



Microsemi

THE INFINITE POWER OF INNOVATION

LX8117-xx / 8117A-xx / 8117B-xx

0.8, 1 & 1.2A LOW DROPOUT POSITIVE REGULATORS

PRODUCTION DATA SHEET

DESCRIPTION

The LX8117/8117A/8117B series are positive Low Dropout (LDO) regulators. At the designed maximum load current, the LX8117 series dropout voltage is guaranteed to be 1.2V or lower at 0.8A (LX8117A 1.3V @ 1A). The dropout voltage decreases with load current.

An adjustable output voltage version of the LX8117/17A/17B is available, as well as versions with fixed outputs of 2.5V, 2.85V, 3.3V and 5V. The 2.85V version is specifically designed for use as a component of active termination networks for the SCSI bus. On-chip trimming of the internal voltage reference allows specification of the initial output voltage to within $\pm 1\%$ of its nominal value. The output current-limit point is also trimmed, which helps to minimize stress on both the regulator and the system power source when they are operated under short-circuit conditions. The regulator's internal circuitry will operate at input-to-output

differential voltages down to 1V.

Most regulator circuit designs include output capacitors with values in the range of tens to hundreds of microfarads or more. The LX8117/17A/17B typically requires at least 10 μ F of output capacitance for stable operation.

PNP-type regulators can waste current equal to as much as 10 percent of their output as a quiescent current which flows directly to ground, bypassing the load. Quiescent current from the LX8117/17A/17B flows through the load, increasing power-use efficiency and allowing cooler operation.

The LX8117 is available in low-profile plastic SOT-223 and D-Pak packages for applications where space is at a premium. The LX8117 is also available in a plastic TO-263 package for instances when the thermal resistance from the circuit die to the environment must be minimized.

IMPORTANT: For the most current data, consult MICROSEMI's website: <http://www.microsemi.com>

KEY FEATURES

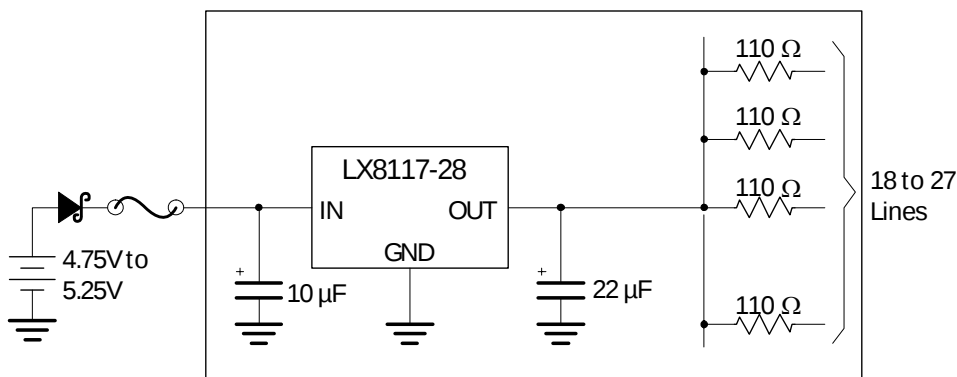
- 0.2% Line Regulation Maximum
- 0.4% Load Regulation Maximum
- Output Current Of 800mA
- Regulates Down To 1.2V Dropout (LX8117) And 1.3V Dropout (LX8117A)
- Operates Down To 1V Dropout
- Space Saving SOT-223 Surface Mount Package
- Guaranteed Dropout Voltage At Multiple Current Levels
- Three-Terminal Adjustable Or Fixed 2.5V, 2.85V, 3.3V & 5V

APPLICATIONS

- Battery Chargers
- Active SCSI Terminators
- 5V To 3.3V Linear Regulators
- High-Efficiency Linear Regulators
- Post Regulators For Switching Supplies

PRODUCT HIGHLIGHT

ACTIVE TERMINATOR FOR SCSI-2 BUS



Available Options Per Part

Part #	Output Voltage
LX8117(x)-25	2.5V
LX8117(x)-28	2.8V
LX8117(x)-33	3.3V
LX8117(x)-05	5V

(x) – denotes O/P Current Setting

PACKAGE ORDER INFO

T _A (°C)	O/P Current	ST Plastic SOT-223 3-Pin	DD Plastic TO-263 3-Pin	DT Plastic TO-252 (D-Pak) 3-Pin
		RoHS Compliant / Pb-free Transition DC: 0522	RoHS Compliant / Pb-free Transition DC: 0535	RoHS Compliant / Pb-free Transition DC: 0532
0 to 125	0.8A	LX8117-xxCST	LX8117-xxCDD	LX8117-xxCDT
	1.0A	LX8117A-xxCST	LX8117A-xxCDD	LX8117A-xxCDT
	1.2A	LX8117B-xxCST	LX8117B-xxCDD	LX8117B-xxCDT

Note: Available in Tape & Reel. Append the letter "TR" to the part number. (i.e. LX8117-00CST-TR)

LX8117-xx/8117A-xx/8117B-xx

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ABSOLUTE MAXIMUM RATINGS (Note 1)

Power Dissipation Internally Limited
Input Voltage
LX8117-00/8117A-00/8117B-00 (Adj.) 15V
LX8117-33/8117A-33/8117B-33 (3.3V), LX8117-05/8117A-05/8117B-05 (5.0V) 15V
LX8117-25/8117A-25/8117B-25 (2.5V), LX8117-28/8117A-28/8117B-28 (2.85V) .. 12V
Surge Voltage 15V
Operating Junction Temperature
Plastic (ST, DD & DT Packages) 150°C
Storage Temperature Range -65°C to 150°C
Lead Temperature (Soldering, 10 seconds) 300°C
Short-Circuit Protection Indefinite
RoHS Peak Package Solder Reflow Temp. (40 seconds max. exposure)..... 260°C (+0, -5)
Note 1. Exceeding these ratings could cause damage to the device. All voltages are with respect to Ground. Currents are positive into, negative out of the specified terminal.

THERMAL DATA

ST PACKAGE:

THERMAL RESISTANCE-JUNCTION TO TAB, θ_{JT}	15°C/W
THERMAL RESISTANCE-JUNCTION TO AMBIENT, θ_{JA}	*150°C/W

DD PACKAGE:

THERMAL RESISTANCE-JUNCTION TO TAB, θ_{JT}	10°C/W
THERMAL RESISTANCE-JUNCTION TO AMBIENT, θ_{JA}	*60°C/W

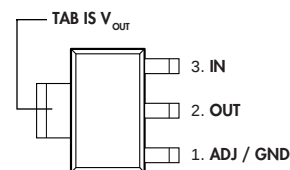
DT PACKAGE:

THERMAL RESISTANCE-JUNCTION TO TAB, θ_{JC}	9°C/W
THERMAL RESISTANCE-JUNCTION TO AMBIENT, θ_{JA}	*80°C/W

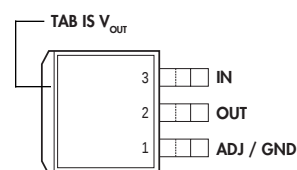
Junction Temperature Calculation: $T_J = T_A + (P_D \times \theta_{JA})$. The θ_{JA} numbers are guidelines for the thermal performance of the device/pc-board system. All of the above assume no ambient airflow.

* θ_{JA} can be improved with package soldered to 0.5IN² copper area over backside ground plane or internal power plane. θ_{JA} can vary from 20°C/W to > 40°C/W depending on mounting technique. (See Application Notes Section: Thermal Considerations)

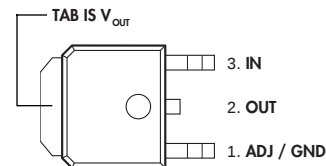
PACKAGE PIN OUTS



ST PACKAGE
(Top View)



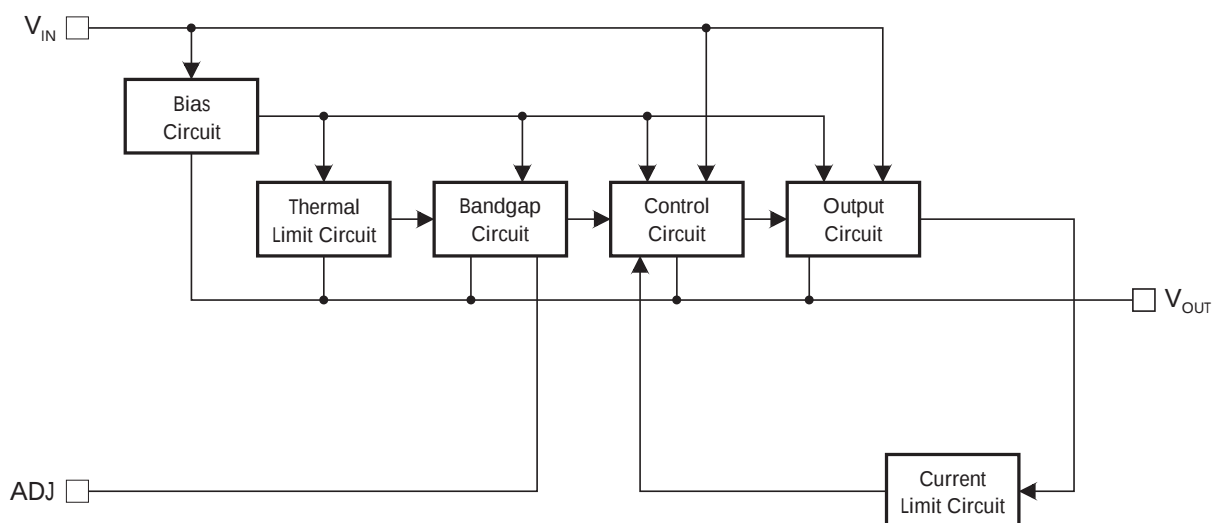
DD PACKAGE (D² Pak)
(Top View)



DT PACKAGE (D-Pak)
(Top View)

RoHS / Pb-free 100% Matte Tin Lead Finish

BLOCK DIAGRAM



LX8117-xx/8117A-xx/8117B-xx

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RECOMMENDED OPERATING CONDITIONS (Note 2)

Parameter	Symbol	Recommended Operating Conditions			Units
		Min.	Typ.	Max.	
Input Voltage					
Operating Voltage	LX8117(A/B)-00 / 8117(A/B)-05			15	V
	LX8117(A/B)-25 / -28 / -33			12	V
Input-Output Differential	LX8117(A/B)-00			10	V
Operating Ambient Temperature Range		0		125	°C

Note 2. Range over which the device is functional.

ELECTRICAL CHARACTERISTICS

(Unless otherwise specified: 0°C ≤ T_j ≤ 125°C, I_{MAX} = 0.8A for the LX8117-xx, I_{MAX} = 1.0A for the LX8117A-xx, and I_{MAX} = 1.2A for the LX8117B-xx.)

LX8117-00 / 8117A-00 / 8117B-00 (Adjustable)

Parameter	Symbol	Test Conditions	LX8117 / 17A / 17B-00			Units
			Min.	Typ.	Max.	
Reference Voltage	V _{REF}	I _{OUT} = 10mA, (V _{IN} - V _{OUT}) = 2V, T _j = 25°C	1.238	1.250	1.262	V
		10mA ≤ I _{OUT} ≤ I _{OUT (MAX)} , 1.4V ≤ (V _{IN} - V _{OUT}) ≤ 10V	1.225	1.250	1.270	V
Line Regulation (Note 3)	ΔV _{REF} (V _{IN})	I _{OUT} = 10mA, 1.5V ≤ (V _{IN} - V _{OUT}) ≤ 7V		0.05	0.2	%
Load Regulation (Note 3)	ΔV _{REF} (I _{OUT})	(V _{IN} - V _{OUT}) = 3V, 10mA ≤ I _{OUT} ≤ I _{OUT (MAX)}		0.15	0.4	%
Dropout Voltage (Note 4)	ΔV	I _{OUT} = 100mA		0.97	1.10	V
		I _{OUT} = 500mA		1.00	1.15	V
		I _{OUT} = I _{OUT (MAX)}		1.05	1.20	V
		I _{OUT} = I _{OUT (MAX)}		1.15	1.30	V
Current Limit	I _{OUT (MAX)}	(V _{IN} - V _{OUT}) = 5V, T _j = 25°C	800	950		mA
		(V _{IN} - V _{OUT}) = 5V, T _j = 25°C	1000	1200		mA
		(V _{IN} - V _{OUT}) = 5V, T _j = 25°C	1200	1500		mA
Minimum Load Current (Note 5)	I _{OUT (MIN)}	V _{IN} ≤ 10V		0.5	5	mA
Thermal Regulation	ΔV _{OUT} (Pwr)	T _A = 25°C, 30ms pulse		0.08	0.2	%/W
Ripple Rejection		f _{RIPPLE} = 120Hz, (V _{IN} - V _{OUT}) = 3V, V _{RIPPLE} = 1Vp-p	60	75		dB
Adjust Pin Current	I _{ADJ}			45	100	μA
Adjust Pin Current Change	ΔI _{ADJ}	10mA ≤ I _{OUT} ≤ I _{OUT (MAX)} , 1.4V ≤ (V _{IN} - V _{OUT}) ≤ 10V		0.2	5	μA
Temperature Stability	ΔV _{OUT} (T)			0.5		%
Long Term Stability	ΔV _{OUT} (t)	T _A = 125°C, 1000 hours		0.3		%
RMS Output Noise (% of V _{OUT})	V _{OUT (RMS)}	10Hz ≤ f ≤ 10kHz		0.003		%

- Notes: 3. See thermal regulation specification for changes in output voltage due to heating effects. Load regulation and line regulation are measured at a constant junction temperature by low duty cycle pulse testing.
4. Dropout voltage is specified over the full output current range of the device. Dropout voltage is defined as the minimum input/output differential measured at the specified output current. Test points and limits are also shown on the Dropout Voltage Curve.
5. Minimum load current is defined as the minimum output current required to maintain regulation.

(Other Voltage Options on following pages.)

LX8117-xx/8117A-xx/8117B-xx

0.8, 1 & 1.2A Low Dropout Positive Regulators

PRODUCTION DATA SHEET

ELECTRICAL CHARACTERISTICS (continued)

LX8117-25 / 8117A-25 / 8117B-25 (2.5V Fixed)

Parameter	Symbol	Test Conditions	LX8117 / 17A / 17B-25			Units
			Min.	Typ.	Max.	
Output Voltage	V_{OUT}	$I_{OUT} = 10mA, V_{IN} = 5V, T_A = 25^\circ C$	2.475	2.500	2.525	V
		$0mA \leq I_{OUT} \leq I_{OUT(MAX)}, 4.75V \leq V_{IN} \leq 10V$	2.450	2.500	2.550	V
Line Regulation (Note 3)	$\Delta V_{OUT}(V_{IN})$	$I_{OUT} = 0mA, 4.25V \leq V_{IN} \leq 10V$		1	6	mV
Load Regulation (Note 3)	$\Delta V_{OUT}(I_{OUT})$	$V_{IN} = 4.25V, 0mA \leq I_{OUT} \leq I_{OUT(MAX)}$		2	10	mV
Dropout Voltage (Note 4)	ΔV	$I_{OUT} = 100mA$		0.97	1.10	V
		$I_{OUT} = 500mA$		1.00	1.15	V
		$I_{OUT} = I_{OUT(MAX)}$		1.05	1.20	V
		$I_{OUT} = I_{OUT(MAX)}$		1.15	1.30	V
Current Limit	$I_{OUT(MAX)}$	$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	800	950		mA
		$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	1000	1200		mA
		$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	1200	1500		mA
Quiescent Current	I_Q	$V_{IN} \leq 10V$		4.5	10	mA
Thermal Regulation	$\Delta V_{OUT(PWR)}$	$T_A = 25^\circ C, 30ms$ pulse		0.08	0.2	%/W
Ripple Rejection		$f_{RIPPLE} = 120Hz, (V_{IN} - V_{OUT}) = 3V, V_{RIPPLE} = 1Vp-p$	60	75		dB
Temperature Stability	$\Delta V_{OUT}(T)$			0.5		%
Long Term Stability	$\Delta V_{OUT}(t)$	$T_A = 125^\circ C, 1000$ hours		0.3		%
RMS Output Noise (% of V_{OUT})	$V_{OUT(RMS)}$	$10Hz \leq f \leq 10kHz$		0.003		%

LX8117-28 / 8117A-28 / 8117B-28 (2.8V Fixed)

Parameter	Symbol	Test Conditions	LX8117 / 17A / 17B-28			Units
			Min.	Typ.	Max.	
Output Voltage	V_{OUT}	$I_{OUT} = 10mA, V_{IN} = 4.85V, T_A = 25^\circ C$	2.820	2.850	2.880	V
		$0mA \leq I_{OUT} \leq I_{OUT(MAX)}, 4.25V \leq V_{IN} \leq 10V$	2.790	2.850	2.910	V
		$0mA \leq I_{OUT} \leq 500mA, V_{IN} = 3.95V$	2.790	2.850	2.910	V
Line Regulation (Note 3)	$\Delta V_{OUT}(V_{IN})$	$I_{OUT} = 0mA, 4.25V \leq V_{IN} \leq 10V$		1	6	mV
Load Regulation (Note 3)	$\Delta V_{OUT}(I_{OUT})$	$V_{IN} = 4.25V, 0mA \leq I_{OUT} \leq I_{OUT(MAX)}$		2	10	mV
Dropout Voltage (Note 4)	ΔV	$I_{OUT} = 100mA$		0.97	1.10	V
		$I_{OUT} = 500mA$		1.00	1.15	V
		$I_{OUT} = I_{OUT(MAX)}$		1.05	1.20	V
		$I_{OUT} = I_{OUT(MAX)}$		1.15	1.30	V
Current Limit	$I_{OUT(MAX)}$	$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	800	950		mA
		$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	1000	1200		mA
		$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	1200	1500		mA
Quiescent Current	I_Q	$V_{IN} \leq 10V$		4.5	10	mA
Thermal Regulation	$\Delta V_{OUT(PWR)}$	$T_A = 25^\circ C, 30ms$ pulse		0.08	0.2	%/W
Ripple Rejection		$f_{RIPPLE} = 120Hz, (V_{IN} - V_{OUT}) = 3V, V_{RIPPLE} = 1Vp-p$	60	75		dB
Temperature Stability	$\Delta V_{OUT}(T)$			0.5		%
Long Term Stability	$\Delta V_{OUT}(t)$	$T_A = 125^\circ C, 1000$ hours		0.3		%
RMS Output Noise (% of V_{OUT})	$V_{OUT(RMS)}$	$10Hz \leq f \leq 10kHz$		0.003		%

- Notes: 3. See thermal regulation specification for changes in output voltage due to heating effects. Load regulation and line regulation are measured at a constant junction temperature by low duty cycle pulse testing.
4. Dropout voltage is specified over the full output current range of the device. Dropout voltage is defined as the minimum input/output differential measured at the specified output current. Test points and limits are also shown on the Dropout Voltage Curve.
5. Minimum load current is defined as the minimum output current required to maintain regulation.



LX8117-xx/8117A-xx/8117B-xx

0.8, 1 & 1.2A Low Dropout Positive Regulators

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ELECTRICAL CHARACTERISTICS (continued)

LX8117-33 / 8117A-33 / 8117B-33 (3.3V Fixed)

Parameter	Symbol	Test Conditions	LX8117 / 17A / 17B-33			Units
			Min.	Typ.	Max.	
Output Voltage	V_{OUT}	$I_{OUT} = 10mA, V_{IN} = 5V, T_A = 25^\circ C$	3.267	3.300	3.333	V
		$0mA \leq I_{OUT} \leq I_{OUT(MAX)}, 4.75V \leq V_{IN} \leq 10V$	3.235	3.300	3.365	V
Line Regulation (Note 3)	$\Delta V_{OUT}(V_{IN})$	$I_{OUT} = 0mA, 4.25V \leq V_{IN} \leq 10V$		1	6	mV
Load Regulation (Note 3)	$\Delta V_{OUT}(I_{OUT})$	$V_{IN} = 4.25V, 0mA \leq I_{OUT} \leq I_{OUT(MAX)}$		2	10	mV
Dropout Voltage (Note 4)	ΔV	$I_{OUT} = 100mA$		0.97	1.10	V
		$I_{OUT} = 500mA$		1.00	1.15	V
		$I_{OUT} = I_{OUT(MAX)}$		1.05	1.20	V
		$I_{OUT} = I_{OUT(MAX)}$		1.15	1.30	V
Current Limit	$I_{OUT(MAX)}$	$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	800	950		mA
		$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	1000	1200		mA
		$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	1200	1500		mA
Quiescent Current	I_Q	$V_{IN} \leq 10V$		4.5	10	mA
Thermal Regulation	$\Delta V_{OUT}(Pwr)$	$T_A = 25^\circ C, 30ms$ pulse		0.08	0.2	%/W
Ripple Rejection		$f_{RIPPLE} = 120Hz, (V_{IN} - V_{OUT}) = 3V, V_{RIPPLE} = 1Vp-p$	60	75		dB
Temperature Stability	$\Delta V_{OUT}(T)$			0.5		%
Long Term Stability	$\Delta V_{OUT}(t)$	$T_A = 125^\circ C, 1000$ hours		0.3		%
RMS Output Noise (% of V_{OUT})	$V_{OUT(RMS)}$	$10Hz \leq f \leq 10kHz$		0.003		%

LX8117-05 / 8117A-05 / 8117B-05 (5.0V Fixed)

Parameter	Symbol	Test Conditions	LX8117 / 17A / 17B-05			Units
			Min.	Typ.	Max.	
Output Voltage	V_{OUT}	$I_{OUT} = 10mA, V_{IN} = 7V, T_A = 25^\circ C$	4.950	5.000	5.050	V
		$0mA \leq I_{OUT} \leq I_{OUT(MAX)}, 6.50V \leq V_{IN} \leq 10V$	4.900	5.000	5.100	V
Line Regulation (Note 3)	$\Delta V_{OUT}(V_{IN})$	$I_{OUT} = 0mA, 6.5V \leq V_{IN} \leq 10V$		1	10	mV
Load Regulation (Note 3)	$\Delta V_{OUT}(I_{OUT})$	$V_{IN} = 6.5V, 0mA \leq I_{OUT} \leq I_{OUT(MAX)}$		2.5	15	mV
Dropout Voltage (Note 4)	ΔV	$I_{OUT} = 100mA$		0.97	1.10	V
		$I_{OUT} = 500mA$		1.00	1.15	V
		$I_{OUT} = I_{OUT(MAX)}$		1.05	1.20	V
		$I_{OUT} = I_{OUT(MAX)}$		1.15	1.30	V
Current Limit	$I_{OUT(MAX)}$	$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	800	950		mA
		$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	1000	1200		mA
		$(V_{IN} - V_{OUT}) = 5V, T_J = 25^\circ C$	1200	1500		mA
Quiescent Current	I_Q	$V_{IN} \leq 10V$		4.5	10	mA
Thermal Regulation	$\Delta V_{OUT}(Pwr)$	$T_A = 25^\circ C, 30ms$ pulse		0.08	0.2	%/W
Ripple Rejection		$f_{RIPPLE} = 120Hz, (V_{IN} - V_{OUT}) = 3V, V_{RIPPLE} = 1Vp-p$	60	75		dB
Temperature Stability	$\Delta V_{OUT}(T)$			0.5		%
Long Term Stability	$\Delta V_{OUT}(t)$	$T_A = 125^\circ C, 1000$ hours		0.3		%
RMS Output Noise (% of V_{OUT})	$V_{OUT(RMS)}$	$10Hz \leq f \leq 10kHz$		0.003		%

- Notes: 3. See thermal regulation specification for changes in output voltage due to heating effects. Load regulation and line regulation are measured at a constant junction temperature by low duty cycle pulse testing.
4. Dropout voltage is specified over the full output current range of the device. Dropout voltage is defined as the minimum input/output differential measured at the specified output current. Test points and limits are also shown on the Dropout Voltage Curve.
5. Minimum load current is defined as the minimum output current required to maintain regulation.

LX8117-xx/8117A-xx/8117B-xx

0.8, 1 & 1.2A LOW DROPOUT POSITIVE REGULATORS

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APPLICATION NOTES

The LX8117 series ICs are easy to use Low-Dropout (LDO) voltage regulators. They have all of the standard self-protection features expected of a voltage regulator: short circuit protection, safe operating area protection and automatic thermal shutdown if the device temperature rises above approximately 165°C.

Use of an output capacitor is **REQUIRED** with the LX8117 series. Please see the table below for recommended minimum capacitor values.

These regulators offer a more tightly controlled reference voltage tolerance and superior reference stability when measured against the older pin-compatible regulator types that they replace.

STABILITY

The output capacitor is part of the regulator's frequency compensation system. Many types of capacitors are available, with different capacitance value tolerances, capacitance temperature coefficients, and equivalent series impedances. For all operating conditions, connection of a 220µF aluminum electrolytic capacitor or a 47µF solid tantalum capacitor between the output terminal and ground will guarantee stable operation.

If a bypass capacitor is connected between the output voltage adjust (ADJ) pin and ground, ripple rejection will be improved (please see the section entitled "**RIPPLE REJECTION**"). When ADJ pin bypassing is used, the required output capacitor value increases. Output capacitor values of 220µF (aluminum) or 47µF (tantalum) provide for all cases of bypassing the ADJ pin. If an ADJ pin bypass capacitor is not used, smaller output capacitor values are adequate. The table below shows recommended minimum capacitance values for stable operation.

RECOMMENDED CAPACITOR VALUES

INPUT	OUTPUT	ADJ
10µF	15µF Tantalum, 100µF Aluminum	None
10µF	47µF Tantalum, 220µF Aluminum	15µF

In order to ensure good transient response from the power supply system under rapidly changing current load conditions, designers generally use several output capacitors connected in parallel. Such an arrangement serves to minimize the effects of the parasitic resistance (ESR) and inductance (ESL) that are present in all capacitors. Cost-effective solutions that sufficiently limit ESR and ESL effects generally result in total capacitance values in the range of hundreds to thousands of microfarads, which is more than adequate to meet regulator output capacitor specifications. Output capacitance values may be increased without limit.

The circuit shown in Figure 1 can be used to observe the transient response characteristics of the regulator in a power system under changing loads. The effects of different capacitor types and values on transient response parameters, such as overshoot and undershoot, can be quickly compared in order to develop an optimum solution.

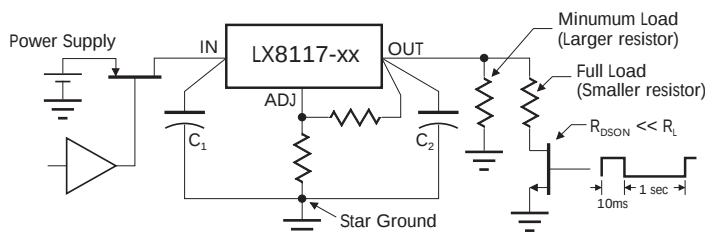


FIGURE 1 — DYNAMIC INPUT and OUTPUT TEST

OVERLOAD RECOVERY

Like almost all IC power regulators, the LX8117 regulators are equipped with Safe Operating Area (SOA) protection. The SOA circuit limits the regulator's maximum output current to progressively lower values as the input-to-output voltage difference increases. By limiting the maximum output current, the SOA circuit keeps the amount of power that is dissipated in the regulator itself within safe limits for all values of input-to-output voltage within the operating range of the regulator. The LX8117 SOA protection system is designed to be able to supply some output current for all values of input-to-output voltage, up to the device breakdown voltage.

Under some conditions, a correctly operating SOA circuit may prevent a power supply system from returning to regulated operation after removal of an intermittent short circuit at the output of the regulator. This is a normal mode of operation which can be seen in most similar products, including older devices such as 7800 series regulators. It is most likely to occur when the power system input voltage is relatively high and the load impedance is relatively low.

When the power system is started "cold", both the input and output voltages are very close to zero. The output voltage closely follows the rising input voltage, and the input-to-output voltage difference is small. The SOA circuit therefore permits the regulator to supply large amounts of current as needed to develop the designed voltage level at the regulator output. Now consider the case where the regulator is supplying regulated voltage to a resistive load under steady state conditions. A moderate input-to-output voltage appears across the regulator but the voltage difference is small enough that the SOA circuitry allows sufficient current to flow through the regulator to develop the designed output voltage across the load resistance. If the output resistor is short-circuited to ground, the input-to-output voltage difference across the regulator suddenly becomes larger by the amount of voltage that had appeared across the load resistor. The SOA circuit reads the increased input-to-output voltage, and cuts back the amount of current that it will permit the regulator to supply to its output terminal. When the short circuit across the output resistor is removed, all the regulator output current will again flow through the output resistor. The maximum current that the regulator can supply to the resistor will be limited by the SOA circuit, based on the large input-to-output voltage across the regulator at the time the short circuit is removed from the output.



LX8117-xx/8117A-xx/8117B-xx

0.8, 1 & 1.2A LOW DROPOUT POSITIVE REGULATORS

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APPLICATION NOTES

OVERLOAD RECOVERY (continued)

If this limited current is not sufficient to develop the designed voltage across the output resistor, the voltage will stabilize at some lower value, and will *never* reach the designed value. Under these circumstances, it may be necessary to cycle the input voltage down to zero in order to make the regulator output voltage return to regulation.

RIPPLE REJECTION

Ripple rejection can be improved by connecting a capacitor between the ADJ pin and ground. The value of the capacitor should be chosen so that the impedance of the capacitor is equal in magnitude to the resistance of R1 *at the ripple frequency*. The capacitor value can be determined by using this equation:

$$C = 1 / (6.28 * F_R * R1)$$

where: C ≡ the value of the capacitor in Farads;
select an equal or larger standard value.

F_R ≡ the ripple frequency in Hz

R1 ≡ the value of resistor R1 in ohms

At a ripple frequency of 120Hz, with R1 = 100Ω:

$$C = 1 / (6.28 * 120\text{Hz} * 100\Omega) = 13.3\mu\text{F}$$

The closest equal or larger standard value should be used, in this case, 15μF.

When an ADJ pin bypass capacitor is used, output ripple amplitude will be essentially independent of the output voltage. If an ADJ pin bypass capacitor is not used, output ripple will be proportional to the ratio of the output voltage to the reference voltage:

$$M = V_{OUT} / V_{REF}$$

where: M ≡ a multiplier for the ripple seen when the ADJ pin is optimally bypassed.

$$V_{REF} = 1.25\text{V}.$$

For example, if V_{OUT} = 2.5V the output ripple will be:

$$M = 2.5\text{V} / 1.25\text{V} = 2$$

Output ripple will be twice as bad as it would be if the ADJ pin were to be bypassed to ground with a properly selected capacitor.

OUTPUT VOLTAGE

The LX8117 ICs develop a 1.25V reference voltage between the output and the adjust terminal (See Figure 2). By placing a resistor, R1, between these two terminals, a constant current is caused to flow through R1 and down through R2 to set the overall output voltage. Normally this current is the specified minimum load current of 10mA. Because I_{ADJ} is very small and constant when compared with the current through R1, it represents a small error and can usually be ignored.

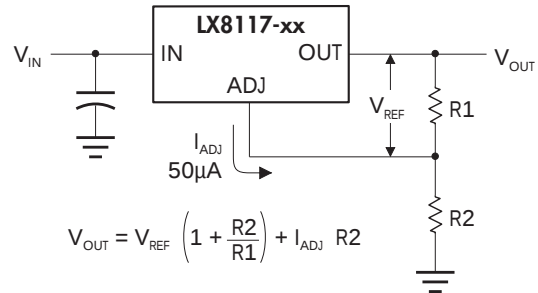


FIGURE 2 — BASIC ADJUSTABLE REGULATOR

LOAD REGULATION

Because the LX8117 regulators are three-terminal devices, it is not possible to provide true remote load sensing. Load regulation will be limited by the resistance of the wire connecting the regulator to the load. The data sheet specification for load regulation is measured at the bottom of the package. Negative side sensing is a true Kelvin connection, with the bottom of the output divider returned to the negative side of the load. Although it may not be immediately obvious, best load regulation is obtained when the top of the resistor divider, (R1), is connected *directly* to the case of the regulator, *not to the load*. This is illustrated in Figure 3. If R1 were connected to the load, the effective resistance between the regulator and the load would be:

$$R_{peff} = R_p * \left(\frac{R2+R1}{R1} \right)$$

where: R_p ≡ Actual parasitic line resistance.

When the circuit is connected as shown in Figure 3, the parasitic resistance appears as its actual value, rather than the higher R_{peff}.

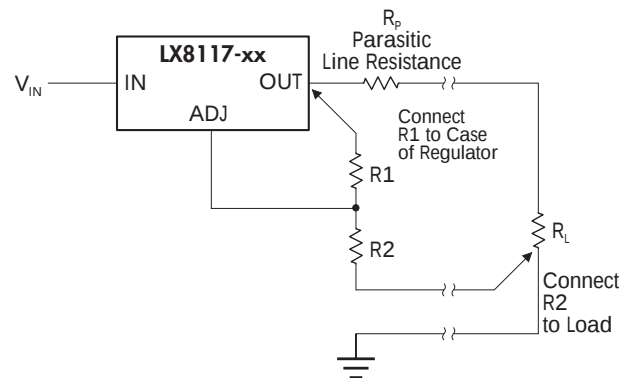


FIGURE 3 — CONNECTIONS FOR BEST LOAD REGULATION

LX8117-xx/8117A-xx/8117B-xx

0.8, 1 & 1.2A LOW DROPOUT POSITIVE REGULATORS

PRODUCTION DATA SHEET

APPLICATION NOTES

LOAD REGULATION (continued)

Even when the circuit is optimally configured, parasitic resistance can be a significant source of error. A 100 mil (2.54 mm) wide PC trace built from 1 oz. copper-clad circuit board material has a parasitic resistance of about 5 milliohms per inch of its length at room temperature. If a 3-terminal regulator used to supply 2.50 volts is connected by 2 inches of this trace to a load which draws 5 amps of current, a 50 millivolt drop will appear between the regulator and the load. Even when the regulator output voltage is precisely 2.50 volts, the load will only see 2.45 volts, which is a 2% error. It is important to keep the connection between the regulator output pin and the load as short as possible, and to use wide traces or heavy-gauge wire.

The minimum specified output capacitance for the regulator should be located near the regulator package. If several capacitors are used in parallel to construct the power system output capacitance, any capacitors beyond the minimum needed to meet the specified requirements of the regulator should be located near the sections of the load that require rapidly-changing amounts of current. Placing capacitors near the sources of load transients will help ensure that power system transient response is not impaired by the effects of trace impedance.

To maintain good load regulation, wide traces should be used on the input side of the regulator, especially between the input capacitors and the regulator. Input capacitor ESR must be small enough that the voltage at the input pin does not drop below $V_{IN(MIN)}$ during transients.

$$V_{IN(MIN)} = V_{OUT} + V_{DROPOUT(MAX)}$$

where: $V_{IN(MIN)}$ $\equiv$ the lowest allowable instantaneous voltage at the input pin.
 V_{OUT} $\equiv$ the designed output voltage for the power supply system.
 $V_{DROPOUT(MAX)}$ $\equiv$ the specified dropout voltage for the installed regulator.

THERMAL CONSIDERATIONS

The LX8117 regulators have internal power and thermal limiting circuitry designed to protect each device under overload conditions. For continuous normal load conditions, however, maximum junction temperature ratings must not be exceeded. It is important to give careful consideration to all sources of thermal resistance from junction to ambient. This includes junction to case, case to heat sink interface, and heat sink thermal resistance itself.

THERMAL CONSIDERATIONS (continued)

Example

Given: $V_{IN} = 5.0V \pm 5\%$, $V_{OUT} = 2.5V \pm 3\%$
 $I_{OUT} = 0.5A$, $T_A = 55^\circ C$, $T_J = 125^\circ C$
 $R_{\theta JT} = 15^\circ C/W$, $R_{\theta TS} = 5^\circ C/W$

Find: The size of a square area of 1oz. copper circuit-board trace-foil that will serve as a heatsink, adequate to maintain the junction temperature of the LX8117 in the ST (SOT-223) package within specified limits.

Solution: The junction temperature is:

$$T_J = P_D (R_{\theta JT} + R_{\theta CS} + R_{\theta SA}) + T_A$$

where: $P_D \equiv$ Dissipated power.

$R_{\theta JT} \equiv$ Thermal resistance from the junction to the mounting tab of the package.

$R_{\theta TS} \equiv$ Thermal resistance through the interface between the IC and the surface on which it is mounted.

$R_{\theta SA} \equiv$ Thermal resistance from the mounting surface of the heatsink to ambient.

$T_S \equiv$ Heat sink temperature.

$$\begin{array}{ccccccc} T_J & \text{---} & T_C & \text{---} & T_S & \text{---} & T_A \\ & R_{JT} & & R_{CS} & & R_{SA} & \end{array}$$

First, find the maximum allowable thermal resistance of the heat sink:

$$P_D = [(V_{IN} * (1 + \text{ToI}_{VIN})) - (V_{OUT} * (1 - \text{ToI}_{VOUT}))] * I_{OUT}$$

$$P_D = 1.4W$$

$$R_{\theta SA} = \frac{T_J - T_A}{P_D} - (R_{\theta JT} + R_{\theta TS}), \quad R_{\theta SA} = 29.6^\circ C/W$$

A test was conducted to determine the thermal characteristics of 1 oz. copper circuit-board trace material. The following equation describes the observed relationship between the area of a square copper pad, and the thermal resistance from the tab of a SOT-223 package soldered at the center of the pad to ambient.

$$\text{Area}_{SINK} = \frac{3.1^\circ C/W}{R_{\theta SA} - 22.3^\circ C/W} \text{ in}^2$$

Substituting the value for $R_{\theta SA}$ calculated above, we find that a square pad with area:

$$\text{Area}_{SINK} = 0.43 \text{ in}^2 (0.66" \times 0.66"), \quad 280\text{mm}^2 (17 \times 17 \text{ mm})$$

will be required to maintain the LX8117 junction temperature within specified limits.

LX8117-xx/8117A-xx/8117B-xx

0.8, 1 & 1.2A LOW DROPOUT POSITIVE REGULATORS

PRODUCTION DATA SHEET

TYPICAL APPLICATIONS

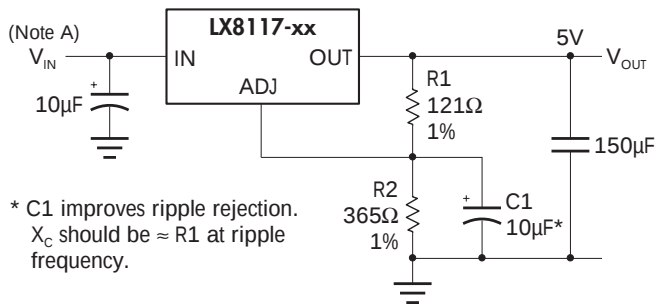


FIGURE 4 — IMPROVING RIPPLE REJECTION

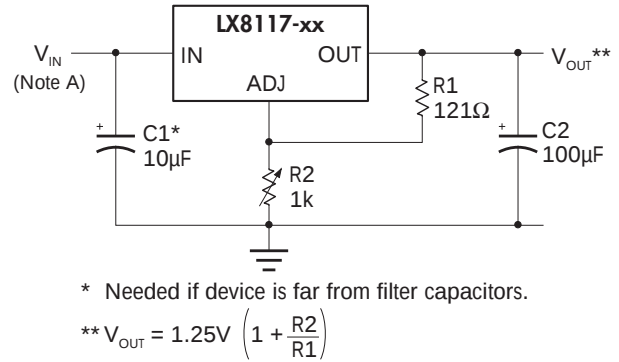


FIGURE 5 — 1.2V - 8V ADJUSTABLE REGULATOR

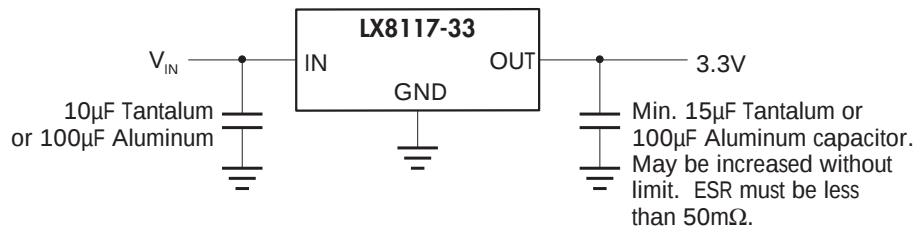


FIGURE 6 — FIXED 3.3V OUTPUT REGULATOR

Note A: $V_{IN(MIN)} = (Intended V_{OUT}) + (V_{DROPOUT(MAX)})$

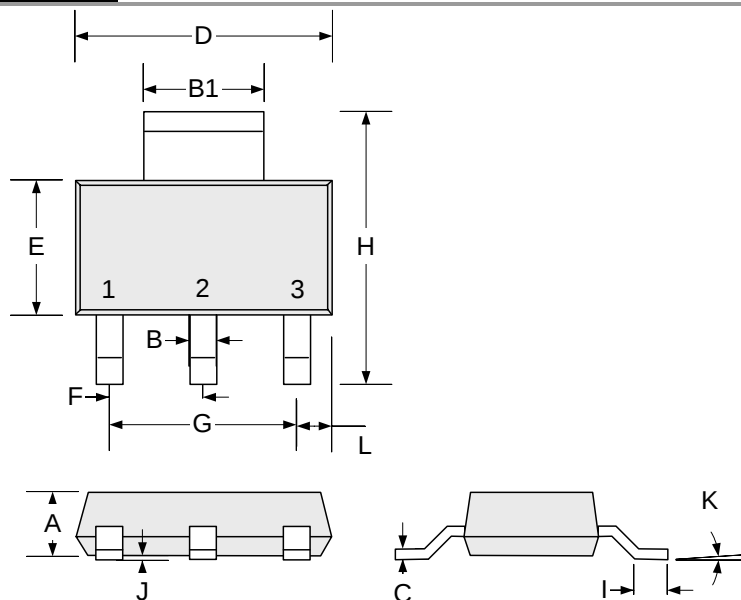


LX8117-xx / 8117A-xx / 8117B-xx

0.8, 1 & 1.2A LOW DROPOUT POSITIVE REGULATORS

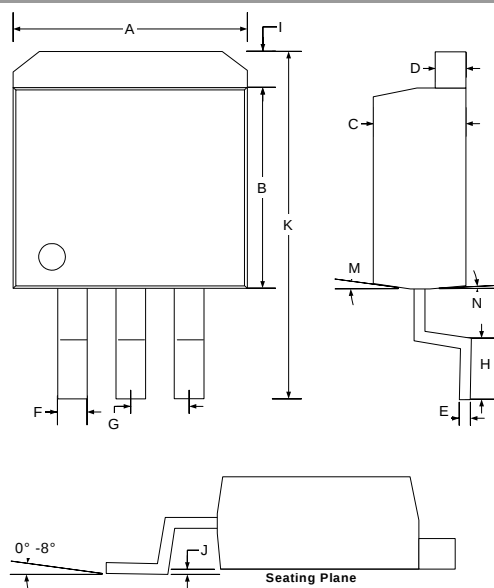
PRODUCTION DATA SHEET

ST 3-Pin Plastic SOT-223



DIM	MILLIMETERS		INCHES	
	MIN	MAX	MIN	MAX
A	1.55	1.80	0.061	0.071
B	0.65	0.85	0.026	0.033
B1	2.95	3.15	0.116	0.124
C	0.25	0.35	0.010	0.014
D	6.30	6.70	0.248	0.264
E	3.30	3.70	0.130	0.146
F	2.30 BSC		0.0905 BSC	
G	4.60 BSC		0.181 BSC	
H	6.71	7.29	0.264	0.87
I	-	0.91	-	0.036
J	0.02	0.10	0.0008	0.004
K	10° MAX		10° MAX	
L	0.84	1.04	0.033	0.041

DD 3-Pin Plastic TO-263



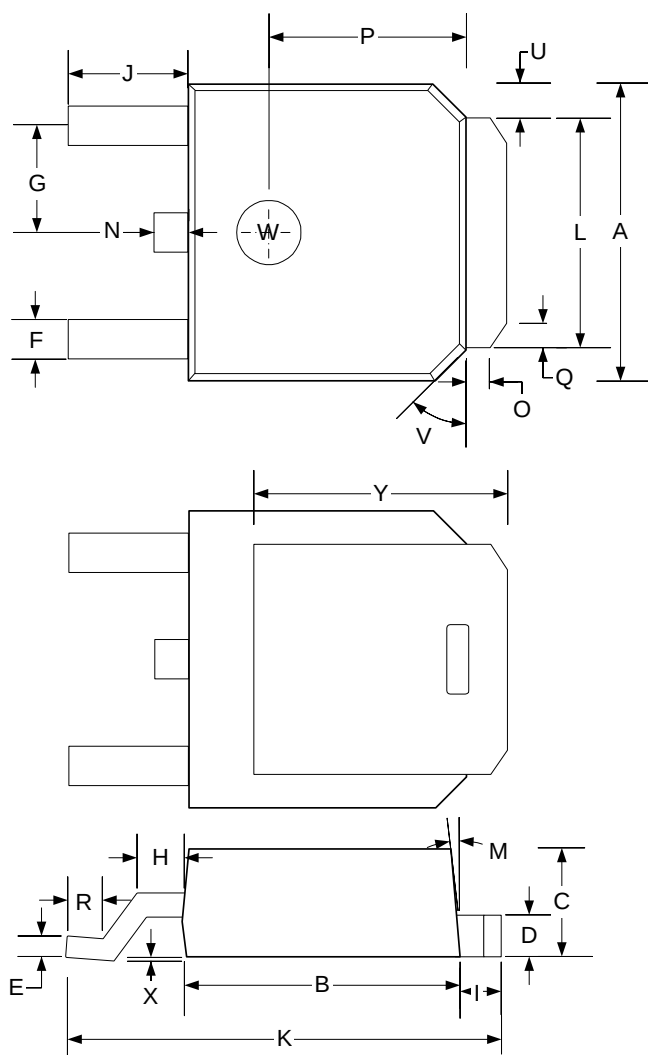
DIM	MILLIMETERS		INCHES	
	MIN	MAX	MIN	MAX
A	10.03	10.67	0.395	0.420
B	8.51	9.17	0.335	0.361
C	4.19	4.59	0.165	0.181
D	1.14	1.40	0.045	0.055
E	0.330	0.51	0.013	0.020
F	1.19	1.34	0.047	0.053
G	2.41	2.66	0.095	0.104
H	2.29	2.79	0.090	0.110
I	-	1.65	-	0.065
J	0	0.25	0	0.010
K	14.60	15.87	0.575	0.625
M	7°		7°	
N	3°		3°	

LX8117-xx / 8117A-xx / 8117B-xx

0.8, 1 & 1.2A LOW DROPOUT POSITIVE REGULATORS

PRODUCTION DATA SHEET

DT 3-Pin Plastic TO-252



DIM	MILLIMETERS		INCHES	
	MIN	MAX	MIN	MAX
A	6.47	6.73	0.255	0.265
B	5.97	6.23	0.235	0.245
C	2.16	2.42	0.085	0.095
D	0.68	0.94	0.027	0.037
E	0.38	0.64	0.015	0.025
F	0.63	0.89	0.025	0.035
G	2.16	2.42	0.085	0.095
H	0.84	1.10	0.033	0.043
I	0.89	1.15	0.035	0.045
J	2.44	2.70	0.096	0.106
K	9.55	9.81	0.376	0.386
L	5.20	5.46	0.205	0.215
M	7.0°		7.0°	
N	0.51	0.77	0.020	0.030
O	0.51	0.77	0.020	0.030
P	4.19	4.45	0.165	0.175
Q	0.76	1.02	0.030	0.040
R	0.48	0.74	0.019	0.029
S	0.89	1.15	0.035	0.045
T	R0.20	R0.30	R0.008	R0.012
U	0.51	0.77	0.020	0.030
V	45°		45°	
W	1.44	1.70	0.057	0.067
X	0	0.10	0	0.004
Y	5.73 REF		0.226 REF	

Note:

1. Dimensions do not include mold flash or protrusions; these shall not exceed 0.155mm(.006") on any side. Lead dimension shall not include solder coverage.

NEW CLASSES! | Travel Writing | Boogie Boarding for Kids & Parents | Family Adventure Tour
Jazz Fundamentals | Sculpt and Strengthen | Family Wilderness Kayaking

City of SANTA CRUZ **PARKS &** **RECREATION** WINTER | 2008 | ACTIVITY GUIDE



JUNGLES: An exhibit from renowned wildlife photographer **FRANS LANTING** | February 16 – April 27, 2008 | Santa Cruz Museum of Natural History

Register for Winter-Spring classes beginning

Wednesday, January 9, 2008 for City Residents | Thursday, January 10, 2008 for Non-City Residents

REGISTER ONLINE with **instaReg**, **BY MAIL, FAX, PHONE** or **IN PERSON**.

Visit www.santacruzparksandrec.com or call 420-5270

REGISTER ONLINE with **instaReg**

for your favorite
Parks and Recreation
programs

The **FASTEST** and **EASIEST** way to register for our classes is **ONLINE** with an instaReg account! We're happy to help with phone or walk-in registrations, but if you register online, you can do it yourself at YOUR convenience:

- Register any time of day or night.
- See how many people are registered for the class you're interested in.
- Look up your family's history of class registrations and payments.
- Search for classes based on activity, days of the week and locations.
- Add yourself to waiting lists for full classes.

Take a moment to get an instaReg account and take full advantage of the conveniences of online registration!

Before you register online, you will need an account number and PIN.

Set up your instaReg account today. See page 4 for an instaReg account form to mail or fax in, or visit **www.santacruzparksandrec.com**.

You can also call us at 420-5270 to set up your account.

Visit **www.santacruzparksandrec.com**
or call **420-5270**.



instaReg

Real time. No waiting. No worries.

How to Register & Table of Contents

Registration Start Dates

City Residents: Wednesday, January 9, 2008

Non-City Residents: Thursday, January 10, 2008

As a cost-saving measure, the Parks and Recreation Department will be closed December 24 - January 6.



For Fastest and Easiest Service Register Online with **instaReg**

- You need an instaReg account number and PIN before you can register online. Get one by calling 420-5270 or visiting our website at www.santacruzparksandrec.com and completing an online request form, or complete and fax page 4, 420-5271.
- Go to www.santacruzparksandrec.com and click on instaReg to register.
- Forgot your PIN? Go to www.santacruzparksandrec.com, click on instaReg, My Account, then go to Forgot my Login ID and/or password and your login and PIN number will be emailed to you or call us at 420-5270.
- First time City residents: Don't forget to mail in your proof of residency. (See box below.)



Register by Mail or Fax

- Complete the registration form on page 5 and mail or fax it to the address or fax number at the top of the form.
- First-time City residents: Don't forget your proof of residency! (See box below.)
- Mailed or faxed registrations received prior to January 9 will be held and processed in random order on the first day of registration.

Register by Phone



- Call 420-5270, Monday through Friday, 9 am to 4 pm.
- Credit cards only. Mastercard and VISA accepted.
- Please have your credit card and course numbers ready.
- First-time City residents: Don't forget to mail in your proof of residency! (See box below.)
- Our phones are often very busy. For faster and easier service, we recommend getting an online account number and PIN so you can register FAST anytime you like!

Register in Person

- Register at our office at 323 Church Street, Monday - Friday, 8 am to 5 pm.
- Register at Harvey West Pool beginning February 1; week days, 9:30 am - 4:30 pm; and weekends, 9 am - 1 pm.
- First-time City residents: Don't forget to bring your proof of residency! (See box below.)

Proof of Residency for City Residents: City residents receive a lower fee for Parks and Recreation classes because they pay City taxes that support our programs. To receive this lower fee, City residents must provide proof of residency the first time they register for a Parks and Recreation class. This proof must show an address that matches the registration address and can include: driver's license, utility bill, personal check, deposit slip or other proof of current address.

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Women's Self Defense	38-39

Policies

- **Class Fees:** When two fees are listed, Santa Cruz city residents (R) pay the lower fee and non-city residents (N) pay the higher, i.e. \$42.00(R)/\$52.00(N).
- Advance registration is required for all classes.
- Age level indicates the age that a participant must be by the first day of class.
- **Refunds and Transfers:** When a class is cancelled by the Parks and Recreation Department, a full refund will be given to each registrant. When a registrant withdraws from a class, the following options are available:
 - **More than 10 business days** before the first class meeting:
 1. TRANSFER fee to another Parks and Recreation class. \$5 processing fee is charged per registrant, per class.
 2. WITHDRAW with a credit to your instaReg account. A \$5 processing fee is charged per registrant, per class.
 3. REFUND of class fee. A \$20 refund fee is charged per registrant, per class.
 - **From 10 to 4 business days** before the first class:
 1. TRANSFER or WITHDRAW – same as above.
 2. REFUND of class fee IF the withdrawal does not drop total class enrollment below the minimum required for the class to be held. (Details provided on request.) A \$20 refund fee (per registrant, per class) is charged.
 - **From 3 business days** before the first class:
 1. No refunds, transfers or credits will be given.
- Business days are Monday - Friday, excluding City holidays.
- Credit balances can be used for other classes.

Visit www.santacruzparksandrec.com or call 420-5270.

instaReg Online Account Request

City of Santa Cruz Parks & Recreation proudly presents

instaReg

Online
Registration | Real time.
No waiting.
No worries.

Upon receiving this form, we will
send you your **instaReg**
account number and Family PIN.

Attention City Residents!
Remember to include proof of residency
in order to receive the
City resident rate.
(Acceptable proof of residency would be
a copy of your utility bill, driver's license
or deposit slip.)

To register online you will need an
Login ID and PIN number.

Complete the form below and mail or fax it to:

instaReg
323 CHURCH STREET
SANTA CRUZ, CA 95060
Fax to: (831) 420-5271

HOUSEHOLD INFORMATION

FIRST NAME _____

LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (Home) _____ (Work) _____

EMAIL _____

EMERGENCY CONTACT _____

EMERGENCY PHONE _____

☐ Please do NOT notify me by email of Parks & Recreation
events and programs that may be of interest to me.

Please note: Your email address is not required to register
online. However, if it is entered into our system you will be
able to use it to retrieve your account numbers if you forget or
lose them. The City does not sell or distribute your personal
information unless required by law to do so.

LIST ALL HOUSEHOLD MEMBERS HERE

FIRST NAME	LAST NAME	BIRTHDATE	M/F

City Residents - Remember to include proof of City residency to receive reduced rates for classes and activities.

Mail-in Registration Form

Use this form to register by mail, fax or in person:
REGISTRATION, 323 CHURCH STREET, SANTA CRUZ, CA 95060
Fax to: (831) 420-5271 (Credit cards only)

HOUSEHOLD INFORMATION

LAST NAME ONLY _____

NAME _____

ADDRESS _____

CIRCLE ONE: CASH CHECK



Proof of Residency required if paying by credit card.

CITY _____ STATE _____ ZIP _____

PHONE (Home) _____ (Work) _____

CARD NUMBER _____

EMAIL ADDRESS _____

EXP. DATE _____

EMERGENCY CONTACT _____

PRINT NAME _____
(as it appears on credit card)

EMERGENCY PHONE _____

SIGNATURE _____
(for credit card use only)

1st Choice Course #	2nd Choice Course #	Participant's Name	Birth- date	M/ F	Activity Title	Fee

NOTE! Proof of residency: Mail-in or fax-in registrants who reside in the City of Santa Cruz must provide proof of residency with their registration, including: address on personal check that matches registration form, utility bill, driver's license, deposit slip or other proof of current address.

Permission to participate in the above program(s) sponsored by the Santa Cruz Parks and Recreation Department is given for myself and/or my child(ren). In consideration of participation in such program(s), I on behalf of myself and/or my child(ren), hereby agree to release, hold harmless, indemnify and defend the City of Santa Cruz, its agents, employees, and volunteers from any and all claims or liability (including attorneys' fees and defense costs) for bodily injury or property damage arising from my or my child(ren)'s negligence or willful misconduct relating to my or my child(ren)'s participation in the above program(s). I, on behalf of myself and/or my child(ren) assume all risk for any injuries relating to participating in the above program(s).

My duty to release, hold harmless, indemnify and defend the City of Santa Cruz shall not apply only when (1) the injury to person or property arises wholly from the negligence or willful misconduct of the City or its agents or employees or volunteers and (2) I nor my child(ren) have contributed in no part to the bodily injury or property damage.

I hereby give the City of Santa Cruz Parks and Recreation Department the right to use photographs taken of me and/or my child while participating in the above activity(s) for reproduction in any medium for purposes of advertising, trade, display, exhibition, or editorial use.

SIGNED: _____

DATE: _____

Circle one: Participant (18 & over) Parent

Guardian

Senior (60+)



ART LOVERS | Take a **WALKING TOUR** of Santa Cruz Public Art.* **ATTEND** a Public Art Committee or Arts Commission meeting to learn more about working behind the scenes. Support your local businesses that support the arts – see ArtWORKS 2007 Award Winners below.

ARTISTS | Join our **ARTIST EMAIL LIST** to find out about current opportunities and open calls for artists. Consider applying for the **PUBLIC ARTIST REGISTRY**. Make the transition from artist to public artist by attending an **ARTIST'S WORKSHOP**. Contact public art staff to learn more about City Arts.

PROJECTS | Current attractions

CITY ARTS MASTER PLAN | The first-ever Arts Master Plan for Santa Cruz is underway! The finished plan will help current and future City Councils decide how best to nurture and promote the rich cultural life that Santa Cruzans are fortunate to enjoy. One of the Plan's main goals is to broaden access and strengthen connections between residents and the city's arts and cultural scene. Another goal is to put Santa Cruz in step with communities across the nation who have discovered cultural tourism as a major source of revenue and economic stimulus. The Arts Master Plan Working Group, led by the Arts Commission, has now completed focus groups, surveys and interviews. Look forward to the Plan, coming soon! As always, more arts information is just a click away, at www.ci.santa-cruz.ca.us/pr/ac/ac.html.

CONGRATULATIONS ArtWORKS Award Winners | Congratulations to Redtree Properties (Sustaining Business), Santa Cruz County Bank (Emerging Business) and Harvey Nickelsen (Individual) for receiving the Arts Commission's ArtWORKS art and business awards for supporting the arts in our community! The award winners were honored by the mayor and other dignitaries at the Arts Commission's 30th Anniversary party at the Museum of Art and History on October 17th, 2007.

GRAPHIC TRAFFIC BOXES | Laurel St. & UCSC | Congratulations to the following artists, selected to create traffic boxes in Winter/Spring 2008:

- Bridget Henry – Laurel St.
- Vanessa Stafford – Laurel St.
- Levi Goldman – Laurel St.
- Dorian Randolph Reisman (UCSC) – Riverside St./San Lorenzo Blvd.
- Marvin Plummer – Laurel St.
- Noelle Williams (UCSC) – High St./Moore St.

Questions? | Contact Crystal Birns, Arts Coordinator at (831) 420-5256. For more information on current and upcoming projects call (831) 420-5256 or visit our website: www.ci.santa-cruz.ca.us, go to "Advisory Bodies" and click on "Arts Commission" or "Public Art Committee."

*Check out the "Public Art Photo Gallery" on the Public Art Committee page to see images, locations and artists for our City Public Art pieces. www.ci.santa-cruz.ca.us/photogallery/photogallerymain.html



GET PASSIONATE about the Arts in Santa Cruz. **LEARN MORE. GET INVOLVED.**

Special Events

ATTENTION CHOWDER CHEFS!



Dig out your favorite Boston and/or Manhattan clam chowder recipes for the **26th Annual Clam Chowder Cook Off**, **Saturday, February 23** at the Santa Cruz Beach Boardwalk. The three divisions are Restaurants, Individual and Corporate/Media. Winners will have a chance to win round-trip tickets courtesy of Continental Airlines and cash prizes. Trophies are awarded to first place winners in each division as well as for "Most Original" and "Most Tasted." Entry forms are available in the Parks and Recreation Office, 323 Church Street and online at www.santacruzwharf.com. Entry fees include two T-shirts per team if registered by **Friday, January 25**. Check www.santacruzwharf.com. Call 420-5273.

Entry fees:

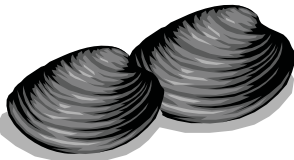
Professional (Restaurants, Caterers, Food Service)	\$60.00
Individuals	\$50.00
Corporate/Media	\$60.00

26TH ANNUAL SANTA CRUZ CLAM CHOWDER COOK OFF

Saturday, February 23

10:00 am - 3:00 pm

Santa Cruz Beach Boardwalk



Teams of chowder chefs come from all over the West Coast to compete for the prestigious award of "Best Clam Chowder." Whip up your favorite recipe for red or white chowder or just come and sample the delicious variety of chowder and fun at the Boardwalk. Check www.santacruzwharf.com. Call the Chowder Hotline, 420-5273.

Cost: Tasting kits \$7.00

CALL FOR NEW SISTER CITIES COMMITTEE MEMBERS

What do cities in Japan, Ukraine, Italy, Venezuela and Nicaragua have in common with Santa Cruz? If you are eager to explore those connections, enjoy international travel and culture and work well as a team player, then apply to join the Sister Cities Committee of the City of Santa Cruz, which is recruiting for 2008 members. There are six openings in the Sister Cities Committee, an active group dedicated to the goal of promoting global understanding and strengthening international ties as part of the Sister Cities International program.

Deadline for applications is **Wednesday, January 9, 2008** at noon. Applicants are invited to meet with Council members in Council Chambers, 809 Center Street on Tuesday, January 15, 2008 beginning at 3:00 pm. Appointments will be made on Tuesday, January 22, 2008. For information, call 420-5030 or check <http://www.ci-santa-cruz.ca.us/advbod/advboc.html>

JAZZ ON THE WHARF

Sunday, March 16

11:30 am - 5:30 pm

Santa Cruz Wharf

Live jazz by acclaimed regional performers is even better with the backdrop of the scenic Santa Cruz Wharf. Top jazz musicians perform outdoors and in popular wharf restaurants. Call 420-5273. Visit www.santacruzwharf.com.

Cost: FREE

ATTENTION ARTISTS



The **Art on the Wharf** summer art show on **Sunday, July 20** is an opportunity to display and sell your work while enjoying the ocean view and live jazz music at the wharf stage.

All fine art (including but not restricted to), paintings, print-making, drawings, photography, ceramics and sculpture is welcome. Commercially produced or imported items are not accepted. Applications are available at Parks and Recreation, 323 Church Street and online at www.santacruzwharf.com. Booth fee: \$100 for 10' x 10' booth space.

MARK YOUR CALENDARS! OMEGA NU'S 18TH ANNUAL DUCKY DERBY & CARNIVAL



Omega Nu, in cooperation with the City of Santa Cruz Parks and Recreation Department, will hold its annual Ducky Derby and Carnival in Friendship Gardens at Harvey West Park on **Saturday, April 26** from 10:30 am to 3:30 pm. Don't miss this fabulous and fun family event featuring a carnival, entertainment, rubber duck races, prizes, food and more! Please call 479-4070 or visit www.duckyderbysantacruz.com.

ENTER A TEAM IN THE ALOHA CELEBRITY RACES!

Entries are already available for these short course **outrigger races** set for **Sunday, August 17**. The races are designed especially for new or novice paddlers. You provide four people and we will provide a stroker, steersperson, canoe and instruction to start you racing. The \$80.00 entry fee (\$100.00 after August 1) includes 4 T-shirts. 1st - 3rd place teams will receive awards. Proceeds benefit the Pu Pu O'Hawaii Outrigger Canoe Club. Entry forms are available in the Parks and Recreation office, 323 Church Street. Applications for booth space at the Polynesian Festival are also available for vendors, exhibitors, Polynesian cultural groups and ocean-related organizations. Call 420-5273 or visit www.santacruzwharf.com.

Civic Auditorium



307 Church Street, Santa Cruz, CA 95060

www.santacruzcivic.com

(831) 420-5240

The Santa Cruz Civic Auditorium is celebrating over 65 years of outstanding contributions to cultural and civic life in Santa Cruz. Dedicated in 1940, the Civic Auditorium has something for everyone: hosting meetings, expos, private parties and concerts.

From the H.H. Dalai Lama to Bob Dylan, it's happening at the Civic! The Civic could host your special event. Reserve as much space as you want; one conference room for an hour or the entire auditorium for a week. Call 420-5240 to make a reservation today!

Civic Box Office:
SantaCruzTickets.com
(831) 420-5260

*UCSC Arts & Lectures tickets
now available at the Civic Box Office*

In a unique collaboration, the City of Santa Cruz and UC Santa Cruz have created a joint ticketing system to sell tickets for events taking place at the Civic Auditorium, on campus, and throughout the community.

The new system – Santa Cruz Tickets – is designed as a comprehensive community ticket office from which patrons can buy tickets to most local performances and events through one source, either online at www.santacruztickets.com or in person at the City's Civic Auditorium Box Office, or the UCSC Ticket Office.

Tickets available through Santa Cruz Tickets will include all performances of the Santa Cruz Symphony, Shakespeare Santa Cruz, Cabrillo Festival of Contemporary Music, UCSC Arts & Lectures, UCSC Arts performances, and all Civic events.

Visit SantaCruzTickets.com to see a list of events on sale now, or visit the Civic Box Office at 307 Church Street. Hours are Monday - Friday, 11:00 am - 6:00 pm and weekends, 10:00 am - 1:30 pm. Phone (831) 420-5260.



Jeff Dunham, ventriloquist and comedian, with his pals Ahmed, Peanut, Jose Jalapeño, Walter and Melvin.

Saturday, January 12, 2008, 7:00 pm: Jeff Dunham presented by Icon Entertainment. The Spark of Insanity Tour, featuring Jeff's hilarious suitcase posse of sidekicks. Dunham's team consists of "Peanut," a frenzied and fast self-described "comic genius," who claims origin from an uncharted island in Micronesia. Then there's "Walter," an everyman-curmudgeon whose opinions on any person or any subject spew forth in a delightfully unbridled fashion; "José Jalapeño" avoided his destiny to be eaten when he teamed up with Jeff after an accident in his home country of Mexico, which permanently placed him "on a stEEK!" There's "Melvin," a mild-mannered, no real-power superhero who wants to save our country from evil. Meanwhile he keeps getting locked inside the suitcase. Finally, there's "Achmed," the dead terrorist. Please note that some material may not be suitable for younger audiences. Seating is reserved and tickets are \$37.50 plus service charge. Tickets can be purchased online at SantaCruzTickets.com or by calling the Civic Box Office, (831) 420-5260. For more information, visit www.jeffdunham.com.

Civic Auditorium



Legendary trumpeter, Wynton Marsalis, returns to the Civic directing the Jazz at Lincoln Center Orchestra.

Thursday, January 24, 2008, 8:00 pm: Jazz at Lincoln Center Orchestra with Wynton Marsalis presented by Kuumbwa Jazz.

The Jazz at the Lincoln Center Orchestra, comprised of 15 of the finest jazz soloists and ensemble players today, has been hailed as "an extraordinarily versatile orchestra" by the *Los Angeles Times*. Under the direction of Wynton Marsalis, the orchestra performs a myriad of original compositions by the band members as well as works by Ellington, Coltrane, and Mingus. Seating is reserved and tickets prices, not including service charges, are \$68.25, \$47.25, and \$36.75. Tickets can be purchased through the Civic Box Office, SantaCruzTickets.com or by calling (831) 420-5260. For more information, visit www.kuumbwajazz.org.

Saturday, January 26, 2008, 8:00 pm: Santa Cruz County Symphony: Concert III.

Following the world premiere of Gwyneth Walker's spiritual work the Rainbow Sign, Santa Cruz Symphony favorites converge, as renowned pianist Stephen Prutsman returns in Tchaikovsky's romantic *Concerto No. 1*. The last work composed before completely losing his hearing, Beethoven's *Fifth Symphony* was a triumph over adversity, demonstrating the composer's profound ability to depict life's dramas wordlessly. Tickets range from \$55 - \$17 plus service charges. Call the Civic Box Office at (831) 420-5260 or visit SantaCruzTickets.com. For more information, visit www.santacruzsymphony.com.

Friday, February 22, 2008: Third Annual Santa Cruz Dayz: Good Vibe Entertainment presents a packed lineup of reggae favorites. Artists and ticket prices to be announced. Call the Civic Box Office at (831) 420-5260 or visit SantaCruzTickets.com.

Sunday, March 2, 2008, 2:00 p.m.: Santa Cruz County Symphony Family Concert. The Santa Cruz County Symphony has commissioned a new work from local children's music duo Gwynne Cropsey and Stephen Snyder, aka ZunZun. This work makes its World Premiere at our Family concert, performed this year at the Civic for the first time. The work will musically describe environmental and cultural regions of the Americas, and will include bilingual text to help guide young audiences through the world of orchestral music. Seating is general admission. Call the Civic Box Office at (831) 420-5260 or visit SantaCruzTickets.com. For more information, visit www.santacruzsymphony.com.

Saturday, March 8, 2008: Santa Cruz County Science Fair. For more information visit <http://science.santacruz.k12.ca.us>.

Saturday, March 29, 2008, 8:00 pm: Santa Cruz County Symphony: Concert IV. Three of our audience's most requested composers are presented in one special evening. The performance of Mozart's *Impresario Overture* celebrates Symphony sponsors and donors. Chopin's romantic *Concerto No. 1* will feature pianist Adam Neiman, an international sensation and rising star. Known as his greatest symphony, Dvorák's *Symphony No. 7* uses Eastern European folk themes to convey a deep sense of longing. Tickets range from \$55 - \$17 plus service charges. Call the Civic Box Office at (831) 420-5260 or visit SantaCruzTickets.com. For more information, visit www.santacruzsymphony.com.



American pianist Adam Neiman, recognized as an artist of rare depth, sensitivity and virtuosity, performs with the Santa Cruz Symphony on March 29, 2008.

Museums

SANTA CRUZ MUSEUM OF NATURAL HISTORY
1305 East Cliff Drive
Hours: 10:00 am - 5:00 pm, Tuesday - Sunday.
Admission: Adults: \$2.50, Seniors \$1.50,
Santa Cruz Museum Association Members & Under 18: Free



Discover local natural history at the Museum.

Museum exhibits and programs are displayed in the modified 1915 Carnegie Library that sits on the southern edge of Tyrrell Park, overlooking the Monterey Bay. The Museum provides interesting exhibits and programs on the diverse cultural and natural history of the Santa Cruz region. Explore the fossil sand dollar dig, our touch tidepool and live critters such as our beautiful king snake. To receive more information on upcoming programs contact the Museum at 420-6115.

You can also find out what's new on the Museum Association website: www.santacruz museums.org

THE SANTA CRUZ SURFING MUSEUM
Mark Abbott Memorial Lighthouse
Lighthouse Field State Beach
Hours: Daily Noon - 4:00 pm. Closed Tuesday & Wednesday

Overlooking renowned surfing spot, Steamer Lane, this gem of a museum has photographs, surfboards, and interesting items tracing 100 years of surfing history in Santa Cruz. The museum store specializes in surfing books and one-of-a-kind surfing items. More information about the Museum can be found at the Museum's website: www.santacruzsurfingmuseum.org

CLUBS MEETING AT THE MUSEUM
Another way to get involved in the region's unique natural resources is to attend meetings of the natural history groups that meet regularly at the Museum. Below you will find a partial listing of the clubs currently meeting at the Museum. Meeting times may change. For current information and a list of speakers, call 420-6115.

Fungus Federation Study Group
1st Wednesday of month at 7:00 pm

Santa Cruz Bird Club
4th Thursday of month at 7:30 pm

34th Annual Santa Cruz Fungus Fair

Louden Nelson
Community Center
Saturday and Sunday
January 12 & 13, 2008
10:00 am - 5:00 pm



© Tom Downis

Mushroom or toadstool? Find out at the Fungus Fair!

This year's Fungus Fair promises to be the best yet! Catch a "Mushrooms 101" talk and other special programs throughout the day. Don't miss scrumptious cooking demonstrations with area chefs. Bring the kids for great activities including clay mushroom building, face painting and more. If it has to do with mushrooms, you'll find it at the Fungus Fair!

TICKETS at the door only:
Adults \$6.00 / Seniors \$4.00 / Under 12 Free



© Frans Lanting

JUNGLES: AN EXHIBIT OF PHOTOGRAPHS BY FRANS LANTING

February 16 through April 27, 2008

The Museum is excited to present Frans Lanting's photographic exhibit, JUNGLES, this spring. Using images made over a period of 20 years in jungles from the lowlands of the Congo to the cloud forests of the Andes, Frans Lanting interprets the splendor and the natural history of the tropical rainforest: a realm of bewildering complexity where nothing is as it first appears.

Join us for a Special Benefit Preview and Presentation by Frans Lanting on the evening of **Friday, February 15**. Call at 420-6115 for more information. Tickets available January 15. Museum Members; \$40: Non-members; \$50.

NATURAL HISTORY RESOURCES FOR EDUCATORS

TOURS

The Museum offers a variety of tours for children, pre-school through sixth grades. Topics include animal habitats, pre-European native Ohlone culture and wetland walks at Neary Lagoon Park. For the month of May only, tours of the Museum's "Illustrating Nature" exhibit are available.

KITS

The Museum loans out a variety of natural history educational materials. These materials are available to educators and artists for a small fee. Call the Museum for details and a copy of our current educational services flyer at 420-6115.

DOCENTS NEEDED

Museum docents are volunteer tour guides, trained to interpret the Museum's exhibits for school groups and other visitors. No previous experience is necessary to become a docent. All you need is a desire to learn about the natural world, a willingness to share what you know with others, and some free time during the week to attend training sessions and conduct tours. Call the Museum if you're interested in becoming a docent, 420-6115.

The following classes are sponsored by the Santa Cruz Museum Association. Pre-registration is required. Call the Museum, 420-6115 for more information or register at www.santacruz museums.org.

WINTER BIRDLIFE IN CENTRAL CALIFORNIA

The mild winters of Central California are an attractive haven for a rich diversity of birds and wildlife. Winter populations are increased with the influx of birds seeking refuge from the snowstorms of their northern nesting grounds. Our two-day outing will venture to the dryer climes of Tres Piños Canyon and Panoche Valley in search of grassland species such as Ferruginous Hawk, Golden Eagle, Prairie Falcon, and even the endangered Mountain Plover. Yellow-billed Magpie, occurring nowhere on earth except California's Central Valley, Mountain Bluebird, Horned Lark, and Phainopepla. On Sunday, the interior wetlands of areas such as Merced National Wildlife Refuge will be our destination. Spectacular flocks of Snow and Ross's Geese gather here, sometimes numbering in the tens of thousands.

Lecture for registered participants: February 25, 2008
Trip: Saturday - Sunday, March 1-2, 2008
Museum Members \$80/General \$95

COMING UP

Santa Cruz Favorite: ILLUSTRATING NATURE, May 3 - June 7
and Smithsonian Institute Traveling Exhibit: A MAGIC WEB: THE TROPICAL FOREST OF BARRO COLORADO ISLAND, July 12 - September 7.

Visit the Museum's website to learn about programs happening in conjunction with these great exhibits.

BIRDS OF MORRO BAY AND THE CARRIZO PLAIN

Morro Bay and the Carrizo Plain are two of the premier birding areas in California. Morro Bay hosts a wide variety of ducks and shorebirds, with Morro Rock itself being one of the oldest nesting sites of the fastest creature on earth, the Peregrine Falcon. We'll see the wintering grounds of the Arctic-nesting sea goose, the Brant; listen for the cascading song of the Canyon Wren; search for Royal Tern, American White Pelican and Red-breasted Merganser; and visit coastal "migrant traps" in search of rare wintering species. On Sunday, we'll head to California Valley and the Carrizo Plain for an entirely new set of habitat and bird life, including oak savannah specialties.

Lecture for registered participants: Tuesday, January 22, 2008
Trip: Saturday - Sunday, January 26-27, 2008
Museum Members \$80/General \$95

NEARY LAGOON EARTH DAY BIRDWALK FOR KIDS AND FAMILIES

Sunday, April 27, 2008

11:00 am - 12:30 pm

We'll explore our urban wetland, learn about how it's changed over time, and introduce you to the plants and animals that call Neary Lagoon home. Meet promptly at the Neary Lagoon Entrance at Chestnut Street. Bike racks and metered parking nearby. Dress in layers, bring water and a hat. Limited to 30 participants, pre-registration required. To sign up, call 420-6113.

NATURE NOTES AND SKETCHES - CREATING AN ILLUSTRATED FIELD JOURNAL WITH SARAH RABKIN

Natural Science Illustration often captivates viewers with its stunning beauty. At the heart of its appeal lies the illustrators' enthusiastic attentiveness to the natural world - something anyone can attain. This one-day workshop will introduce visual and verbal tools for capturing your own alluring images of the colors, shapes and stories of a day spent outdoors. Open to ages 14 and up.

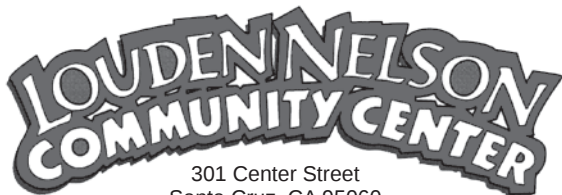
Saturday, May 17, 2008
11:00 am - 4:00 pm
\$50 Museum Members/\$65 General

NATURAL SCIENCE ILLUSTRATION FOR KIDS! WITH CHRISTINE ELDER, UCSC SCIENCE ILLUSTRATION GRAD

Students will be provided with a variety of natural objects and will receive instruction and lessons in drawing techniques not otherwise taught in formal art programs including: methods for quick sketching, techniques for capturing shapes, forms, texture and mood, and ways to think more creatively. Students will complete a final project using a carbon dust technique. Open to youth ages 10 - 14.

Saturday, May 31, 2008
11:00 am - 4:00 pm
\$40 Museum Members/\$55 General

Community Centers



301 Center Street
Santa Cruz, CA 95060
nelsoncenter@ci.santa-cruz.ca.us
www.nelsoncenter.com
(831) 420-6177

Open 9:00 am - 9:30 pm Monday-Saturday, closed on Sundays.

MISSION STATEMENT OF THE CENTER

The mission of the Louden Nelson Community Center is to seek a balance of recreational, cultural and social services offered to the diverse communities of Santa Cruz. We strive to create a space that feels welcoming, comfortable, safe, and accessible to all.

ROOM AND AUDITORIUM RENTALS

The Community Center offers a selection of rooms for rent six days a week, including classroom, dance studio, dining and kitchen facilities for conferences, wedding receptions, family reunions; almost anything you can imagine. The theater/performance space is a complete facility with lighting, sound and stage. For information on rates or availability, stop by or call 420-6177.

PARKING PERMITS

Free parking permits for Center patrons are available at the front desk for designated areas on adjacent streets. Please call for more information, 420-6177.

DOWNTOWN SENIOR CENTER

The Center is home to Parks and Recreation Programs for Older Adults, the Senior Computer Center and the Carnation Café Senior Dining Center. See pages 13-15 or call 420-6180.

COMMUNITY CHILDREN'S CENTER

For over 25 years, this nonprofit has provided year-round quality childcare for 2½-5-year-olds, featuring an experienced staff and developmentally appropriate activities. Sliding fee scale and flexible scheduling available. Call 425-8668.

LOUDEN NELSON HALLWAY ART GALLERY

In addition to an ongoing Memorial Exhibit honoring local hero, Louden Nelson, the Gallery hosts rotating art exhibits featuring works by talented artists. Local artists interested in exhibiting are encouraged to call for more information, 420-6183.

January Fungus Federation Exhibit

February Ageless Art Project

March Local Expressions by Santa Cruz Artists



Sharefest volunteers paint the Louden Nelson Community Center.

Beach Flats Community Center

133 Leibrandt Avenue
Santa Cruz, CA 95060
(831) 420-6125

MISSION

Beach Flats Community Center is a multipurpose facility serving Beach Flats and Lower Ocean neighborhoods. Working in collaboration with many agencies, we seek to offer comprehensive, responsive, culturally rich, bilingual Spanish and English programming.

We strive to provide a supportive and safe family-friendly environment. Key focus areas are recreation, education, and community development. Programs include neighborhood meetings, preschool classes, after school programming, parent education classes, and cultural events and activities.

BEACH AREA PARKING PERMITS

Parking permits are required between May 15 and September 30. Free permits are available to service providers and patrons at the front office.

Older Adults

Downtown Seniors is a collective term for the programs listed on these pages which are operated by the City of Santa Cruz Parks and Recreation Department and Community Bridges at the Loudon Nelson Community Center, 301 Center Street. Free parking permits for designated areas are available at the front desk. All activities listed on this page, with the exception of Senior Massage, are ongoing and registration is not required. You must be at least 60 years old to dine in the Carnation Café. All other programs are available to persons 55 and up. City residents 60 years or older are eligible for a 25% discount on activities offered by Parks and Recreation on request. Trips (see pages 14 and 15) and older adult programs are already reduced. Call 420-6180.

Activities

CREATIVE WRITING FOR FUN

Mondays 1:00 - 2:30 pm

Learn how to make creative writing easy and enjoyable in this friendly and supportive class. Stories, poetry, journaling, memoirs. Taught by Joyce Keller.

Suggested Donation:

City Residents \$3.00

Non-City Residents \$3.25

EXERCISE CLASS

Mondays, Wednesdays & Fridays 11:00 - 11:30 am

Ongoing gentle exercise perfect for older adults wanting to increase circulation and flexibility.

Suggested Donation:

City Residents \$1.00

Non-City Residents \$1.25

GENTLE YOGA

Mondays & Wednesdays 10:00 - 11:30 am

Gentle stretching and breathing exercises relax the body and build strength. Taught by Gail Lewis.

Suggested Donation:

City Residents \$4.00

Non-City Residents \$4.50

LINE DANCING

Tuesdays & Thursdays 9:30 - Noon

Wednesdays 9:30 - 10:30 am

This ongoing class is fun and good exercise. No partner needed! Taught by Judy Zwerling.

Suggested Donation:

City Residents \$2.00

Non-City Residents \$2.25

BOOK CLUB

First Tuesday of the Month, 10:30 - 11:30 am

Meet for an hour (or so) to discuss current book selections and discuss future books. Led by Irma Andrews. Free.

Note: Due to holiday on January 1, Club will meet on January 8 and resume regular schedule thereafter.

SENIOR EXERCISE BALL CLASS

Tuesdays, 1:00 - 2:00 pm

An alternative to pilates and yoga. Come and learn how to use the Exercise Ball in the fun, correct and safe way.

Suggested Donation:

City Residents \$2.00

Non-City Residents \$2.25

SENIOR MASSAGE

Tuesdays by appointment, 1:30 or 2:30 pm

Winter Quarter: January 29 - March 11

You'll feel great after bodywork by students of Twin Lakes College of the Healing Arts. Students are being trained in many techniques including Swedish massage, polarity, acupressure, and shiatsu, and are working under the supervision of a Certified Practitioner. Appointments taken starting Tuesday, January 22. Call 420-6180.

Suggested Donation: \$5 - \$10.

INTRODUCTION TO T'AI CHI AND CHIKUNG

Tuesdays 11:00 am - Noon

T'ai Chi is an ancient Chinese exercise system benefiting the internal organs and joints. Taught by Dale Strawhacker, with nearly 20 years of experience.

Suggested Donation:

City Residents \$2.00

Non-City Residents \$2.25

QI-GONG

Thursdays 11:00 am - Noon

Learn to coordinate breathing patterns with physical postures and motions for improved well-being. A perfect complement to Tuesday T'ai Chi. Taught by Lex Rau.

Suggested Donation:

City Residents \$2.00

Non-City Residents \$2.25

CRIBBAGE CLUB

Fridays, 12:30 - 2:00 pm

Join a relaxed game of cribbage every Friday. Brush up or learn to play in a friendly, relaxed atmosphere. Free.

For upcoming Bus Trips - see pages 14 and 15.

Older Adults & Bus Trips

LUNCH AT THE CARNATION CAFÉ

A delicious lunch is served Monday-Friday at noon to persons 60 years and up. Advance reservations are recommended. Suggested donation of \$2.50. Transportation is available. Call 427-0901 one day ahead by 1:00 pm.

INFORMATION AND REFERRAL

A Senior Network Services counselor is available every third Tuesday, 11:30 am - noon to answer questions on services for seniors. No appointment necessary. Free.

FREE BLOOD PRESSURE CHECKS

Second and fourth Wednesday each month from 10:30 am to noon. No appointment necessary. This service is provided compliments of Project SCOUT. Free.

HICAP (HEALTH INSURANCE COUNSELING AND ADVOCACY)

Trained counselor available every Wednesday, by appointment, 1:15 pm and 2:30 pm. Evaluation of Medicare supplemental insurance, HMOs, long term care insurance and claims assistance. Call 462-5510 for appointment. Free.



The Senior Computer Center of Santa Cruz offers members (55 and up) the opportunity to learn and use PC and Macintosh computers. Courses are taught by volunteer instructors at the Loudon Nelson Community Center.

Membership benefits include use of the computer lab during scheduled sessions, special interest and troubleshooting groups, and eligibility to register for a variety of courses. Membership is \$25 per year. Scholarships are available.

The Senior Computer Center is sponsored by Friends of Parks and Recreation. DSL Internet access is generously donated by Cruzio.

If you are interested in becoming a member, call 420-6180 or email join@seniorcomputer.org. Membership applications and information are also available on the Internet: www.seniorcomputer.org.

Trips depart from and return to the Loudon Nelson Community Center, 301 Center Street. Please arrive 15 minutes before scheduled time. Free parking permits are available at the Loudon Nelson front desk for designated parking areas. Participants must be at least 18 or accompanied by a parent or guardian. Please see page 3 for registration information. Fees include coach rental and admissions unless otherwise noted. Call 420-6180 for more information.

ASIAN ART MUSEUM – SAN FRANCISCO #10908 Thursday, February 21

9:00 am - 5:00 pm

The Asian Art Museum of San Francisco is one of the largest museums in the Western World devoted exclusively to Asian Art. The Museum hosts several special exhibitions each year that showcase Asia's rich past as well as its dynamic present. Don't miss the opportunity to see the following three special exhibits scheduled during our visit: *Drama and Desire: Japanese Paintings from the Floating World, 1690-1850*, *Later Chinese Jades: Ming Dynasty to Early Twentieth Century* and *Zhan Wang*. Wang is among the most respected artists in China. He has become world-renown for his stainless steel sculptures.

Free public museum tours are available throughout the day. Lunch on your own at the Museum's Café Asia or at one of the many restaurants near the Museum. The fee includes charter bus transportation and admission to the Museum.

Cost: \$33.00 Resident
\$15.00 Senior Resident
\$33.00 Senior Non-Resident
\$43.00 Non-Resident



Stainless Steel sculpture by Zhan Wang

Bus Trips

CABARET – AMERICAN MUSICAL THEATRE SAN JOSE #10909

Lunch at the Hilton Hotel's City Bar & Grill

Saturday, March 15

11:00 am - 5:30 pm

Join the "Downtown Seniors" for a Saturday afternoon luncheon and a matinee performance of *Cabaret*. We'll begin our day with a delicious 3-course lunch at the Hilton's City Bar and Grill. After lunch, a short walk across the street takes us to the San Jose Center for the Performing Arts for the 2 p.m. performance of *Cabaret*.

The plated sit-down luncheon includes soup or salad, choice of entrée, dessert and coffee or tea. A menu will be mailed with your confirmation for you to choose your entrée. The fee includes charter bus transportation, lunch and your theater ticket.

Cost: \$72.00 Resident
 \$34.00 Senior Resident
 \$74.00 Senior Non-Resident
 \$94.00 Non-Resident

THE RUTH BANCROFT GARDEN AND BROADWAY PLAZA – WALNUT CREEK #10910

Wednesday, May 14

9:00 am - 5:00 pm

The Ruth Bancroft Garden demonstrates the beauty and excitement possible in a water-conserving landscape. Internationally recognized, the garden was the first in the United States to be sponsored by The Garden Conservancy. The three acres include aloes, agaves, yuccas, cacti, echeverias, and many other succulents blended with an array of drought-tolerant trees and shrubs.

After the garden tour and time at the garden store, we'll head for Walnut Creek's Broadway Plaza. The Plaza is an open-air shopping center in the heart of downtown Walnut Creek. In addition to an amazing number of specialty shops anchored by Nordstrom and Macy's, the Plaza has a wonderful selection of restaurants. Plan to lunch on your own or bring a lunch to enjoy while seated among the many topiaries, sculptures and European-styled fountains. The fee includes charter bus transportation and garden admission fee.

Cost: \$33.00 Resident
 \$15.00 Senior Resident
 \$33.00 Senior Non-Resident
 \$43.00 Non-Resident

GOLDEN GATE FIELDS – TURF CLUB BERKELEY #10911

Thursday, June 19, 2008

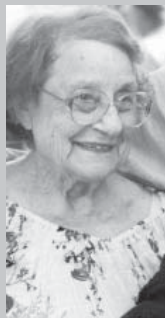
9:00 am - 5:30 pm

Experience an exciting day of thoroughbred horse racing while watching from the luxurious surroundings of the Turf Club. The club is designed theater-style with a wall of glass facing the race course and lake turf course. It is situated at the highest point at Golden Gate Fields affording a completely unobstructed panoramic view of the action as well as the Berkeley Hills.

Enjoy the all-you-can-eat, "Prime Rib Buffet." If you've never experienced a day at the races, don't worry. Each group is assigned a host to enhance your experience and answer questions. The Turf Club has a "smart casual" dress code: "All guests are requested to dress in a smart casual style. Stylish denim or festive hats are welcome as is casual footwear including tennis shoes. We STRONGLY discourage: Sweatpants/suits, T-shirts, baseball hats, and thong style shoes. Guests who arrive in shorts of any style, tank tops (sleeveless shirts), or clothing with offensive logos will be denied access to the Turf Club and offered seats in the Club House."

The fee includes charter bus transportation, admission fee and lunch buffet.

Cost: \$51.00 Resident
 \$18.00 Senior Resident
 \$46.00 Senior Non-Resident
 \$66.00 Non-Resident



Margaret Nielson Trust

Through the generosity of one of our past trip participants, Margaret Nielson and her estate, we are able to offer a subsidized rate to our local seniors and add more trips throughout the year.

We thank the estate of Margaret Nielson for this generous and thoughtful donation and we will do our best to make sure it creates opportunities for those in her community that could really use it.

Teen Center



Hours

Tuesday - Thursday
2:00 pm - 8:00 pm

Friday & Saturday
2:00 pm - 10:00 pm
(Excluding Special Events)

Closed Sunday & Monday

[www.myspace.com/
santacruzteencenter](http://www.myspace.com/santacruzteencenter)

Stop in at the Santa Cruz Teen Center! Drop in for recreational activities such as pool, air hockey, ping-pong, foosball, PS2, X-Box, 360, movies, internet, music and chill space. Also pick up our current calendar to find out what's happening for teens in Santa Cruz. The Teen Center sponsors dances, band nights, special events, day and overnight trips, sports, and outdoor events in addition to daily activities. Check our monthly calendar for ongoing drop-in classes such as music, art and more or call 420-6235.

COMPUTER LAB

The Teen Center is equipped with 10 computers with multimedia capability and CD burners. Come surf the net on a high speed internet connection, play your favorite computer games, burn a CD or type and print that paper for your history class. Computer use is free so just come on in and sign up for a slot.

TEEN BAND NIGHTS

The Teen Center hosts Teen Band Night shows where youth bands can play. These are strictly drug and alcohol-free events and are usually open to all ages. Call the Teen Center for more specifics. Cover charge may apply. ID required regardless of age. For Teen Band Night booking information call Robert Acosta, 420-6236.

7TH & 8TH GRADE DANCES

The Teen Center hosts 7th and 8th grade dances. These events are \$5 and are for 7th and 8th grade students only. These dances are from 7:30 - 10:00 pm on the following Fridays: 1/25, 2/22, 3/21, 4/25 and 5/30. Tickets are for sale the week of the dance from 2:00 - 7:00 pm and at the door. For more information call the dance hotline at 420-6239.

SPECIAL EVENTS AND VENUE RENTAL

The Teen Center hosts occasional special events including theater performances, recitals, fundraisers and workshops. Check our monthly calendar for public events. If you are interested in renting the space outside hours of operation, contact Robert Acosta at 420-6236.

HOMEWORK HELP

Is a certain subject driving you up the wall? Could you use some extra help to pass that impossible class? Well, Tuesday-Thursday from 3:00 - 5:00 pm is Study Time at the Teen Center. Teen Center staff and volunteers offer help with study during this Teen Center quiet time. For more information call 420-6235.

Teen Allies Volunteer at the Teen Center

Volunteers are needed at the Teen Center as mentors, tutors and instructors. Ages 18 and up are encouraged to apply. Assist with drop-in activities such as playing pool, board games, computer lab, tournaments, dances, band nights, crafts and more.

Or do you have a special skill you would like to share with Santa Cruz youth? Positive role models with lots of energy and conflict resolution skills are desired. Applications available at the Teen Center at 125 Laurel Street or at the Parks and Recreation Office at 323 Church Street. For more information call 420-6236.

TEEN JOB FAIR

Thursday, March 6

3:30 - 5:30 pm

Santa Cruz Teen Center

125 Laurel St

Hey teens – Find a job! Get involved! Have a blast! Make a difference! Come to the TEEN JOB FAIR. Find a spring/summer job, internship, volunteer work, or teen-run community project! The TEEN JOB FAIR is the best spot to meet employers who hire young people or connect with local community services, programs and activists working with Santa Cruz community teens.

Cost: FREE

Junior Leader Volunteer Program

Teens 13 to 17 years of age are encouraged to apply. Gain valuable work experience and vocational skills while volunteering in City of Santa Cruz Parks and Recreation Day Camp programs this summer. Program and training operate June 16 through August 15. Flyer and applications available by February 8 at the Parks and Recreation Office, 323 Church Street, Santa Cruz, CA 95060. Application deadline is **Friday, May 16**. Interviews will be scheduled in late May or early June for new applicants. Returning Jr. Leaders will not be interviewed, but are required to submit an application and a supplemental placement form. Returning Jr. Leaders will be mailed placement information.

BE IN YOUR OWN BAND 11 - 18 yrs 10 days

This class focuses on playing with other musicians in a band setting. Open to bass, guitar, drum, keyboard and vocal students. Other instruments are welcome if you first contact the instructor. Some experience is **REQUIRED**. Guitar and bass players must be able to tune their instruments and find notes on the neck. Drummers must be able to count time and play a basic consistent beat. Keyboard players must bring their own keyboard. All students should know at least one song all the way through. Class will cover music theory, songwriting, meeting other musicians, band formation, and performance skills. Come with your formed band or as an individual looking for group playing experience. Students will have the option to perform at live music nights. Drum kit, guitar, bass and amplification will be provided. Bring your own instrument, cable, tuner and sticks as applicable.

Please note: This class may not be appropriate for beginning musicians. Any questions about requirements or conditions call Robin at (831) 345-5224 or www.beinyourownband.com.

Teen Center Robin Macomber
125 Laurel St \$160.00(R)/\$190.00(N)

#10871	M	5:00 - 7:00 pm	01/14 - 03/17
#10872	M	5:00 - 7:00 pm	04/07 - 06/09

Summer Jobs

Recreation Leader Positions for Day Camps

Interested persons must submit a standard City of Santa Cruz application by 5:00 pm, **Wednesday, March 26, 2008** to the Parks and Recreation Office, 323 Church Street, Santa Cruz, CA 95060. In addition to completed application, resumés and letters of recommendation are encouraged.

Job descriptions are available Friday, January 18 in the Parks and Recreation Office. The most qualified applicants will be invited to attend a **mandatory** Skills Evaluation Session on Saturday, April 12, 2008, 8:00 am - 1:00 pm at Harvey West Park Clubhouse.

The evaluation session will include an opportunity for candidates to be evaluated while participating in "hands-on" recreation experiences (games, crafts, and problem solving). **Attendance is mandatory for all new applicants and any returning staff applying for position promotions.** Interviews will be April 14, 15 and 16 by invitation only.

Summer programs and mandatory in-service training run June 16 through August 15. Recreation III and IV positions are required to attend additional training Saturday and Sunday, May 17 and 18, 8:00 am - 5:00 pm.

For more information visit www.ci.santa-cruz.ca.us/pr/jobs.html or call 420-5270.



Sister Cities Committee
Student Delegation
to Shingu, Japan
SPRING 2008

A group of 8th - 10th grade students from Santa Cruz will be visiting our sister city of Shingu, Japan, this spring!

These students will be staying with Japanese host families and will experience the culture, arts and language of Japan first-hand.

If you are interested in participating in future delegations, or if you are interested in being a host family for an adult delegation visiting in October, please contact Roxi Goin at 427-1715.

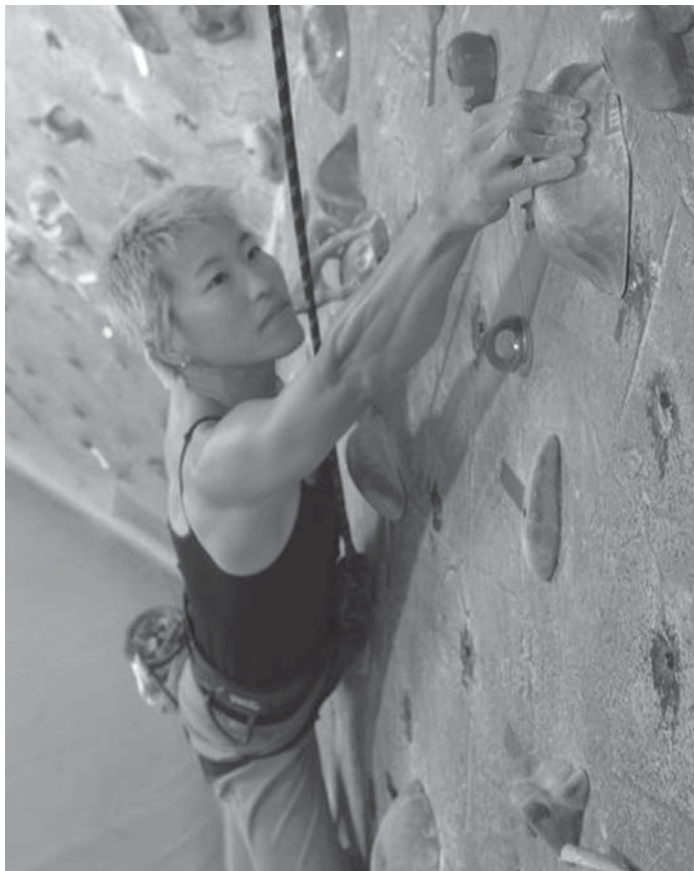
INTERNATIONAL SWORDPLAY 12 - 19 yrs 8 days

Learn to use a sword – or two! Introduction to a world of sword techniques – Japanese katana, European longsword, Chinese jian or dao, and international double-sword styles. Using wooden swords for slow work, and shinai (bamboo swords) for sparring, students will learn hands-on basics of the art, with an emphasis on honor, history and safety. Students will also have the opportunity to practice some techniques with actual swords. Experience the development of strength, flexibility and confidence while having fun. Please be sure to attend the first and second class sessions. If unable to attend first class session, students must contact instructor for information regarding the second session. Equipment fee: \$15.00 (waived for students taking the class series for the first or second time.) No class on 3/8.

Louden Nelson Center Dance Rm Gereg Jones Muller
301 Center St \$142.00(R)/\$185.00(N)

#10875	Sa	3:00 - 5:00 pm	02/02 - 03/29
#10876	Sa	3:00 - 5:00 pm	04/05 - 05/24

Teens



© Thomas Burke & others

Reach for new heights in a rock climbing class.

PACIFIC EDGE

CLIMBING GYM LEAD CLASS 12 - 17 yrs 12 days

Lead climbing represents the next step up in challenge and responsibility. This class prepares youth mentally and physically for being on the "sharp edge." This class is often repeated. Eligible students may take the Lead Certification Test at the end of the session. Includes gym membership and equipment. Students must have instructor's approval to register. No class on 3/25 and 3/27.

Pacific Edge Climbing Gym
104 Bronson St #12

Pacific Edge Staff
\$135.00(R)/\$170.50(N)

#10740	Tu, Th	4:00 - 6:00 pm	03/11 - 04/24
#10741	Tu, Th	4:00 - 6:00 pm	05/06 - 06/12

PACIFIC EDGE

YOUTH BELAY CERTIFICATION 11 - 13 yrs 2 days

This weekend class is the best introduction for young climbers to learn the skills necessary to safely climb at Pacific Edge. Curriculum includes primary safety procedures, climber's knots, belaying skills and climbing practice. All equipment is provided. Prerequisite for the Pacific Edge Introduction to Climbing class.

Pacific Edge Climbing Gym
104 Bronson St #12

Pacific Edge Staff
\$40.00(R)/\$50.00(N)

#10732	Sa - Su	3:30 - 5:30 pm	03/08 - 03/09
#10733	Sa - Su	3:30 - 5:30 pm	05/03 - 05/04

PACIFIC EDGE

INTRODUCTION TO CLIMBING 11 - 17 yrs 12 days

This class is tailored specifically for kids new to the sport of rock climbing. Students learn and practice climbing fundamentals on all kinds of radical terrain, from slabs to overhangs, corners, roofs, cracks and chimneys. We emphasize safety and personal responsibility in an awesome environment. This class can be taken on its own or as a building block for our more advanced youth programs. Equipment and gym membership are included for the duration of the class. Prerequisite: Pacific Edge Youth Belay Certification Class or Prior Certification at Pacific Edge. No class on 3/25 and 3/27.

Pacific Edge Climbing Gym
104 Bronson St #12

Pacific Edge Staff
\$135.00(R)/\$170.50(N)

#10734	Tu, Th	4:00 - 6:00 pm	03/11 - 04/24
#10735	Tu, Th	4:00 - 6:00 pm	05/06 - 06/12

PACIFIC EDGE CLIMBING

GYM CORE CLASS 11 - 17 yrs 12 days

This class focuses on building and reinforcing core skills for young climbers in order to experience ongoing success: efficient movement, strength and endurance training and intermediate technique. This class is often repeated. Eligible graduates may move on to the Lead class. Prerequisite: Pacific Edge Introduction to Climbing class or instructor's approval. No class on 3/24 and 3/26.

Pacific Edge Climbing Gym
104 Bronson St #12

Pacific Edge Staff
\$135.00(R)/\$170.50(N)

#10736	M, W	4:00 - 6:00 pm	03/10 - 04/23
#10737	M, W	4:00 - 6:00 pm	05/05 - 06/11



More classes for Teens on page 17!

Preschool Recreation

**Enrollment is first-come, first-served for each session.
No priority is given to participants previously enrolled.**

KIDS' KORNER CO-OP 3 - 5 yrs

18 days

Kids' Korner Co-op provides an environment for pre-schoolers to learn, play and socialize. Hands-on curriculum includes the use of pre-kindergarten material, music, art, science, social awareness and life skills. Children must bring a lunch daily labeled with their names. Parents should plan to stay 15 minutes on the first day of each session for: a meeting with instructor, sign up for Co-op days, and choose one take-home job. Pre-schoolers should be toilet-trained. Bring a copy of child's current immunization record the first day of class for classroom files. Kids' Korner Co-op class curriculum is identical for MW and TTH classes. Parents may only register for 2 days a week, unless you have a child entering kindergarten next fall, in which case you may register for the Friday Pre-K class. Children must be concurrently registered in MW or TTH class to attend Pre-K. No program on holidays 1/21, 2/11, 2/18, 3/24 - 3/28, 5/26.

Co-op Parent Responsibilities:

- Parents must co-op in three classes in each session per child.
- Parents must choose one ("take-home") job during each 9-week session.
- Parents must arrive 15 minutes early on their co-op day to help set up the room.
- Siblings not enrolled in class may not accompany parents on their work days.

Harvey West Park Kids' Kottage
325 Evergreen St

Staff

All classes 9:30 am to 12:30 pm.

#10098	W, M	01/23 - 03/19	\$139.25(R)/\$180.00(N)
#10099	M, W	03/31 - 05/28	\$148.00(R)/\$191.25(N)
#10100	Tu, Th	01/22 - 03/20	\$156.50(R)/\$202.50(N)
#10101	Tu, Th	04/01 - 05/29	\$156.50(R)/\$202.50(N)
#10102	F	01/25 - 05/30	\$148.00(R)/\$191.25(N)

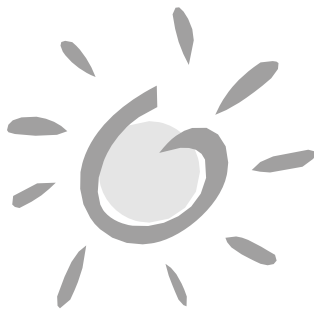


Healthy kids like to play, learn and socialize.

© Katie Freeman

Early Registration Encouraged

To avoid class cancellations, please be sure to register at least three business days before the start of the class.



Children



© Katie Freeman

Learning martial arts boost kids' confidence.

LITTLE DRAGONS 4 - 6 yrs 8 days

This children's martial arts program introduces young children to safe falling, tumbling, coordination, flexibility and self-confidence. Your youngster will also learn social skills, playground skills, focus, patience, self-control, and the importance of never initiating violence. Classes are fun, full of action and taught in a supportive, nurturing environment. A material fee of \$35.00 for a uniform is due to the instructor in the first class.

Lairds Academy Studio
399 Encinal St Michael Laird
\$32.00(R)/\$42.00(N)

#10702	Tu, Th	3:15 - 4:00 pm	01/29 - 02/21
#10703	Tu, Th	3:15 - 4:00 pm	04/22 - 05/15

CHILDREN'S TAE KWON DO – BEG 4 yrs & up 14 days

Learn this traditional martial art which emphasizes safety, fitness, and stretching. You'll have fun while learning practical self-defense. Scott Symons has been a World Tae Kwon Do Federation certified black belt instructor since 1982. Wear loose clothing for easy movement. A material fee of \$10.00 is due to the instructor at the first class. No class on 2/11 and 2/18.

Family Martial Arts Center
1025 Water St Scott Symons
\$59.00(R)/\$71.00(N)

#10797	4 - 7 yrs	M, W	3:30 - 4:30 pm	01/28 - 03/19
#10798	8 yrs up	M, W	4:30 - 5:30 pm	01/28 - 03/19
#10799	4 - 7 yrs	M, W	3:30 - 4:30 pm	04/07 - 05/21
#10800	8 yrs up	M, W	4:30 - 5:30 pm	04/07 - 05/21

CHILDREN'S TAE KWON DO – ADV 5 yrs & up 14 days

Continue your education of Tae Kwon Do. Learn more advanced techniques for students who have successfully completed at least two sessions of Beginning Tae Kwon Do.

Family Martial Arts Center
1025 Water St Scott Symons
\$157.50(R)/\$200.00(N)

#10903	M, W	5:30 - 6:30 pm	01/28 - 03/19
#10904	M, W	5:30 - 6:30 pm	04/07 - 05/21

CHILDREN'S SELF-DEFENSE 5 - 12 yrs 1 day

This life-saving class is open to both boys and girls and deals with all aspects of self-defense. The course covers everything from assessing your surroundings and setting verbal boundaries to how to defeat a bully without fighting. Once this foundation is established, we will teach physical self-defense in case all else fails.

Lairds Academy Studio
399 Encinal St Michael Laird
\$37.00(R)/\$47.00(N)

#10706	Sa	1:00 - 4:00 pm	03/15
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PACIFIC EDGE ROCK STARS 8 - 10 yrs 6 days

This class is a 6-week introduction to indoor climbing especially designed for the younger climbers. Students will learn about equipment, knots and establish safe climbing habits. Small classes with a maximum of three children per instructor. This class is often repeated with new challenges and activities each time. Shoes and harness are included with the class. No class 3/28.

Pacific Edge Climbing Gym
104 Bronson St #12 Pacific Edge Staff
\$125.00(R)/\$157.50(N)

#10742	F	4:00 - 6:00 pm	01/18 - 02/22
#10743	F	4:00 - 6:00 pm	03/14 - 04/25
#10744	F	4:00 - 6:00 pm	05/09 - 06/13

Children

SKATEBOARDING BEGINNING 5 yrs & up 1 day

Join world-class slalom racers Gary Holl and Judi Oyama for this one-day beginning skateboarding workshop at the new Ken Wormhoudt Skate Park. This class is to help the first-time park rider understand the basics of turning and doing kick turns on a banked surface. We will start out in the flat roller hockey area and work our way over to the street course. Students will be divided into different levels based on experience. Parents are welcome to give it a try as well. Skateboarders should be able to stand on the skateboard with balance. Bring your own skateboard. Helmets, knee pads and elbow pads required.

Ken Wormhoudt Skate Park Roller Hockey Area Judi Oyama
225 San Lorenzo Blvd \$23.00(R)/\$33.00(N)

#10748 Sa 9:00 -11:00 am 03/01



© Katie Freeman

You just might have an Olympic gymnast on your hands!

HOW TO REGISTER

4 Ways to Register starting

Wednesday, January 9, City Residents
Thursday, January 10, Non-City Residents

Register **online** with **instaReg**
Go to **www.santacruzparksandrec.com**
Call 420-5270 in advance to obtain your account number and PIN.

Register **by mail** or **fax**. Use form on page 5.

Register **in person** at the Parks and Recreation Office, 323 Church Street, open Monday - Friday 8:00 am to 5:00 pm.

Register **by phone** Call 420-5270 from 9:00 am to 4:00 pm Monday - Friday.

Please sign up for classes at least 3 days in advance to avoid class cancellation. For more information call 420-5270 or check www.santacruzparksandrec.com

TUMBLING GYMNASTICS 2 - 5 yrs 6 days

This class will introduce children to basic gymnastics and tumbling skills. The class will increase one's coordination, strength, and flexibility. Each child will be taught teamwork, self-discipline, and how to listen and follow directions. Class will be taught through obstacle courses, play activities, parent help, and one-on-one coaching and spotting. Parents are required to participate with their children. No class 2/5.

Depot Park Freight Bldg
119 Center St

Olivia Owre-Bell
\$30.50(R)/\$40.50(N)

#10848	2-3 yrs	Tu	9:30 - 10:15 am	01/29 - 03/11
#10849	3-4 yrs	Tu	10:30 - 11:15 am	01/29 - 03/11
#10850	4-5 yrs	Tu	11:30 am - 12:15 pm	01/29 - 03/11
#10851	2-3 yrs	Th	9:30 - 10:15 am	01/31 - 03/06
#10852	3-4 yrs	Th	10:30 - 11:15 am	01/31 - 03/06
#10853	4-5 yrs	Th	11:30 am - 12:15 pm	01/31 - 03/06
#10859	2-3 yrs	Tu	9:30 - 10:15 am	04/01 - 05/06
#10854	3-4 yrs	Tu	10:30 - 11:15 am	04/01 - 05/06
#10855	4-5 yrs	Tu	11:30 am - 12:15 pm	04/01 - 05/06
#10856	2-3 yrs	Th	9:30 - 10:15 am	04/03 - 05/08
#10857	3-4 yrs	Th	10:30 - 11:15 am	04/03 - 05/08
#10858	4-5 yrs	Th	11:30 am - 12:15 pm	04/03 - 05/08

Children

CHILDREN'S POLYNESIAN DANCE 5 - 11 yrs 7 days
Join the fun of Hula, Maori, and Tahitian dance. Jacinta has taught and performed here and on the islands for years. A material fee of \$10.00 is due to the instructor in the first class.

Louden Nelson Center Dance Rm Jacinta McGinnis
301 Center St \$38.00(R)/\$48.00(N)

#10825	Beg	Tu	4:00 - 5:00 pm	01/29 - 03/11
#10826	Int	Tu	5:00 - 6:00 pm	01/29 - 03/11
#10827	Beg	Tu	4:00 - 5:00 pm	04/01 - 05/13
#10828	Int	Tu	5:00 - 6:00 pm	04/01 - 05/13

MOMMY & ME BALLERINA 2 - 3 yrs 6 days
This class is designed for Baby Ballerinas and Baby Baryshnikovs. It is a wonderful sharing time for music and dance; lots of tutus, wings and wands. Instructor will designate a day and a time for video cameras. A material fee of \$8.00 is due to the instructor in the first class. No class on 2/11 and 2/18.

Louden Nelson Center Dance Rm Jeani Mitchell
301 Center St \$30.50(R)/\$40.50(N)

#10831	M	2:15 - 3:00 pm	01/28 - 03/17
#10832	M	2:15 - 3:00 pm	04/07 - 05/12

PRE-BALLET I 3 - 6 yrs *6 days/8 days
This is an introduction to the beauty of dance designed to develop grace and coordination in the budding ballerina and the little Baryshnikov. We'll explore creative expression and body awareness through the magic of ballet. Instructor will designate a day and a time for video cameras. A material fee of \$8.00 is due to the instructor in the first class. No class on 2/11 and 2/18.

Louden Nelson Center Dance Rm Jeani Mitchell
301 Center St \$35.00(R)/\$45.00(N)
*30.50(R)/\$40.50(N)

#10833	Sa	10:30 - 11:15 am	01/26 - 03/15
#10834	M	3:15 - 4:00 pm	*01/28 - 03/17
#10835	Sa	10:30 - 11:15 am	04/05 - 05/24
#10836	M	3:15 - 4:00 pm	*04/07 - 05/12

Early Registration Encouraged

To avoid class cancellations, please be sure to register at least three business days before the start of the class.



Dance costumes and movement are fun for girls and boys.

PRE-BALLET II 5 - 8 yrs 6 days
This one hour long class is for continuing Pre-Ballet I students as well as new students. Class will cover basic ballet positions and technique. An emphasis will be placed on proper posture and body alignment. The instructor will make a final decision on the appropriate level placement. A specific day and a time will be designated for video cameras. A material fee of \$8.00 is due to the instructor in the first class. No class on 2/11 and 2/18.

Louden Nelson Center Dance Rm Jeani Mitchell
301 Center St \$35.00(R)/\$45.00(N)

#10837	M	4:15 - 5:15 pm	01/28 - 03/17
#10838	M	4:15 - 5:15 pm	04/07 - 05/12

BALLET BEGINNING 8 - 13 yrs 8 days
This class is an introduction to ballet. Basic barre and ballet positions will be taught with emphasis on body alignment and ballet terminology. Class will include warm-up, barre, center floor combinations, and time to create your own dances. Instructor will designate a day and a time for video cameras. A material fee of \$8.00 is due to the instructor in the first class.

Louden Nelson Center Dance Rm Jeani Mitchell
301 Center St \$41.00(R)/\$51.00(N)

#10841	Sa	11:30 am - 12:30 pm	01/26 - 03/15
#10842	Sa	11:30 am - 12:30 pm	04/05 - 05/24

Children

WILD THINGS: ECO-ART WORKSHOP 6 - 12 yrs 6 days
Draw, paint, photograph and learn about our pokey, furry, funny and floppy friends in the world around us. Exhibit opportunities available. Linda Cover is the 2007 Art and Poetry Teacher of the year for the National River of Words. Her students have been exhibited widely and have won numerous international, national and local acclaim. A material fee of \$15.00 is due to the instructor in the first class. No class 3/25.

Harvey West Park Wagner Cottage Linda Cover
305 Evergreen St \$44.00(R)/\$55.00(N)

#10710	Tu	4:00 - 5:30 pm	01/29 - 03/04
#10711	Tu	4:00 - 5:30 pm	03/18 - 04/29

CREATIVE CLAY 5 - 12 yrs 5 days
Create your own special projects using sculpture, coil, pinch and slab techniques. Imaginative exercises will enable you to develop your own unique expression. From animals to designed pinch pots, figures and more, there are numerous possibilities for unique keepsakes. Seasonal projects will be included. A material fee of \$15.00 is due to the instructor in the first class. No class 3/27.

Market St Senior Center Art Rm Nora Sarkissian
222 Market St \$36.00(R)/\$46.00(N)

#10723	Th	3:30 - 4:45 pm	01/31 - 02/28
#10724	Th	3:30 - 4:45 pm	03/13 - 04/17



Let your artistic inspiration guide you in a clay class.



Winter Children's Theater

6 - 15 yrs 14 days

Yo ho! Yo ho, a pirate's life for me! Young Jim Hawkins and his sister Jane long for adventure and find it in this classic tale of pirates, buccaneers and buried treasure. Step back in time and join the battle for lost gold on **Treasure Island**.

This is a fun production full of action and adventure. No experience is necessary and everyone who auditions will receive a part!

Auditions will be held the first week of class on **both Tuesday, January 29 and Saturday, February 2**. Students must be in class both days and be enrolled prior to auditions. Rehearsal will begin the following **Tuesday, February 5**. Not everyone will need to attend every rehearsal; individual rehearsal schedules will be set after the play is cast.

Final dress rehearsals will be held at Santa Cruz High **Tuesday, March 18 and Thursday, March 20**. An evening performance will be held at Santa Cruz High on **Friday, March 21** at 7:00 pm. Parents will be responsible for their child's costume that will be designed by the Children's Theater Staff. A material fee of \$10.00 is due to the instructors in the first class.

Instructors Aren Bass and Bevin Bell-Hall are back for their fourth season of Children's Theater. They look forward to another creative production full of imagination and surprises.

Gault Elem Multi-Purpose Rm Aren Bass/Bevin Bell-Hall
1320 Seabright Ave \$67.00(R)/\$82.00(N)

#10847	Tu	6:30 - 8:00 pm	01/29 - 03/15
	Sa	3:00 - 5:00 pm	

Children

COMPUTER ANIMATION & DIGITAL CARTOONING

8 yrs & up

1 day

This class is an introduction to computer animation using Macromedia Flash. Students will have fun making and assembling a basic animated cartoon using movie symbols, sound and animated text. The animations will be burned onto CDs to take home. Computers are provided. Cindy Zimmerman has been teaching this class at Gateway School for the past four years. She has found children can easily learn to use this software. Please bring a snack.

Gateway School Computer Lab
126 Eucalyptus Ave

Cindy Zimmerman
\$50.00(R)/\$61.00(N)

#10757	Sa	12:00 - 4:00 pm	02/09
#10758	Sa	12:00 - 4:00 pm	04/12



Drawing helps unleash the imagination.



Kids learn quickly on the computer.

SPANISH FOR KIDS

3 - 5 yrs

NEW

6 days

A wonderful, highly engaging Spanish language immersion class for young children. This dynamic and fun class will use culturally based music, games, art projects and stories to teach kids to understand and ultimately speak a new language. The focus will be on the acquisition of vocabulary and practical conversation. The creative use of posters, magnetic pictures and word cards, songs, games and multimedia materials all play key roles in the Spanish learning experience. Alexandra Navarro is from Colombia and has experience teaching children. She believes that every child should learn a second language. She employs a dynamic curriculum and engages frequent parent and teacher communication to ensure that your child enjoys the best language learning experience possible. A material fee of \$10.00 is due to the instructor in the first class. No class on 3/27.

Harvey West Park Kids Kottage
325 Evergreen St

Alexandra Navarro
\$30.50(R)/\$40.50(N)

#10873	Th	5:15 - 6:00 pm	01/31 - 03/06
#10874	Th	5:15 - 6:00 pm	03/13 - 04/24

Children & Parents

BOOGIE BOARDING AND BODY SURFING FOR KIDS AND PARENTS

6 - 13 yrs

4 days

Santa Cruz is noted as "Surf Town USA." This is because it is loaded with surf breaks everywhere. Adventure Sports Unlimited (ASU) wishes to teach our children the fun of fluid flying through boogie boarding and body surfing. We will learn about the surf zone and how to play safely with this most wonderful place. Good swimming skills are necessary before the surf zone can safely be approached, therefore the first, second and third class will be at the ASU pool strengthening strokes and learning new water skills. The last Sunday in this series will be in the surf at Manresa State Beach, May 18th. We will end this experience with a wonderful picnic on this great beach. Parents are invited to join us in this endeavor. Prerequisite: child must be able to swim the free style stroke the length of a 10-meter pool. A material fee of \$10.00 is due for a wetsuit at the final class.

Adventure Sports Swimming Pool
303 Potrero St 15

Judson & Staff
\$110.00(R)/\$138.00(N)

#10771 10 - 13 yrs	Su	10:00 - 11:00 am	04/27 - 05/18
#10773 6 - 9 yrs	Su	11:00 am - 12:00 pm	04/27 - 05/18



Waves are wonderful recreation.

Looking



for more classes to take with your child?

✓ Check these out:

Beginning Skateboarding PAGE 21 | **Computer Animation and Digital Cartooning** PAGE 24 | **Seafood Foraging for Family and Friends** PAGE 32 | **Kayaking Tours for Families** PAGE 32 | **Martial Arts for the Family** PAGE 29

Classes for Children and Parents

HOW TO REGISTER

4

Ways to Register starting

Wednesday, January 9, City Residents

Thursday, January 10, Non-City Residents

Register **online** with **instaReg**

Go to **www.santacruzparksandrec.com**

Call 420-5270 in advance to obtain your account number and PIN.

Register **by mail** or **fax**. Use form on page 5.

Register **in person** at the Parks and Recreation Office, 323 Church Street, open Monday - Friday 8:00 am to 5:00 pm.

Register **by phone** Call 420-5270 from 9:00 am to 4:00 pm Monday - Friday.

Please sign up for classes at least 3 days in advance to avoid class cancellation. For more information call 420-5270 or check www.santacruzparksandrec.com

TOGETHER IN THE BACKYARD FOR PARENTS AND CHILDREN

4 yrs & up

6 days

Come explore with your child the plants and creatures in Harvey West Park's "backyard." We will draw and paint from nature together. Learn from experienced naturalist, artist and teacher, Linda Cover. A material fee of \$15.00 is due in the first class. Registration is for children only. Parents are FREE. No class on 3/27.

Harvey West Park Wagner Cottage
305 Evergreen St

Linda Cover
\$44.00(R)/\$55.00(N)

#10712	Th	4:00 - 5:30 pm	01/31 - 03/06
#10713	Th	4:00 - 5:30 pm	03/20 - 05/01

WEE SCIENCE 3 - 5 yrs

NEW

6 days

Introduce your child to the fun and fascinating world of science. Together, you and your little ones will learn about germs, sunlight and polymers (slime). Every week you will embark on a scientific adventure and take home a science souvenir. Parents will also receive a guide to answering those tricky "why" questions. Parents are required to participate with their children. Registration is for children only. Parents are FREE.

Harvey West Park Wagner Cottage
305 Evergreen St

Susan Baron
\$35.00(R)/\$45.00(N)

#10889	W	10:30 - 11:30 am	01/30 - 03/05
#10890	W	10:30 - 11:30 am	04/16 - 05/21

Arts

ARTISTIC SOAP MAKING 13 yrs & up 1 days

Have fun creating your very own soap creation for gifts or to spoil yourself. As an introduction to the craft of soap making this class will cover scents, natural additives, herbs, colorants, and fun options. We will also cover artistic options such as unique or handmade molds. Soap projects will be made from a melt-and-pour base so that projects can be realized in one day. A material fee of \$15.00 is due to the instructor in class. Visit www.artobsessed.com

Lairds Academy Studio
399 Encinal St

Heather Reed
\$26.00(R)/\$36.00(N)

#10699 Sa 1:00 - 4:00 pm 03/15

CREATIVE CLAY FOR ADULTS 18 yrs & up 8 days

Students will focus primarily on clay to express images that rest in the unconscious. Collage and drawing may be used as tools to assist in the discovery of individual vocabulary and style. Students will learn basic hand building techniques in clay in order to produce sculptures that reflect these personal images. There will be emphasis on individual exploration and experimentation. Glazing and patina will be demonstrated. A material fee of \$25.00 is due to the instructor in the first class.

Market St Senior Center Art Rm
222 Market St

Nora Sarkissian
\$87.00(R)/\$108.00(N)

#10721 W 4:00 - 6:30 pm 02/06 - 03/26
#10722 W 4:00 - 6:30 pm 04/09 - 05/28



Creative clay for adults will teach you to make sculpture.

CERAMICS:

WHEEL AND HANDBUILDING 13 yrs & up 6 days

If you have always wanted to learn to use the potter's wheel then this class is for you. Beginners will receive centering and glazing instruction with positive feedback each class. Those who already have basic throwing skills will learn to throw taller and more consistently and will develop more intermediate skills. The instructor will guide you through projects of your choosing including handbuilding in a safe, supportive environment. Open practice times are available.

Clay Creation Studio
1125 Soquel Ave

John Brown
\$125.00(R)/\$157.50(N)

#10778	W	10:00 am - 1:00 pm	01/30 - 03/05
#10779	Th	10:00 am - 1:00 pm	01/31 - 03/06
#10780	Sa	10:00 am - 1:00 pm	02/02 - 03/08
#10781	M	6:00 - 9:00 pm	01/28 - 03/03
#10782	Tu	6:00 - 9:00 pm	01/29 - 03/04
#10783	W	6:00 - 9:00 pm	01/30 - 03/05
#10784	Th	6:00 - 9:00 pm	01/31 - 03/06
#10785	W	10:00 am - 1:00 pm	04/23 - 05/28
#10786	Th	10:00 am - 1:00 pm	04/24 - 05/29
#10787	Sa	10:00 am - 1:00 pm	04/26 - 05/31
#10788	M	6:00 - 9:00 pm	04/21 - 05/26
#10789	Tu	6:00 - 9:00 pm	04/22 - 05/27
#10790	W	6:00 - 9:00 pm	04/23 - 05/28
#10791	Th	6:00 - 9:00 pm	04/24 - 05/29

BASIC HAND CARVING WOOD 18 yrs & up 4 days

This class will help beginning carvers improve their skills as projects progress from simple to more complex. We will explore several types of carving wood and compare their qualities. We will also experiment with different finishing techniques. Projects can be completed using a Swedish Sloyd knife. Students will be required to wear a safety glove and leather thumb guard when carving. Safety equipment and Sloyd knife will be available for purchase. A material fee of \$15.00 for cut outs and finishing supplies is due to the instructor in the first class.

Market St Senior Center Art Rm
222 Market St

Patricia Weber
\$45.00(R)/\$56.00(N)

#10728 Tu 10:00 am - 12:00 pm 02/05 - 02/26
#10729 Sa 1:00 - 3:00 pm 04/05 - 04/26

DRAWING FROM THE

RIGHT SIDE OF THE BRAIN 13 yrs & up 7 days

Have you always wanted to draw realistically, but felt you never could? Now you can learn to see as an artist sees by drawing from the right side of your brain. You'll go from stick figures to realism in seven weeks or less. Sharon Tenney has been teaching this class with great success for many years. A material fee of \$.50 is due to the instructor in the first class.

Santa Cruz High School Rm 44
415 Walnut Ave

Sharon Tenney
\$66.00(R)/\$81.00(N)

#10725 Th 7:00 - 9:00 pm 04/10 - 05/22



© Andy Andrews

Eager to play the ukulele? Here's your chance.

PLAY THE UKULELE 13 yrs & up 4 days
Learn to play the ukulele. Even if you thought you would never play music, this is your chance. The ukulele is an extremely accessible instrument providing a great way to express your hidden musical talents. Level I class will teach lots of songs and sing-a-longs. Level II class will focus on a different style of playing each week from the standards through the blues. Join in the fun and comradery of playing music with others. Loaner ukuleles available if needed.

Gault Elem Multi-Purpose Rm Andy Andrews
1320 Seabright Ave \$38.00(R)/\$48.00(N)

#10901	Level I	M	6:30 - 8:00 pm	02/25 - 03/17
#10902	Level II	M	6:30 - 8:00 pm	04/07 - 04/28

PLAY AMERICAN ROOTS MUSIC WITH US 13 yrs & up 5 days
Think you can't? Think again! Our easy playing-by-ear approach will have you making music in minutes. Nothing is more soul-satisfying than making music, so come learn to sing and play traditional American mountain music including old-time and Bluegrass. This class is also great for parents wishing to launch a family tradition of music with their children that will last a lifetime. A 20% discount on instrument rentals (guitar, violin, mandolin, banjo, etc.) is available at Sylvan Music. Attendance in the first class is mandatory. A material fee of \$10.00 for book and CD is due to the instructor in the first class.

Harvey West Park Clubhouse Luke Abbott
326A Evergreen St \$43.50(R)/\$54.50(N)

#10709	Tu	6:30 - 8:00 pm	02/12 - 03/11
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AMERICAN ROOTS MUSIC WORKSHOP 13 yrs & up 1 day
Tired of playing music by rote or by yourself? Join the growing community of folks singing and playing traditional American mountain music including old-time and Bluegrass. This is a thorough one-day workshop for those who already play a stringed instrument, and wish to play by ear and "jam." Also, this is a great class for parents wishing to launch a family tradition of music with their children that will last a lifetime. A material fee of \$10.00 for book and CD is due to the instructor in class.

Harvey West Park Clubhouse Luke Abbott
326A Evergreen St \$24.00(R)/\$34.00(N)

#10905	Sa	2:00 - 4:00 pm	02/09
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JAZZ WORKSHOP 15 yrs & up 8 days
Play jazz standards in jam session format. There's really no jazz experience necessary, just the basic ability to play a musical instrument and to read music for your instrument. Singers welcome. You'll learn to improvise with other music lovers in a congenial atmosphere.

Santa Cruz Adult Foundation Rm 4 Steve Newman
313 Swift St \$73.00(R)/\$90.00(N)

#10717	Tu	7:30 - 9:30 pm	01/29 - 03/18
#10718	Tu	7:30 - 9:30 pm	04/08 - 05/27

JAZZ FUNDAMENTALS 16 yrs & up **NEW** 6 days
Learn Jazz improvisation in a creative and supportive environment. "What do I play?" is the first question most people ask when learning to improvise. The answer? Learn the riffs and licks of the masters and learn to create your own. Based on the process of imitation, assimilation and innovation, Jazz Fundamentals will help you develop your solos and organize your thoughts and playing. A step-by-step approach that applies to all styles and instruments. By the end of the course you will have a structured method for improvisation, have more confidence in you soloing ability and be a more natural and spontaneous musician. Prerequisite: at least one year of study with your instrument, ability to read treble or bass clef and play the C major scale. Students need to bring a music stand to class. No class on 2/11, 2/18 and 3/24.

Santa Cruz Adult Foundation Rm 4 Clark Baldwin
313 Swift St \$59.00(R)/\$71.00(N)

#10747	M	7:00 - 9:00 pm	02/04 - 03/31
#10906	M	7:00 - 9:00 pm	04/14 - 05/19



Dance

BELLY DANCE 13 yrs & up 6 days
Come and explore this ancient dance form. You don't have to be physically fit to enjoy this class. It is great for all ages. Belly dance improves your flexibility and reduces stress. No class 2/18.

Market St Senior Center Main Rm Nadika
222 Market St \$48.50(R)/\$59.50(N)

#10726	M	6:00 - 7:30 pm	01/28 - 03/10
#10727	M	6:00 - 7:30 pm	03/24 - 04/28

BALLET BARRE 13 yrs & up 8 days
You'll enjoy the beauty and grace of ballet while limbering, toning, and developing strength. There will be basic exercises and technique along with barre and centre combinations.

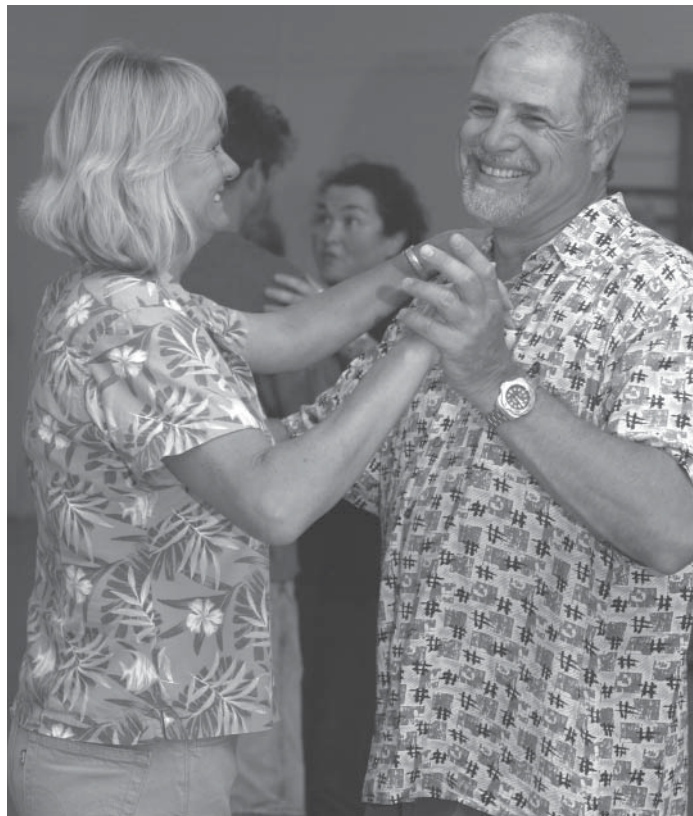
Louden Nelson Center Dance Rm Jeani Mitchell
301 Center St \$52.00(R)/\$63.00(N)

#10839	Sa	9:15 - 10:30 am	01/26 - 03/15
#10840	Sa	9:15 - 10:30 am	04/05 - 05/24

POLYNESIAN DANCE 12 yrs & up 7 days
Learn the expressive Hawaiian Hula, ancient chants and Tahitian dance. Strengthen and tone. Jacinta has taught and performed here and on the islands for years. A material fee of \$5.00 is due to the instructor in the first class.

Louden Nelson Center Dance Rm Jacinta McGinnis
301 Center St \$41.50(R)/\$51.50(N)

#10829	Tu	6:00 - 7:00 pm	01/29 - 03/11
#10830	Tu	6:00 - 7:00 pm	04/01 - 05/13



No pressure in partner dancing – just have fun.

BALLROOM BASICS 15 yrs & up 6 days
Tango, Waltz and Cha-Cha. This class will introduce the basic steps and styles to these diverse ballroom dances. With 2 instructors, Candi Ledwich and Todd Tsukushi, class will include leading and following. Students dance primarily with their own partners to develop their own dance style. **PARTNERS REQUIRED.** No class on 2/11 and 2/18.

Branciforte Middle School Multi-Purpose Rm Candi and Todd
315 Poplar Ave \$48.50(R)/\$59.50(N)

#10821	M	7:30 - 9:00 pm	01/28 - 03/17
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SWING AND FOXTROT 15 yrs & up 8 days
Our basic ballroom survival kit! With these two dances in your repertoire, you can dance to any music at a swing dance party. With two instructors, Candi Ledwich and Todd Tsukushi, class will include leading and following. Students dance primarily with their own partners to develop their own dance style. **PARTNERS REQUIRED.**

Branciforte Middle School Multi-Purpose Rm Candi and Todd
315 Poplar Ave \$59.00(R)/\$71.00(N)

#10822	M	7:30 - 9:00 pm	03/31 - 05/19
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Thursday, January 10, Non-City Residents

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CLIMBING 101 16 yrs & up 6 days

The very best way to get into this exciting sport! Build a solid foundation of climbing skills and safety procedures. Everything you need to get comfortable in the vertical world. Class meets weekly. This course includes gym membership and equipment for the duration of the class. Rock climbing is an exciting sport that challenges your mind while building every muscle in your body. Classes are held at Pacific Edge Indoor Climbing Gym. Learn to climb at a world class facility.

Pacific Edge Climbing Gym Pacific Edge Staff
104 Bronson St #12 \$150.00(R)/\$190.00(N)

#10730	M	7:00 - 9:00 pm	02/04 - 03/10
#10907	W	7:00 - 9:00 pm	02/20 - 03/26

STROLLER STRIDES 18 yrs & up 24 days

Still trying to find time to exercise now that you're a mom? Stroller Strides is a total fitness program that moms can do with their babies and stroller age children. Comparable to circuit training, it includes power walking, cardio bursts, and intervals of body toning using exercise tubing, the environment and the stroller. Taught by certified instructors (who are also moms), it's a great workout for any level of exerciser. All classes will meet at the Santa Cruz Surfing Museum and workouts will take place along West Cliff Drive.

Surfing Museum Lighthouse Point Connie Jensen
701 West Cliff Dr \$134.00(R)/\$169.00(N)

#10759	M, W, F	9:30 - 10:45 am	01/28 - 03/21
#10760	M, W, F	9:30 - 10:45 am	03/24 - 05/16

MARTIAL ARTS FOR THE FAMILY 5 yrs & up 8 days

Encourage and support your family while exploring martial arts and learning basic self-defense techniques. Your family will find a revitalized quest for self-improvement in a fun, comfortable environment. In addition to building flexibility and coordination, classes teach self-control, self-confidence, respect, focus and patience. Classes are one hour and take place at 4:00, 5:00 and 6:00 p.m. Participants may attend 2 classes per week at any of the times offered. All classes open to all ages and levels. Individuals also welcome. A material fee of \$35.00 is due to the instructor in the first class.

Lairds Academy Studio Michael Laird
399 Encinal St 5 - 12 yrs \$41.00(R) /\$51.00(N)
13 & up \$45.00(R) /\$56.00(N)

#10700	Tu, Th	4:00, 5:00 & 6:00 pm	01/29 - 02/21
#10701	Tu, Th	4:00, 5:00 & 6:00 pm	04/22 - 05/15

SCULPT AND STRENGTHEN 16 yrs & up ^{NEW} 8 days

Become the stronger, leaner person that you have always wanted to be. This class utilizes weights, bands, and other strengthening equipment combined with the personalized guidance that you will need to achieve the best body sculpting results. This is the perfect compliment to your cardio workouts. This class addresses all levels, plus the classes are kept small ensuring personalized attention. Visit www.lairdsacademy.com for more information. A material fee of \$20.00 is due to the instructor in the first class.

Lairds Academy Studio Heather Reed
399 Encinal St \$49.00(R)/\$60.00(N)

#10707	Tu, Th	6:00 - 7:00 pm	01/29 - 02/21
#10708	Tu, Th	6:00 - 7:00 pm	04/22 - 05/15

CARDIO KICK CHALLENGE 16 yrs & up 12 days

Cardio Kick Challenge provides both strength and self-confidence in a dynamic cardiovascular workout that you will love. It burns calories, firms you up, builds endurance, coordination and power. This class addresses all levels, plus the classes are kept small ensuring personalized attention. A material fee of \$20.00 is due to the instructor in the first class.

Lairds Academy Studio Heather Reed
399 Encinal St \$49.00(R)/\$60.00(N)

#10704	M, W, F	6:00 - 7:00 pm	02/25 - 03/21
#10705	M, W, F	6:00 - 7:00 pm	04/21 - 05/16



Weight lifting is a great tool to strengthen your bones.

Fitness & Well-Being

PILATES MAT 16 yrs & up 6 days
Pilates Mat will work to strengthen the abdominal and back muscles, improve posture, and increase flexibility. Students will learn proper Pilates breathwork. Aimee Fitzgerald is a certified Pilates Mat Instructor and also teaches Iyengar yoga which will be incorporated into the stretching portion of class.

Market St Senior Center Main Rm Aimee Fitzgerald
222 Market St \$38.00(R)/\$48.00(N)

#10715	Tu	5:30 - 6:30 pm	02/12 - 03/18
#10716	Tu	5:30 - 6:30 pm	04/01 - 05/06



Pilates builds strength and flexibility at your core.

RELAX WITH YOGA 18 yrs & up 8 days
Gentle and easy, Integral Yoga is a meditative way to stretch, strengthen, and relax. We practice the basic Hatha Yoga postures, followed by time for deep relaxation and slow, deep breathing to further revitalize the body. Radha Vignola is a certified advanced Integral Yoga instructor and has over 30 years' experience teaching hatha, meditation, breathing, relaxation, and stress reduction techniques. This class is not for expectant mothers. Students should not eat for at least two hours before class and bring a towel or mat. Wear comfortable clothes for stretching.

DeLaveaga Stroke Center Rm 4 Radha Vignola
Upper Park Rd \$59.00(R)/\$71.00(N)

#10862	W	6:00 - 7:30 pm	01/30 - 03/19
#10863	W	6:00 - 7:30 pm	04/02 - 05/21

TRI YOGA BASICS 18 yrs & up 6 days
Tri Yoga Flows synchronizes flowing and sustained postures with rhythmic breath and focused mind. Basics include relaxing and rejuvenating stretching and strengthening posture sequences. Props are used to ensure comfort and alignment. It is best not to eat for at least 1-2 hours before class. Dress comfortably.

Kali Ray Tri Yoga Center Kali Ray Staff
708 Washington St \$44.50(R)/\$55.50(N)

#10680	M	10:15 - 11:45 am	01/28 - 03/03
#10681	W	7:30 - 9:00 pm	01/30 - 03/05
#10682	Th	10:15 - 11:45 am	01/31 - 03/06
#10683	F	10:15 - 11:45 am	02/08 - 03/14
#10684	M	10:15 - 11:45 am	03/24 - 04/28
#10685	W	7:30 - 9:00 pm	03/26 - 04/30
#10686	Th	10:15 - 11:45 am	03/27 - 05/01
#10687	F	10:15 - 11:45 am	03/28 - 05/02

TRI YOGA LEVEL I 18 yrs & up 6 days
In Tri Yoga Flows, breath and focus are united with flowing and sustained postures. Tri Yoga is the complete body, mind, and spirit workout/work-in. Since the method is systematic, students can progress from Basics to Level 1 and then to subsequent levels as they increase their flexibility, strength, endurance and knowledge.

Kali Ray Tri Yoga Center Kali Ray Staff
708 Washington St \$44.50(R)/\$55.50(N)

#10688	M	7:30 - 9:00 pm	01/28 - 03/03
#10689	M	7:30 - 9:00 pm	03/24 - 04/28

Early Registration Encouraged

To avoid class cancellations, please be sure to register at least three business days before the start of the class.

Fitness & Well-Being

A MEDITATION SAMPLER 18 yrs & up **NEW** 3 days
 Sit down and feel peaceful? Not so simple? Come explore nine different methods of meditation, three each week. Then you can decide which technique feels right for you to help calm the mind and to discover the stillness and peace within. Radha has taught meditation and stress reduction for over 30 years including through the Dr. Dean Ornish Heart Disease Reversal Program at hospitals and retreats.

DeLaveaga Stroke Center Rm 4 Radha Vignola
 Upper Park Rd \$38.00(R)/\$48.00(N)

#10866	Tu	7:00 - 9:00 pm	03/04 - 03/18
#10867	F	7:00 - 9:00 pm	04/04 - 04/18

LEARN TRADITIONAL THAI MASSAGE 18 yrs & up **NEW** 6 days
 Thai massage is a part of Traditional Thai medicine. All basic techniques and postures will be learned for a one hour massage. The history and theory will be applied for complete understanding at the beginners level, with tools to improve on your own. Ayurveda, (the foundation of Thai medicine), will be introduced, learning the body types in your practice. The goal of Thai massage is love, compassion, joy and equanimity - the four boundless states of mind. There will be no oils and loose comfortable clothing is worn following the traditional way. All are welcome, from beginners to practicing massage therapists. Giridhari Das learned Thai massage at the Luma Center, the Quiet Woman and in Thailand. He has been practicing for seven years and also teaches Yoga and Ayurvedic health education.

Louden Nelson Center Classroom Giridhari Das
 301 Center St \$80.00(R)/\$99.00(N)

#10883	Sa	9:00 am - 12:00 pm	02/09 - 03/15
#10884	Sa	9:00 am - 12:00 pm	04/05 - 05/10



Deep breathing is at the center of a solid yoga practice.

SIVANANDA YOGA 13 yrs & up **NEW** 8 days
 Sivananda style yoga includes yoga philosophy, knowledge of the self, relaxation between poses, breathing and meditation. Enjoy by learning all the basic poses and how they suit you with an Ayurvedic understanding. Have an empty stomach and comfortable clothes for class. Giridhari Das has taught yoga for eight years and is a Thai Massuer and Ayurvedic healer.

Louden Nelson Center Classroom Giridhari Das
 301 Center St \$52.00(R)/\$63.00(N)

#10885	Tu	6:00 - 7:15 pm	01/29 - 03/18
#10886	Tu	6:00 - 7:15 pm	04/01 - 05/20

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Outdoors

SEAFOOD FORAGING FOR

FAMILY AND FRIENDS 6 yrs & up 2 days

Spring is simply a wonderful season for tide pools and collecting from the sea. Plus, this April date features a great minus tide at 12 noon. With this low tide the beaches north will be alive with crystal pools loaded with delectables for us to collect. Our objective will be to collect mussels and limpets: barbequed, steamed, in pastas and on the half shell. Ingredients for our feast will be assigned to the students on Friday, April 11, 7:00 - 9:00 pm at Adventure Sports followed by a day of collecting and preparing a gourmet meal from the sea. An ocean only fishing license is required for collecting. 6 - 17-year-olds must have an adult/guardian take the class with them. The location for Sunday's class will be announced at the Friday class.

Adventure Sports Swimming Pool Judson & Staff
303 Potrero St 15 6 - 17 yrs \$40.00(R)/\$50.00(N)
18 & up \$60.00(R)/\$72.00(N)

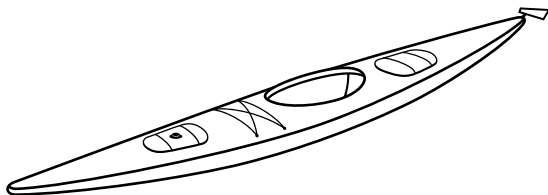
#10770 F 7:00 - 9:00 pm 04/11 - 04/13
Su 10:00 am - 3:00 pm

FULL MOON PADDLE FOR FAMILIES 5 yrs & up 1 day

Join us for the experience of a lifetime as we watch the sun set and the moon rise over the Monterey Bay in Santa Cruz all while paddling double sea-kayaks. Our focus for this trip is to enjoy the sunset and the first light of the full moon as it shimmers on the water. We will return to the dock before darkness settles in. This slower-paced tour for families and friends requires no previous kayaking experience. The February 20 date includes the rare opportunity to view the lunar eclipse. Children 17 years and under must be accompanied by an adult chaperone. Please bring a snack and water. A material fee of \$15.00 is due to the instructor in class.

Elkhorn Slough Kayak Connection Kayak Connection Staff
2370 Highway 1 5 - 17 yrs \$49.00(R)/\$59.00(N)
18 & up \$60.00(R)/\$71.00(N)

#10805 W 4:30 - 7:30 pm 02/20
#10806 M 6:30 - 9:30 pm 05/19



BIRDWATCHING TOUR FOR FAMILIES 8 yrs & up 1 day

In the fall and winter, Elkhorn Slough virtually vibrates with birds putting on a captivating show of nature as they fly overhead, diving and turning. In a kayak, one can easily view this stunning show in an intimate and unobtrusive manner. We'll explore many birding areas including tidal creeks, grasslands, and oak woodland areas. This slower-paced tour for families and friends requires no previous kayaking experience. Children 17 years and under must be accompanied by an adult chaperone. Please bring snack and water. A material fee of \$15.00 per person is due to the instructor in the first class.

Elkhorn Slough Kayak Connection Kayak Connection Staff
2370 Highway 1 8 - 17 yrs \$27.00(R)/\$37.00(N)
18 & up \$42.00(R)/\$52.00(N)

#10801 Sa 12:00 - 3:00 pm 02/02
#10802 Sa 12:00 - 3:00 pm 03/15

RIDE THE TIDE IN ELKHORN SLOUGH 8 yrs & up 1 day

Come and discover the back waterways of the Elkhorn Slough with us. With the winds at our backs and the tide pushing us along, we'll effortlessly glide four miles with the currents. With the seals and otters as our escorts, we'll paddle from the inland waters of the slough to our destination at the Kayak Connection near Highway 1. This slower-paced tour for families and friends requires no previous kayaking experience. Children 17 years and under must be accompanied by an adult chaperone. Please bring lunch and water. A material fee of \$15.00 is due to the instructor in the class.

Elkhorn Slough Kayak Connection Kayak Connection Staff
2370 Highway 1 8 - 17 yrs \$32.00(R)/\$42.00(N)
18 & up \$47.00(R)/\$58.00(N)

#10803 Su 9:00 am - 1:00 pm 02/17
#10804 Sa 11:00 am - 3:00 pm 04/12

LOCH LOMOND FAMILY KAYAKING 6 yrs & up 1 day

Loch Lomond reservoir is simply an amazing experience. It is a body of water, just out of Santa Cruz, that is smack dab in the middle of the redwood forest. You glide on this glassy expanse of water exploring fiords that take you deep into a semi-tropical rain forest habitat. It's a part of Santa Cruz that must be seen by the whole family. We will have a cooperative picnic on a quiet island or secret pier to finish the day with family and new friends. Our staff will call you in advance of the outing to answer any questions and give you your food assignment. This class requires no previous kayaking experience. A material fee of \$15.00 per person is due for kayak equipment rental.

Adventure Sports Swimming Pool Adventure Sports Staff
303 Potrero St 15 5 - 17 yrs \$25.00(R)/\$35.00(N)
18 & up \$35.00(R)/\$45.00(N)

#10869 Sa 8:00 am - 2:00 pm 05/17

Outdoors

FAMILY WILDERNESS KAYAKING – PESCADERO SLOUGH

6 yrs & up



1 day

Pescadero slough is an estuary tucked away on the picturesque north open coast. It is a peaceful space of isolated crescents of sand beaches studded with bowers of oak. We will access this inland lake at its opening to the ocean. It is a great adventure for the whole family to commune in such a serene environment. We will use the sit-on-top kayak, in doubles and singles, as our vehicle to explore this beautiful aquatic wilderness and have a delightful cooperative picnic on one of its quiet sandy shores. Our staff will call you in advance of the outing to answer any questions and give you your food assignment. This class requires no previous kayak experience. An adult must accompany children under 18 years of age. A material fee of \$15.00 is due per person for kayak equipment rental.

Adventure Sports Swimming Pool
303 Potrero St 15

Adventure Sports Staff
6 17 yrs \$25.00(R)/\$35.00(N)
18 & up \$35.00(R)/\$45.00(N)

#10868 Sa 8:00 am - 2:00 pm 03/08

FAMILY ADVENTURE TOUR

14 yrs & up



1 day

Come visit the hidden treasure of the Elkhorn Slough! Located in Moss Landing, this seemingly small slough stretches seven miles inland from the beginning of the Monterey Submarine Canyon. The Elkhorn Slough is abundant with life ranging from minute creatures to harbor seals, sea otters and an array of shorebirds. The Elkhorn Slough, which is protected from the large swells of the Monterey Bay, is a perfect introduction for your family in the world of sea kayak and marine wildlife.

Elkhorn Slough Kayak Connection
2370 Highway 1

Kayak Connection Staff
\$42.00(R)/\$52.00(N)

#10807 Sa 11:00 am - 1:00 pm 04/12
#10808 Sa 11:00 am - 1:00 pm 05/10

KAYAK WHALE WATCH

13 yrs & up

1 day

Join us for a truly amazing adventure. In the spring, the Grey Whales' migration brings them close to our coastline. At Davenport Landing, kayaks can easily access the open ocean and encounter whales very close to shore. A spotter will be scouting the sea from the cliffs and contacting the kayakers by radio with whale locations. The paddle lasts about two to three hours. We use big, stable double kayaks. Kayaking experience is suggested, but gung-ho beginners are welcome. A peak experience!

Davenport Landing
Davenport Landing Rd

Venture Quest Staff
\$70.00(R)/\$86.00(N)

#10675 Su 7:30 - 11:00 am 03/30
#10676 Sa 7:30 - 11:00 am 04/19
#10677 W 7:30 - 11:00 am 04/23
#10912 Su 7:30 - 11:00 am 05/04

BEGINNING SEA KAYAKING –

ELKHORN SLOUGH 15 yrs & up

1 day

Join us for a relaxing and enjoyable tour of this calm estuary in the heart of the Monterey Bay. Elkhorn Slough is a bird watcher's paradise and an easy place for beginners to discover kayaking. We'll also see seals and sea otters. We'll meet at Elkhorn Slough. Venture Quest will provide a lunch and all of the gear. Children are welcome to participate if accompanied by a participating adult.

Kirby Park
Elkhorn Rd

Venture Quest Staff
\$67.00(R)/\$82.00(N)

#10678 Sa 9:00 am - 3:00 pm 03/01
#10679 Sa 9:00 am - 3:00 pm 05/17

ADULT FLY FISHING LEVEL I

18 yrs & up

4 days

We will go over the basics and move on from there: rods, reels, line, knots and flies. The who, what, when, where and why of fly fishing. We have a great classroom and casting area for the novice or the fisherman who is finally going to take up fly casting. This class is fun and challenging. Troy Mayers of Orca Sports Promotions will lead this exciting class. Rods, reels and supplies provided by the instructor. A material fee of \$20.00 is due to the instructor at the first class.

Harvey West Park Clubhouse
326A Evergreen St

Troy Mayers
\$45.00(R)/\$56.00(N)

#10823 M 6:30 - 8:30 pm 04/07 - 04/28

ADULT FLY FISHING LEVEL II

18 yrs & up

4 days

This class is a great way for the Level I fly casters to continue to develop their skills or for other fly casters to get rid of their self-taught bad habits. Level II will develop a solid foundation of fly fishing and fly casting skills. Learn to cast smoother, tighter loops for better accuracy and distance. Techniques will be used to cast into the wind and to stay out of the trees. We will also focus on water fishing skills of presentation of the fly above and below the surface. A material fee of \$20.00 is due to the instructor at the first class. No class 5/26.

Harvey West Clubhouse
326A Evergreen St

Troy Mayers
\$45.00(R)/\$56.00(N)

#10824 M 6:30 - 8:30 pm 05/05 - 06/02



Finances

WOMEN'S GUIDE TO FINANCIAL FITNESS

18 yrs & up

3 days

What you don't know CAN hurt you. This course covers cash management, investments, insurance, taxes, wills and trusts, retirement, and estate planning. This is for all women who want independence and confidence in their financial futures. A material fee of \$9.00 is due to the instructor in the first class.

Mission Hill Jr High Community Rm
425 King St

Elaine Kiernan
\$38.00(R)/\$48.00(N)

#10810 Tu 7:00 - 9:00 pm 04/01 - 04/15

SEPARATING YOUR ASSETS SUCCESSFULLY

18 yrs & up

1 day

When separating from your partner, does equal always mean equitable? Learn what you need to know to create an equitable separation of your finances. Get your questions answered and put together a game plan to ensure a win-win scenario for you both. A material fee of \$3.00 is due to the instructor in class.

Mission Hill Jr High Community Rm
425 King St

Elaine Kiernan
\$24.00(R)/\$34.00(N)

#10815 Tu 6:00 - 8:00 pm 02/05
#10816 W 6:00 - 8:00 pm 03/12

ORGANIZING YOUR FINANCIAL AFFAIRS

18 yrs & up

1 day

How long do I keep my statements? How do I set up a budget? What's my net worth? How much should I be spending on food? How much coverage should I have on my car? Get the answers to these and many other questions concerning your finances and get organized! A material fee of \$3.00 is due to the instructor in class.

Mission Hill Jr High Community Rm
425 King St

Elaine Kiernan
\$24.00(R)/\$34.00(N)

#10812 Tu 6:00 - 8:00 pm 01/29

LONG TERM CARE INSURANCE – HOW TO CHOOSE

18 yrs & up

1 day

Of those who enter a nursing home, 55% will stay at least a year and 21% will remain longer than five years. Nearly 60% of all Americans will need some type of long-term care at home or in a nursing home. Learn how to evaluate good and poor LTC insurance coverage and how much is too much to pay. A material fee of \$5.00 is due to the instructor in class.

Mission Hill Jr High Community Rm
425 King St

Todd Corgill
\$24.00(R)/\$34.00(N)

#10813 W 6:00 - 8:00 pm 02/20
#10814 Th 6:00 - 8:00 pm 03/27



Learn to budget, save and spend smartly in a finance class.

Early Registration Encouraged

To avoid class cancellations, please be sure to register at least three business days before the start of the class.

Special Interest

RUSSIAN LANGUAGE 18 yrs & up *8 days/12 days
Stretch your intellectual horizons and study the Russian language. Learn about Russian history, culture and authentic cuisine in this well-rounded, in-depth course. This class lays the foundation for continued advanced studies of language and literature. Level I (for beginners) meets on Wednesday. Level II (essence of grammar) meets on Tuesdays. A material fee of \$15.00 is due to the instructor in the first class of Level I only.

Westlake Elem Rm 27
1000 High St
Tatiana Patrikeyeva
\$80.00(R)/\$99.00(N)
*\$59.00(R)/\$71.00(N)

#10719 Level I W 7:00 - 8:30 pm 01/30 - 04/16
#10720 Level II Tu 7:00 - 8:30 pm *01/29 - 03/18

INTRODUCTION TO CHINESE 18 yrs & up **NEW** 8 days
Learn to speak Chinese. Level I will focus on basic pronunciation. Continue in Level II and learn to have general conversation, make basic sentences and write simple Chinese. A material fee of \$15.00 is due to the instructor in the first class.

Santa Cruz High School Rm 52
415 Walnut Ave
Ling Ling Wan
\$59.00(R)/\$71.00(N)

#10887 Level I W 7:00 - 8:30 pm 01/30 - 03/19
#10888 Level II W 7:00 - 8:30 pm 04/02 - 05/21

SPANISH FOR BEGINNERS 18 yrs & up **NEW** 6 days
No matter what your interest is: business, travel or general culture, you'll find that Spanish will create new opportunities for you. Do not wait anymore, add to your education and your life and immerse yourself in a spectacular class. Our course is designed to meet your Spanish goals by working the four abilities of the language: speaking, listening, reading and writing and also providing plenty of cultural input and meet individual interests. Alexandra Navarro was born in Colombia and is an Agro-Industrial Engineer with extensive experience in international business and teaching. A material fee of \$15.00 is due to the instructor in the first class. No class 3/25.

Harbor High School Rm H7
300 La Fonda Ave
Alexandra Navarro
\$48.50(R)/\$59.50(N)

#10879 Tu 6:30 - 8:00 pm 01/29 - 03/04
#10880 Tu 6:30 - 8:00 pm 03/11 - 04/22

¡hola!

HOW TO REGISTER

4 Ways to Register starting
Wednesday, January 9, City Residents
Thursday, January 10, Non-City Residents

Register **online** with **instaReg**
Go to **www.santacruzparksandrec.com**
Call 420-5270 in advance to obtain your account number and PIN.

Register **by mail** or **fax**. Use form on page 5.

Register **in person** at the Parks and Recreation Office, 323 Church Street, open Monday - Friday 8:00 am to 5:00 pm.

Register **by phone** Call 420-5270 from 9:00 am to 4:00 pm Monday - Friday.

Please sign up for classes at least 3 days in advance to avoid class cancellation. For more information call 420-5270 or check www.santacruzparksandrec.com

TAROT FOR YOURSELF 15 yrs & up 1 day
This hands-on workshop offers you an overview of the tarot including: its history, cards that are relevant to your life, numerous ways of using the tarot as a tool to better understand yourself, others and the world around you. Taught by Amber Jayanti, founder of the Santa Cruz School for Tarot and Qabalah study in 1975, and internationally recognized teacher and author of "Living the Qabalistic Tarot" and "Tarot for Dummies." A material fee of \$1.00 is due to the instructor in the first class.

Louden Nelson Center Classroom
301 Center St
Amber Jayanti
\$38.00(R)/\$48.00(N)

#10809 Sa 10:00 am - 4:00 pm 04/05

LEAN CHEF: FRENCH CUISINE 16 yrs & up 1 day
The Lean Chef has travelled many times in France and can tell you that most French cooking is good and healthy. Learn to make low-fat French comfort food, beginning with a Country Terrine, Creamy Swiss Polenta, Pepper Steak Bourguignon and Creme Brulee. A material fee of \$6.00 is due to the instructor in class.

DeLaveaga Golf Course Stroke Center Rm 12
Upper Park Rd
Karen Petersen
\$24.00(R)/\$34.00(N)

#10843 Sa 10:00 am - 12:00 pm 04/05

Special Interest



Travel and writing are a wonderful combination.

TRAVEL WRITING 18 yrs & up **NEW** 4 days
Has wanderlust sent you off on an exotic travel adventure? Even if no farther than your own backyard? Come learn how to write and publish compelling stories of your travels. Class will focus on everything you need to know to report, write, edit and refine terrific travel tales that newspapers and magazines will be eager to print. The importance of accompanying photography will also be discussed. Come ready for a travel writing adventure and see your next trip in the glossy pages of a magazine.

Santa Cruz High School Rm 57
415 Walnut Ave

Collette O'Connor
\$38.00(R)/\$48.00(N)

#10881	Tu	6:30 - 8:00 pm	01/29 - 02/19
#10882	Tu	6:30 - 8:00 pm	03/11 - 04/01

GET THE MOST FROM YOUR

DIGITAL CAMCORDER 18 yrs & up 2 days
Still trying to figure out that new digital camcorder? Want to take your home videos to the next level or want to shoot video that can be submitted to Community TV for cablecast? Come learn how to get the most out of your digital camera. We'll help you get comfortable with your camera and learn framing and composition, use of natural light and much more. This class will be hands-on with lots of individualized attention. In the second session, students will have a chance to show footage and get specific feedback and helpful tips. No class 3/18.

Community Television Studio
816 Pacific Ave

Community Television Staff
\$55.00(R)/\$66.00(N)

#10690	Tu	7:15 - 9:15 pm	03/11 - 03/25
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TV STUDIO PRODUCTION:

MAKE YOUR OWN TV 18 yrs & up 4 days
Lights, camera, action! Experience first-hand what happens behind the scenes of a television program. Learn from the 'pros' everything you need to know to produce your own show or to be on the crew for someone else's show: how to operate a studio camera, audio and CG text and graphics. And then the icing on the cake: how to be a studio director. You will learn on our equipment in our actual studio. If you've always wanted to learn what it takes to make a TV show, this is the class for you.

Community Television Studio
816 Pacific Ave

Community Television Staff
\$70.00(R)/\$86.00(N)

#10691	Sa	10:30 am - 1:00 pm	04/05 - 04/26
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VIRTUES OF VEGAN

COOKING AND NUTRITION 18 yrs & up 3 days
The easiest, fastest recipes Radha knows! Using organic, all vegan ingredients, we'll cook and eat, while learning about proteins, carbs, fats, and how to get a balanced diet with no trouble at all. A material fee of \$15.00 is due to the instructor in the first class.

DeLaveaga Golf Course Stroke Center Rm 12 Radha Vignola
Upper Park Rd \$48.50(R)/\$59.50(N)

#10864	F	6:00 - 9:00 pm	02/29 - 03/14
#10865	F	6:00 - 9:00 pm	05/02 - 05/16

Special Interest

SANTA CRUZ BEACH BOARDWALK TOUR 8 yrs & up 1 day

The Centennial Celebration continues at the Santa Cruz Beach Boardwalk with an extraordinary behind-the-scenes tour of the historic seaside amusement park. During the tour, you will have the rare opportunity to go under the Boardwalk to learn the unique history, fun facts, and little known tidbits about one of California's premier tourist attractions. Santa Cruz locals should not miss out on this great opportunity! This program is hosted by the Santa Cruz Beach Boardwalk with registration fees benefitting the Parks and Recreation Department. Tour does not include Beach Boardwalk ride pass or parking. Minors must be accompanied by an adult who is also registered for the tour.

Santa Cruz Beach Boardwalk Entrance #2 - Guest Services 400 Beach St
Santa Cruz Boardwalk Staff \$10.00(R)/\$15.00(N)

#10764 Sa 10:00 am - 12:00 pm 04/26



© Courtesy Santa Cruz Beach Boardwalk

The Santa Cruz Beach Boardwalk is fun for all ages.

WINES OF THE RUSSIAN RIVER

AND DRY CREEK 21 yrs & up

6 days

In this fun class, students will use the techniques of wine evaluation learned in "Wines of the Santa Cruz Mountains" to examine the wines of these two great Sonoma County Appellations. Fine examples of the wines of those regions will be tasted and evaluated. Dr. Ericson, a member of the Society of Wine Educators, has been teaching wine classes for 15 years and is a judge in commercial wine competitions. A material fee of \$100.00 is included in the class fee.

Harvey West Park Clubhouse
326A Evergreen St

Mary Ericson
\$169.50(R)/\$185.50(N)

#10714 Tu 7:00 - 9:30 pm 03/18 - 04/22

DESIGNING A KITCHEN

FOR THE 21ST CENTURY 18 yrs & up

2 days

Facelift or complete overhaul, in either case, making the right choices can be confusing and overwhelming. This class will help you avoid the "if I had only known" syndrome by providing you with sound advice and information that meets your personal and financial needs. Walk away with an action plan to create a modern, energy-efficient and beautiful kitchen specific to your home.

Louden Nelson Center Classroom
301 Center St

Yvonne Ross
\$31.00(R)/\$41.00(N)

#10845 Sa 10:00 am - 12:00 pm 02/02 - 02/09
#10846 Sa 10:00 am - 12:00 pm 04/05 - 04/12

MOTHERING MADE EASY 18 yrs & up

1 day

Do you feel overworked and undervalued? Learn in just three hours the number one time-saving strategy and three attitudes that let you negotiate win-win solutions with your kids and do what you love guilt-free! You will learn step-by-step, high-impact exercises with Dr. Dorothee Ledbetter, lucky mom of three, NLP-MP, laser life coach.

DeLaveaga Golf Course Stroke Center Rm 3 Dorothee Ledbetter
Upper Park Rd \$27.50(R)/\$37.50(N)

#10817 Sa 1:00 - 4:00 pm 02/02
#10818 Su 1:00 - 4:00 pm 02/03
#10819 Sa 1:00 - 4:00 pm 03/15
#10820 Su 1:00 - 4:00 pm 03/16

Early Registration Encouraged

To avoid class cancellations, please be sure to register at least three business days before the start of the class.

Women's Self-Defense

The City of Santa Cruz Commission for the Prevention of Violence Against Women invites women and girls to take a self-defense class.

Women and girls of all abilities are welcome! Wear comfortable clothes.

Advance registration is required through Parks and Recreation (see page 3.)

Course will be cancelled if minimum registration requirements are not reached one week prior to the first class.

Small fee for most classes - no one turned away for lack of funds. Call 420-5363 for financial assistance.

Girls & Women Allies

SELF-DEFENSE

GIRLS & WOMEN ALLIES 8 yrs & up 3 days

This class welcomes girls 8-12 years old WITH a female ally (mother, aunt, grandmother, older sister or female friend) to attend this course. This class addresses assertiveness, the power of the voice, and physical self-defense techniques in a fun environment. **Note: Parent/Guardian signature required on additional waiver at first class. Please plan time or make arrangements to complete this paperwork which is required for the student to attend the class.**

Louden Nelson Center Classroom
301 Center St

\$5.00(R)/\$12.00(N)

#10670	Sa	1:00 - 4:00 pm	02/23 - 03/08
#10671	Sa	1:00 - 4:00 pm	04/12 - 04/26

Teen Women

SELF-DEFENSE CLASS

FOR TEENS 13 - 17 yrs 4 days

This class addresses assertiveness, body language, the power of the voice, and physical self-defense techniques for teen women.

Louden Nelson Center Classroom
301 Center St

\$5.00(R)/\$12.00(N)

#10673	W	3:30 - 5:30 pm	04/02 - 04/23
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April is...

Sexual Assault AWARENESS Month



Learn to use your voice and body for self-defense.

Why learn Self-Defense?

- ✓ Increase your awareness and personal safety at home, work, school and on the street.
- ✓ Learn effective strategies, communication skills and physical self-defense techniques.
- ✓ Classes are self-paced, interactive, non-competitive and include discussions and exercises.

Call the Commission for more information, or to arrange a workshop for your school or group, 420-5363.

Be aware...

Women's Self-Defense

Women 18 yrs & up

SELF-DEFENSE WOMEN'S BEGINNING WORKSHOP

18 yrs & up

3 days

This class for women includes assertiveness, boundary-setting, verbal and some physical techniques. A great introduction to self-defense or a review of the comprehensive and longer beginning class. Registration closed after first class.

Louden Nelson Center Classroom
301 Center St

\$5.00(R)/\$15.00(N)

#10669 Sa 9:15 - 12:15 pm 02/09 - 02/23

SELF-DEFENSE

BEGINNING CLASS FOR WOMEN

18 yrs & up

6 days

Women: Learn to use your strengths against a perpetrator's weaknesses, whether your goal is to end annoying behavior, harassment, or physical threat. This class addresses assertiveness, body language, awareness, the power of the voice and physical self-defense techniques. Registration closed after the first class.

Louden Nelson Center Classroom
301 Center St

\$10.00(R)/\$45.00(N)

#10668 Tu 6:00 - 9:00 pm 02/12 - 03/18

SELF-DEFENSE

INTERMEDIATE FOR WOMEN

18 yrs & up

4 days

This women's class builds on the skills and techniques from the beginning class; includes defense against weapons and multiple attackers. Prerequisite: Beginning class. Held once a year. Registration closed after the first class.

Louden Nelson Center Classroom
301 Center St

\$10.00(R)/\$30.00(N)

#10674 Tu 6:00 - 8:00 pm 04/08 - 04/29

Senior Women

PERSONAL SAFETY FOR SENIOR WOMEN

60 yrs & up

4 days

Personal Safety skills designed especially for older women. Verbal and physical self-protection skills taught and developed in this course. Registration closed after first class.

Location TBA

FREE(R)/\$12.00(N)

#10672 Sa 12:30 - 2:00 pm 04/19 - 05/10

"It is something that every woman should take and Leonie is an awesome instructor. You can tell she really believes in and enjoys teaching self-defense. I would recommend this class to all my friends."

— Fall 2007 self-defense student

The Safe Place Network



The Safe Place Network was established to build a network of safe spaces for those who feel frightened or threatened and are looking for assistance.

Community Members:

Look for these decals posted in more than 45 businesses in the City of Santa Cruz; most are in the downtown area.

When you see a decal, please take time to thank this business for their participation in this program. If you find yourself in a situation that is frightening or threatening, this business will provide you access to a phone and a place to wait for support from police, local agencies, family or friend

Business owners:

Contact the Commission for the Prevention of Violence Against Women at 420-5363 if you are interested in participating in the program.

A collaborative effort by the Commission for the Prevention of Violence Against Women, the Downtown Association, the Downtown Commission and Women's Crisis Support-Defensa de Mujeres.

...and be safe!

Harvey West Pool Drop-in Programs

Drop-In Programs effective February 1 - June 15, 2008 Pool closed November 1, 2007 - January 31, 2008.			
PROGRAMS See descriptions on next page	DAYS	TIMES	FEES All ticket books contain 12 tickets. Monthly Pass valid 1st day to last day of month. Resident Fees listed first then Non-Resident Fees Youth: 12 yrs & younger Seniors: 60 yrs & older
LAP SWIM Lane availability varies	MON - FRI Schedule modified 5/26 and 6/4-6/11	6 am - 3 pm & 5 pm - 8 pm	TEENS & ADULTS Fee at Door: \$4.50 Ticket Book: \$45.00/\$49.50 Monthly Pass: \$58.50/\$70.25
	SUN (2/3-4/5)	7 am - 3 pm	YOUTH & SENIORS Fee at Door: \$3.50 Ticket Book: \$35.00/\$38.50 Monthly Pass: \$45.50/\$54.50
	SAT & SUN (4/12-6/15)	7 am - 1 pm	
PARENT-TOT DROP IN For parents and their children 6 mo. to 5 yrs. *Program Begins April 12	MON - FRI	10 am - 2 pm & 7:15 pm - 8 pm	FEE AT DOOR 1 adult + 1 child: \$4.50 Additional adult or sibling: \$2.25 Ticket Book: \$45.00/\$49.50
	SAT & SUN	8 am - 10 am	
WATER FITNESS	MON - FRI	7 am - 8 am	TEENS & ADULTS Fee at Door: \$5.50 Ticket Book: \$55.00/\$60.50 Monthly Pass: \$71.50/\$85.75 YOUTH & SENIORS Fee at Door: \$4.50 Ticket Book: \$45.00/\$49.50 Monthly Pass: \$58.50/\$70.25
	MON, WED, FRI	Noon - 1 pm	
	SAT (4/12-6/14)	8 am - 9 am	
	SUN	9 am - 10 am	
LOW IMPACT/SENIOR WATER FITNESS	MON, WED, FRI	8 am - 9 am	Classes added or cancelled based on regular attendance. Classes may be a combination of shallow and deep exercises or deep exercises only.
WATER FITNESS WITH DEEP WATER RUNNING	MON - FRI	5:30 - 6:30 pm	
LOW IMPACT/PERINATAL WATER FITNESS	TUES, THURS	Noon - 1 pm	
RECREATIONAL SWIM Children 8 yrs. and younger must be accompanied by an adult.	SAT & SUN April 12 - June 15 & Memorial Day, May 26	1:30 - 4:30 pm	TEENS & ADULTS Fee at Door: \$3.75 Ticket Book: \$37.50/\$41.25 YOUTH & SENIORS Fee at Door: \$3.00 Ticket Book: \$30.00/\$33.00 Fee is for all individuals 3 years & older entering the facility.

Attention Swimmers

Programs may be cancelled due to low registration or attendance, maintenance, special events or weather. Schedule modified May 26 and June 4 - 11. Not all lanes are always available during lap swim times. Schedule will change Monday, June 16, 2008.



Harvey West Pool is located at 275 Harvey West Blvd. in beautiful Harvey West Park. The 25-yard, 6-lane, 80-degree lap pool is open February-October. The two, 86-degree instructional pools are open April-October. Come enjoy a low-impact, high-energy workout in a peaceful park setting.

Drop-In Program Descriptions

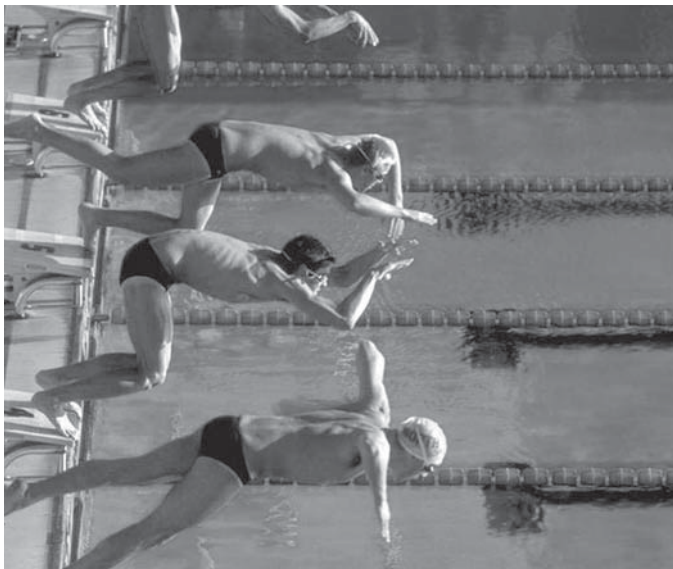
(For schedule see page 40)

LAP SWIM

This program is for swimmers of all levels who want to get their exercise by swimming laps. The pool is laned off for swimmers' convenience. Kick boards, pull buoys and fins are available. Goggles and other items are sold at the pool.

WATER FITNESS (Combination of shallow and deep water)

These classes are designed to improve your health, muscle tone and cardiovascular conditioning. While exercising in water, participants will increase flexibility and enhance muscular endurance. This is a drop-in program for both swimmers and non-swimmers.



Ready, set, dive into swimming for fitness and relaxation.

WATER FITNESS WITH DEEP WATER RUNNING

(Deep water only)

This is a vigorous non-impact workout designed to help participants improve aerobic fitness, build strength and improve flexibility. Great for cross training, rehabilitation and overall conditioning. Participants must be comfortable in deep water using a variety of flotation equipment.

PERINATAL/LOW-IMPACT WATER FITNESS

(Deep water only)

These classes are ideal for those wanting or needing a gentler workout; pregnant women, new moms, individuals recovering from injury or those just beginning or re-entering the work out arena. This is a drop-in program for both swimmers and non-swimmers.

PARENT/TOT DROP-IN

This drop-in program is designed for parents to enjoy water time with their children ages 6 months to 5 years in our instructional pools. No instruction is provided and parents must supervise their children at **all** times in the water, on deck and in the locker rooms. Only one child per adult in the pool during this program (with the exception of two siblings 5 years and younger.) Children not toilet trained must wear vinyl pants or a swim diaper under their swimsuit. Swim diapers can be purchased for \$2.00 at the pool front desk. Toys and kick boards are provided. No outside toys or flotation devices allowed (including floaty bathing suits).

RECREATIONAL SWIM

This is an open swim program designed for recreational swimmers of all ages and abilities. All individuals 3 years and older entering the facility must pay. No flotation devices (including floaty bathing suits), food, drinks, chewing gum or smoking allowed. Maximum capacity is 200, and at capacity, no further entry is permitted. Children 8 years and younger must be accompanied by an adult in the facility. Children 6 years and younger must be accompanied by an adult at **all** times on deck, in the changing rooms and in the water. Children not toilet trained must wear a swim diaper at all times. Swim diapers can be purchased for \$2.00 at the pool front desk. Sorry, no in and out privileges.



Bottled Water & Fitness Gear

You can purchase bottled water, goggles, swim caps, water fitness resistance gloves and other fitness gear from our friendly Harvey West Pool staff.

Harvey West Pool

Lifeguard Training

LIFEGUARD TRAINING 15 yrs & up #10387
Interested in becoming a certified lifeguard? Register with no fee and you will be contacted when a class is scheduled.

LIFEGUARD TRAINING REVIEW 15 yrs & up #10388
Interested in renewing your current lifeguard certifications? Register with no fee and you will be contacted when a class is scheduled.

PRIVATE LESSONS – STAFF 3 yrs & up *6/3 days

Want to learn how to swim? Never fully understood flip-turns? Want to improve your strokes? Harvey West Pool is now offering private swim instruction where you or your child will be given the full personal attention by one of our swim instructors. All lessons are customized to meet your individual needs.

Harvey West Pool Staff
275 Harvey West Blvd *\$157.50(R)/\$204.75(N)
\$78.75(R)/\$102.50(N)

#10377	M, W	5:15 - 5:45 pm	*04/14 - 04/30
#10378	M, W	6:00 - 6:30 pm	*04/14 - 04/30
#10379	Tu, Th	5:15 - 5:45 pm	*04/15 - 05/01
#10380	Tu, Th	6:00 - 6:30 pm	*04/15 - 05/01
#10381	M, W	5:15 - 5:45 pm	*05/05 - 05/21
#10382	M, W	6:00 - 6:30 pm	*05/05 - 05/21
#10383	Tu, Th	5:15 - 5:45 pm	*05/06 - 05/22
#10384	Tu, Th	6:00 - 6:30 pm	*05/06 - 05/22
#10011	Sa	10:00 - 10:30 am	04/19 - 05/03
#10012	Sa	10:45 - 11:15 am	04/19 - 05/03
#10013	Sa	11:30 - 12:00 pm	04/19 - 05/03
#10014	Sa	12:15 - 12:45 pm	04/19 - 05/03
#10015	Su	10:00 - 10:30 am	04/20 - 05/04
#10016	Su	10:45 - 11:15 am	04/20 - 05/04
#10017	Su	11:30 - 12:00 pm	04/20 - 05/04
#10018	Su	12:15 - 12:45 pm	04/20 - 05/04
#10019	Sa	10:00 - 10:30 am	05/10 - 05/24
#10020	Sa	10:45 - 11:15 am	05/10 - 05/24
#10021	Sa	11:30 - 12:00 pm	05/10 - 05/24
#10022	Sa	12:15 - 12:45 pm	05/10 - 05/24
#10023	Su	10:00 - 10:30 am	05/11 - 05/25
#10024	Su	10:45 - 11:15 am	05/11 - 05/25
#10025	Su	11:30 - 12:00 pm	05/11 - 05/25
#10026	Su	12:15 - 12:45 pm	05/11 - 05/25

ADULT/TEEN SWIM 13 yrs & up 6 days

All swimmers and non-swimmers are welcome to learn basic swimming and water safety skills. This course includes stroke work and individualized instruction designed to meet the needs of each student. Organized workouts are given to advanced students. Prerequisite: none.

Harvey West Pool Staff
275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#9961	Tu, Th	6:00 - 6:40 pm	04/15 - 05/01
#9962	Tu, Th	6:00 - 6:40 pm	05/06 - 05/22

Harvey West Pool Wants You!

Parks and Recreation is hiring for the following positions:

Pool Lifeguard
Pool Cashier

Swim Instructor/Coach
Pool Maintenance Aide

Applicants must be at least 16 years of age.

All Lifeguards and Swim Instructor/Coaches must hold current certifications in either Red Cross CPR for the Professional Rescuer with AED or American Heart CPR Pro with AED. Lifeguard and Swim Instructor/Coach applicants must also be currently certified in ARC Lifeguard Training and First Aid. Title 22 First Responder First Aid is a plus for all positions (and is required within one year of hire.) WSI Certified Swim Instructors preferred.

Positions starting February 2008: Harvey West Pool will re-open February 1. Applications are being accepted **now** for all positions.

Application deadline and tryouts for summer: Applicant deadline is **Friday, April 18, 2008**. The most qualified candidates will be invited to try out **Friday, April 25, 2008**, 5:30 - 9:00 pm at Harvey West Pool. Tryouts consist of a physical skills test and a written exam including CPR, First Aid and Lifeguard training.

Applications and job descriptions are available now at the Parks and Recreation Office, 323 Church Street or online at www.santacruzparksandrec.com and after February 1 at Harvey West Pool, 275 Harvey West Blvd.

420-6140

Harvey West Pool

RIPTIDES SWIM TEAM 6 - 17 yrs

Monthly

This fun and "low-key" swim team is great for stroke improvement, exercise and swimming with friends. Program includes varied workouts, swim meets, potlucks and great coaching.

A's: For advanced, competitive, strong swimmers.

B's: For swimmers with basic competitive strokes who are ready to swim competition distances.

C's: For entry level team swimmers. Introduces basic competitive strokes with shorter distances and more focused instruction. Depending on enrollment and skill level, C's may be held in deep end.

Potential swimmers may tryout one day free (M-Th) so coaches can determine swimmers' placement. **All participants must be able to complete American Red Cross Swim Level 5 requirements.**

Harvey West Pool

275 Harvey West Blvd

Staff

February				\$81.00(R)/\$105.50(N)
#10053	A's	M-F	3:30 - 5:00 pm	02/04 - 02/29
#10058	B's	M-F	3:30 - 5:00 pm	02/04 - 02/29
#10063	C's	M-F	3:30 - 5:00 pm	02/04 - 02/29

March				\$85.00(R)/\$110.50(N)
#10054	A's	M-F	3:30 - 5:00 pm	03/03 - 03/31
#10059	B's	M-F	3:30 - 5:00 pm	03/03 - 03/31
#10064	C's	M-F	3:30 - 5:00 pm	03/03 - 03/31

April				\$89.25(R)/\$116.00(N)
#10055	A's	M-F	3:30 - 5:00 pm	04/01 - 04/30
#10060	B's	M-F	3:30 - 5:00 pm	04/01 - 04/30
#10065	C's	M-F	3:30 - 5:00 pm	04/01 - 04/30

May (no practice 5/26, Memorial Day)				\$85.00(R)/\$110.50(N)
#10056	A's	M-F	3:30 - 5:00 pm	05/01 - 05/30
#10061	B's	M-F	3:30 - 5:00 pm	05/01 - 05/30
#10066	C's	M-F	3:30 - 5:00 pm	05/01 - 05/30

June				\$41.00(R)/\$53.00(N)
#10057	A's	M-F	3:30 - 5:00 pm	06/02 - 06/13
#10062	B's	M-F	3:30 - 5:00 pm	06/02 - 06/13
#10067	C's	M-F	3:30 - 5:00 pm	06/02 - 06/13

Parents are welcome to watch children's swim lessons from the bleachers or grassy area.

H2O BABY 6 months - 3 yrs

6 days

For parents (1 or both) and children ages 6 months to 3 years. Emphasis is placed on water adjustment. **SKILLS TAUGHT:** Water adjustment and entry, bubble blowing, underwater exploration, kicking, front glide, front kick, arm movements on front, back floats, rolling over, and safety skills. All skills require parent contact. This class is taught in the instructional pool.

Harvey West Pool

275 Harvey West Blvd

Staff

\$43.00(R)/\$56.00(N)

#10001	M, W	2:30 - 3:00 pm	04/14 - 04/30
#10002	Tu, Th	5:15 - 5:45 pm	04/15 - 05/01
#10003	M, W	2:30 - 3:00 pm	05/05 - 05/21
#10004	Tu, Th	5:15 - 5:45 pm	05/06 - 05/22
#10005	Sa-Su	11:30 - 12:00 pm	04/19 - 05/04
#10006	Sa-Su	11:30 - 12:00 pm	05/10 - 05/25

HOW TO REGISTER

4 Ways to Register starting
 Wednesday, January 9, City Residents
 Thursday, January 10, Non-City Residents

Register **online** with **instaReg**
 Go to **www.santacruzparksandrec.com**
 Call 420-5270 in advance to obtain your account number and PIN.

Register **by mail** or **fax**. Use form on page 5.

Register **in person** at the Parks and Recreation Office, 323 Church Street, open Monday - Friday 8:00 am to 5:00 pm.

Register **by phone** Call 420-5270 from 9:00 am to 4:00 pm Monday - Friday.

Please sign up for classes at least 3 days in advance to avoid class cancellation. For more information call 420-5270 or check www.santacruzparksandrec.com

Harvey West Pool

SWIM LESSON LEVEL TEST DAY 3 yrs & up 1 day
ENROLLMENT REQUIRED. NO FEE. Not sure which class to sign your child up for this year? Come to a lesson level test day. Our qualified instructors will test your children and help place them in the best class for their abilities. This free service is designed to test one individual at a time. Swimmers will be tested on a first come first served basis. Test time will vary (5-10 minutes each). A legal guardian must accompany all swimmers under 18 years to sign a participation waiver.

Harvey West Pool
 275 Harvey West Blvd

Staff
 FREE

#10027	Su	10:00 - 12:00 pm	03/30
#10028	Sa	10:00 - 12:00 pm	04/26

GUPPY 1 3 - 5 yrs 6 days
SKILLS TAUGHT: Water adjustment, blowing bubbles, submerging, front and back floats with recovery, glides with support and kicking, and alternate arm action in chest deep water. This class is taught in the instructional pool.

Harvey West Pool Staff
 275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#9977	M, W	3:15 - 3:45 pm	04/14 - 04/30
#9978	Tu, Th	3:15 - 3:45 pm	04/15 - 05/01
#9979	M, W	3:15 - 3:45 pm	05/05 - 05/21
#9980	Tu, Th	3:15 - 3:45 pm	05/06 - 05/22
#9981	Sa-Su	10:45 - 11:15 am	04/19 - 05/04
#9982	Sa-Su	10:45 - 11:15 am	05/10 - 05/25

GUPPY 2 3 - 5 yrs 6 days
 For children who can complete all the Guppy 1 skills. **SKILLS TAUGHT:** Water adjustment, fully submerge and retrieve objects underwater, orientation to deep water, ten bobs, turtle float, and combined stroke on front and back. This class is taught in the instructional pool.

Harvey West Pool Staff
 275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#9983	M, W	3:15 - 3:45 pm	04/14 - 04/30
#9984	M, W	5:15 - 5:45 pm	04/14 - 04/30
#9985	Tu, Th	3:15 - 3:45 pm	04/15 - 05/01
#9986	M, W	3:15 - 3:45 pm	05/05 - 05/21
#9987	M, W	5:15 - 5:45 pm	05/05 - 05/21
#9988	Tu, Th	3:15 - 3:45 pm	05/06 - 05/22
#9989	Sa-Su	12:15 - 12:45 pm	04/19 - 05/04
#9990	Sa-Su	12:15 - 12:45 pm	05/10 - 05/25

GUPPY 3 3 - 5 yrs 6 days
 For children who can complete all Guppy 2 skills. **SKILLS TAUGHT:** 15 bobs, bob to safety, jump into deep water and return to wall unassisted, rolling over and changing direction, front crawl stroke, back crawl stroke, and jumping into deep water with a life jacket. This class is taught in the big pool.

Harvey West Pool Staff
 275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#9991	M, W	2:30 - 3:00 pm	04/14 - 04/30
#9992	Tu, Th	2:30 - 3:00 pm	04/15 - 05/01
#9993	M, W	2:30 - 3:00 pm	05/05 - 05/21
#9994	Tu, Th	2:30 - 3:00 pm	05/06 - 05/22
#9995	Sa-Su	10:00 - 10:30 am	04/19 - 05/04
#9996	Sa-Su	10:00 - 10:30 am	05/10 - 05/25

GUPPY 4 3 - 5 yrs 6 days
 For children who can complete all Guppy 3 skills. **SKILLS TAUGHT:** Deep water bobbing, compact and kneeling dive. Elementary backstroke, front crawl stroke with rotary breathing and back crawl stroke each for 25 yards. Breaststroke, treading water for one minute. Touch bottom of pool in five feet water and swim five yards underwater along bottom of pool. This class is taught in the big pool.

Harvey West Pool Staff
 275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#9997	Tu, Th	2:30 - 3:00 pm	04/15 - 05/01
#9998	Tu, Th	2:30 - 3:00 pm	05/06 - 05/22
#9999	Sa-Su	12:15 - 12:45 pm	04/19 - 05/04
#10000	Sa-Su	12:15 - 12:45 pm	05/10 - 05/25

SWIMMER 1 – MANATEE 6 - 17 yrs 6 days
Intro to Water Skills - Prerequisite skills: none. Completion requirements: enter/exit water independently, submerge face/blow bubbles for three seconds, five bobs, retrieve submerged object with eyes open, supported front and back float, roll over front to back and back to front, combined stroke on front and back for five feet, wear a life jacket in the water.

Harvey West Pool Staff
 275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#10029	M, W	6:00 - 6:40 pm	04/14 - 04/30
#10030	M, W	6:00 - 6:40 pm	05/05 - 05/21
#10031	Sa-Su	10:00 - 10:40 am	04/19 - 05/04
#10032	Sa-Su	10:00 - 10:40 am	05/10 - 05/25

Little Guard & Jr. Guard Swim Tests

For information on swim tests for Little Guards and Jr. Guards, please see page 46.

Parents are welcome to watch children's swim lessons from the bleachers or grassy area.

SWIMMER 2 – SUN FISH 6 - 17 yrs 6 days

Fundamental Skills - Prerequisite skills: All skills in Swimmer 1. Completion requirements: jump into shallow water, submerge face/blow bubbles for five seconds, five rhythmic bobs, retrieve submerged object with eyes open three times, unassisted front and back float and recovery, unassisted front and back glide, combined stroke on front and back for 15 feet, wear a life jacket in the water and swim to safety.

Harvey West Pool Staff
275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#10033	Tu, Th	6:00 - 6:40 pm	04/15 - 05/01
#10034	Tu, Th	6:00 - 6:40 pm	05/06 - 05/22
#10035	Sa-Su	10:45 - 11:25 am	04/19 - 05/04
#10036	Sa-Su	10:45 - 11:25 am	05/10 - 05/25

SWIMMER 3 – SWORDFISH 6 - 17 yrs 6 days

Stroke Development - Prerequisite skills: All skills in Swimmer 2. Completion requirements: jump into deep water, sitting/kneeling dive, demonstrate rotary breathing, survival float and back float 30 seconds in deep water, unassisted front and back glide with two kicks, tread water 30 seconds, front crawl and back crawl 15 yards, dolphin kick and body motion 15 feet, wear a life jacket and enter the water, HELP and Huddle position, reaching assist.

Harvey West Pool Staff
275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#10037	M, W	5:15 - 5:55 pm	04/14 - 04/30
#10038	M, W	5:15 - 5:55 pm	05/05 - 05/21
#10039	Sa-Su	10:00 - 10:40 am	04/19 - 05/04
#10040	Sa-Su	11:30 - 12:10 pm	04/19 - 05/04
#10041	Sa-Su	10:00 - 10:40 am	05/10 - 05/25
#10042	Sa-Su	11:30 - 12:10 pm	05/10 - 05/25

SWIMMER 4 – BLUE FIN 6 - 17 yrs 6 days

Stroke Improvement - Prerequisite skills: All skills in Swimmer 3. Completion requirements: compact or stride dive, underwater swim three body lengths, feet-first surface dive, survival and back float one minute, open turn front and back, tread water one minute, front and back crawl 25 yards, breaststroke, elementary backstroke and butterfly 15 yards, scissors kick 15 yards, compact jump from a height with life jacket, throwing assist. **Pass this level to automatically qualify for Jr. Lifeguards.**

Harvey West Pool Staff
275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#10043	Tu, Th	5:15 - 5:55 pm	04/15 - 05/01
#10044	Sa-Su	12:15 - 12:55 pm	04/19 - 05/04
#10045	Sa-Su	12:15 - 12:55 pm	05/10 - 05/25

SWIMMER 4/5 – BLUE FIN/WAHOO 6 - 17 yrs 6 days

Stroke Development - This is a combination of Swimmer 4 and Swimmer 5 skills. Please refer to Swimmer 4 and Swimmer 5 descriptions for details.

Harvey West Pool Staff
275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#10046	Tu, Th	5:15 - 5:55 pm	05/06 - 05/22
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SWIMMER 5 – WAHOO 6 - 17 yrs 6 days

Stroke Refinement - Prerequisite skills: All skills in Swimmer 4. Completion requirements: long shallow dive and swim, underwater swim 15 yards, tuck and pike surface dives, survival and back float two minutes, flip turn front and back, tread water two minutes with two different kicks, front and back crawl 50 yards, butterfly, breaststroke, elementary back stroke and sidestroke 25 yards, survival swim two minutes.

Harvey West Pool Staff
275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#10047	Sa-Su	11:30 - 12:10 pm	04/19 - 05/04
#10048	Sa-Su	11:30 - 12:10 pm	05/10 - 05/25

SWIMMER 5/6 – WAHOO/SAILFISH 6 - 17 yrs 6 days

Stroke Development - This is a combination of Swimmer 5 and Swimmer 6. Please refer to Swimmer 5 and Swimmer 6 descriptions for details.

Harvey West Pool Staff
275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#10049	M, W	6:00 - 6:40 pm	04/14 - 04/30
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SWIMMER 6 – SAILFISH 6 - 17 yrs 6 days

Designed to take multiple sessions. Prerequisite: Must be able to demonstrate all the skills required in Swimmer 5. Skill Proficiency - Polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Introduction of additional turns as well as the pike and tuck surface dives. **Pass this level to automatically qualify for Jr. Lifeguards.**

Harvey West Pool Staff
275 Harvey West Blvd \$43.00(R)/\$56.00(N)

#10050	M, W	6:00 - 6:40 pm	05/05 - 05/21
#10051	Sa-Su	10:45 - 11:25 am	04/19 - 05/04
#10052	Sa-Su	10:45 - 11:25 am	05/10 - 05/25



Beach & Jr. Lifeguards

MARINE RESCUE DIVISION – FIRE DEPARTMENT

City Lifeguards are generally on duty over Spring Break, weekends during the Spring, daily from Memorial Day through Labor Day, and Fall weekends through October. Service area is from Cowell Beach to the San Lorenzo River and throughout the City for aquatic emergencies. Hours may vary depending on local weather conditions.

MARINE RESCUE UNIT

This unit provides 24-hour response to ocean-related emergencies and rescues throughout the year. Employees are required to live within a 15-minute response time of the Santa Cruz Wharf and have a strong aquatic background. Prior ocean lifeguarding and emergency medical training is highly desirable. Applications are accepted throughout the year and positions are filled every August or as needed. Apply now!

LIFEGUARD HEADQUARTERS: #1 Municipal Wharf

PHONE: 420-6015 or 420-5280/420-6012 fax

HOURS: 10:30 am - 6:30 pm (summer only)

Service hours may vary depending on weather conditions.

UPCOMING JOB OPPORTUNITIES

Visit <http://www.ci.santa-cruz.ca.us/hr/employ.html> for information on the following positions: Beach Lifeguard I & II, Beach Lieutenant and Marine Rescue Unit Member.

Jr. Lifeguards – Spring Preparation

Little Guards and Jr. Lifeguards is not a “learn-to-swim” program, therefore a **free swim proficiency test or *Red Cross swimming achievement card** is required for ALL NEW participants (including previous Little Guards moving up to Jr. Guards).

Swim Test Procedures:

1. Establish or confirm your registration account by calling 420-5270 or by visiting [instaReg](#). Children's birth dates must be verified when establishing or confirming your account.
2. If participant passes the swim test, you are ready to enroll your child in Jr. Lifeguards and Little Guards as early as April 19. See Summer Activity Guide for details.
3. If your child does NOT pass the swim test, the registration system will prohibit you from enrolling in the program.

Swim Test Location: Harvey West Pool, 275 Harvey West Blvd.

Swim Test Dates and Times: No appointment necessary. Drop in during listed times!

Saturdays and Sundays

March 29 - 30, 10:30 am - 3:00 pm

April 5 - 6, 10:30 am - 3:00 pm

April 12 - 13, 5:00 - 7:00 pm

April 19 - 20, 5:00 - 7:00 pm

Swim Test Descriptions:

Practice and swim lessons are strongly encouraged for preparation. Participants may not touch the pool bottom or hold on to any fixed object during the test. Testing is first-come, first-served.

Little Guards: 25-yard swim, tread water for one minute and a shallow underwater object pick up.

Jr. Guards: 200-yard swim (8 laps), three minutes treading water and a ten yard underwater swim.

***American Red Cross Swimming Achievement Cards may be submitted in place of swim test:**

Little Guards - American Red Cross Swimmer 4 - Blue Fin

Jr. Guards - American Red Cross Swimmer 6 - Sailfish

Provide required Swimming Achievement Card to the Parks and Recreation Registration Office, 323 Church Street in person or by fax (420-5271) in order to register.



JUNIOR LIFEGUARDS and LITTLE GUARDS 2008

Complete **Junior Lifeguard** (JG) and **Little Guard** (LG) information is published in the Summer 2008 Activity Guide. Here's a preview of the dates for 2008:

Session 1: June 23 - July 18 *Please note: no break between sessions*

Session 2: July 21 - August 15

Seacliff/State Competition:

Thursday, June 26 (LG) and Friday, June 27 (JG)

Jr. Regional Competition at Seal Beach: Friday, July 25

Capitola Competition:

Thursday, July 10 (LG) and Friday, July 11 (JG)

NorCals at Cowell Beach:

Wednesday, August 6 (LG) and Thursday, August 7 (JG)

For more information visit

www.ci.santa-cruz.ca.us/pr/parksrec/jrlifeguards.html

WANTED! Talented and enthusiastic parents to join the **JG Booster Club**. Volunteer as much (or as little) as you desire. We'll need help with sweatshirt sales, local competitions, the Seal Beach Regional JG competition, snacks, raffle prizes, fund-raising and the JG banquet. Call 420-5430 with your name, address and phone number or visit our web site: www.ci.santa-cruz.ca.us/pr/parksrec/pdfs/08jgbooster.pdf for more information. See you on the beach in 2008!

Beach

WOMEN'S BEGINNER

SURFING CLINIC 13 yrs & up

2 days

This is a two-day introduction-to-surfing clinic designed with the beginning woman surfer in mind. Each participant will learn about ocean awareness, surf breaks, ocean conditions, safety in and out of the water, surf etiquette, paddling, push up and pop up techniques as well as balancing. All students will start out in the shallow water riding the whitewash until they are comfortable with venturing further out. This class is taught by instructors from Girl-AdventureOut Surf School (www.adventureout.com). We provide a non-threatening environment for the beginning surfer. Come have fun learning how to surf and explore the wonders of surfing with our experienced team of instructors! Wetsuits and surfboards are provided. Class meets at Cowell's Beach by the Santa Cruz Wharf.

Cowell's Beach

West Cliff Dr at Beach St

Adventure Out Staff

\$134.50(R)/\$170.00(N)

#10792	Sa-Su	12:00 - 3:00 pm	03/15 - 03/16
#10793	Sa-Su	10:00 am - 1:00 pm	04/12 - 04/13
#10794	Sa-Su	9:00 am - 12:00 pm	04/26 - 04/27
#10795	Sa-Su	8:00 - 11:00 am	05/10 - 05/11
#10796	Sa-Su	8:00 - 11:00 am	05/24 - 05/25

SURFING BEGINNING 10 yrs & up

2 days

This class takes you through the basics of ocean safety, paddling, wave knowledge, riding and etiquette. The class is taught by instructors from the Richard Schmidt Surf School, Inc. The first class will meet at Cowell Beach Surf Shop. The location may change on the second day according to surf conditions. If such changes occur, the student will be notified and is responsible for transportation to class. Surfboards are provided, wetsuits can be rented for \$15.00 per class. Please call ahead with your height, weight and class number to reserve a suit if needed at 423-0928.

Cowell's Beach Surf Shop
30 Front St

Richard Schmidt Schools

\$75.00(R)/\$92.50(N)

#10774	Sa-Su	12:00 - 2:00 pm	03/15 - 03/16
#10775	Sa-Su	11:00 am - 1:00 pm	03/29 - 03/30
#10776	Sa-Su	4:00 - 6:00 pm	04/05 - 04/06
#10777	Sa-Su	3:00 - 5:00 pm	05/03 - 05/04



Try the unique combination of surfing and yoga.

YOGA STRETCH AND SURF 13 yrs & up

1 day

Join Club Ed and Trish Power for a unique day of surfing and yoga. These activities are some of the most exhilarating, healthy and natural experiences available. This is a beginner through intermediate class focusing on the fundamental skills and knowledge of surfing including ocean safety, proper stand up and riding techniques, turning, etiquette and wave judgement. Prior to surfing, Trish will lead us in a gentle Hatha Yoga practice on our soft surfboards. Trish was a featured yoga instructor at the Inn at Spanish Bay in Pebble Beach. She has also assisted many yoga retreats at the Esalen Institute in Big Sur. Join us for this double delight. Surfboards, wet suits and booties are provided.

Cowell's Beach

West Cliff Dr at Beach St

Trish Power & Club Ed Staff

\$120.00(R)/\$151.00(N)

#10692	Sa	1:00 - 5:00 pm	04/05
#10693	Su	9:00 am - 1:00 pm	05/11

BASIC SAILING & SEAMANSHIP 18 yrs & up

2 days

Learn to sail on the Monterey Bay – fun, safe, educational, and relaxing. A total of 12 hours (two six-hour days) of hands-on instruction will provide you with the skills and confidence you need to safely skipper or crew a 27' to 30' tiller sailboat in light to moderate wind and sea conditions. The Basic Sailing and Seamanship course is the first two days of our eight-day, American Sailing Association Certification program taught by USCG licensed Captains. Classes are for participants 18 years and older. For more details please visit: www.pacificsail.com. Life jackets provided.

Pacific Yachting - Dock FF
Santa Cruz Yacht Harbor

Pacific Yachting & Sailing Staff

\$200.00(R)/\$255.00(N)

#10896	Sa-Su	10:00 am - 4:00 pm	04/05 - 04/06
#10891	Sa-Su	10:00 am - 4:00 pm	04/12 - 04/13
#10892	Sa-Su	10:00 am - 4:00 pm	04/19 - 04/20
#10893	Sa-Su	10:00 am - 4:00 pm	04/26 - 04/27
#10894	Sa-Su	10:00 am - 4:00 pm	05/03 - 05/04
#10895	Sa-Su	10:00 am - 4:00 pm	05/10 - 05/11
#10898	Sa-Su	10:00 am - 4:00 pm	05/17 - 05/18
#10899	Sa-Su	10:00 am - 4:00 pm	05/24 - 05/25
#10900	Sa-Su	10:00 am - 4:00 pm	06/07 - 06/08

Sports

Adult Sports Leagues

The City of Santa Cruz Parks and Recreation Department offers a variety of Adult Sports leagues, including softball, basketball and soccer. In order to register, you may print the roster and league information from the Parks and Recreation website on the sports leagues page. Next, you will return the manager's card, signed roster/waiver form along with proofs of residency and pay the registration fee. Returning teams must have 55 % of last year's players in order to receive first day priority. Spring leagues begin the last week of March. Detailed information sheets are available at www.santacruzparksandrec.com and at the Parks and Recreation Office at 323 Church Street.

Spring Leagues

SOFTBALL: The spring softball program consists of slow pitch leagues for both men and women who are no longer in high school and at least 18 years of age. Teams are classified in leagues (B, C, DD and D) according to ability of play.

TEAMS: Ten games will be played during the course of a regular season, plus playoffs for the top teams. A maximum of 6 teams will be allowed into each league. Note: The department may reassign teams to new leagues in order to balance league play.

GAME PLAY: WHEN: Monday through Friday
WHERE: DeLaveaga Park
TIMES: 6:30, 7:45 and 9:00 pm

MANDATORY MANAGERS' MEETING: A mandatory managers' meeting will be held prior to the spring season at 6:30 pm on Thursday, March 13, 2008 at the Harvey West Park Clubhouse (next to the pool).



Adults enjoy the friendly competition in a variety of sports leagues.

INTERESTED IN BECOMING AN OFFICIAL?

The Sports Department is hiring enthusiastic, knowledgeable sports officials for softball, basketball and soccer.

Flexible schedules available. Officials needed year-round. Earn from \$14 - \$23 per game (depending on the sport). Call 420-5267 for more information on joining the City of Santa Cruz sports official team!

ADULT SPORTS SPRING LEAGUES

Mandatory Managers' Meeting on Thursday, March 13
Harvey West Park, Clubhouse (next to the pool)

Leagues	Early Bird Fee (Feb. 19)	Reg Fee	Play Begins Week of	Managers' Meeting on March 13
Men's Slow Pitch	\$505	\$545	03/24/08	6:30 pm
Women's Slow Pitch	\$505	\$545	03/24/08	6:30 pm

ADULT SPORTS SUMMER LEAGUES

Mandatory Managers' Meeting on Tuesday, June 10
Harvey West Park, Clubhouse (next to the pool)

Leagues	Early Bird Fee (May 13)	Reg Fee	Play Begins Week of	Managers' Meeting June 10
Slow Pitch Softball	\$505	\$545	06/23/08	6:30 pm
Fast Pitch Softball	\$520	\$560	06/23/08	6:30 pm
Co-Rec Softball	\$420	\$460	06/23/08	6:30 pm
Basketball	\$340	\$380	06/23/08	6:00 pm

IDEAS FOR SPORTS LEAGUES OR CLASSES?

The City of Santa Cruz Parks and Recreation Department is currently researching new sports league and class ideas. We have received some interest in youth basketball and flag football as well as adult volleyball and bocce ball. We would love to hear from you in an effort to provide the city's residents with as many sports choices as possible.

Please contact the Sports Supervisor, Chris Carlock at 420-5266 or ccarlock@ci.santa-cruz.ca.us if you think there is enough interest to start a new sports league or class.

BASEBALL CAMP – WOMEN'S 12 yrs & up 1 day

Ladies, come join us for a day of hardball where you get to be a player instead of a spectator! We will focus on the fundamentals and mechanics of pitching, hitting, and fielding and will end the day with a fun scrimmage game. The clinic will be taught by baseball coaches and players, including former professionals. This clinic is open to women players of all levels. Instruction will be in small groups organized according to a player's experience. Equipment will be provided. Whether you'd just like to find out what baseball is about or whether you're ready to join the bigs, we're holding a spot for you on the roster!

Harvey West Park Field 4 Patricia Allen & Staff
300-326 Evergreen St \$25.00(R)/\$35.00(N)

#10766 Su 9:00 - 3:00 pm 03/16

BASKETBALL – SPRING CAMP 7 - 14 yrs 5 days

Beginning and advanced players are welcome at basketball camp with head coach Doug Pearson. Develop shooting, defense, offense and other team skills in this camp. The emphasis is on having fun and playing lots of basketball, plus each camper receives a camp T-shirt.

Santa Cruz High School Gym Doug Pearson & Staff
415 Walnut Ave \$80.00(R)/\$104.00(N)

#10751 M-F 9:00 - 12:00 pm 03/24 - 03/28

GOLF BEGINNING – ADULT 18 yrs & up 4 days

This introductory golf class is perfect for those who are interested in an overview of the game. Classes will cover etiquette, driving, chipping, short-game, putting and course management. Clubs are provided by the instructor. Participants will have time on the putting green and driving range. A \$4.00 material fee is due each class for reduced price range balls.

DeLaveaga Golf Course Driving Range Golf Instructor
Upper Park Road \$65.00(R)/\$84.50(N)

#10752 M 5:30 - 6:30 pm 03/03 - 03/24

#10753 M 6:00 - 7:00 pm 03/31 - 04/21

#10754 Tu 6:00 - 7:00 pm 05/06 - 05/27

#10755 M 6:00 - 7:00 pm 06/02 - 06/23

#10756 Tu 6:00 - 7:00 pm 06/03 - 06/24

SOFTBALL – SPRING CLINIC 7 - 18 yrs 1 day

Join us for a clinic full of expert softball instruction from former Olympic and Division 1 softball players. The fundamentals and mechanics of pitching, fielding, hitting and catching will be taught by caring and enthusiastic softball experts. Beginning and advanced players are welcome. All proceeds will benefit a nonprofit animal organization.

Harvey West Park Field 1 Holly Smith
850 Branciforte Dr \$43.00(R)/\$55.00(N)

#10768 7-13 yrs Su 8:00 - 11:00 am 03/30

#10769 14-18 yrs Su 1:00 - 4:00 pm 03/30



Kick, run, score – kids love soccer!

SOCCER – MINI SOCCERSAURUS 4 - 6 yrs 6 days

This learn-to-play soccer program is a hit among the 4-6-year-olds in Santa Cruz! Parent participation is expected and will add to the fun. Soccer balls are provided by Coach Rich Sanders and program-a-saurus shirts can be purchased for \$15.00 during the program.

Harvey West Park Outfield 5 & 6 Rich Sanders
300-326 Evergreen St \$52.00(R)/\$68.00(N)

#10763 Su 2:00 - 3:30 pm 04/20 - 05/25

Tennis

TENNIS BEGINNING 7 - 16 yrs 8 days

For those with no prior instruction or very little playing experience. Instruction will include the forehand, backhand, serve, volley and court etiquette. Come join the fun and learn tennis in a supportive and friendly learning environment. A \$10.00 material fee is due to the instructor in the first class.

Neary Lagoon Tennis Courts - Bay St Cal Honda
University Terrace - Meder St \$50.00(R)/\$65.00(N)

#10738 Neary Lag Tu, Th 5:30 - 6:30 pm 04/22 - 05/15
#10739 Univ Terr M, W 6:30 - 7:30 pm 04/21 - 05/14

TENNIS INTERMEDIATE 7 - 16 yrs 8 days

For those with previous instruction and playing experience. Instruction will be similar to the beginner's class plus return of service, volley tactics, offensive and defensive lobs, and the overhead smash. This is the perfect class for the player who wishes to polish up rusty skills while learning new ones. Drills and doubles play will make you a more effective player by adding more options to your game. A \$10.00 material fee is due to the instructor in the first class.

Neary Lagoon Tennis Courts - Bay St Cal Honda
University Terrace - Meder St \$50.00(R)/\$65.00(N)

#10745 Univ Terr M, W 5:30 - 6:30 pm 04/21 - 05/14
#10746 Neary Lag Tu, Th 6:30 - 7:30 pm 04/22 - 05/15

TENNIS SPRING CAMP 7 - 13 yrs 3 days

This high-energy spring break tennis camp will emphasize fun. Two-hour sessions will allow plenty of time for drills, games, and match play. Instruction will include forehand, backhand, serve, and volley. Participants should sign up for the beginning or intermediate camp based on the level of previous experience. A material fee of \$5.00 is due to the instructor in the first class.

University Terrace Tennis Courts Cal Honda
Meder St \$50.00(R)/\$65.00(N)

#10749 M-W 9:00 - 11:00 am 03/24 - 03/26
#10750 W-F 11:00 - 1:00 pm 03/26 - 03/28

PRIVATE & SEMI-PRIVATE LESSONS 7 yrs & up 1 hr
Private and semi-private tennis lessons are made by arrangement with the City of Santa Cruz tennis instructor, Cal Honda. Lessons are on an hourly rate. Lessons are conducted at various City of Santa Cruz tennis courts. Call 420-5270 for Cal Honda's contact information.

1 student: \$50.00; 2 students: \$55.00
3 students: \$63.00; 4 students: \$64.00

Cal Honda is a USTA 4.0 ranked player who has over five years of experience in recreation and 14 years of teaching experience. Cal has been playing tennis for over 25 years and brings his enthusiasm, positive attitude, and encouragement to class. Cal offers beginning, intermediate, and specialty tennis classes for all ages. Come out and have some fun in the sun this spring learning and improving your tennis skills!

Tennis Courts

The Parks and Recreation Department is pleased to announce the availability of eight tennis courts in the City of Santa Cruz. Courts are open sunrise to sunset and are available by reservation or on a first-come, first-served basis. Contact the Parks and Recreation Office at 323 Church Street, 420-5270 to make court reservations or inquire about commercial use fees.

Neary Lagoon Park - 2 courts

Bay St at California St

Check out these beautiful new courts. You'll love them!

University Terrace - 2 courts

Meder St behind the park

These courts have been recently resurfaced and are in great shape for play.

Derby Park - 2 courts

Woodland Way adjacent to Pacific Collegiate School

Convenient for neighborhood play.

UCSC Administrative Facility - 2 courts

Located on Natural Bridges Dr behind building located at 2300 Delaware Street. Courts are in great shape!



Meet at the net after a set to greet your fellow player.

DeLaveaga Golf Course

TIM LOUSTALOT, Golf Professional

MILES HICKS, Golf Course Superintendent

WEBSITE: www.delaveagagolf.com

DeLaveaga Golf Course, owned and operated by the City of Santa Cruz, is located in DeLaveaga Park off Upper Park Road. DeLaveaga is a championship par 70 golf course with a full driving range and more.

HOURS OF OPERATION

Monday	7:00 am to dusk
Tuesday - Friday	6:30 am to dusk
Saturday, Sunday & Holidays	Daybreak to dusk

RESERVATIONS & POLICIES

Reserve tee times using the automated reservation system by calling 423-7212. Tee time reservations accepted beginning at 7:00 pm, seven days in advance of date of play. A credit card number or county discount card number must be used to make the reservation. All individuals and/or parties must check in at the Pro Shop prior to teeing off. Fees shall be paid at the time of check-in.

DELAVEAGA PRO SHOP

The best in golf equipment, apparel, accessories and professional service. A great selection of brand names including Mizuno, Callaway, Titleist, and Taylor Made. Equipment demos and professional custom club fitting. Call 423-7212.

Monday	7:00 am to 8:00 pm
Tuesday-Friday	6:30 am to 8:00 pm
Saturday, Sunday, & Holidays	Daybreak to 8:00 pm

Golf Lessons & Driving Range

FUNCTIONAL GOLF TRAINING CENTER

Nationally recognized as one of America's top golf instructional programs. Guaranteed to help any player improve their game. We have helped thousands of golfers improve their swings and scores. Programs are available for the junior golfer, new golfer, experienced golfer and executive golfer. Additionally, we offer training in the short game, sand bunker and on-course instruction. For more detailed program descriptions and course schedules, log on to www.functionalgolf.com or call 458-9119.

DRIVING RANGE

The only lighted, all-weather driving range in Santa Cruz County. This state-of-the-art facility offers 40 stations, targets on the range, adjacent parking and restrooms. Never crowded stations available at all hours. Practice to your heart's content!

Driving Range:	Open Daily	
	Small buckets (35 balls):	\$5.00
	Medium buckets (70 balls):	\$8.00
	Large buckets (100 balls):	\$10.00

Monday:	7:00 am - 8:00 pm
Tuesday - Friday:	6:30 am - 8:00 am
Saturday, Sunday & Holidays:	Dawn - 8:00 pm

Green Fees

Green fees include 5% City admission tax.

Weekends & Holidays	Regular	Discount	Carts
18 holes	\$65.00	\$48.00	\$18.00
9 holes/Twilight	\$40.00	\$30.00	\$12.00
Super Twilight	\$25.00	\$25.00	\$12.00

Monday - Friday	Regular	Discount	Carts
18 holes	\$50.00	\$37.00	\$18.00
9 holes/Twilight	\$32.00	\$23.00	\$12.00
Super Twilight	\$17.00	\$17.00	\$12.00

Please call (831) 423-7212 for current Twilight and Super Twilight times.

Discount Programs

Regular Discount Card - County Residents only	\$50.00
Senior Discount Card - City Residents only	\$42.50
Non-Resident Annual Pass	\$2,500
Resident Annual Pass	\$2,300
Senior Resident Annual Pass	\$2,200

DELAVEAGA GOLF LODGE AND RESTAURANT

Upstairs overlooking the beautiful 18th green, DeLaveaga Lodge offers both indoor and outdoor seating with terrific views and delightful dining including homemade soups, fresh fish, an assortment of fresh salads, fruit-in-season and Dungeness crab and bay shrimp salads. Call 423-1600 for reservations. (Recommended for Sunday mornings!)

Open Daily:	7:00 am - 2:30 pm
Breakfast:	7:00 am - noon
	All day on Saturday and Sunday
Lunch:	11:30 am - 2:30 pm
	Daily Specials
Cocktail Lounge:	Winter 7:00 am - 6:00 pm
	Spring 7:00 am - 7:00 pm
	Summer 7:00 am - 8:00 pm
Banquets:	Weddings, banquets and parties for 75 to 130 people. Buffets and sit-down dinner. Hot and cold hors d'oeuvres.

