



Take our classes for a test-drive with Free Classes Week at the Carrillo Recreation Center.

Join us for our yearly Free Classes Week and give one (or a lot!) of the classes on the schedule below a trial run before you sign up for a full session. September 11-16, 2017 at the Carrillo Recreation Center. For more information, please call the Carrillo Recreation Center front desk at (805) 897-2519 or visit sbparksandrec.org/free-classes-week.

Monday 9/11

- **Table Tennis**
9AM-12PM
- **Little Dragons Kung Fu**
AGES 4-6
3-3:30PM (Beginner)
3:30-4PM (Intermediate)
4-4:30PM (Advanced)
- **Children's Ballet**
AGES 3-5
4:30-5:30PM
- **Family Martial Arts**
AGES 7-12
4:30-5:30PM (Beginner)
5:30-7PM (Intermediate)
- **Adult Ballet**
5:30-7PM (Beginner)
- **International Ballroom with Vasily**
6:45-7:30PM
7:30-8:30PM
- **Country Line Dance**
7-8PM

Tuesday 9/12

- **Sand Castle Music**
AGES 5 AND UNDER
WITH PARENT OR CAREGIVER
9:30-10:30AM
10:30-11:30AM
11:30AM-12:30PM
- **Stretch and Tone Senior Fitness**
10-11AM

- **Mommy or Daddy and Me Youth Ballet**
AGES 2-3
10-11AM
- **Hip-Hop with Everybody Dance Now!**
AGES 6-11
4-5PM
- **Beginner Belly Dance**
5:15-6:30PM
- **CollegeboundSB SAT/ACT Workshop Demo**
AGES 15-18
5:30-6:30PM
- **Ballroom Dance with Kookie**
6:30-7:30PM (Introduction)
7:30-8:30PM (Beginner)
- **Martial Arts for Adults**
7-8:30PM

Wednesday 9/13

- **Table Tennis**
9AM-12PM
- **Mommy or Daddy and Me Spanish**
AGES 2-4
10-11AM
- **Little Dragons Kung Fu**
AGES 4-6
3-3:30PM (Beginner)
3:30-4PM (Intermediate)
4-4:30PM (Advanced)
- **Inclusive Yoga for All Abilities**
AGES 6 AND UP
4-5PM

- **Family Martial Arts**
AGES 7-12
4:30-5:30PM (Beginner)
5:30-7PM (Intermediate)
- **Zumba with Josette**
5:30-6:30PM
- **Argentine Tango**
7:30-8:30PM (Beginner)

Thursday 9/14

- **Inclusive Yoga for All Abilities**
AGES 6 AND UP
10:30-11:30AM
- **Collabreations Theater Adventures**
AGES 7-11
3:30-5PM
- **Children's Ballet**
AGES 3-5
4-5PM
- **West Coast Swing**
7-8PM
- **Martial Arts for Adults**
7-8:30PM
- **Intermediate Dance with Leslie**
7-7:45PM (Latin)
7:45-8:30PM (American Smooth)

Friday 9/15

- **Table Tennis**
9AM-12PM
- **Introduction to Rhythmic Gymnastics**
AGES 5-12
3:30-5PM

- **Children's Ballet**
AGES 3-5
4-5PM
- **Family Martial Arts**
AGES 7-12
4:30-5:30PM (Beginner)

Saturday 9/16

- **Jazzercise**
8:30-9:30AM
- **Little Dragons Kung Fu**
AGES 4-6
8:30-9AM (Beginner)
9-9:30AM (Intermediate)
- **Balle Dance Power**
9-10AM
- **Family Martial Arts**
AGES 7-12
9:30-11:30AM (Beginner)
- **Stretch and Tone Senior Fitness**
10-11AM
- **CORE Exercise**
10-11AM
- **Developmental Rhythmic Gymnastics**
AGES 3-5
10:15-11AM

- for kids/teens
- for adults
- for all ages