Please register in-person with the instructor; payment is for a 12-session punch-card.

12-session punch card	M-F	5:30PM-6:30PM	\$67
	Sa	11:15AM-12:15PM	

EXPLORE YOGA WITH SARAH CHRISTIANSEN

SantaBarbaraCA.gov/YogaWithSarah

This class will provide an excellent opportunity to move and flow with yoga. Participants should be prepared to move through a variety of beginner, intermediate and advanced poses with the assistance of an experienced guide. Discount available when registering for both Tuesday and Thursday sessions.

22446	9/20-10/25	Tue	12:15PM-1:15PM	\$77 / \$70
22450	9/22-10/27	Thu	12:15PM-1:15PM	\$77 / \$70
22447	11/1-12/6	Tue	12:15PM-1:15PM	\$77 / \$70
22451	11/3-12/8	Thu	12:15PM-1:15PM	\$62 / \$56

FULL BODY CIRCUIT TRAINING

SantaBarbaraCA.gov/CircuitTraining

This is not your average circuit training class, We burn serious calories by working every muscle in your body through a combination of Cardio HIIT (High Intensity Interval Training) and Strength HIIT. Build muscle, burn fat and get results!

Location Carrillo Street Gym or Carrillo Recreation Center

Info (805) 897-2519

ABS & CARDIO EXPRESS

22537	9/15-10/20	Thu	5:30PM-6:15PM	\$77 / \$70
22539	11/3-12/8	Thu	5:30PM-6:15PM	\$64 / \$58

CIRCUIT TRAINING + ABS CLASS COMBO

22538	9/13-10/20	T,Th	5:30PM-6:20PM	\$132 / \$120
22542	11/3-12/8	T,Th	5:30PM-6:15PM	\$121 / \$110

FULL BODY CIRCUIT TRAINING

22524	9/13-10/18	Tue	5:30PM-6:30PM	\$77 / \$70
22525	10/31-12/5	Tue	5:30PM-6:30PM	\$77 / \$70

CITY OF SANTA BARBARA PARKS AND RECREATION DEPARTMENT

ADMINISTRATIVE OFFICE 620 LAGUNA STREET, SANTA BARBARA CA 93101 | MAILING ADDRESS PO BOX 1990, SANTA BARBARA CA 93102-1990 | (805) 564-5418
SANTABARBARA.CA.GOV/PARKSANDREC | [f](https://www.facebook.com/SBParksandRec) /SBPARKSANDREC [i](https://www.instagram.com/SBParksandRec) @SBPARKSANDREC

FITNESS FOR ADULTS AT THE CARRILLO RECREATION CENTER, CONTINUED

FLEXIBLE & FIT WITH EMILY AUMAN

SantaBarbaraCA.gov/FlexFit

Functional training is designed to help improve the way that you look, feel and move! Focusing on movements and muscle groups that will contribute to your daily life to give you a full body workout. Discount available when registering for both Monday and Wednesday sessions.

22529	9/12-10/17	Mon	12:15PM-1:15PM	\$77 / \$70
22561	9/14-10/19	Wed	12:15PM-1:15PM	\$77 / \$70
22530	10/31-12/5	Mon	12:15PM-1:15PM	\$77 / \$70
22562	11/2-12/7	Wed	12:15PM-1:15PM	\$77 / \$70

MARTIAL ARTS WITH CHRIS MILLNER

SantaBarbaraCA.gov/AdultMartialArts

Men and women will improve their balance, strength, flexibility, and coordination. Kung fu workouts and traditional 'forms' will be practiced, strengthening the mind/body connection through conscious movement. Self-defense techniques are practiced. Registration is by punch card; please purchase at the Carrillo Recreation Center.

22462	9/20-10/25	Tue	7:00PM-8:30PM	\$77 / \$70
22466	9/22-10/27	Thu	7:00PM-8:30PM	\$77 / \$70
22463	11/1-12/6	Tue	7:00PM-8:30PM	\$77 / \$70
22467	11/3-12/8	Thu	7:00PM-8:30PM	\$62 / \$56

JAZZERCISE

SantaBarbaraCA.gov/Jazzercise

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Registration is by punch card; please purchase at the Carrillo Recreation Center.

Sat	8:30AM-9:30AM	\$50 / \$45
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JAZZERCISE STRENGTH 60

A hardcore mix of standing and floor work target the major muscle groups to melt fat and carve your curves. Stability balls, weights, tubes and natural resistance engage your muscles while beat-pumping playlists distract you from the burn.

Wed	5:30PM-6:30PM	\$55 / \$15
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SPORTS FOR ADULTS

AQUATICS

More information on Adult Lap Swim and swim passes for our Olympic-size pool, **Los Baños del Mar**, is available online. Please call with any questions: (805) 966-6110. passes at the pool: 401 Shoreline Drive.

SantaBarbaraCA.gov/Aquatics

BEACH VOLLEYBALL

BEACH VOLLEYBALL CLASS

SantaBarbaraCA.gov/AdultBeachVolleyballClass

Hit the famous sands of East Beach with instructor Brant Lee, locally-acclaimed athlete, professional player, and Santa Barbara Masters Champion. Learn correct ball-handling, passing, setting, and hitting in a fun environment. Meet new people. Make new friends. Join the league!

Ages 16+
Location East Beach
Info (805) 564-5422

21888	9/7-9/30	W,F	5:30PM-7:30PM	\$77 / \$70
21889	10/5-10/28	W,F	5:30PM-7:30PM	\$77 / \$70

SURFING

ADULT SURF CLASS

SantaBarbaraCA.gov/AdultSurfClass

Learning to surf together creates community, camaraderie, and lasting memories to share in and out of the water. Our small group setting ensure that each surfer gets the attention they need while having a fun and safe surfing experience. Choose from Monday, Wednesday, Friday classes when you purchase a 12 class punch card. Board and wetsuits are included with every lesson. Punch cards do not expire.

Location Leadbetter Beach
Info (805) 897-2680

M,W,F	8:00AM-9:45AM	\$660 / \$600
M,W,F	10:00AM-11:45AM	\$660 / \$600
M,W,F	1:00PM-2:45PM	\$660 / \$600

ACTIVE ADULTS AND SENIORS

All of the following activities for active adults (ages 55+) and seniors take place at the Louise Lowry Davis Center, 1232 De La Vina Street. Please call (805) 897-2568 for more information.

TABLE, BOARD, AND CARD GAMES

Come be a part of our social bridge, chess and Scrabble gaming groups. Fun way to sharpen your skills and interact with new people. Bridge and Chess games are intermediate to advance. For Bridge, new players are encouraged to bring a partner or call in advance to be sure the tables are even.

Scrabble	Mon	1:30PM-4:30PM	Free
Duplicate Bridge	Tue	1:30PM-4:30PM	Free
	Fri	1:30PM-4:30PM	Free
Chess	Tue	1:30PM-4:30PM	Free
	Thu	1:30PM-4:30PM	Free
Party Bridge	Thu	1:30PM-4:30PM	Free

LANGUAGE CONVERSATION GROUPS

Practice a language with others who speak it.

Italian	Fri	1:30PM-3:00PM	Free
French	Fri	3:00PM-4:00PM	Free

QIGONG

Exercise with slow, gentle movement and stretching. Guided meditations to improve relaxation and calmness. Improve your balance, vitality, and sense of well-being. Classes may be taken seated or standing.

Registration is by punch-card; please purchase at the Louise Lowry Davis Center.

12-Session Punch Card	Mon	10:00AM-11:00AM	\$121 / \$110
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TENNIS

All tennis classes are at the **Municipal Tennis Center**, 1414 Park Place. Please call (805) 564-5573 for more information. For tennis pass information, please visit our website at SantaBarbaraCA.gov/Tennis

BEGINNER TENNIS TUNE-UP

SantaBarbaraCA.gov/TennisTuneUp

Players with appropriate skill level for this class can place shots with moderate success and is consistent with slow-medium paced rally; not comfortable with all strokes, lack control when trying power. Class taught by USPTA-certified instructor Brad Dilbeck.

22140	11/8-12/13	Tue	9:00AM-10:15AM	\$108 / \$97
22139	9/20-10/25	Tue	9:00AM-10:15AM	\$108 / \$97

CARDIO WITH MUSIC/ENERGY

SantaBarbaraCA.gov/CardioWithMusic

This Cardio tennis run just a bit different from what one might be used to. Tennis play is perpetual and aerobic all while keeping the beat to Coach Chris McBride's techno playlists. Coach Chris welcomes all levels of tennis players who are looking for more conditioning in their on-court workouts.

22154	9/21-10/26	Wed	8:30AM-9:45AM	\$108 / \$97
22155	9/22-10/27	Thu	5:30PM-6:45PM	\$108 / \$97
22157	11/9-12/14	Wed	8:30AM-9:45AM	\$108 / \$97
22156	11/10-12/15	Thu	5:30PM-6:45PM	\$108 / \$97

FRESHMAN TENNIS WITH CHRIS MCBRIDE

SantaBarbaraCA.gov/FreshmanTennis

Adult Beginner Tennis. Appropriate skill level for students is National Tennis Rating Program (NTRP) Level 2.0-2.5. On-court drills are used to teach the fundamentals of various strokes such as the volley, ground strokes, and the serve. This player may have had lessons but lacks on court experience. Can sustain a short rally. This class is taught by Tennis Professional Chris McBride.

22215	9/19-10/24	Mon	5:15PM-6:30PM	\$108 / \$97
22216	11/7-12/12	Mon	5:15PM-6:30PM	\$108 / \$97

JV TENNIS WITH CHRIS MCBRIDE

SantaBarbaraCA.gov/FreshmanTennis

Adult Beginner/Intermediate Tennis. Appropriate skill level for students is National Tennis Rating Program (NTRP) Level 3.0 or above. On-court drills are used to practice the fundamentals of various strokes such as the volley, ground strokes, and the serve. This player may have had lessons but lacks on court experience. Can sustain a short rally. This class is taught by a PTR-certified instructor Chris McBride.

22220	9/19-10/24	Mon	6:30PM-7:45PM	\$108 / \$97
22221	11/7-12/12	Mon	6:30PM-7:45PM	\$108 / \$97

LET'S PLAY TENNIS

SantaBarbaraCA.gov/LetsPlayTennis

Appropriate skill level for students is National Tennis Rating Program (NTRP) Level 3.5 or above. On-court drills are used to practice the fundamentals of various strokes such as the volley, ground strokes, and the serve. This player must have had lessons and on court playing experience. Player must be able to sustain a rally.

22207	9/20-10/25	Tue	5:30PM-7:00PM	\$108 / \$97
22211	11/8-12/13	Tue	5:30PM-7:00PM	\$108 / \$97

INTERMEDIATE CARDIO TENNIS

bit.ly/SBParksAndRec-CardioTennis

Aerobic tennis with little instruction, however, a lot of running and moving! This class is led by USPTA-certified instructor.

22192	9/19-10/24	Mon	9:00AM-10:15AM	\$108 / \$97
22198	9/23-10/28	Fri	9:00AM-10:15AM	\$108 / \$97
22193	11/7-12/12	Mon	9:00AM-10:15AM	\$108 / \$97
22199	11/11-12/16	Fri	9:00AM-10:15AM	\$108 / \$97

RACQUET READY TENNIS

bit.ly/RacquetReadyTennis

Players ready for this intermediate class can place shots with moderate success and is consistent with slow-medium paced rally; not

comfortable with all strokes. Lacks control when trying power. This class is taught by a USPTA-certified instructor.

22203	11/9-12/14	Wed	10:00AM-11:15AM	\$108 / \$97
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RACQUET READY WITH BRAD DILBECK

SantaBarbaraCA.gov/RacquetReadyTennisWithBrad

Players ready for this intermediate class can place shots with moderate success and is consistent with slow-medium paced rally; not comfortable with all strokes. Lacks control when trying power. This class is taught by USPTA-certified instructor Brad Dilbeck.

22144	9/19-10/24	Mon	10:00AM-11:15AM	\$108 / \$97
22145	9/22-10/27	Thu	9:00AM-10:15AM	\$108 / \$97
22153	11/7-12/12	Mon	10:00AM-11:15AM	\$108 / \$97
22146	11/10-12/15	Thu	9:00AM-10:15AM	\$108 / \$97

VARSITY TENNIS WITH COACH CHRIS MCBRIDE

SantaBarbaraCA.gov/VarsityTennis

Adult Intermediate Tennis. Appropriate skill level for students is National Tennis Rating Program (NTRP) Level 3.5 or above. On-court drills are used to practice the various strokes such as the volley, ground strokes, and the serve. This player may have average to above skills, but may lack a lot of on court experience. Player should be able to sustain a rally. This class is taught by a certified Tennis Professional, Chris McBride.

22225	9/21-10/26	Wed	6:00PM-7:15PM	\$108 / \$97
22226	11/9-12/14	Wed	6:00PM-7:15PM	\$108 / \$97



ACTIVE ADULTS AND SENIORS

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TABLE, BOARD, AND CARD GAMES

Come be a part of our social bridge, chess and Scrabble gaming groups. Fun way to sharpen your skills and interact with new people. Bridge and Chess games are intermediate to advance. For Bridge, new players are encouraged to bring a partner or call in advance to be sure the tables are even.

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Duplicate Bridge	Tue	1:30PM-4:30PM	Free
	Fri	1:30PM-4:30PM	Free
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	Thu	1:30PM-4:30PM	Free
Party Bridge	Thu	1:30PM-4:30PM	Free

LANGUAGE CONVERSATION GROUPS

Practice a language with others who speak it.

Italian	Fri	1:30PM-3:00PM	Free
French	Fri	3:00PM-4:00PM	Free

QIGONG

Exercise with slow, gentle movement and stretching. Guided meditations to improve relaxation and calmness. Improve your balance, vitality, and sense of well-being. Classes may be taken seated or standing.

Registration is by punch-card; please purchase at the Louise Lowry Davis Center.

12-Session Punch Card	Mon	10:00AM-11:00AM	\$121 / \$110
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Drop-in Fee, per class	\$12
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TEA AT TEN SERIES

Warm up with a cup of hot tea (or another favorite beverage) and meet and greet others while enjoying useful information, workshops, and guest speakers.

FALL PREVENTION AWARENESS MONTH

9/8	Thu	10:00AM	Free
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HEALTH FAIR: MEET HEALTHCARE PROVIDERS

10/13	Thu	9:00AM-12:00PM	Free
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DIABETES AWARENESS MONTH

11/10	Thu	10:00AM	Free
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BOOK CLUB

Explore literary adventures and tales with other insightful readers. Various authors, topics, and novels are discussed each month, giving the opportunity to critique and analyze wondrous and obscure pieces of literature.

Book club meets the second Wednesday of each month.

CLASSIC CINEMA AND MORE!

Every month come relax and go back in time at an evening or matinee showing of a Hollywood classic at the Louise Lowry Davis Center. Feel free to bring a snack, but the popcorn is on us! Usually the last Wednesday of the month.

SMOKEY AND THE BANDIT

8/31	Wed	1:30PM	Free
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FRIED GREEN TOMATOES

9/28	Wed	1:30PM	Free
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THE BAD SEED

10/26	Wed	1:30PM	Free
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YOURS, MINE, AND OURS

11/30	Wed	1:30PM	Free
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IT'S A WONDERFUL LIFE

12/14	Wed	1:30PM	Free
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SENIOR HOT LUNCH PROGRAM

Socialize with other seniors while enjoying a free, nutritious hot lunch provided by Community Action Commission (CAC). Lunch is free, but a recommended \$3 donation to CAC is appreciated to support the program.

M-F	12:30PM-1:00PM	Free
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SENIOR WINTER BALL

An evening with refreshments, music, and ballroom dancing. Join us at 6:00PM for dance lessons, followed by this evening of fun and glamour. \$5 admission for individuals or \$7 for couples.

12/10	Sat	6:00PM-9:30PM	\$5 / \$7
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PAMPERED YOU

A morning of pampering including manicures, pedicures, and mini-facials. Appointments are given on a first come, first served basis, and RSVPs are appreciated. Please call the Louise Lowry Davis Center at (805) 897-2568 for details.

SPORTS FOR ADULTS, CONTINUED

ADULT INDOOR BASKETBALL LEAGUE

SantaBarbaraCA.gov/BasketballLeague

Adult indoor basketball league. Men's A, B or C divisions. Games played at Santa Barbara City College. Game times 7, 8, or 9pm. A and B division games played Tuesday night and C division games Thursday night.

22186 10/4-11/29 Tue 7:00PM-10:00PM \$500 / \$

ADULT FLAG FOOTBALL LEAGUE

SantaBarbaraCA.gov/FlagFootballLeague

Adult Flag Football League (7v7). Men's divisions with games played Sunday afternoon/evening at SBCC's La Playa Field. Game times: 4, 5, 6, or 7pm. Teams are scheduled 7 regular season games plus single elimination playoff. Teams required to supply a team jersey w/ number on front and/or back of jersey and to provide team flag belts. Minimum 8 players required on team roster (unlimited subs).

11/6-1/8 Sun 4:00PM-8:00PM \$70 / \$50

ADAPTED PROGRAMS

SantaBarbaraCA.gov/Adapted

The Adapted Recreation Program gives people with special needs the opportunity to travel, play, compete and network in a safe and supportive environment that fosters a positive experience for anyone participating in our many programs. By meeting with and assessing the abilities of each child or adult who requests our services, we are able to provide the most positive and beneficial service we can offer.

For more information, please call our Youth Activities Office at (805) 564-5495.

ACTIVITIES FOR KIDS AND TEENS

WHAT ARE THESE ICONS? **P E J H**

USE THESE AGE-RANGE ICONS TO HELP FIND THE PERFECT ACTIVITIES FOR YOUR CHILD

P PRE-SCHOOL AGE
E ELEMENTARY SCHOOL AGE

J JUNIOR HIGH SCHOOL AGE
H HIGH SCHOOL AGE

DANCE AND FITNESS

CHILDREN'S BALLET **P E**

SantaBarbaraCA.gov/ChildrensBallet

These popular children's ballet classes are taught by Susan Manchak.

Location Carrillo Recreation Center

Info (805) 897-2519

MOMMY AND ME BALLET

Ages 2-3

22479 11/1-12/6 Tue 10:00AM-11:00AM \$77 / \$70
22485 9/19-10/24 Tue 10:00AM-11:00AM \$77 / \$70

MONDAY CHILDREN'S BALLET

Ages 3-5

22489 9/19-10/24 Mon 4:30PM-5:30PM \$66 / \$60
22477 10/31-12/5 Mon 4:30PM-5:30PM \$55 / \$50

FRIDAY CHILDREN'S BALLET AGES

Ages 6-10

22488 9/23-10/28 Fri 4:00PM-5:00PM \$66 / \$60
22483 11/4-12/9 Fri 4:00PM-5:00PM \$55 / \$50

FAMILY MARTIAL ARTS

WITH CHRIS MILLNER **E J**

SantaBarbaraCA.gov/FamilyMartialArts

Children will develop flexibility, coordination, balance, and control using Kung Fu workouts and traditional 'forms' of self-defense. Family members are encouraged to participate. Purchase a 12-session punch card from the Carrillo Recreation Center.

Ages 7-12

Location Carrillo Recreation Center

Info (805) 897-2519

Punch-card M,W,Sa 4:30PM-5:30PM \$116 / \$105

HIP HOP **E J**

WITH EVERYBODY DANCE NOW!

SantaBarbaraCA.gov/HipHopDance

Everybody Dance Now! Santa Barbara is a chapter of the national youth-led network that provides very affordable hip hop dance programming to youth, using dance as a tool to cultivate self-esteem and establish healthy lifestyles.

Ages 6-11

Location Carrillo Recreation Center

Info (805) 897-2519

22575 9/20-10/25 Tue 4:00PM-5:00PM \$44 / \$40
22576 11/1-12/6 Tue 4:00PM-5:00PM \$44 / \$40

LITTLE DRAGONS YOUTH

MARTIAL ARTS WITH

CHRIS MILLNER **P E**

SantaBarbaraCA.gov/LittleDragons

Kids will learn the 12 animal movements of Kung Fu in 3 different class levels. At this age, the animal movements help children develop body awareness and self-confidence. All students receive patches and belts for their achievements. Purchase a 12-session punch card from the Carrillo Recreation Center.

Ages 4-6

Location Carrillo Recreation Center

Info (805) 897-2519

BEGINNER KUNG FU

Punch-card M,W,Sa 3:30PM-4:00PM \$79 / \$72

INTERMEDIATE KUNG FU

Punch-card M,W,Sa 4:00PM-4:30PM \$79 / \$72

KIDS' YOGA WITH LAUREN

VUKICEVICH **E J**

SantaBarbaraCA.gov/KidsYoga

Kids' Yoga is designed to inspire positive connection, within and between children. Kids' Yoga has countless social, physical, and emotional benefits that will carry over into the rest of their lives!

Ages 7-12

Location Carrillo Recreation Center

Info (805) 897-2519

22546 9/13-10/18 Tu 5:30PM-6:30PM \$77 / \$70
22545 9/17-10/22 Sa 11:15AM-12:15PM \$64 / \$58
22547 9/13-10/22 Tu,Sa 5:30PM-6:30PM \$121 / \$110

RHYTHMIC GYMNASTICS **P E J**

SantaBarbaraCA.gov/RhythmicGymnastics

Rhythmic gymnastics is an Olympic sport that combines elements of gymnastics, dance, and apparatus such as hoops, balls, ropes, and ribbons. Registration is offered in a variety of ways; please see each course below for details.

Location Carrillo Recreation Center

Info (805) 897-2519

DEVELOPMENTAL RHYTHMIC GYMNASTICS

Ages 3-5

Registration Online

22508 9/24-10/29 Sat 10:15AM-11:00AM \$53 / \$48
22509 11/5-12/10 Sat 10:15AM-11:00AM \$53 / \$48

INTRODUCTION TO RHYTHMIC GYMNASTICS

Ages 5-12

Registration six- or 12-session punch cards; please purchase at Carrillo Recreation Center

Fri 3:30PM-5:10PM \$99 / \$193

RHYTHMIC GYMNASTICS LEVEL 1 **Ages** 5-12

Registration Drop-in only; \$25 per class.

Sat 11:30AM-2:30PM \$25

RHYTHMIC GYMNASTICS LEVEL 2 **Ages** 5-12

Registration six- or 12-session punch cards; please purchase at Carrillo Recreation Center.

T,Th 3:30PM-5:10PM \$99 / \$193

RUNNING

FREE AFTER-SCHOOL CROSS COUNTRY FOR JUNIOR HIGH SCHOOL STUDENTS

Free, Junior High After-School Cross Country sponsored by Club West is an opportunity for all speeds to train with professional running coaches. Participants train for the All Junior High Cross Country Championships at Elings Park on Thursday, November 17th.

Cross Country will meet after school at Goleta Valley Jr. High from 2:45pm-4:00pm on Mondays and Thursdays; at La Colina Jr. High from

3:15pm-4:30pm on Mondays and Thursdays; and at La Cumbre Jr. High and Santa Barbara Jr. High from 3:15pm-4:30pm on Tuesdays and Thursdays. Please call (805) 564-5495 for more information.

SOCCER

KIDZ LOVE SOCCER **P E J**

SantaBarbaraCA.gov/KidzLoveSoccer

This popular program provides fun, organized soccer classes and camps for children ages 2 to 12 years. We create a lively, positive and safe environment for kids to learn how to play soccer and develop a lifelong love for soccer and sports.

Location Dwight Murphy Field

Info (805) 564-5422

MOMMY/DADDY & ME **Ages** 2 - 3.5

22277 9/21-11/9 Wed 4:40PM-5:10PM \$114 / \$104
22290 9/24-11/12 Sat 8:30AM-9:00AM \$114 / \$104

TOT-SOCCER **Ages** 3-4

22278 9/21-11/9 Wed 3:10PM-3:45PM \$114 / \$104
22291 9/24-11/12 Sat 9:15AM-9:45AM \$114 / \$104

PRE-SOCCER **Ages** 4-5

22279 9/21-11/9 Wed 3:10PM-3:45PM \$114 / \$104
22292 9/24-11/12 Sat 9:45AM-10:20AM \$114 / \$104

SOCCER 1: TECHNIQUES AND TEAMWORK

Ages 5-6

22280 9/21-11/9 Wed 3:45PM-4:30PM \$114 / \$104
22293 9/24-11/12 Sat 10:20AM-11:05AM \$114 / \$104

SOCCER 2: SKILLZ AND SCRIMMAGES

Ages 7-10

22294 9/24-11/12 Sat 11:05AM-11:50AM \$114 / \$104

SOCCER 3: MATCH PLAY **Ages** 10-12

22295 9/24-11/12 Sat 11:05AM-11:50PM \$114 / \$104

SURFING

SURF CAMP FOR KIDS **E J H**

SantaBarbaraCA.gov/SurfCampKids

A beginning level surf camp that follows the summer swells around Santa Barbara County. These camps are the perfect place for kids to meet other kids, cheer each other on, and gain self confidence while playing games, participating in beach clean-ups and learning the fundamentals of surfing.

Ages 5-17

Location Cabrillo Bathhouse

Info (805) 897-2680

22305 11/21-11/23 M,Tu,W 9:00AM-4:00PM \$231 / \$210
22574 12/19-12/23 M-F 9:00AM-4:00PM \$385 / \$350

TENNIS

MINI ACES WITH CHRIS MCBRIDE **P E**

SantaBarbaraCA.gov/MiniAcesTennis

Youth beginner tennis. Basic hand-eye coordination and exposure to stroke production is taught through the use of fun on-court games.

This class is taught by PTR certified instructor Chris McBride. Rackets available upon request.

Ages 4-6

Location Municipal Tennis Courts

Info (805) 564-5573

22238 9/19-10/24 Mon 3:30PM-4:15PM \$84 / \$76
22239 9/21-10/26 Wed 3:30PM-4:15PM \$84 / \$76
22236 11/7-12/12 Mon 3:30PM-4:15PM \$84 / \$76
22240 11/9-12/14 Wed 3:30PM-4:15PM \$84 / \$76

ACES WITH CHRIS MCBRIDE **E**

SantaBarbaraCA.gov/AcesTennis

Youth beginner tennis. Basic hand-eye coordination and exposure to stroke production is taught through the use of fun on-court games. This class is taught by PTR certified instructor Chris McBride. Rackets available upon request.

Ages 7-9

Location Municipal Tennis Center

Info (805) 564-5573

22251 9/19-10/24 Mon 4:15PM-5:00PM \$84 / \$76
22252 9/21-10/26 Wed 4:15PM-5:00PM \$84 / \$76
22253 9/22-10/27 Thu 3:30PM-4:15PM \$84 / \$76
22254 11/7-12/12 Mon 4:15PM-5:00PM \$84 / \$76
22255 11/9-12/14 Wed 4:15PM-5:00PM \$84 / \$76
22256 11/10-12/15 Thu 3:30PM-4:15PM \$84 / \$76

RACQUETEERS

WITH CHRIS MCBRIDE **J H**

SantaBarbaraCA.gov/TourneyBoundTennis

Youth advanced beginner tennis. Students with the appropriate age and skill level for 'Racquetters' with Chris McBride can complete rallies with ground strokes. Additional instruction will increase stroke power, improve footwork as well as refine serves and volleys for advanced level play.

Ages 10-14

Location Municipal Tennis Courts

Info (805) 564-5573

22265 9/20-10/25 Tue 3:30PM-4:30PM \$84 / \$76
22266 9/22-10/27 Thu 4:30PM-5:30PM \$84 / \$76
22267 11/8-12/13 Tue 3:30PM-4:30PM \$84 / \$76
22268 11/10-12/15 Thu 4:30PM-5:30PM \$84 / \$76

HOT SHOTS HIGH SCHOOL

BOUND TENNIS **J H**

SantaBarbaraCA.gov/HotShotsTennis

Students with the appropriate skill level for Hot Shots already possess dependable ground strokes and serving ability. Player has begun to master the use of power and spins, volleys and depth of shots. This class will help improve consistency and footwork. Taught by PTR certified instructor Chris McBride.

Ages 12-16

Location Municipal Tennis Courts

Info (805) 564-5573

22275 9/20-10/25 Tue 4:30PM-5:30PM \$84 / \$76
22274 11/8-12/13 Tue 4:30PM-5:30PM \$84 / \$76

REGISTER TODAY THREE EASY WAYS

Online

Use our online registration system!

Easy online registration is available at SantaBarbaraCA.gov/Register.

First time users, please call (805) 564-5418 to confirm your resident status if you live within Santa Barbara city limits.

Mail/Fax

Download our Activity Registration Form from SantaBarbaraCA.gov/ParksAndRec.

To ensure accurate enrollment, please include the code number assigned to each activity.

Be sure to enclose payment in full, well in advance of the activity. Credit card payments are only accepted online, by phone, or in person.

In person or by phone

Visit or call one of our locations.

Cabrillo Bathhouse
1118 East Cabrillo Boulevard
(805) 897-2680

Carrillo Recreation Center
100 East Carrillo Street
(805) 897-2519

Parks and Recreation Main Office
620 Laguna Street
(805) 564-5418

CHEF APPRENTICE PROGRAM **H**

Before our favorite celebrity chefs get to show off their skills in major restaurants, they have to learn to prepare food for themselves and their families. Whether your teen wants to become a famous chef or just wants to master the basic skills necessary to stay healthy and happy with nutritious meals, our Chef Apprentice Program is an excellent first step.

Ages Students in 10th-12th grades

Location Westside or Franklin Centers

Info (806) 897-2560

MONDAY PROGRAM (FRANKLIN CENTER)

Starts 1/2017 Mondays 3:45PM-7:00PM Free

TUESDAY PROGRAM (WESTSIDE CENTER)

Starts 1/2017 Tuesdays 4:15PM-6:30PM Free

CITY OF SANTA BARBARA PARKS AND RECREATION DEPARTMENT

ADMINISTRATIVE OFFICE 620 LAGUNA STREET, SANTA BARBARA CA 93101 | MAILING ADDRESS PO BOX 1990, SANTA BARBARA CA 93102-1990 | (805) 564-5418
SANTABARBARA.CA.GOV/PARKSANDREC | f/sbparksandrec t/sbparksandrec i/sbparksandrec s/sbparksandrec

OPEN ME FOR THE VERY BEST FALL ACTIVITIES!



VIEW THIS ACTIVITIES PREVIEW ONLINE AT SantaBarbaraCA.gov/Activities

CARRILLO RECREATION CENTER

FREE CLASSES WEEK

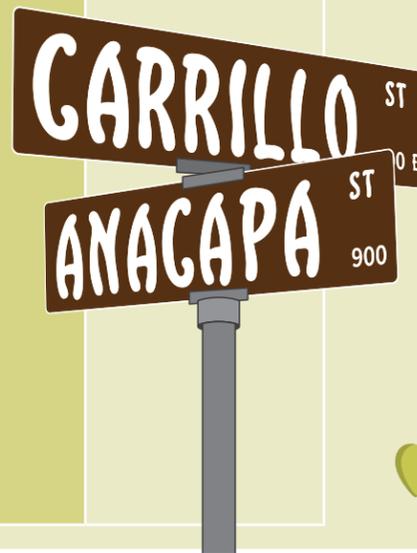
SEPTEMBER 12-17

SEPT. 12 MONDAY	SEPT. 13 TUESDAY	SEPT. 14 WEDNESDAY	SEPT. 15 THURSDAY	SEPT. 16 FRIDAY	SEPT. 17 SATURDAY
12:15-1:15PM Flexible and Fit Adults	10:00-11:00AM Stretch and Tone Adults Ages 55+	12:15-1:15PM Flexible and Fit Adults Ages 55+	10:00-11:00AM Stretch and Tone Adults Ages 55+	3:00-4:00PM Children's Ballet Kids Ages 3-5	10:00-11:00AM Jazzercise Adults Ages 55+
3:30-4:00PM Little Dragons Kung Fu Beginner Kids Ages 4-6	10:00-11:00AM Mommy and Me Ballet Kids Ages 3-5 plus a parent	3:30-4:00PM Little Dragons Kung Fu Beginner Kids Ages 4-6	4:00-5:00PM Inclusive Yoga for All Abilities Adults	4:00-5:00PM Children's Ballet Kids Ages 6-10	10:15-11:00 Rhythmic Gymnastics I Kids Ages 5-12
4:00-4:30PM Little Dragons Kung Fu Intermediate Kids Ages 4-6	12:15-1:15PM Explore Yoga Adults	4:00-4:30PM Little Dragons Kung Fu Intermediate Kids Ages 4-6	12:15-1:15PM Explore Yoga Adults	5:30-6:30PM Zumba Adults	11:15AM-12:15PM Kids' Yoga Kids Ages 7-12
4:30-5:30PM Children's Ballet Kids Ages 3-5	4:00-5:00PM Inclusive Yoga for All Abilities Adults	4:30-5:30PM Family Martial Arts Kids Ages 7-12	4:15-5:15PM Shake, Rattle, and Roll Dance Adapted Adults		8:30-9:00AM Little Dragons Kung Fu Beginners Kids Ages 4-6
4:30-5:30PM Family Martial Arts Kids Ages 7-12	5:30-6:20PM Full-Body Circuit Training Adults	5:30-6:30PM Family Martial Arts Kids Ages 7-12	4:30-5:30PM Children's Ballet Kids Ages 3-5		9:00-9:30AM Little Dragons Kung Fu Intermediate Kids Ages 4-6
5:30-6:30PM Family Martial Arts Kids Ages 7-12	5:30-6:30PM Kids' Yoga Kids Ages 7-12	7:00-8:30PM West Coast Swing with Bruce Gombrelli Adults	5:30-6:15PM Abs and Cardio Express Adults		
5:30-7:30PM Ballet with Cat H-worth Beginner Ballet Adults (Ages 16+)	5:30-6:30PM Country Two-Step Beginner Adults	7:00-9:00PM Belly Dance Adults	7:00-8:30PM Intermediate Dance Adults		
6:30-7:30PM Intro. to Ballroom Dance Adults	6:30-7:30PM Country Two-Step Intermediate Adults	7:30-8:30PM Argentine Tango Beginner Adults	7:00-8:30PM Martial Arts with Chris Millner Adults		
7:00-8:00PM Country Line Dance Adults	7:00-8:30PM Martial Arts with Chris Millner Adults	8:30-9:30PM Argentine Tango Intermediate Adults			
7:00-8:00PM International Ballroom Dance Adults					
7:30-8:30PM Beginner Ballroom Dance Adults					

Fall in love with something new!

ABOUT FREE CLASSES WEEK

SantaBarbaraCA.gov/FreeWeek
Find an activity you love at our annual sneak peek event: Free Classes Week at the Carrillo Recreation Center. Try out any number of these classes during the week of September 12-17... all for free!
For more information, please call (805) 897-2519.



JOIN THE PARKS AND REC COMMUNITY!

Need activity ideas? Inspiration for weekend adventures? Have a question or a great experience to share with us? Join our fun, active online community on your favorite social networks.



AFTER-SCHOOL SPORTS LEAGUES

teamsideline.com/santabarbara

For information on our after-school sports leagues, please visit our Teamsideline site. Now you can save time and effort: call the Youth Activities office at (805) 564-5495 for details about how to easily register for all leagues at once!

GOLF AT SANTA BARBARA GOLF CLUB



Visit our website for information on golf programs for adults and kids, plus all the latest news from Santa Barbara Golf Club!

sbgolf.com

THE RECREATION AFTER-SCHOOL PROGRAM (RAP)



bit.ly/RAP30Day

bit.ly/RAPDropIn

The Parks and Recreation Department's popular after school program provides homework assistance, recreational activities, sports, crafts, and special programs to students in first through sixth grades. The Recreation After-school Program (RAP) is available at **Adams, Monroe, Roosevelt, and Washington Elementary Schools**.

RAP begins immediately following the regular school day and operates until 5:30PM, keeping your child active and engaged in healthy, enriching, fun activities while you finish your workday.

30-day sessions cost \$150 each, while ten-day drop-in passes are \$80. Daily drop-in passes are also available.

Please call the Youth Activities Office at (805) 564-5495 for more information.

REGISTRATION OPENS MONDAY, AUGUST 15

SantaBarbaraCA.gov/Register

See this activities preview online at SantaBarbaraCA.gov/Activities.

NEVER MISS AN UPDATE!



Sign up for our mobile-optimized email updates at

bit.ly/EmailSBParksAndRec