



# MIDDLE SCHOOL 11 – 13

## ARTS - PERFORMING

### Ballet III

Instructor: All 4 Dance

Ballet III continues training from Ballet II and focuses on performance technique. Students gain strength and flexibility in an engaging atmosphere. Requires 2 years of Ballet training or Dance Team Participation. See confirmation receipt for specific attire required. \$35 Costume fee for presentations throughout the 2013-2014 school year due at the first class.

*Ages 11 - 16*

*11 Classes \$154(R/GO)/\$193(N)*

### Dougherty Station Community Center

Sat 1/11 - 3/22 2:30 pm- 3:30 pm Act #88631

Sat 3/29 - 6/14 2:30 pm- 3:30 pm Act #88632

*No class 5/24*

### Jazz Dance III

Instructor: Christie Tomlinson

A continuing technique class for more advanced students. Dancers will learn more advanced turns, leaps, and jumps and use mechanics to improve their dancing. Instructor permission required before enrolling. See confirmation receipt for specific attire required. Recital: Saturday, June 7. \$5 materials fee.

*Ages 10+*

*21 Classes \$308(R/GO)/\$385(N)*

### Community Center at Central Park

Wed 1/8 - 6/4 6:15 pm- 7:15 pm Act #88717

*No class 4/16*

### Miss Christie's Spring Dance Recital

Saturday, June 7, 2014 at 3:00pm & 6:00pm • Dougherty Valley Performing Arts Center

Miss Christie's Winter/Spring classes span the months of January through June.

Participants in these classes have the opportunity to perform in the Spring Dance Recital. Participants who choose to be in the recital will need to purchase a costume. Tickets for the recital are not included in the class fee; those wishing to attend the recital must purchase tickets.

### Jazz Dance IV

Instructor: Christie Tomlinson

A continuing technique class for advanced students. Jazz or ballet shoes and dance clothing recommended. Teens and adults welcome too! Instructor permission required before enrolling. Recital: Saturday, June 7. \$5 materials fee.

*Ages 13+*

*21 Classes \$308(R/GO)/\$385(N)*

### Community Center at Central Park

Thu 1/9 - 6/5 6:40pm- 7:40pm Act #88718

*No class 4/17*

### Tap IV

Instructor: Christie Tomlinson

For more advanced students who have taken at least two sessions of Tap III or have past tap training. Emphasis will be on perfecting steps learned in the previous class. Additional steps and routines will be introduced. Teens and adults welcome. Instructor permission is required for this class. See confirmation receipt for specific attire required. Recital: Saturday, June 7. \$5 materials fee.

*Ages 10+*

*21 Classes \$286(R/GO)/\$358(N)*

### Community Center at Central Park

Thu 1/9 - 6/4 5:45pm- 6:30pm Act #88786

*No class 4/17*

### San Ramon Youth Symphony

Conductor: David Segó

The Youth Symphony directed by David Segó of Galileo Music Academy is an opportunity for string & woodwind students to play in a large ensemble. The symphony will perform two concerts each year. Acceptance into the symphony is by audition only. Interested students and parents should e-mail David Segó [david@galileomusicacademy.com](mailto:david@galileomusicacademy.com) to set up an audition. Instruments: Violin, viola, cello, bass, flute, clarinet, oboe, bassoon, timpani & percussion. Concert Dates 1/27 & 5/12. \$25 lab fee for music. No class meeting, 11/25, 12/23, 12/30, 1/20, 2/17, 4/14

*Age 10-18*

*32 Rehearsals \$498(R/GO)/\$622(N)*

*Cost will be prorated for new students joining after the January concert*

### Dougherty Valley Performing Arts Center- Studio Room

Mon 9/23-5/19 7:00pm-9:00pm Act# 87428

### Teen ImprovU:

### Fun-damentals of Improv

Instructor: Venessa Sanchez

Learn the basic skills of improvisation in a fun and supportive environment. You'll learn how to be positive, take risks, and focus on being in the moment. We will learn about timing, building character, story structure, and more improv games than you can shake a stick at! No experience is required for this class. This class culminates with a show for friends and family.

*Ages 10 - 14*

*9 Classes \$100(R/GO)/\$125(N)*

### Dougherty Station Community Center

Tue 1/14 - 3/11 6:00pm- 7:00pm Act #88787

Tue 4/8 - 6/3 6:00pm- 7:00pm Act # 89377

## Teen Performers: Disney's Beauty and the Beast, Jr

Instructor: Bay Area Children's Theatre

Be our guest and step into the enchanted world of Disney's Beauty and the Beast! Learn vocal technique, acting and choreography as you prepare for final performances at the Dougherty Valley Performing Arts Center on May 23 – 25, 2014. Please note performances take place during Memorial Day weekend. \$25 materials fee.

Ages 11 - 16

16 Classes \$325(R/GO)/\$406(N)

### Dougherty Valley Performing Arts Center

Mon 2/3 - 5/19 4:00pm- 6:00pm Act #88788

No class 2/17 & 4/14

Wed 2/5 - 5/21 4:00 pm- 6:00 pm Act #89277

No class 4/16

### Monday Class:

Mandatory rehearsals: Sun 4/27, 12:00-5:00pm, Mon

5/5 & 5/12 classes meet 4:00-7:00pm

Tech rehearsal: Monday, 5/19, 4:00-9:00pm

Performances: Friday, 5/23 at 7:00pm and Saturday, 5/24 @ 4:00pm

### Wednesday Class:

Mandatory rehearsals: Wed 5/7, 5/14 & 5/21 classes meet 4:00-7:00pm

Tech rehearsal: Saturday, 5/24 11:00am-2:00pm

Performances: Saturday, 5/24 at 7:00pm and Sunday, 5/25 at 2:00pm



Performing Arts • Camps

## CAMPS

### Middle School Spring Break Camps

Take both camps together for a full day of fun.

### SAN RAMON COMMUNITY CENTER AT CENTRAL PARK

#### Academic Writing

Instructor: Lekha Publishers

Campers will learn to write the persuasive essay, which focuses on developing a student's ability to support a stated opinion. Campers will be introduced to modes of writing that include the definition essay, the process essay, the compare and contrast essay, and the cause and effect essay. They also will learn how to plan and outline their essays properly before writing, as well as how to revise their essays. A \$15 materials fee is payable to the instructor on the first day of camp.

Grades 6 - 8

5 Classes \$250(R/GO)/\$313(N)

#### Community Center at Central Park

Mon-Fri 4/14 - 4/18 8:30am-12:30pm Act #89198

#### Robotics NXT

Instructor: Tiny Techs Club Staff

Learn how to build and program Robots using LEGO Mindstorms NXT. Create all new Robots - BarCode Scanner, Crane, and Forklift! This camp introduces children to fundamentals of Robotics - from building to programming. The camp will feature a challenge wherein each team will be tasked with building a robot to complete a specific task. Instructors will mentor and guide each team throughout. No prior experience is needed. This is a great opportunity to get your student interested in engineering technology and spark their creativity! Small class size ensures one-on-one attention. Includes free T-Shirt!

Grades 6 - 8

5 Classes \$279(R/GO)/\$349(N)

#### Community Center at Central Park

Mon-Fri 4/14 - 4/18 12:30pm- 4:30 pm

Act #89202

### DOUGHERTY STATION COMMUNITY CENTER

#### Gourmet Bakery Camp

Instructor: Chefs Rainbow

Cookies, tortes, brownies, fruit tarts, chocolate strawberries, crème anglais, and so much more!!!! Get your aprons on we're baking gourmet treats for everyone. You will learn great tricks, techniques and the art of HEALTHY baking!!! We will learn desserts from many different countries as well as American. Some of our desserts will be cheesecakes, pana cotta, Italian cookies, cupcakes, sweet crepes, fruit tart, meringue cookies, lemon pie, cherry/apple strudels, brownies, soufflés, etc. So if you have a sweet tooth this one is for you!!

Grades 6 - 8

5 Classes \$199(R/GO)/\$249(N)

#### Dougherty Station Community Center

Mon-Fri 4/14 - 4/18 12:30pm- 4:30pm Act #89227

#### Public Speaking -Essentials of Debating

Instructor: Bay Area Debate Club

This course teaches the basics and advanced concepts in debating. The students learn how to make strong arguments by providing reasoning and evidence. This course not only improves students' public speaking skills, but it also expands their overall general knowledge on various topics. The participants practice making flows, note-taking and become better prepared and more confident. They debate on a variety of topics including current affairs and other age appropriate topics. This is a good course to take if the students will be taking debate in high school.

Grades 6 - 8

5 Classes \$225(R/GO)/\$282(N)

#### Dougherty Station Community Center

Mon-Fri 4/14 - 4/18 8:30am-12:30pm Act #89225

## Middle School TEEN CENTERS

If you are interested in having your student attend the on-campus Teen Centers it is recommended that you place your name on the waitlist for the 2013-2014 school year. As spaces become available throughout the year parents will be contacted regarding the site they are interested in. Students added to the waitlist will also be included on the interest list to receive information for the 2014-2015 year. The Teen Centers are a safe and supervised environment. Activities include homework time, character development, and for those teens who are constantly on their phones and computers, our enthusiastic, experienced staff will be focusing on outdoor recreation and socialization skills!

Grades 6 - 8

### Waitlist Information and Registration

Windemere Ranch Teen Center Act# 81347

Gale Ranch Teen Center Act# 81355

Iron Horse Teen Center Act# 81351

Pine Valley Teen Center Act# 81357

For more information on the Middle School Teen Centers please visit [www.SRTeen.org](http://www.SRTeen.org), or call (925) 973-3200.

## ENRICHMENT

### Babysitting for Beginners

Instructor: Suzy McCreary

The class you have been looking for to develop all the skills needed to be a trusted and responsible babysitter. Learn about child development, meal and bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered.

Ages 10 - 14

1 Class \$48(R/GO)/\$60(N)

### Alcosta Senior and Community Center

Sun 1/12 9:00 am- 2:30 pm Act #88135

### Community Center at Central Park

Sun 3/30 9:00 am- 2:30 pm Act #88136

## FITNESS

### Aqua Zumba

Instructor: Judy Connaughton

Aqua Zumba takes the fun of Zumba into the water, without the impact! Aqua Zumba integrates the Zumba formula with aqua fitness techniques and blends it all together into a challenging and water-based workout. Workouts focus on cardio-conditioning, body-toning, muscle strength and endurance building, and increasing flexibility and mobility in a fun and exhilarating way. Splashing, stretching, twisting, even shouting, and laughing, are often heard during an Aqua Zumba class!

Ages 13+

6 Classes \$60(R/GO)/\$75(N)

### San Ramon Olympic Pool

Sat 4/26 - 5/31 9:30 am-10:30 am Act #88120

### U-JAM Fitness

Instructor: Elizabeth Fichtner

U-JAM Fitness is an athletic hip-hop dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving and make you work up a sweat - All while having FUN! The choreography is easy to follow, fun and creative. No dance experience is necessary - All fitness level are welcome. Come and experience the craze - United we JAM!

Ages 13+

6 Classes \$72(R/GO)/\$90(N)

### Dougherty Station Community Center

Tue 1/21 - 2/25 6:30pm- 7:30pm Act #87998

Tue 3/11 - 4/15 6:30pm- 7:30pm Act #87999

Tue 4/29 - 6/3 6:30pm- 7:30pm Act #88037

## SPORTS

### Club V.I.P. Youth Volleyball Class

Instructor: Ted Babu and staff

The class will be instructional in nature combined with drills and games. Skills that will be taught include passing, setting, spiking, blocking and serving. Open to boys and girls of all abilities and experience levels.

Ages 10 - 13

4 Classes \$65(R/GO)/\$82(N)

### Iron Horse Community Gymnasium

Tue 1/7 - 1/28 5:00 pm- 6:00 pm Act #88004

Tue 2/4 - 2/25 5:00 pm- 6:00 pm Act #88005

### Pine Valley Community Gymnasium

Tue 3/4 - 3/25 6:00pm- 7:00pm Act #88002

Tue 4/1 - 4/29 6:00pm- 7:00pm Act #88001

No Class 4/15

Tue 5/6 - 5/27 6:00pm- 7:00pm Act #88003

### One on One Basketball Training

Instructor: One on One Basketball

One on One Basketball has helped thousands of players at all levels improve their game through our programs. Ball handling, shooting, defensive and offensive footwork, passing, and rebounding are some of the elements of focus during these sessions. We look forward to working with your aspiring basketball player.

Ages 11-15

8 Classes \$125(R/GO)/\$157(N)

### Iron Horse Community Gymnasium

Thu 4/3-5/29 5:00pm-6:00pm Act #88008

No class 4/17



## Tennis: All Levels 11-18

Instructor: Kris Milligan/Gerald Gular

Classes provide instruction on tennis fundamentals for beginners and advanced concepts for more advanced players. Rally contests, match play, strategy, advanced spins & movements and strategies for singles and doubles. Participants will be grouped by level of play

Ages 11 - 18

4 Classes \$158(R/GO)/\$198(N)

### Athan Downs Park

Wed 1/22 - 2/12 4:00pm- 6:00pm Act #88045

Wed 2/26 - 3/19 4:00pm- 6:00pm Act #88046

Wed 4/2 - 4/30 4:00pm- 6:00pm Act #88049

No class 4/16

Wed 5/14 - 6/4 4:00pm- 6:00pm Act #88050

Sat 1/18 - 2/8 10:00am-12:00pm Act #88043

Sat 2/22 - 3/15 10:00am-12:00pm Act #88044

Sat 3/29 - 4/26 10:00am-12:00pm Act #88047

No class 4/19

Sat 5/10 - 6/7 10:00am-12:00pm Act #88048

No class 5/24

## Tennis: Jr. Academy - Ages 11-18

Instructor: Kris Milligan/ Gerald Gular

The Academy is for students who are ready for fast paced drills. Advanced movement, swings, spins, point playing contests and match play are included. Participants must be approved by Kris - Call Kris at 719.3346 for approval.

Ages 11 - 18

4 Classes \$158(R/GO)/\$198(N)

### Athan Downs Park

Wed 1/22 - 2/12 4:00pm- 6:00pm Act #89062

Wed 2/26 - 3/19 4:00pm- 6:00pm Act #89063

Wed 4/2 - 4/30 4:00pm- 6:00pm Act #89064

No class 4/16

Wed 5/14 - 6/4 4:00pm- 6:00pm Act #89065

## Tennis: USTA Youth Tennis Program

Instructor: Kris Milligan/Gerald Gular

USTA (United States Tennis Association) youth tennis program PTR Certified Level 1 professional, Kris Milligan, will help players of all levels compete with more success! Rules, drills, instruction, positioning, strategy and match play are included. For more information about level of play, call Kris Milligan at (925) 719-3346.

### Orange Ball

The Orange ball has less compression that helps the ball attain a waist high strike zone. Students graduate to a 60' court. This helps the student achieve a longer rally. Students rally over the net, keep score and play games. Drills, instruction and swings are included. A strong emphasis on fitness, footwork and endurance is included. A variety of games and contests are included. Students play matches and keep score.

Ages 8-13

5 Classes \$185(R/GO)/\$231(N)

### Dougherty Valley High School

Sat 1/18-2/15 10:30am-12:00pm Act #89084

Sat 3/1-3/29 10:30am-12:00pm Act #89085

Sat 4/26-5/31 10:30am-12:00pm Act #89086

No Class 5/24

Sun 1/19-2/16 10:30am-12:00pm Act #89087

Sun 3/2-3/30 10:30am-12:00pm Act #89088

Sun 4/27-6/1 10:30am-12:00pm Act #89089

No Class 5/25

### Green Dot Ball

Green Dot ball's designed to bounce slightly lower and will help a student graduate to Yellow ball level. Students will compete in singles & doubles-full court match play. Drills, swings, grips and the serve are included. Mental training is woven in to the program. Fitness, endurance, agility, footwork are part of the program. Internationally recognized TRX Suspension Training strengthens core muscles.

Ages 12-18

5 Classes \$240(R/GO)/\$300(N)

### Dougherty Valley High School

Sat 1/18-2/15 12:00pm-2:00pm Act #89090

Sat 3/1-3/29 12:00pm-2:00pm Act #89091

Sat 4/26-5/31 12:00pm-2:00pm Act #89092

No Class 5/24

Sun 1/19-2/16 12:00pm-2:00pm Act #89093

Sun 3/2-3/30 12:00pm-2:00pm Act #89094

Sun 4/27-6/1 12:00pm-2:00pm Act #89095

No Class 5/25

### Yellow Ball

Students have graduated to a regulation tennis ball which bounces much higher and prepares a student to handle the more difficult extreme high shots. This is needed for advanced full court level. More intense physical training, foot work, agility, conditioning with internationally recognized TRX Suspension Training that builds core strength is included. Singles & Doubles match play, game plans and strategy are included. Mental training is a key component for advanced levels.

Ages 12-18

5 Classes \$285(R/GO)/\$365(N)

### Dougherty Valley High School

Sat 1/18-2/15 2:30pm-5:00pm Act #89096

Sat 3/1-3/29 2:30pm-5:00pm Act #89097

Sat 4/26-5/31 2:30pm-5:00pm Act #89098

No Class 5/24

Sun 1/19-2/16 2:30pm-5:00pm Act #89099

Sun 3/2-3/30 2:30pm-5:00pm Act #89100

Sun 4/27-6/1 2:30pm-5:00pm Act #89101

No Class 5/25

