

BE ONE OF THE FIRST TO REGISTER AND REQUEST YOUR SEASON PASS TO HIDDEN VILLA! (WHILE SUPPLIES LAST)

4

4

5

5

5

6

6

6

6

7

8

8

9

12

12

12

13

13

13

FIRST

#### CONTENTS

YOUTH ACTIVITIES Green Bean Kidz 1 **Babysitter Training** Los Altos & Los Altos Hills Little League **Rebound Basketball Academy 2 British Soccer Camps** Learn to Fence! Lacrosse Summer Camp **Ohlone Camp Basic Kayaking** Enclosed Sea Kayaking Lego Flix Animation Flix **Green Screen Animation Flix** Superhero Filmmaking Flix NASA: Journey Into **Outer Space** Jet Cadets Wacky Robots & Widgets

Summer Riding Camp Advance Riding Camp Year Round Riding Program

#### ALL AGES

Fun with Ceramics 10 En Plein Air Art Nature and Landscaping Painting 10 Horses: Self Awareness and Empowerment 10 **Recyclables Processing Tour** 11 World Water Monitoring 11 Permanente Watershed Tour 11 Permanente Creek Clean-up 11

#### ADULT/SENIOR ACTIVITIES

**Heart of Pilates Pilates for Bone Building** Yoga Walks Fall Prevention **Dog Obedience Training** Pam's Yoga Fitness

#### **EVENTS/FACILITIES/ OPEN SPACE**

Personal Emergency	
Preparedness (PEP)	14
Photography from Capture to	
Digital Print	14
Senior Center	15
Bookmobile	15
Easter Egg Hunt	16
Hoppin Hounds	16
Earth Day	17
Pathway Run/Walk	17
Town Picnic	18
4th of July Parade	18
Boarding at Westwind	
Community Barn	19
Full Training	19
Room Rental	19
Recreation Facilities &	
Open Space Map	20
Registration Form	21

### LOS ALTOS HILLS



#### Town of Los Altos Hills City Council

Gary Waldeck, Mayor

John Radford, Vice Mayor

Courtenay Corrigan, Councilmember John Harpootlian, Councilmember Rich Larsen, Councilmember

### **City Manager**

Carl Cahill 26379 Fremont Road Los Altos Hills, CA 94022 650-941-7222

#### Parks and Recreation Department

Sarah Gualtieri Crystal Petralli 26379 Fremont Road Los Altos Hills, CA 94022 650-941-7222 sgualtieri@losaltoshills.ca.gov cpetralli@losaltoshills.ca.gov

Parks & Recreation Committee Rebecca Hickman, Co-Chair Kit Gordon, Co-Chair Kathy Evans Val Metcalfe Patty Radlo Kavita Tankha Scott Vanderlip Julia Zarcone



embers of the Los Altos Hills Parks and Recreation Committee are appointed by the City Council and serve as an advisory body to the Council on matters related to recreation programs and activities. They study all recreation facilities available within the Town and make recommendations regarding their status.

Parks and Recreation Committee meetings are held on the second Monday of every month at 9:00 am in the Parks and Recreation Center at Town Hall. All Parks and Recreation Committee meetings are open to the public.

The Los Altos Hills Parks and Recreation Activity Guide is a bi-annual publication, mailed or delivered to residents of Los Altos Hills. Businesses or entities referenced in this brochure do not constitute an endorsement by the Town of Los Altos

If you would like to receive this Activity Guide please visit: www.losaltoshills.ca.gov and opt in under

the recreation tab or call 650-947-2518.



### **Babysitter's Training** by the American Red Cross

his course gives youth the knowledge and confidence to care for infants and school-age children. Combining video, activities, handson skills training and discussion for a complete learning experience, Babysitter's Training teaches youth how to:

- Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Make decisions under pressure
- Communicate with parents to learn household • rules
- Recognize safety and hygiene issues
- Manage young children •
- Feed, diaper and care for infants
- Start their own babysitting business

Upon completion of the course includes the certifications, a babysitter's portfolio (first aid and guide), and access to digital refresher materials.

Date:	5/18
Day:	Saturday
Time:	9:00 am – 4:00 pm
Location:	Parks and Recreation Center at Town Hall
Fees:	\$115 Residents \$124 Non-Residents

# **Green Bean Kidz**

### **Nature Education**

reen Bean Kidz is an outdoor education program for children and their accompanying adults that meet once a week in different local parks and open spaces. The program also encompasses music, art, science, games, hiking and movement all geared toward learning about nature, our outdoor world and concepts toward preserving it. Parents are required to attend the preschool program, and encouraged to attend the after school program. For more information please contact Ellen at greenbeankidzellen@gmail.com or check www.greenbeankidz.com for updates. A \$15 materials fee is due the first day of class.

- Fees:
  - \$135 Residents \$149 Non-Residents

#### SPRING

Session 1: 3/19 - 4/30 no class 4/9 Session 2: 5/7 - 6/11Dav: **Tuesdavs** Time: 9:30 - 11:00 am 2 - 5Ages: Session 1: 3/19 - 4/30 no class 4/9 Session 2: 5/7 - 6/11 Day: **Tuesdays** 3:30 - 5:00 pm Time: Ages: 5 - 10 Session 1: Session 2: Day: Time: Ages: 2 - 5

3/20 - 5/1 no class 4/10 5/8 - 6/12Wednesdavs 9:30 - 11:00 am

- Session 1: 3/20 - 5/1 no class 4/10 Session 2: 5/8-6/12
- Day: Wednesdays Time: 3:30 - 5:00 pm 5 - 10 Ages:

### SUMMER

Time:

Ages:

6/18 - 7/30 no class 7/2 Session 1: Dav: **Tuesdavs** Time: 9:30 - 11:00 am Ages: 2 - 5Session 2: 6/18 - 7/30 no class 7/2 Day: **Tuesdays** Time: 3:30 - 5:00 pm 5 - 10 Ages: Session 3: 6/19 - 7/31 no class 7/3 Day: Wednesdays Time: 9:30 - 11:00 am Ages: 2 - 56/19 - 7/31 no class 7/3 Session 4: Wednesdays Day:

3:30 - 5:00 pm

5 - 10

## Y

### Los Altos & Los Altos Hills Little League

os Altos & Los Altos Hills Little League is a non-profit, volunteer supported organization that provides excellent baseball and softball programs for kids ages 5 to 16. Emphasis is placed on developing "superior citizens" rather than "superior athletes." The coaches provide a fun, positive environment with the primary goal of teaching the game while developing athletic skills, team spirit and sportsmanship. Instruction is provided to over 700 youths each year. The season runs from March through early June. Teams typically have 12 players and everyone plays! For more information visit www.losaltoslittleleague.com.

Location:	Purissima Park
Ages:	5 -16

Softball Divisions/Ages:

Tball:	5-7
A:	6-8
AA:	7-10
AAA:	8-11

Baseball Divisions/Ages:

Tball:	5-7
A:	6-8
AA:	7-10
AAA:	8-11
Majors:	10-12
Juniors:	13-14
Seniors:	15-16

### **Rebound Basketball Academy**

his is an educational program for children and adolescents promoting Sports Activities. K through 2nd grade basketball classes emphasize developing sports skills & improving self-esteem while teaching the fundamentals of basketball such as dribbling, passing, & shooting. Fun games will be played in each class. 3rd through 5th grade basketball classes focus on participation, team work, & fair play. Classes will emphasize the fundamentals of basketball in offense and defense. Fun games and scrimmages will be played in each class. Each course will have a minimum of 6 players. A t-shirt is included with registration. For more information, please contact Manuel Minzer 408-499-6707 or manuelminzer@yahoo.com.

Session 1:	6/20 - 8/29 no class 7/4
Day:	Thursdays
Ages:	K to 2nd grade
Time:	3:15 pm – 4:00 pm
Ages:	3rd to 5th grade
Time:	4:00 pm – 4:45 pm
Session 2:	6/22 - 8/31; no class 7/6
Day:	Saturday
Ages:	K to 2nd grade
Time:	10:15 am - 11:00 am
Ages:	3rd to 5th grade
Time:	11:00 am – 11:45 am
Location: Fees:	Purissima Park \$170 Residents \$184 Non-Residents

Interested in reserving field space at Purissima Park contact 650-947-2518 or sgualtieri@losaltoshills.ca.gov for more information.

Field use	priority is awarded on the following basis:
TYPE I:	Programs and activities of the Town of Los Altos Hills
TYPE II:	Los Altos/Los Altos Hills Little League as per contractual agreement with the Town of Los Altos Hills
TYPE III:	Los Altos Hills based non-profit organizations, including but not limited to, youth and/or adult athletic leagues, girl scouts and boy scouts, church groups, service clubs, civic associations and Town Residents
TYPE IV:	Los Altos Hills based for-profit organizations
TYPE V:	Non-Los Altos Hills based non-profit organizations and private individuals, businesses, and organizations.
TYPE VI:	Non-Los Altos Hills based for-profit businesses and organizations
Athletic f	ield use fees are as follows:
TYPE I:	No Charge
TYPE II:	As determined by contract between the Town and Little League
TYPE III:	\$10/hour
TYPE IV:	\$20/hour

TYPE V:

TYPE VI: \$30/hour

\$25/hour

# **British Soccer Camps by Challenger Sports**

hallenger Sports provides amazing coaches with cool accents who make learning soccer fun! Challenger Sports coaches soccer skills within a framework of character development based on respect, responsibility, integrity, leadership and sportsmanship. Each participant must bring shin guards, sunscreen, lots of water and a snack and/or lunch each day. Each participant will also receive a camp shirt, a camp ball and a personal player evaluation. For more information visit www.challengersports.com.

# **First Kicks**

oung players are introduced to game basics through fundamental activities, games and fun soccer challenges. Parents are encouraged to join in and help guide their child through this fun learning experience.

Dates: Time: Ages: Location: Fees: 8/5 – 8/9 9:00 – 10:00 am 3 – 4 Purissima Park Field #2 \$92 Residents \$106 Non-Residents

# **Mini-Soccer**

un games, competitions and skill-building activities are designed to enlighten and develop budding players.

Dates:	8/5 – 8/9
Time:	9:00 – 10:30 am
Ages:	4 – 5
Location:	Purissima Park Field #2
Fees:	\$126 Residents
	\$140 Non-Residents



### Half-Day Player Development Camp

mphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. This all action camp is the most popular program from Challenger Sports.

Dates:	
Time:	
Ages:	
Location:	
Fees:	

8/5 – 8/9 9:00 am – Noon 6 – 10 Purissima Park Field #2 \$153 Residents \$167 Non-Residents

### Full-Day Player Development Camp

This is a more advanced camp for serious players. This full-day camp focuses on game related techniques, tactical development and instructional match play.

Dates:	8/5 – 8/9
Time:	9:00 am – 4:00 pm
Ages:	6 - 10
Location:	Purissima Park Field #2
Fees:	\$222 Residents
	\$236 Non-Residents



### **Learn to Fence!** By Silicon Valley Fencing

ur fun-filled introductory classes will teach you the basics of fencing. Fencing develops physical and mental fitness, teaches self-discipline, builds character and instills sportsmanship. All equipment is supplied by Silicon Valley Fencing. Introductory classes are intended for students fencing for the first time. Students should wear athletic clothing and non-marking athletic shoes. For more information visit www.svf-fencing.com or contact 650-450-7751 or info@svf-fencing.com.

Day:	Saturdays
Session 1:	3/2 - 3/16
Session 2:	4/6 - 4/20
Session 3:	5/4 - 5/18
Session 4:	6/1-6/15
Session 5:	8/17 - 8/31
Times:	11:00 – 11:55 am
Location:	Silicon Valley Fencing
	4500 El Camino Real, Suite 1, Los Altos
Ages:	6 & Up
Fees:	\$60 Residents
	\$74 Non-Residents

### FREE Lacrosse Clinic by Atherton Lacrosse

A therton Lacrosse is hosting a free lacrosse clinic to help introduce new players to lacrosse. All equipment – including sticks – is provided. These clinics are a great opportunity and have already served as an avenue to getting many Bay Area players started in the sport! Pre-Register and learn more at www.AthertonLacrosse.com or call us at 1-888-526-3330.

Date: Day: Time: Location: Ages: Fee: 4/21 Sunday 4:00 – 5:00 pm Purissima Park 5 - 14 FREE

# Lacrosse Summer Camp

### by Atherton Lacrosse

earn the fundamentals of the hottest new sport in West Coast schools. Sports Illustrated calls lacrosse the "fastest growing sport in the U.S." No previous experience needed for beginners, and games played with safe soft balls. Only a lacrosse stick and mouth guard is required, and can be purchased at a discount upon registration. Intermediate division available. For more information call 1-888-526-3330 or visit www. AthertonLacrosse.com.

Session 1:	6/ 17 – 6/21
Session 2:	7/15 – 7/19
Time:	9:00 am – Noon
Location:	Pinewood School Upper Campus
Ages:	5 – 14
Fee:	\$235 Residents
	\$249 Non-Residents

# **Ohlone Camp**

his unique, active outdoor half-day camp experience teaches children about Ohlone culture as they learn about the history of the land, wildlife and their local environment here in Los Altos Hills. Camp activities include climbing, hiking, Ohlone running and throwing games, digging for pigment rocks, picking grasses for art projects and learning to play using objects and tools founds in nature. Woven through all the activities is the Ohlone perspective: how they lived on the land, what they ate and what they thought of the wildlife around them.

Session 1:	8/5 - 8/9
Session 2:	8/12 - 8/16
Time:	9:00 am – Noon
Location:	Byrne Preserve
Ages:	6 – 12
Fees:	\$150 Residents
	\$164 Non-Residents

# **Basic Kayaking**

o you dream of exploring pristine rivers or shooting thrilling rapids? Have you wished to join those kayak-surfers on the waves of Santa Cruz? Our knowledgeable and experienced staff of instructors will introduce you to this lifetime sport in a matter of hours! Learn stroke techniques, launching and landing, nomenclature, self-rescue, water safety, and equipment tuning. For more information call 650-947-2518 or visit www.shorelinelake.com.

Session 1:	3/30
Session 2:	5/18
Day:	Saturday
Time:	9:00 am – Noon
Location:	Shoreline Lake
	3160 North Shoreline Blvd, Mtn View
Ages:	14 & Up
Fee:	\$100

# **Enclosed Sea Kayaking**

S tep into the world of enclosed sea kayaks! You will review your basic strokes and rescues as well as learn more advanced control techniques such as ruddering, bracing and edging. The skills you learn will prepare you for exploring the open ocean as you will have better control of your kayak and paddling technique. Build your skills and confidence level! For more information call 650-947-2518 or visit www.shorelinelake.com.

Session 1:	4/13
Session 2:	5/4
Day:	Saturday
Time:	12:30 – 4:30 pm
Location:	Shoreline Lake
	3160 North Shoreline Blvd, Mtn View
Ages:	14 & Up
Fee:	\$130



# Lego Flix

e know you love Legos and we know you can create incredible worlds. Now it's time to bring those worlds to life in Lego animated flixs. We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot and voice-over in age appropriate groups.

Dates: Time:

7/8 - 7/12 9:00 am - Noon

# Animation Flix

n this high energy camp, students will create a new movie each day for a total of 5 animated flix. They'll use different styles of stop-motion animation for each movie, and we've added in some new animations this year (ending the week with face painting animation). This is the ultimate arts and crafts camp where campers create, direct and film in age appropriate groups.

7/8 - 7/12 Dates: 1:00 - 4:00 pm Time:

### **Green Screen Animation Flix**

ake your characters underwater, to a volcano, or even to outer space. In this camp, you've got no limits. In age appropriate groups, you'll brainstorm ideas, create your characters, film your movies with a green screen backdrop, select your locations and add voice-overs.

Dates: Time:

8/5 - 8/9 9:00 am - Noon

# Superhero Filmmaking Flix

hat super hero power do you want? Flying? Invisibility? Super karate skills? Shot in front of a green screen, in this action packed movie camp kids will get to act, write and direct in their own super hero adventure movie.

Dates: Time:

8/5 - 8/9 1:00 - 4:00 pm



Ages: Location: Fees:

Parks and Recreation Center at Town Hall

\$175 Residents + \$30 Production Fee due at the first day of class \$191 Non-Residents + \$30 Production Fee due at the first day of class

\$30 production fee covers the editing, production, and distribution of the DVDs after the camp is completed. Each student will be mailed a personal DVD. If you sign up for two camps in the same week (am and pm camps) lunch supervision will be provided and you will receive a 10% discount for each camp!

### Wacky Robots & Widgets

Whether your child loves to build things or destroy them, this week of camp includes lots of both! The junior Mad Science engineers will design and build structures using simple tools and their imaginations. Then the machine madness starts... children will discover how different machines are used in our daily lives, design simple machines using pulleys, wedges, screws and levers and have fun learning how catapults work. We will use the skills we've learned to build a robot that we can keep, all while learning the science of robotics. For more information visit www.thebayarea.madscience.org.

Date: Time: Location: Ages: Fees: 7/22 – 7/26
9:00 am – 3:00 pm
Parks & Recreation Center at Town Hall
7 – 12
\$290 Residents
\$304 Non-Residents

### **Jet Cadets**

t's a bird! It's a plane! No, it's... everything from the earliest flying machines to the first rocket flights. This hands-on program will let you learn all about aerodynamics and the world above us. Explore the basic principles of flight, build airplanes, test them in wind tunnels, ride a hovercraft and construct balloon copters. Discover the mysteries of the galaxy, learn about celestial navigation and take home a rocket that you have built yourself. For more information visit www.thebayarea.madscience.org.

Date:	7/15 – 7/19
Time:	9:00 am – 3:00 pm
Location:	Parks & Recreation Center at Town Hall
Ages:	5 – 12
Fees:	\$290 Residents \$304 Non-Residents

### NASA: Journey Into Outer Space

ad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery. See the principles of thrust and propulsion at work in a real rocket launch. Explore the atmosphere on earth and beyond. Watch star dust burn, and journey through a galaxy as you investigate the life cycle of stars. Explore the farthest reaches of our solar system and create a lunar eclipse in this "mad" planetary tour. Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena. Experience the life of an astronaut as you suit up for space flight. This is an experience that is truly out of this world! For more information visit www.thebayarea.madscience.org.

Date:	
Time:	
Location:	
Ages:	
Fees:	

7/1 – 7/5 no class 7/4
9:00 am – Noon
Parks & Recreation Center at Town Hall
5 – 12
\$152 Residents
\$164 Non-Residents

# Summer Riding Camp

### at Westwind Community Barn

real barn experience, this program focuses on responsible, considerate care of horses. Each rider is assigned to his or her horse for the week, resembling the responsibility and fun of horse ownership. Graduates of summer camp have moved into Pony Club and Olympic-level instruction. We offer quality ponies, pony club curriculum, a low student to instructor/ assistant ratio in a park-like setting, with horse games, vaulting and a horse show on the last day of camp. For more information please contact instructor Jane Kawasaki at 650-492-1620 or janekawa@gmail.com.

#### Spring Break Camp: 4/8 – 4/12, 9:00 am - 1:00 pm

\*\$344 Non-Residents

Session 1:	6/11 - 6/15
Session 2:	6/17 - 6/21
Session 3:	6/25 - 6/28
Session 4:	7/1 – 7/5 no class 7/4*
Session 5:	7/8 - 7/12
Session 6:	7/22 – 7/27
Session 7:	7/29 - 8/1*
Time:	8:30 am – 1:00 pm
Ages:	6 – 60
Location:	Westwind Community Barn
Fees:	\$400 Residents
	\$430 Non-Residents
	*\$320 Residents

# **Advanced Riding Camp**

■his advanced camp is for riders jumping comfortably at 2'3". Each day will be devoted to a different discipline of eventing: dressage, stadium jumping and cross country. Each lesson will be videotaped. The instructor and students will analyze the videotape at the end of the day and develop strategies to improve the overall ride as well the rider's position and striding. Horse management will cover advanced topics such as conditioning, bandaging and nutrition. This four-day camp ends with a combined test. Bring your own horse or horses can be provided. For more information please contact instructor Jane Kawasaki at 650-492-1620 or janekawa@gmail.com.

Session 1:	7/15 – 7/20
Time:	8:30 am – 1:00 pm
Ages:	6 – 13
Location:	Westwind Community Barn
Fees:	\$400 Residents
	\$430 Non-Residents

8



### **Year 'Round Riding Program**

The Year Round Riding Program (YRRP) offers riding lessons geared towards the beginning and intermediate rider. Participants will learn the basics of riding in a beautiful park-like setting. The program focuses on learning to maintain an independent, balanced seat, tactful communication between horse and rider, and correct equitation. Each session is six weeks in length. Safety helmets are required for all mounted work and can be provided. Participants must come neatly dressed in form-fitting pants (no shorts), boots with heels, and a shirt that covers the shoulders. Jewelry is not allowed. Hair must be pulled back and out of the rider's face. For more information please contact instructor Jane Kawasaki at 650-492-1620 or janekawa@gmail.com. Location:

Ages: Fees: Westwind Community Barn 7 & Up \$340 Residents \$355 Non-Residents

### Beginner

Riders have little to no riding experience or have participated in less than 10 hours of mounted instruction.

#### Saturdays

3/2 – 4/6
4/20 – 5/25
9/7 - 10/12
9:00 – 9:45 am

#### **Sundays**

Session 4:	4/21 – 5/26
Time:	9:00 – 9:45 am

#### **Tuesdays**

2/26 – 4/2
4/16 - 5/21
9/3 - 10/8
4:00 - 4:45 pm
4:45 - 5:30 pm

### Intermediate

Suitable for riders who are comfortable at the walk and trot and have begun cantering. Students must be able to post the trot while maintaining balance, check their diagonals and perform basic steering maneuvers.

#### Wednesdays

Session 3:	2/27 – 4/3
Session 4:	4/17 – 5/22
Session 5:	9/4 - 10/9
Times:	4:00 – 4:45 pm
	4:45 – 5:30 pm

#### **Saturdays**

Session 3:	3/2 – 4/6
Session 4:	4/20 – 5/25
Session 5:	9/7 - 10/12
Time:	10:00 - 10:45 am

### **Advanced Intermediate**

Suitable for riders who are comfortable at the walk, trot and canter and are beginning to jump low obstacles or ride advanced movements on the flat.

#### Thursdays

Session 3:	2/28 – 4/4
Session 4:	4/18 – 5/23
Session 5:	9/5 - 10/10
Times:	4:00 – 4:45 pm
	4:45 – 5:30 pm

#### Saturdays

Session 3:	3/2 – 4/6
Session 4:	4/20 – 5/25
Session 5:	9/7 - 10/12
Time:	11:00 – 11:45 am



### **En Plein Air Art Nature and Landscaping Painting**

or Nature Lovers! En Plein Air art painting lesson at beautiful Westwind Community Barn in lovely Los Altos Hills. Experience this wonderful "open air" style of painting for a three hour course which includes professional nature and landscaping painting instructions and a standard 12"x18"canvas. For more information visit www.painteroflegends.com or contact 408-373-5046 or painteroflegends@hotmail.com.

Session 1:	3/10
Session 2:	4/14
Day:	Sunday
Time:	10:00 am - 1:00 pm
Location:	Westwind Community Barn
Fees:	\$105 Residents
	\$119 Non-Residents

# **Fun with Ceramics**

ome enjoy an introduction to various utilitarian and sculptural ways of working with ceramics. Take a spin on the pottery wheel, clay handbuilding by, slab, coil, and pinch methods, as well as food safe low-fired colored glazes. All materials are provided by instructor and resident, Todd Gieseler, MFA.

Session 1: Session 2: Session 3: Day: Time: Ages: Location: Fees:	3/30 & 4/6 4/27 & 5/4 5/11 & 5/18 Saturdays 1:00 – 3:00 pm All Ages Town Hall \$145 Residents \$164 Non-Residents
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### Horses: Self Awareness and Empowerment

his un-mounted seminar is for people who wish to spend time with horses, learn how to interact with horses, and to become more aware of their body language and attitudes. Conscious awareness of our attitudes, feelings and body allows us to keep what works and change what does not. It empowers us to live more fully the lives we want. No horse experience necessary.

Date:	5/19
Day:	Sunday
Time:	10:30 am – 12:30 pm
Location:	Westwind Community Barn
Fees:	\$45 Residents
	\$50 Non-Residents

# **Recyclables Processing Tour**

ecycling begins at home. By placing materials in the correct collection containers, residents of Los Altos Hills are helping to make a huge impact on the Town's overall recycling rate. Once mixed recyclable materials are collected from homes and businesses, they are taken to a facility that is specifically designed to sort mixed materials into materials of like-type so they can be used to create new products. This tour will offer participants a first-hand look inside one of the most state-of-the-art Material Recovery Facilities (MRF) in the United States, where GreenWaste Recovery, Inc. takes the Town's garbage, recyclables and compostable materials for processing. This tour will demonstrate how garbage, recyclables and compostable materials are all sorted under the same roof, accomplishing incredibly high recycling rates, ultimately diverting more than 95% of recyclables and 75% of materials away from landfill.

Please Note: A maximum of twelve (12) participants and a minimum of five (5) are allowed on each tour. Headsets and safety gear will be provided. To register contact 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

Date:	6/21
Day:	Friday
Time:	9:00 – 10:00 am
Location:	653 Charles Street, San Jose, CA 95112
Fee:	FREE

# GREENTOWN LOS ALTOS

GreenTown Los Altos is a grassroots non-profit organization of residents and businesses in Los Altos and Los Altos Hills, working to make our community more environmentally healthy for our children and grandchildren. GreenTown's mission is to educate and inspire the people of Los Altos and Los Altos Hills to take action that will make our communities more environmentally healthy. The organization was founded in October 2007 and currently operates as a fiscal project of Acterra, a registered 501(c)(3).

### World Water Monitoring

Come learn more about the watershed in which you live. how watersheds work, and what you can do to protect important creek habitat. We'll measure pH, temperature, dissolved oxygen, turbidity and bugs! Co-sponsored with Acterra. Volunteers of all ages are welcome. Minors under 18 require a signed waiver and children under 12 require an accompanying adult. For more information contact Kit Gordon at water@greentownlosaltos. org. Registration required at greentownlosaltos.org.

Date:	3/16
Day:	Saturday
Time:	10:00 am - Noc
Location:	Registrants will
	receive location
	details
Fee:	FREE

### **Permanente** Watershed Tour

Ever wonder where runoff goes or how water magically appears, fresh and clean, from your faucets? There are approximately 2.110 watersheds in the United States. What purpose do they serve and how do your daily activities affect their function? Step out and look at the important role local watersheds play in our communities. This tour is co-sponsored with Committee for Green Foothills. For more information contact Kit Gordon at water@greentownlosaltos. org. Registration required at greenfoothills.org.

on

### Permanente **Creek Clean-up**

National River Cleanup Day Be the Solution to Creek Pollution! Join Greentown volunteers to clean up the Permanente Creek Diversion Channel. Volunteers of all ages are welcome. Minors under 18 require a signed waiver and children under 12 require an accompanying adult. For more information contact Kit Gordon at water@ greentownlosaltos.org. Registration required at greentownlosaltos.org.

Date:	5/18
Day:	Saturday
Time:	9:00 am - Noon
Location:	Registrants will receive location details
Fee:	FREE

- Noon

### ADULT & SENIOR CLASSES & ACTIVITIES

# Yoga Walks

oga Walks offer an opportunity to take your yoga practice outside, in combination with an energetic walk in a natural setting. Ninety-minute classes include about 45 minutes of yoga poses and 45 minutes of walking. No yoga experience necessary. Wear good walking shoes and comfortable clothes. Classes meet once a week for 8 weeks. For further details, please contact Amy at amy@ santullo.com or visit the website www.yogawalkers.com.

Dates:
Day:
Time:
Location:

Fees:

3/19 – 5/14 no class 4/2 Tuesdays 9:00 – 10:30 am Westwind Community Barn Parking Area \$117 Residents \$131 Non-Residents

### **Pilates for Bone Building**

his class focuses on Pilates based core exercises as well as standing balance, leg and back strengthening and weight bearing exercise for a bone building workout! You must be able to get down to and up from the floor safely to participate in this class.

Available for purchase, 9" miniballs and bands for \$10 each will be available for purchase on the first day of class or you may bring your own. Please bring your own mat and come to the first class 15 minutes early to complete paperwork and have a brief orientation. For more information visit www.pilateswithteresa.com or teresa@pilateswithteresa.com.

Date : Day: Times: Location: Fees: 3/20 – 5/15 no class 4/10 Wednesdays 12:30 –1:30pm Town Hall Council Chambers \$117 Residents \$131 Non-Residents

### **Heart of Pilates**

Pollowing recommendations of recent research, this class taught by Teresa Maldonado Marchok MPT, begins with a short, fun movement section to increase core temperature, address balance and strengthen the leg muscles in preparation for mat work. Use of a miniball and resistance band strengthens the core while protecting the spine. Acquire the skills to make immediate postural changes and be prepared to laugh (great for the core) and have fun. Expect increased tone, flexibility and beneficial crossover to sports like skiing, tennis and golf. Please bring a mat, ball and resistance band. Available for purchase, 9" miniballs and bands for \$10 each. For more information visit www.pilateswithteresa.com or teresa@pilateswithteresa.com.

Session 3: Session 4: Day: Time: Location: Fees:	3/19 - 5/14 no class 4/9 5/21 – 6/18 Tuesdays 8:40 - 9:40 am Town Hall Council Chambers
Session 3:	\$150 Residents
00001011 0.	\$164 Non-Residents
Session 4:	\$96 Residents \$110 Non-Residents

### Dog Obedience Training

or dogs over five months of age. Introduces basic and intermediate obedience skills. Content will also include discussions on responsible dog ownership in today's society. All work will be done on lead unless prior approval received from the trainer to work without a leash. Equipment Note: Choke chain collar which is 3 inches longer than the dog's neck circumference and of medium link size required. Other collar choices are permitted with trainer's approval. Also required is a six foot leash/lead of leather or fabric. Leather leads are highly recommended for medium to large dogs. For more information contact Rosalie Alvarez 650-941-2714.

#### **SPRING**

 Day:
 Wednesdays

 Time:
 9:00 - 10:00 am

 Session 1:
 4/3 - 5/8

 Session 2:
 5/15 - 6/19

#### SUMMER

Session 1: 6/26 – 7/31 Session 2: 8/7 – 9/11

#### SPRING

Day:	Thursdays
Time:	8:00 – 9:00 am
Session 1:	4/4 – 5/9
Session 2:	5/16 - 6/20

#### **SUMMER**

Session 1: 6/27 – 8/1 Session 2: 8/8 – 9/12

Location: Baseball Field at Hillview Community Center 97 Hillview Road, Los Altos Fees: \$60 Residents \$69 Non-Residents

### FALL PREVENTION A Stanford Presentation

Stanford Community Outreach Supervisor, Ellen Corman will speak about fall prevention and Stanford's free home-based program Farewell to Falls. Adults 65 and older who have fallen or are concerned about falling as well as their family members and caregivers are encouraged to attend. Please RSVP at 650-947-2797. Walk-ins welcome.

Date:	4
Day:	TI
Time:	1
Location:	Lo
Fee:	FF

4/18 Thursday 1:00 – 2:30 pm Los Altos Library FREE

# **Pam's Yoga Fitness**

his course, taught by Pam Walatka, features an invigorating, fun yoga workout influenced by other practices including Pilates and mindfulness meditation. Class meets once a week for eight weeks, 10:15 am to 11:30 am. Please bring a yoga mat. For more information email Pam at pamwalatka@ yahoo.com or visit www.pamwalatka.com.

Session 2:	3/27 - 5/15
Session 3:	5/22 - 7/17 no class 7/3
Session 4:	7/24 - 9/11
Day:	Wednesdays
Time:	10:15 – 11:30 am
Location:	Town Hall Council Chambers
Fees:	\$105 Residents
	\$119 Non-Residents

### **Photography from Capture to Digital Print** By Foothill College

where a strain and educator Moshe Quinn, this two-weekend course will offer students the skills and practice to help you create compelling photographic images — from exposure to print! The first session will lead you to greater understanding and creative control over your digital camera, with shooting practice. The second session will offer access to a digital media lab where you will gain a strong orientation in use of Photoshop for finalizing an image, and then output images as quality digital

prints using professional-grade inkjet printers. Please bring your digital camera of choice, plus battery power and a way to upload images to a computer. Cameras that offer manual control of exposure are preferred, but any camera will work. For more information contact Moshe Quinn through www.moshequinn.com, or mquinn.photo@gmail.com.

Dates:	4/20 & 4/27
Days:	Saturdays
Time:	11:00 am - 4:00 pm
Location:	Foothill College
	12345 El Monte Road
	4/20: Room 6107
	4/27: Room 1211
Fees:	\$175 Residents
	\$189 Non-Residents

# Personal Emergency Preparedness (PEP) & Senior Personal Emergency Preparedness

Without warning, disaster can strike the Bay Area leaving us and our families vulnerable. From power outages to major earthquakes, there are ways you can prepare to be ready in the event of a disaster. PEP is a free workshop offered to residents of the Los Altos Hills County Fire District. In this course you learn about the many types of disasters that can hit the Bay Area and what you can do to be ready. To register or for more information please contact Emergency Services Coordinator, Mike Sanders at mike.sanders@cnt.sccgov.org or 650-922-1055.

#### PEP

Date: Day: Time: Location: 3/20 Wednesday 6:00 – 9:30 pm El Monte Fire Station 12355 El Monte Road

#### **Senior PEP**

Date:	3/23
Day:	Saturday
Time:	9:00 am – 1:00 pm
Location:	El Monte Fire Station
	12355 El Monte Road

# LOS ALTOS SENIOR CENTER

os Altos Senior Center offers a welcoming environment to meet the needs of experienced adults from a cup of coffee, to meeting new friends, to providing a variety of programming. Looking for something active? The Senior Center offers ping pong, line dancing classes, shuffle board, bocce ball, Tai Chi, puti meditation or the Wii entertainment system. To keep your mind active they offer many card games, mah-jongg, monthly speakers and an Artventures class. Special interest classes include, but are not limited to, Yogalates, Creative Writing, Needle Arts, Genealogy, Hiking and Foreign Language instruction are provided on site by Mountain View-Los Altos Adult Education. Resources are also available for housing, health insurance, case management, AARP tax preparation, recycling pills, eye glasses and batteries. Come check it out!

### Membership

City of Los Altos Residents: \$26

Non Los Altos Residents: \$40

Newsletter: \$5 The Spotlight Newsletter is your bi-monthly guide to all programs and events at the Los Altos Senior Center. For \$5 a year the Newsletter will be mailed to your home.

To become a member: Make checks payable to City of Los Altos, and mail to the Los Altos Senior Center, 97 Hillview Avenue, Los Altos, CA 94022.

Benefits of becoming a member: Discount on luncheons, programming and day trips, access to member only programs such as DMV study packets, notary, discount See's Candies one pound gift certificates, one on one computer tutorial, in home repair program, and equipment loan closet.

Visit the Senior Center at Hillview Community Center 97 Hillview Avenue, Rooms 10 - 12 Los Altos, CA 94022 650-947-2797

Hours:Monday – Friday, 8:30 am – 3:30 pmWebsite:www.losaltosrecreation.org



### **Bookmobile** Bringing the Library to Los Altos Hills

he Santa Clara County Library District Bookmobile is open to the public and will be parked at Gardner Bullis School every other Friday from 2:00-3:00 pm. The Bookmobile has books, movies, music and games for adults, teens and children. To access the schedule or get more information about Bookmobile service please call 408-293-2326 x3060 or visit www.sccl.org/locations/ hours-and-locations/bookmobile/news.

Day: Time: Location: Every other Friday 2:00 – 3:00 pm Gardner Bullis School 25890 West Fremont Road, Los Altos Hills EVENTS; FACILITIES FACILITIES AND OPEN SPACE

### **Easter Egg Hunt** Sponsored by LAHF

G et your Easter basket ready for a friendly hunt at Purissima Park. There will be separate hunting zones for different age groups. Over 5,000 eggs will be hidden ensuring a fun time for everyone. Eggs can be redeemed for prizes, snacks and goodies. Bring your own hard boiled eggs as decorations and dye kits will be available. It's a perfect opportunity to socialize with your neighbors so pack a picnic lunch.

pm

3/23
Saturday
11:00 am - 1:00
Purissima Park

### **10th Annual Hoppin Hounds Easter Biscuit Hunt**

t's the ninth annual Doggie Easter Biscuit Hunt in Los Altos Hills! You and your dog will hunt through Byrne Preserve in search of dog-healthy Easter Biscuits while catching up with all your canine companions. This exciting on-leash event is held to benefit the Palo Alto Animal Services shelter. A \$5 donation is recommended. All proceeds will go directly to Palo Alto Animal Services. For more information contact Sarah Gualtieri 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

Date:	3/23
Day:	Saturday
Time:	9:00 am
Location:	Byrne Preserve

#### Hoppin Hounds benefits the Palo Alto Animal Services

Palo Alto Animal Services serves the residents of Los Altos Hills and provides Animal Control Officers. In Los Altos Hills, Animal Control Officers pick up sick and injured animals, confined strays and assist local public safety officers with aggressive animals. Animal Control services are available 365 days/year. For more information please call 650-496-5971 or visit www.cityofpaloalto. org/depts/pol/animal\_services.asp.

Location:	3281 East Bayshore Road, Palo Alto
Hours of	
operation:	Monday – Saturday; 11:00 am – 5:30

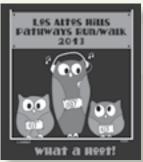
ation: Monday – Saturday; 11:00 am – 5:30 pm closed every other Friday.

# **Earth Day Celebration**

This year's Annual Earth Day Celebration will be held on Sunday, April 21. There will be a "Live Wild Cats" education presentation by Leopard's Etc. Presentations of the wild cats are scheduled for 1:30 pm and 3:00 pm. In addition to exhibits by Los Altos Hills Committees, local environmental organizations and school groups, electric cars will be on display. Bring cash or check for a green shopping experience. Los Altos Hills hats, lotion, seeds, wine glasses, produce and much more will be on sale. Reduce your carbon footprint and walk, bike or carpool and bring a reusable water bottle. Due to the Cat presentation please no dogs. For more information contact Sarah Gualtieri 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

Date:	4/21
Day:	Sunday
Time:	1:00 – 4:00 pm
Location:	Westwind Community Barr

### **12th Annual Pathways Run/Walk**



It will be a HOOT! Join flocks of runners and walkers for the 12th Annual Los Altos Hills Pathways Run/Walk. This year we are raising money to install owl houses at Westwind Community Barn. Los Altos Hills Parks and Recreation is encouraging the use of natural predators to control unwanted rodents rather than poisons which kill owls, bobcats, coyotes as well as endanger pets and children. A family of owls can devour five thousand rodents in a year! There will be hooting contests, owl costume contest and a special owl t-shirt for all those that pre-register for the event, as supply lasts. Bring your owl wings and fly this year at this fun, local run and walk event.

This annual event begins at the Westwind Community Barn, runs through the Byrne Preserve and extends into the Los Altos Hills Pathways system. The run features a

5K and 10K Pathways Run/Walk and a 1-Mile Fun Run. To register, volunteer or for more information contact Sarah Gualtieri 650-947-2518, sgualtieri@losaltoshills.ca.gov or visit the event website at www.lahpathwaysrun.org.

Date: Day: Time for 5K/10K: Fees for 5K/10K:

Time for 1-Mile Fun Run: Fees for 1-Mile Fun Run: Location: 5/11 Saturday 9:00 am \$30 (\$35 on race day) Group Registrations of 10 or more: \$20 per person 10:30 am \$15 (\$20 on race day) Westwind Community Barn

### LOS ALTOS HILLS PATHWAYS

The Town of Los Altos Hills' Pathway System was designed to provide safe and convenient non-vehicular travel throughout the community. The system unites neighbourhoods through a series of 90 miles of connecting paths.

Observing the 3 Cs – Common sense, Courtesy and Communication will make path usage pleasurable. Bicyclists should yield to horseback riders and pedestrians; pedestrians should yield to horseback riders. Pathways maps are available for \$2 at Town Hall.

### **15th Annual Los Altos Hills Town Picnic**

he Town Picnic features barbecue lunch prepared and served by our volunteers from Santa Clara County Firefighters Local #1165. Soft drinks, beer, wine and ice cream sundaes are provided, along with entertainment, games and a variety of attractions for both adults and children. This year will also mark the seventh year of the classic car show! The Town Picnic is organized by the Town's Community Relations Committee with help from many other volunteers. You can volunteer to help for half an hour or more at the picnic by calling 650-947-2518. Registration information will be mailed to all Town residents in May. Advance registration is required so we can order the correct number of dinners. The picnic is hosted by the Town of Los Altos Hills and is limited to Town residents only.

Date:	6/2
Day:	Sunday
Time:	1:00 – 4:30 pm
Location:	Purissima Park

### **4th of July Parade**

C ome join us for the fourth annual Los Altos Hills 4th of July Parade. We will gather at Town Hall beginning at 9:30 am. Our red, white and blue march will start at 10:00 am. We will parade down Fremont Road and conclude at Gardner Bullis School where you can meet your friends and neighbors for a refreshing beverage and a juicy watermelon treat! Please, no fossil fueled vehicles or horses. For more information contact Sarah Gualtieri 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

Date: Day: Time: Location: 7/4 Thursday 9:30 – 11:00 am Town Hall

Be part of the magic and volunteer! Contact Sarah at 650-947-2518



### **Boarding at Westwind Community Barn**

#### **Full Training**

he Town of Los Altos Hills offers full and partial training programs for horses boarded at Westwind Community Barn with Barn Manager Crystal Petralli. Horses enrolled will benefit from a full-care management program that centers around goal-oriented riding and high-quality daily supervision. Riders will focus on correct equitation and its effect on the horse and learn how to utilize these skills to improve their results in the show ring. Riders place in the top ten at major Medal finals, consistently win Division Championships and qualify for year-end awards. Space is extremely limited. Please contact Crystal Petralli, 650-269-5129 or cpetralli@ losaltoshills.ca.gov to register or learn more about this training program.

Fees:

Trainer:

Starting at \$489 per month/ 4 training units weekly Barn Manager, Crystal Petralli

### Barn Lounge Facility Room Rental

We stwind Community Barn is located at 27210 Altamont Road in Los Altos Hills. It is a public facility owned and operated by the Town of Los Altos Hills. The temperature-controlled boarder lounge has a maximum occupancy of 30 standing and 16 seated. Dimensions are roughly 12 feet by 24 feet. Lounge contains a refrigerator, sink, microwave, flat screen television, DVD player, conference table and white board. To make a reservation contact Sarah Gualtieri at 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

Deposit:\$250Committee Meeting:FreeResidents and Boarders:Free with DepositNon-Residents:\$50 with Deposit

### **BOARDING AT WESTWIND COMMUNITY BARN**

estwind Community Barn's boarders have access to the best amenities offered at any public facility on the Peninsula.

- 50' x 100' all-weather dressage court
- 100' x 200' all-weather jumping arena
- 51' Eurofelt round pen
- Cross-country track and field with a bank, coops, fences and a log jump
- Hot water wash racks
- Boarder tack rooms
- Lounge with fridge, microwave, TV and DVD player
- Connections to the Pathways System, with direct access to San Antonio, Arastradero and more

Boarding is open to the public and options include stalls and pasture. Additional services are available including 7-day blanket service, grain, trailer parking, free-choice hay nets and extra turnouts.

Stall Board	Pasture Board
\$705	\$355
Three meals daily – five flakes max of oat, alfalfa or grass	Three meals daily, alfalfa for breakfast, oat for lunch and dinner
Cleaned twice daily	Two shelters measuring 14' x 14' with rocked bases
Three turnouts weekly, sunrise to sunset, in private sheltered paddocks	Two water tubs cleaned weekly by staff
Nelson automatic waterers and rubber mats in all stalls	The pasture is dragged monthly to remove manure

For more information contact Barn Manager, Crystal Petralli at 650-269-5129 or cpetralli@losaltoshills.ca.gov. \*Barn rates subject to change.



**Los Altos Hills Activity Guide** The Activity Guide is published with assistance from the Parks and Recreation Committee. Design + Production: Alexander Atkins Design, Inc.

Photography: Cover, pages 1, 3, 5, 6, 7, 15 Sarah Gualtieri; page 4: Aleksei Murugin; page 10: Charisse Delgado; page 10: Todd Gieseler; page 12: Marita Vargas; page 18: Kathy Evans; page 19: Crystal Petralli

#### **REGISTRATION FORM**

#### REGISTER ONLINE AT WWW.LOSALTOSHILLS.CA.GOV

Participant First and Last Name	Age (if under 18)	Course/Activity	Fees
1			
2			
3			
4			
5			
6			

#### **BILLING CONTACT INFORMATION**

Name: Last		First	Email Address	
Address: City		State	Zip	
Parent Name: Last		First		
Phone No: Home	Work	Cell		
Emergency Contact: Nam	e	Phone		

#### **RELEASE OF LIABILITY & ASSUMPTION OF RISK AGREEMENT**

In consideration of the acceptance of the application for entry into the classes or activities listed on the Registration Form, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in said classes or activities. I am aware that these classes or activities subject me to physical risks and dangers, nevertheless, I voluntarily agree to assume any and all risks of injury or death, and to release, discharge, and hold harmless all of the entities or persons mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs, personal representatives, next of kin, spouse or assigns. It is understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs, personal representatives, next of kin, spouse and assigns. I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR. In addition, should the Town of Los Altos Hills take photographs of my or my child's program, event or activity, I agree to allow use of my and or my child's photograph to be used for program publicity purposes only.

Signature: \_\_\_

Date:

**REFUND POLICY:** Refunds will only be given up to 7 days before the commencement of program. Within 7 days, a refund will only be granted if vacated position is filled. **No refunds will be given after program has started.** A refund service charge of 7% will be added to all refunds requested by the customer.

#### **TO BE COMPLETED BY PARENT OR GUARDIAN OF MINOR PARTICIPANTS**

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature of parent or guardian:	Date:	
Print parent/guardian name:Address (City, State, Zip):		
PAYMENT		
I hereby authorize the use of my credit card: $\Box$ Mastercard $\Box$ Visa		
Name as it appears on card:		-
Card Number:	Exp Date:	
Signature:		
Note: All class fees are inclusive of a \$5.00 administrative fee.		

Please detach and remit payment to: Town of Los Altos Hills, 26379 Fremont Road, Los Altos Hills, CA 94022



Presorted Standard U.S. Postage Paid Los Altos, CA Permit No. 306

#### **YOUTH ACTIVITIES**

**Green Bean Kidz Babysitter Training** Los Altos & Los Altos Hills Little League **Rebound Basketball Academy British Soccer Camps** Learn to Fence! Lacrosse Summer Camp **Ohlone Camp Basic Kayaking Enclosed Sea Kayaking** Lego Flix Animation Flix **Green Screen Animation Flix** Superhero Filmmaking Flix NASA: Journey Into Outer Space Jet Cadets Wacky Robots & Widgets Summer Riding Camp Advance Riding Camp

Year Round Riding Program



#### **ALL AGES**

Fun with Ceramics En Plein Air Art Nature and Landscaping Painting Horses: Self Awareness and Empowerment Recyclables Processing Tour World Water Monitoring Permanente Watershed Tour Permanente Creek Clean-up

#### ADULT/SENIOR ACTIVITIES

Heart of Pilates Pilates for Bone Building Yoga Walks Fall Prevention Dog Obedience Training Pam's Yoga Fitness

#### EVENTS/FACILITIES/ OPEN SPACE

Personal Emergency Preparedness (PEP) Photography from Capture to Digital Print **Senior Center Bookmobile** Easter Egg Hunt **Hoppin Hounds** Earth Day Pathway Run/Walk Town Picnic 4th of July Parade **Boarding at Westwind Community Barn Full Training Room Rental** 



Find us on Facebook

BE ONE OF THE FIRST TO REGISTER AND REQUEST YOUR SEASON PASS TO HIDDEN VILLA! (WHILE SUPPLIES LAST)