

## Golf Lessons- Beginning

with Emerald Hills Golf

\$85 • 5 classes

24.420	Sa	10-11am	9/5-10/3
24.421	Sa	10-11am	10/10-11/7
24.420	Sa	10-11am	11/14-12/12

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!

Location: 938 Wilmington Way, Redwood City 94062

## Introduction to English Horseback Riding

with Springdown Equestrian [www.springdown.com](http://www.springdown.com) • 650.851.1114

\$175 • 3 classes

16.419	W	1:30-2:30pm	9/16-9/30
16.420	F	1:30-2:30pm	10/2-10/16
16.421	W	1:30-2:30pm	11/18-12/2

For the Beginner rider, you will learn safety, horse handling and care through grooming and experience on the ground and on the horse throughout the course at our professional riding facility. Our knowledgeable instructors will teach you to mount, dismount correctly to riding in our covered arena under our watchful eye. Due to the physical limitations of our horses, rider's weight should not exceed 225 pounds. **Download the liability forms/app**

Location: 725 Portola Road Portola Valley 94028

## Ice Skating

Age 16+

with the Nazareth Ice Oasis Staff 650.364.8090 ext. 16

\$78 • 6 classes

24.411	W	6:20-6:50pm	10/21-12/2	no 11/25
24.412	Sa	11:15-11:45am	10/24-12/5	no 11/28

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

24.456	Sa	1-1:30pm	9/12-10/3
24.457	Sa	1-1:30pm	10/10-10/31
24.258	Sa	1-1:30pm	11/7-11/28
24.259	Sa	1-1:30pm	12/5-12/26

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

<b>Novice</b>	24.481	Sa	10-11am	9/19-11/7
<b>Low Int.</b>	24.480	Sa	9-10am	9/19-11/7

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

\$99 • 6 classes

### SESSION 1

24.401	Tu	7-8pm	9/15-10/20
24.402	F	6:45-7:45pm	9/18-10/23
24.403	Sa	11am-12pm	9/19-10/24

### SESSION 2

24.404	Tu	7-8pm	11/3-12/15	no 12/1
24.405	F	6:45-7:45pm	11/6-12/18	no 11/27
24.406	Sa	11am-12pm	11/7-12/19	no 11/28

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. \$20 fee payable to instructor at first class for equipment rental. For more info, contact the club at (650) 592-1619 or [start@firstplacefencing.com](mailto:start@firstplacefencing.com).

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