

# Marinwood Review

Fall 2020



[www.marinwood.org](http://www.marinwood.org)

## Your Neighborhood Specialists - You know us, we know your neighborhood

*Helping our clients from pre-sale to close of escrow - that's how we define full service Real Estate. To us, it's not just a transaction - we are dedicated to our clients, giving back to the community, and promoting efforts to conserve the environment.*

There are plenty of uncertainties around us - your Realtor doesn't have to be one of them! As your Neighborhood Specialist for the past 34 years, we have our finger on the pulse of the local market. Wayka and Gina are here to deal with a "shelter at home" situation because we know how to adapt and live up to the challenge.

*"Wayka, assisted by her daughter Gina, was the perfect agent for us to use in the sale of our townhome in Marinwood. She immediately assessed what we should do in order to sell it and coordinated all of the repairs needed, including staging it herself. Her knowledge of Marinwood was extensive and I know that is why we sold so quickly and at a very favorable price. Her customer service was outstanding through all aspects of the sale." Candace W.*



*We work hard so you don't have to!*

**WAYKA & GINA  
BARTOLACELLI**

**Your Neighborhood Specialists**

- Selling more homes in the Miller Creek Elementary School District than ANY single agent since 1986, with 7 homes sold so far this year in the district.
- Assisting clients through the Compass "Concierge" cash program.
- Supporting our schools (CanDo!) since the inception of the Dixie Children's Fund!
- Proud member of the Terra Linda Rotary Club.

**415. 860.4687**

[Wayka@compass.com](mailto:Wayka@compass.com)

[www.waykab.com](http://www.waykab.com)

**DRE Lic #00924665**

**#teambartolacelli**

**COMPASS**



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## Marinwood Community Center

775 Miller Creek Road, San Rafael Ca 94903

(415) 479-0775

Fax (415) 479-7759

csd@marinwood.org

### HOURS

Monday-Friday 9am-5pm

Marinwood Community will be closed on:

11/11, 11/26, 11/27, 12/25,  
1/1, 1/18, 2/15

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## Marinwood Community Services District Contact Information

Eric Dreikosen, District Manager: (415) 479-7751  
edreikosen@marinwood.org

Luke Fretwell, Recreation Director: (415) 479-0775 x14  
lfretwell@marinwood.org

Robyn Bruton, Asst. Rec. Director: (415) 479-0775 x16  
rbruton@marinwood.org

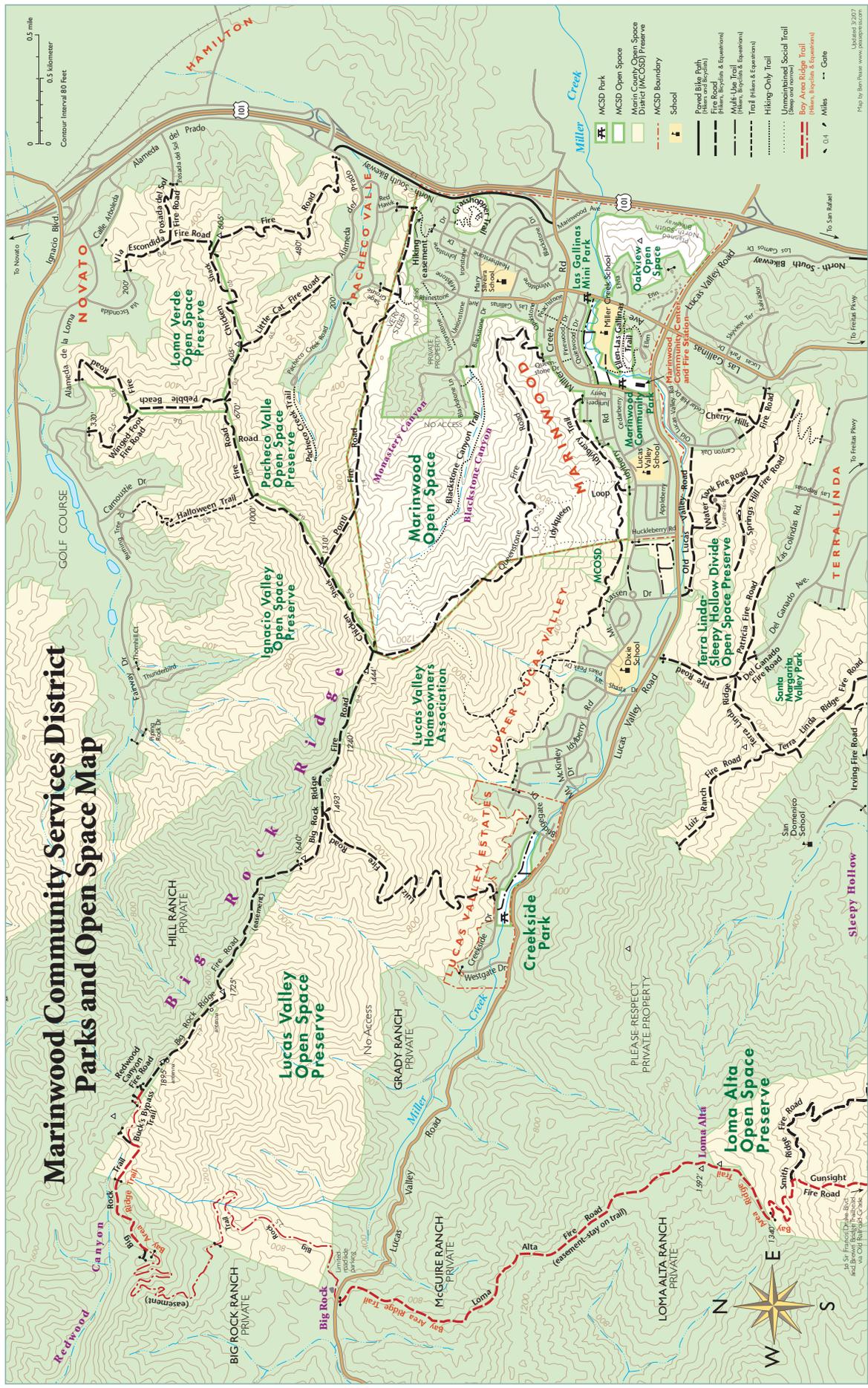
Stephanie Moret, Rec. Supervisor: (415) 479-0775 x15  
smoret@marinwood.org

Marinwood Pool: (415) 479-2335

Parks & Open Space: (415) 479-0775 x14  
lfretwell@marinwood.org

Fire Department-Non emergency: (415) 479-0122

# Marinwood Community Services District Parks and Open Space Map



## Policies

All registrations are on a first come, first served basis. Classes fill up quickly. Please register early.

### Three easy ways to register:

1. Online: [www.marinwood.org](http://www.marinwood.org)
2. Walk in: Monday - Friday 9:00am-5:00pm
3. Mail or fax a registration form

### Payment:

Payments must be received at the time of registration along with a registration form. We gladly accept Visa, Mastercard, American Express, Discover, cash, or check (made out to MCSD).

Upon receipt of your registration form and payment, you will be registered for the class unless notified that a class is full or canceled, in which case a full refund will be granted.

Please note: Marinwood CSD only allows one payer per receipt.

### Classes and Camps Refund and Transfer Policy:

All refunds and changes must be made in writing and can be emailed to [csd@marinwood.org](mailto:csd@marinwood.org). We will not process refunds or changes over the phone. Marinwood CSD reserves the right to cancel any class/activity that does not meet minimum enrollment. Please register early to avoid class cancellations. If a class is canceled, you will receive a full refund.

### Classes:

Refunds, less a \$10 processing fee, will be issued if you withdraw at least two business days prior to the first day of class. No refunds on or after the first class. Special programs may have different refund policies.

## District Information

The Marinwood Community Services District (CSD) was formed in 1960 to provide street lighting, fire protection and park and recreation services for our area. The CSD is governed by an elected five-member Board of Directors. The Board has established two advisory Commissions (Fire and Parks and Recreation) to oversee the routine operations of the District and to make recommendations regarding policies and budgetary matters. The District Manager and Department Heads carry out the day-to-day functions of the District as directed by the Board. The Board and Commission agendas can be found at [www.marinwood.org](http://www.marinwood.org). The Marinwood Review provides information on community meetings, events, programs, and other information of interest to the Community. Comments or suggestions regarding the publication should be directed to [csd@marinwood.org](mailto:csd@marinwood.org).

### Marinwood CSD Board of Directors

Meets 2nd Tuesday of each month, 7:30pm

Leah Green	(415) 492-1200
Jeff Naylor	(415) 479-6317
Izabela Perry	(415) 637-7896
Sivan Oyserman	(415) 488-6669
William Shea	(415) 472-4880

### Fire Commission

Meets 1st Tuesday of each month, 7:00pm

Tom Elsbree  
Steve Farac  
Pascal Karsenti  
Ron Marinoff - CSA 13 Representative  
Greg Stilson - CSA 13 Alternate

### Park and Recreation Commission

Meets 4th Tuesday of each month, 7:00pm

Jon Campo  
Anne Sjahsam  
John Tune

# Welcome Letter



Greetings from the Marinwood Recreation Department!

Welcome to our Fall 2020 edition of the Marinwood Review! We're in strictly digital form this time around because in the age of COVID-19 "subject to change" is one of the few things we can confidently proclaim. (So we will be updating as needed!)

In the wake of the strangest summer in recent memory, a season overwhelmingly defined by the COVID-19 pandemic, we are relieved to have been able to stay up and running, albeit on a much smaller scale. But we are even more relieved to have made it through without any positive COVID tests, illnesses, or closures. In spite of numerous challenges and hurdles we were able to offer a reduced version of summer camp (though still the largest in the county), open the pool for lap swim, run a handful of tennis camps, and offer virtual versions of some of our recreation classes. I am extremely grateful to the Marinwood Recreation Staff (Robyn, Carolyn, and Stephanie) for all the research, planning, adapting, and troubleshooting that went into putting on this extremely unique Marinwood summer. I also want to acknowledge our amazing seasonal camp and pool staff for being so adaptable and positive in the face of numerous new requirements and expectations, and having to wear masks for many hours on end. Without this stellar crew we wouldn't have been able to pull it off.

It's probably worth committing to "paper" for posterity some of the more encapsulating scenes around the community center from this bizarre season. In no particular order:

-lines of parents and kids standing on evenly spaced spray painted dots awaiting temperature checks each morning at camp drop off, our camp directors doubling as daily virus screeners.

-our office aides cleaning piles of camp supplies at the end of each day. "I never knew this office job would entail so much hula hoop disinfecting," I overhear one of them joke.

-bike jumps, rope swings, and tree forts popping up throughout the open space. It seems the lack of organized activities has brought out the inner Tom Sawyer in the local kids.

-masked park goers spread 6 feet apart throughout the park, talking, walking, picnicking, playing with their dogs. Normal activities with a COVID-19 spin.

-"Help I'm stuck!" one of our camp counselors calls from the bathroom where the lock on the stall has seized up from corrosion. Apparently spraying the restrooms down with disinfectant 100+ times a day does a number on the hardware.

A bizarre summer indeed.

In the pages that follow you will find the classes and programs we are currently offering this fall. We hope you find something that works for you or your family. This catalog will be updated as circumstances and health guidelines change and we will do our best to keep you informed. We hope to see you at the community center soon.

Sincerely,

Luke Fretwell, Recreation Director



# Local Resources for Assistance During the Pandemic

## Courtesy of the Las Gallinas Lions Club

Some of our friends and neighbors are having difficulty coping with the Pandemic and could use a helping hand, others are interested in volunteering. The Las Gallinas Lions Club has compiled a resource list for those in need or those willing to lend a helping hand.

### Shopping and Meal Assistance:

**Marinwood Market:** To avoid potential exposure to the virus, email your shopping list to [Jeanne@marinwoodmarket.com](mailto:Jeanne@marinwoodmarket.com). Remember to include your contact information, and staff will call when your order is ready to pick up. Call from your mobile phone when parked in their lot and they will bring out your groceries, put them in your car, take your credit card inside for payment and return it to you with your receipt.

Marinwood Market is located at: 155 Marinwood Ave., San Rafael, (415) 491-1965, [www.marinwoodmarket.com](http://www.marinwoodmarket.com).

**San Francisco Marin Food Bank:** Available to anyone struggling to buy food, the food bank offers free neighborhood pantries providing fresh groceries in a farmer's market style setting in convenient locations throughout Marin. For details visit [www.sfmfoodbank.org](http://www.sfmfoodbank.org) or call (415) 282-1900. To volunteer visit [www.sfmfoodbank.org/volunteer](http://www.sfmfoodbank.org/volunteer) or call (415) 282-1900 x 244.

**Whistlestop:** Brown Bag Pantry and Meals on Wheels for vulnerable housebound adults. Suggested contribution of \$3.50/meal. Please visit [www.whistlestop.org](http://www.whistlestop.org) or call (415) 456-9062.

### Neighbors Helping Neighbors:

**Marin Villages:** A network of volunteers empowering older adults to be active, connected, and independent. Members and volunteers support each other and enjoy a variety of events promoting healthy lives making life easier and more enjoyable. To donate, participate and/or volunteer contact [info@marinvillages.org](mailto:info@marinvillages.org) or call (415) 457-4633.

Marin Villages is located at: 4340 Redwood Hwy, Suite F-142, San Rafael.

**Good Fairies:** A county-wide all volunteer organization matching volunteers with people who would appreciate assistance with a task. Examples might be shopping, driving to an appointment, companionship, sharing recipes, light yard work, temporary pet sitting, etc. The goal is to put people together to get tasks done and create friendships. To participate and/or volunteer contact [team@goodfairy.org](mailto:team@goodfairy.org).

**Internet and Technology Assistance:** Those who are technology-adept can help others learn to use FaceTime, Skype, ZOOM or other applications that enable streaming video connections with family and friends. Helping others stay connected is a great gift. To participate and/or volunteer contact Marin Villages or Good Fairies listed above.

**Las Gallinas Lions Club:** Seniors and others with physical limitations needing help with a task may write to the Las Gallinas Lions Club at: [lasgallinaslions@gmail.com](mailto:lasgallinaslions@gmail.com) or write to: PO Box 6332, San Rafael, Ca 94903-6332.

### Need some social contact? A little exercise? A reason to get outside?

Marin Ladies Walk and Wine: [meetup.com/marin-ladies-walk-and-wine](https://www.meetup.com/marin-ladies-walk-and-wine)

Green Boot Walkers: [meetup.com/green-boot-walkers](https://www.meetup.com/green-boot-walkers)

Ted's Hikes, San Francisco/Marin: [meetup.com/san-francisco-hiking-meetup-7-12-miles-slow-paced](https://www.meetup.com/san-francisco-hiking-meetup-7-12-miles-slow-paced)

Sierra Club: [sierraclub.org/san-francisco-bay/marin/hikes-outings](https://www.sierraclub.org/san-francisco-bay/marin/hikes-outings)

Marin-The Hiking Club: [facebook.com/groups/marinthc](https://www.facebook.com/groups/marinthc)

California Alpine Club: [californiaalpineclub.org](https://www.californiaalpineclub.org)

Marin Moonshiners Hiking Club: (415) 331-0100 or find them on Facebook.

### General Resources:

Sheriff's Office: (415) 479-2311, [www.marinsheriff.org](http://www.marinsheriff.org)

Marinwood Fire Department: Non-emergency (415) 479-0122. In an emergency call 911.

Marin County HHS Corona Virus Information: [marinhhs.org](http://marinhhs.org)

California Pandemic Information: [covid19.ca.gov](https://covid19.ca.gov)

# JORGE'S TREE SERVICE

Jorge's Tree Service professionally trained arborists have a trusted name in residential tree care service. From tree pruning and trimming to insect and disease management, we address the specific needs of each client. With our 24-hour emergency response, you can rely on us to address storm damage to your trees and property in a timely fashion.



550 Canal St Ste 5  
San Rafael, Ca 94901  
Phone: (415) 497-9285  
[www.jorgestreeservice.net](http://www.jorgestreeservice.net)

## After School Program

Ages 5-11, K-6th

Marinwood is excited to be able to offer after school care this year, though on a smaller scale and with modified changes, as required by the current health guidelines. We will be strictly adhering to all of the most current recommendations and guidelines from Marin County Health & Human Services and the Public Health Officer. We are committed to offering a program that has all the fun and excitement of our traditional program, while taking the extra necessary precautions to maintain a safe and healthy environment for our participants and staff.

The mission of the Marinwood After School Care Program is to provide participants quality care in a safe, recreational environment that promotes creative group and individual activities. Core activities include homework help, outdoor games and activities in our beautiful park setting and creative arts and crafts inspired by weekly themes. Other enrichment opportunities such as cooking projects, special visitors or seasonal swimming on our pool may also take place.

Marinwood will be splitting participants into two separate After School groups, each will have a maximum of 14 participants—who will remain consistent throughout a monthly session—and will have the same core group of staff. Siblings will be placed in the same group. Each group will remain separate from the other and will maintain and use its own supplies and materials. Participants will spend time both indoors and outdoors throughout the day, although the majority of the time will be spent outside, weather permitting.

Participants and staff will engage in extra hand hygiene including hand washing and use of hand sanitizer throughout the day, including but not limited to before and after snacks, homework, activities and after bathroom use.

Instructor: Marinwood Staff

Ages	Day	Dates	Times	Fee
K-6th grade	M-F	Aug-June	2:45-6:00pm	Varies

Kindergarten Participants: Please note the program does not begin until the 1st-5th grade school release times.

Tuition: Monthly tuition is due the 1st business day of the month and will be automatically charged. There is no prorating for absences. Tuition is non-refundable. Your monthly tuition payment is based upon the number of school days per month.

5 day/week: \$26/day  
 3-4 day/week: \$28/day  
 \$100 registration fee

Register online at [www.marinwood.org](http://www.marinwood.org)



## After School All Sorts of Sports Camp

Ages 5-12

Whether your child is a beginner or more advanced player, the drills taught at these clinics will help them fall in love with the sport. Games we play may include, baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate frisbee, relay & obstacle races and a whole lot more. This 3 week session of camp will feature:

- Proper conditioning and warm-ups
- Balance and coordination
- Build motor skills and coordination
- Confidence builder program
- Offense and defense skills
- Competitions and games
- Individual and team concepts
- Speed and agility
- Teamwork and cooperation

Instructor: National Academy of Athletics

Ages	Day	Dates	Times	Fee
4-6	M-F	8/31-9/18	3:00-6:00pm	\$529/ 14 classes
4-6	M-F	9/21-10/9	3:00-6:00pm	\$529/ 15 classes
7-10	M-F	8/31-9/18	3:00-6:00pm	\$529/ 14 classes
7-10	M-F	9/21-10/9	3:00-6:00pm	\$529/ 15 classes

No class Mon. 9/7



## Capoeira

Ages 5-12

Capoeira (pronounced ka-poo-eyh-da) is an Afro-Brazilian martial art from that incorporates acrobatics, dance, percussion, and songs in a rhythmic dialogue of body, mind, and spirit. It is a communal game in which two opponents play each other inside a circle, formed by the other players who create a rhythm for the game by clapping, singing, and playing traditional handmade instruments. Classes teach basic capoeira techniques and music including traditional instruments and songs in Portuguese. We use games and exercises that develop physical, social, and mental capacities. Younger students begin to learn acrobatic movements and improve balance and coordination of the arms and legs. Older students focus on skill building, leadership, strength, agility, flexibility, and endurance.

Instructor: Lisa Willoughby and Diego Freitas

Please visit [www.abadamarin.org](http://www.abadamarin.org) for classes and information.

## Hip Hop

Ages 6-12

Learn how to bust some moves and shake your tail feather with fun classes taught by Love2Dance studio. Hip Hop encompasses many different urban dance styles such as poppin', locking, breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style. Hip Hop classes teach rhythm, coordination, musicality, and choreography. Love2Dance is a positive upbeat dance studio that is open to all ages and levels regardless of experience. The only requirements are passion for music and movement and the desire for self improvement.

Please visit [www.love2dance.biz](http://www.love2dance.biz) for fall classes.

Instructor: Love2Dance

## Marin Dance Theatre - Ballet classes

Marin Dance Theatre is responding to the public emergency with thoughtful consideration on how we can continue to keep the operations of MDT up and running. We are very proud to be doing our part until we are able to open our doors and welcome our wonderful families back into our studios. We want to keep our dancers and faculty training and connecting with each other as best we can.

In following the County-wide mandate of Shelter In Place, MDT has transitioned to working with our dancers online while offering virtual classes for all levels, including Adult/Open Division.

For more information on MDT's zoom classes please email [erica@mdt.org](mailto:erica@mdt.org) or visit [mdt.org](http://mdt.org).



## Morning Camp

Ages 3-5

Morning Camp will feature outdoor and camp-style activities, and will be led by Marinwood staff. This will be a fun and safe place for 3-5 year olds to come and socialize with friends, use their imaginations, learn new skills, explore nature, and have fun. Morning Camp will offer play-based free time, circle time, nature exploration, outdoor games and activities, and lunch time. Parents should pack a snack and lunch daily.

Instructor: Marinwood Staff

Ages	Day	Dates	Times	Fee
3-5	Mon-Thu	10/5-10/22	9:30am-12:30pm	\$420
3-5	Mon-Thu	10/26-11/12	9:30am-12:30pm	\$350
3-5	Mon-Wed	10/5-10/22	9:30am-12:30pm	\$315
3-5	Mon-Wed	10/26-11/10	9:30am-12:30pm	\$245
3-5	Tue-Thu	10/6-10/22	9:30am-12:30pm	\$315
3-5	Tue-Thu	10/26-11/12	9:30am-12:30pm	\$245

No camp: 11/3, 11/11



## Tennis Junior League

Ages 9-14

This is an introduction to competitive tennis including practices and matches. Players must know how to play the game. Match season begins in March and ends in May.

For questions please call Jerry Mehciz at (707) 235-0973. Parents are responsible for getting players to "away" matches and providing snacks and drinks for "home" matches. League matches are held on Fridays at various locations in Marin from 4:00-6:00pm.

Instructor: Jerry Mehciz  
Location: Marinwood Courts

Ages	Day	Dates	Times	Fee
9-14	M/W/F	9/14-10/9	4:00-5:30pm	\$292/ 12 classes
9-14	M/W/F	10/12-11/6	4:00-5:30pm	\$292/ 12 classes



## TGA Premier Jr Golf

Ages 6-10

TGA believes that sports change lives, and we create programs that make sports available to everyone. We use the game of golf as a method to develop your child's hand-eye coordination & improve motor skills. Our lesson plans incorporate etiquette, history, and STEAM. Our enthusiastic instructors provide a proven curriculum filled with instruction, drills, and fun games, with a ratio of no more than 8 children per instructor. Every student gets personal attention and skill specific instruction. Everyone receives awards for personal achievement. Classes grouped by age and ability. All equipment is provided and will be sanitized after each class. Participants will be socially distant as it pertains to safety guidelines. For more information visit [www.playtga.com/northbay](http://www.playtga.com/northbay) or call (415) 599-9478. In case of weather-related cancellation, a makeup class will be scheduled for 11/19. Material fee: \$25 payable to instructor on first day of class.

Instructor: TGA Premier Jr Golf  
Location: Marinwood Park

Ages	Day	Dates	Times	Fee
6-10	Th	10/1-11/12	3:00-4:00pm	\$174/ 7 classes

Material fee: \$25 payable to instructor on first day of class.



## Abada Capoeira Marin



Lisa Willoughby "Graduada Ciranda" is the founder and co-director of ABADÀ Capoeira Marin. She was born and raised in Goiânia, Brazil and graduated from Sao Paulo State University. Lisa teaches Capoeira to all ages and has participated in ABADÀ's Jogos Mundiais in 2009, 2011, 2013, and 2015. She has been a regular member of the ACSF performance troupe since 2008.

Diego Freitas "Instructor Prego" was born in Rio de Janeiro, Brazil where he trained extensively with Professor Arpoador. Prego is a world class competitor and has performed in many Capoeira productions and exhibitions.

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## Love2Dance - Hip Hop Company



Love2Dance was opened by Novato native Tara Caprice Broadwater in 2002. Love2Dance is a positive upbeat dance studio that is open to individuals of all ages and levels regardless of experience. The only requirements are a passion for music and movement and the desire for self improvement through the art of dance. Love2Dance promotes confidence, self esteem, leadership skills, and encourages personal growth, positive attitudes, and involvement in the community. Through discipline, respect, and responsible behavior, we are building a successful dance community.

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## Marin Dance Theatre



The mission of MDT is to nurture and sustain the art and technique of classical ballet and contemporary dance for students of all ages through exceptional training and education, unique and exciting choreography, professionally staged performances and expansive community outreach programs. The staff at MDT strives to provide a nurturing and physically healthy environment that cultivates discipline, the ability to work cooperatively, a sense of community and personal achievement, and a lifelong appreciation of dance as well as music, theater, and other associated art forms.



## Jerry Mehciz - Tennis Instructor

Jerry Mehciz has been teaching tennis as a career since 1987. He is part of the United States Professional Tennis Association and is ranked "elite". Jerry is also part of the Babolat Pro Staff. Although his tennis career has taken him to many places (Instructional Editor of Inside Tennis Magazine, Head Pro at Tiburon Peninsula Club, Tennis Director of Marin Country Club), he has always had an affection for Marinwood. "The people here in the Marinwood area are great. The way they live reminds me of where I grew up in the Midwest...family values and having fun doing it".

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## National Academy of Athletics

The NAofA sport programs for kids are specifically designed to help players of all abilities. The goal is to have tons of fun, learn sport-specific skills, and gain confidence on and off the field. We teach children about success, failure, and what it means to be part of a team. Our coaches provide an enthusiastic place for kids to fall in love with their chosen sport. All programs are led by a highly trained team of NAofA Certified coaches and instructors who are carefully selected to ensure each camper's safety, skill development & individual enjoyment. We encourage all our campers to play with confidence, enthusiasm and a love for the game.

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## TGA Premier Jr Golf



TGA introduces the life-long sport of golf at a young age through programs that provide a fun and enriching experience for children while being a convenient and affordable option for parents. Our dedicated coaching staff help students develop their skills and a passion for golf while using the sport as a vehicle for delivering curriculum's that are loaded with educational concepts including STEM and life skills such as respect, honesty, perseverance and sportsmanship. TGA stands for: Teach, Grow, Achieve – these concepts are the foundation of every program we offer.

## "Capture Marin" A Virtual Approach!

Teens 15+ and Adults

Our virtual "Capture Marin" photography course is for all levels. If you want to expand your skill level as a photographer or if you're looking to freshen up your Instagram, this is the class for you. In this 10 week course, instructor Duncan MacSwain will provide weekly assignments on Saturdays through email. Photographers will have one week to meet the challenge before sending their work to Duncan for critique. The course is comprised of 11 sessions: 1 in person orientation day (for new students), 8 digital virtual sessions, and 2 in person sessions with a victory banquet — see schedule below for dates.

Fee for the course: \$125, Returning students \$100 — Must call the Community Center to arrange.

Instructor: Duncan MacSwain

Class #	Day	Dates & Time	Details & Location
1	Sat	9/12, 9:00am	Introduction & orientation for new students. Challenge No.1 issued.
2	Sat	9/19	Challenge No. 2 issued.
3	Sat	9/26	Challenge No. 3 issued.
4	Sat	10/3	Challenge No. 4 issued.
5	Sat	10/10, 9:00am	Portrait photography session.
6	Sat	10/17	Challenge No. 5 issued.
7	Sat	10/24	Challenge No. 6 issued
8	Sat	10/31	Challenge No. 7 issued.
9	Sat	11/7, 9:00am	Field Trip, Capture Marin, location TBD
10	Sat	11/14	Challenge No. 8 issued - The ultimate challenge.
	Sat	11/21	Victory Banquet and Awards Ceremony



Photos by Duncan MacSwain

## Las Gallinas Lions



Adults

In operation for 40 years, The Lions Club focus is on having a good time and being of service to our community. Our motto is "We Serve". We meet for dinner twice a month at the Marinwood Community Center to socialize, hear presentations on local topics, and organize activities. Membership is open to all local adult men and women who wish to join and help us with our activities. Our work includes: The Marinwood Easter Egg Hunt, the September Car Show and BBQ, St. Patrick's Day party, Spring time Crab Feed, Christmas Party, Eye Clinics in local schools, Spring time bulb planting, CERT Sponsorship, and fundraising activities.

With the outbreak of COVID-19, the Lions are currently meeting virtually via Zoom on the 1st and 3rd Wednesday of the month. Please email [lasgallinaslions.com](mailto:lasgallinaslions.com) for a meeting invitation.



Day	Dates	Time	Fee
1st and 3rd Wed. of each month	Ongoing	7:15-9:00pm	\$80/year



## Pilates at Home

Adults 15+

Enjoy all the fun of Pilates in the comfort of your home! The practice emphasizes moving mindfully with intention and awareness; this is what creates a powerful mind-body connection. This class will combine the elements of physical strengthening and therapeutic exercises, in the virtual setting. We will explore the fundamentals of Pilates to create a deeper understanding of the exercises and increase overall body awareness. All levels welcome!

All participants must have a Zoom account prior to start of the session. Marinwood staff will email participants a Zoom link and password to join the class before the first day.

Participants will need their own mats, computer/camera. Kids are welcome to join parents.

Drop-in's welcome! Please call the Community Center during business hours (M-F 9am-5pm) to enroll for a \$15 drop-in.

Day	Dates	Time	Fee
Tue	10/6-11/10	9:15-10:00am	\$76/ 6 classes
Fri	10/9-11/13	9:15-10:00am	\$76/ 6 classes

## Vinyasa Flow at Home

Adults 15+

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. All levels welcome!

All participants must have a Zoom account prior to start of the session. Marinwood staff will email participants a Zoom link and password to join the class before the first day.

Participants will need their own mats, computer/camera. Kids are welcome to join parents.

Drop-in's welcome! Please call the Community Center during business hours (M-F 9am-5pm) to enroll for a \$15 drop-in.

Day	Dates	Time	Fee
Tue	10/6-11/10	5:30-6:30pm	\$76/ 6 classes
Th	10/8-11/12	5:30-6:30pm	\$76/ 6 classes
Sat	10/10-11/14	5:30-6:30pm	\$76/ 6 classes

## Tennis - Adult Beginner

Ages: 15+

Have you always wanted to learn tennis? Now here is your chance. All you need is a pair of sneakers and a racket to join in on the fun. The basics will be covered as well as scoring and playing. Class size is small, so register early. Drop-in classes - \$16 if space is available.

Instructor: Jerry Mehciz

Location: Marinwood Courts

Day	Dates	Times	Fee
T/Th	9/15-10/8	6:00-7:00pm	\$124/ 8 classes
T/Th	10/13-11/5	6:00-7:00pm	\$124/ 8 classes
T/Th	11/10-11/19	6:00-7:00pm	\$64/ 4 classes

## Tennis - Adult Beginner Doubles

Ages: 15+

Have you always wanted to learn tennis? Now here is your chance. All you need is a pair of sneakers and a racket to join in on the fun. The basics will be covered as well as scoring and playing. Class size is small, so register early. Drop-in classes available for \$16 if space is available.

Instructor: Jerry Mehciz

Location: Marinwood Courts

Day	Dates	Times	Fee
M/F	9/14-10/2	10:30am-12:00pm	\$127/ 6 classes
M/F	10/5-10/23	10:30am-12:00pm	\$127/ 6 classes
M/F	10/26-11/13	10:30am-12:00pm	\$127/ 6 classes

## Tennis - Adult Intermediate/ Advanced

Ages: 15+

For the player who has prior experience and would like drills to sharpen skills. The last half hour is reserved specifically for playing, using skills, and strategies learned in the lessons. This should be a "C" or 3.0 or higher player. Class is limited to eight players. Drop-in classes - \$23 if space is available.

Instructor: Jerry Mehciz  
Location: Marinwood Courts

Day	Dates	Times	Fee
T/Th	9/15-10/8	7:00-8:30pm	\$168/ 8 classes
T/Th	10/13-11/5	7:00-8:30pm	\$168/ 8 classes
T/Th	11/10-11/19	7:00-8:30pm	\$86/ 4 classes

## Tennis - Adult Intermediate/ Advanced Doubles

Ages: 15+

For the player who has prior experience and would like drills to sharpen skills. The last half hour is reserved specifically for playing, using skills, and strategies learned in the lessons. This should be a "C" or 3.0 or higher player. Class is limited to eight players. Drop-in classes - \$23 if space is available.

Instructor: Jerry Mehciz  
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M/F	10/26-11/13	9:00-10:30am	\$127/ 6 classes

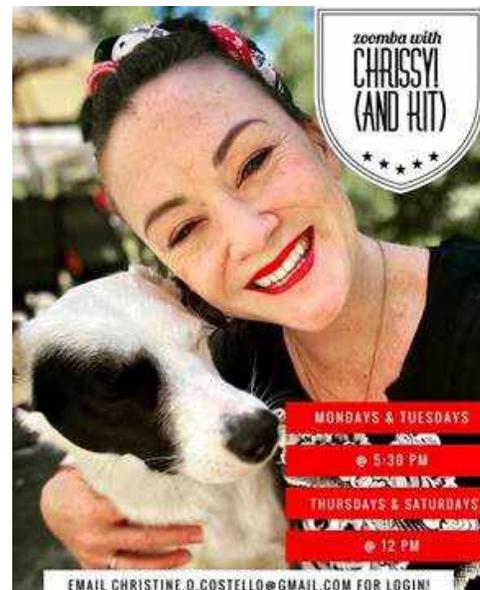
## ZOOMba with Chrissy!

Ages: 15+

Itching to MOVE ya body? Feeling a bit sir crazy? Then it's time to get up and join Zumba® on Zoom with Chrissy! Mondays & Tuesdays at 5:30PM and Thursdays & Saturdays at 12PM Zumba® on Zoom. Take the "work" out of workout while staying connected to your Marinwood Community. Email Chrissy Costello, christine.o.costello@gmail.com, for Zoom Information. Donations greatly appreciated!

"I go to many different Zumba classes, but you are the best teacher in terms of creative and fun choreography, athleticism and grace, great music, and a loving, inclusive attitude towards your students. All this PLUS a spiritual and social justice orientation. Wow!"  
- Alison Q.

"I LOVE your classes (in person AND virtual)...they are the best!"  
- Amanda D.



## Janet Carter - Pilates Instructor



Janet teaches Yoga and Pilates in Marin and San Francisco. She believes that practice is a journey of self discovery and internal transformation that helps to cultivate a more mindful way of living. Janet's classes are fun and upbeat with the opportunity for students to challenge themselves as they develop strength, balance, and flexibility. Her sequencing is grounded in the principles of alignment and breath awareness, offering a dynamic and centering practice. Janet also teaches Yoga and Mindfulness to kids and teens.

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## Chrissy Costello - Zumba® Instructor



"I've been passionate about dance my entire life - Salsa, Samba, Afro-Brazilian, Capoeira, Hip-Hop, South African House...the list goes on. If you've never tried Zumba, now is the time to start. No previous experience is necessary. The only goal is to have a blast while getting a great workout. The more you come, the easier and more enjoyable it gets (as you familiarize with the choreography). Smiling and sweating are the ultimate goals. If you have any questions, please don't hesitate to contact me at (415) 306-2683 or [christine.o.co.costello@gmail.com](mailto:christine.o.co.costello@gmail.com).

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## Duncan MacSwain- Photography Instructor



Duncan has been teaching "Capture Marin" through the Marinwood Community Center for the past five years. MacSwain is a teacher, photographer, and international tour group leader. He has lived in the Marinwood/Lucas Valley community for over 50 years. His photos are published in books, calendars, magazines, and promotional materials in over 15 countries. Mac Swain previously taught photo workshops in the UC Berkeley Research Expeditions Program, at the Quadrennial Art and Cultural Festival of the Pacific in Palau, and throughout Marin. MacSwain taught psychology and biology, and was an administrator and coach at redwood High School for 32 years.

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## Jerry Mehciz - Tennis Instructor



Jerry Mehciz has been teaching tennis as a career since 1987. He is part of the United States Professional Tennis Association and is ranked "elite". Jerry is also part of the Babolat Pro Staff. Although his tennis career has taken him to many places (Instructional Editor of Inside Tennis Magazine, Head Pro at Tiburon Peninsula Club, Tennis Director of Marin Country Club), he has always had an affection for Marinwood. "The people here in the Marinwood area are great. The way they live reminds me of where I grew up in the Midwest...family values and having fun doing it".

## Marinwood Pool 2020 Adult Lap Swim

Join Adult Lap Swim this fall at the Marinwood Pool. Secure your morning or afternoon swim by reserving a lane online at [www.marinwood.org](http://www.marinwood.org), or by calling the community center at (415) 479-0775. (You must have a current online account to register over the phone.)

Lap swim sessions will be reserved in blocks of M/W/F or T/Th for 60 minutes each day (example: M/W/F 6:30am-7:30am. Available timeslots\*

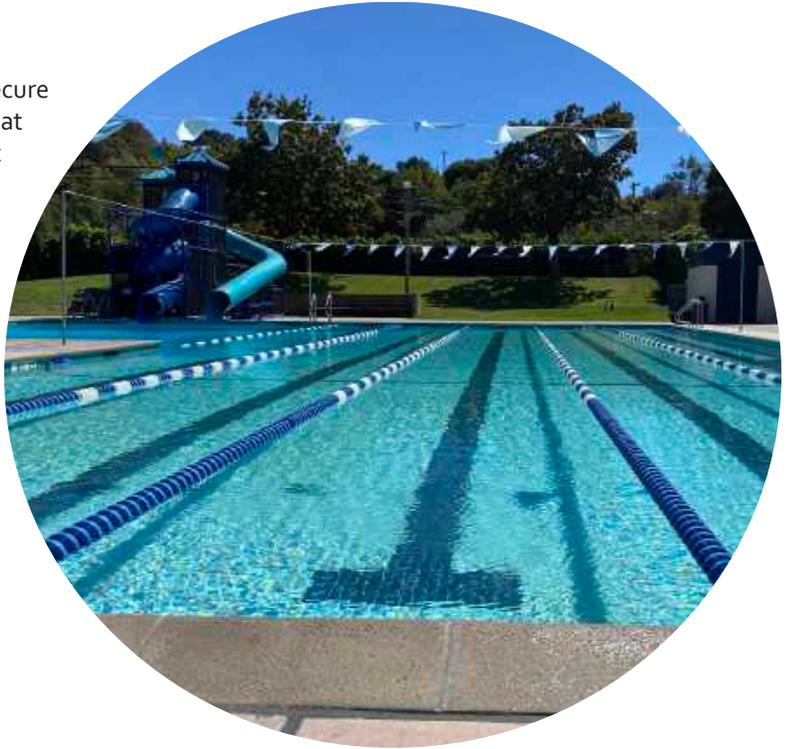
- 6:30am-7:30am
- 7:30am-8:30am
- 8:30am-9:30am
- 11:30am-12:30pm
- 12:30pm-1:30pm
- 1:30pm-2:30pm
- 3:30pm-4:30pm
- 4:30pm-5:30pm
- 5:30pm-6:30pm

**Fees:**

M/W/F block: \$36 Marinwood Resident, \$45 Non-Resident.

T/Th block: \$24/Marinwood Resident, \$30 Non-Resident.

\*Subject to change. Please visit [www.marinwood.org](http://www.marinwood.org) for updates.



**Please note:**

- Only one person will be allowed per lane with 1 exception: members of the same household may share a lane if desired (maximum 2 people- reservation must be processed over the phone. All pricing remains the same per person).
- In water swim time is 45 minutes. Check in will last about 5 minutes and begin at the start of your reservation time. All swimmers must exit the pool 10 minutes prior to the end of the hour. No exceptions.
- Ages 16 & up.
- There will be no shared equipment i.e. kickboards.
- Facial coverings must be worn when outside the water, including check in and while on the pool deck. Patrons must also maintain social distancing.
- Locker rooms are available for single use restrooms only. Changing and showering is not permitted.
- All swimmers will be asked to sign a waiver before entering the facility. We will keep your waiver on file for multiple reservations.
- Swimmers will be asked intake questions prior to entering the facility.

# Rentals - Building

Facility	Capacity	Amenities	Fee
Bill Gordon Hall Location: Community Center 1824 sq. feet	Reception: Approx. 150 people Sit down dinner: Approx. 100 people	Kitchen: oven, range, microwave, refrigerator 20 Rectangular tables 6 Round tables Approx. 120 folding chairs	Security deposit: \$500 (refundable) Marinwood Resident: \$750 Non-Resident: \$1,500 Non-Profit: \$750 * Fee covers 8 hour rental
Classroom Location: Community Center 660 sq. feet	Meeting space only Reception: 45 people Classroom style: 35 people	1 Rectangular table Approx. 30 chairs	Security deposit: \$500 (refundable) Marinwood Resident: \$35/hr Non-Resident: \$50/hr Non-Profit: \$35/hr

Please call the Marinwood Community Center office for availability and application process (415) 479-0775. To view the application paperwork please visit [www.marinwood.org](http://www.marinwood.org) and click "Rent the Facilities."

**COVID Update:** We have paused our rental applications at this time due to the current Marin County Health order. Please check back periodically. Thank you.



Bill Gordon Hall, showing west section.



Bill Gordon Hall, showing east section.

# Rentals - Park



Group Picnic Area.



Parkside Picnic Area.



Playground adjacent to picnic areas.



Playground adjacent to picnic areas.

Facility	Picnic Tables	Restroom	BBQ	Additional Features	Fee
Group Picnic Area Location: Marinwood Park	3 Hexagon picnic tables Capacity: 50 people	Yes	2 Charcoal BBQ	Umbrellas (\$) Bounce house permissible with permit (\$)	Marinwood Residents: \$20/hr Non-Residents: \$40/hr * 2 hour minimum
Parkside Picnic Area Location: Marinwood Park	2 Rectangular tables Capacity: 20 people	Yes	1 Charcoal BBQ	No	Marinwood Residents: \$12.50/hr Non-Residents: \$25/hr * 2 hour minimum

# Rentals - Pool



Hillside Party area.



Patio Party area.



Main Pool.



Tot Pool.

Facility	Picnic Tables	Restroom	BBQ	Additional Features	Fee
Patio Party Area Location: Between Tot pool and Main pool	2 Rectangular tables Capacity: 30 people	Yes	No	Decorations (Free) Heat Lamps (\$) Ping Pong Table (\$)	Marinwood Residents/ Pool Members: \$45/hr Non-Residents: \$55/hr * 2 hour minimum
Hillside Party Area Location: Grassy knoll adjacent to main pool deep end	3 Hexagon picnic tables Capacity: 30 people	Yes	1 Gas BBQ (\$)	Ping Pong Table (\$)	Marinwood Residents/ Pool Members: \$45/hr Non-Residents: \$55/hr * 2 hour minimum

## *Child Care Aide for Preschoolers*

Position begins Sept. 2020

This is the perfect job for someone who is looking for part-time work in the field of early education and wanting to work with preschool-aged children! Our play-based half day recreation program for preschoolers offers a very nurturing environment and we are looking for friendly, caring, responsible staff. We will be strictly adhering to all of the most current recommendations and guidelines from Marin County Health & Human Services and the Public Health Officer.

Under the supervision of the Youth Program Coordinator, this position provides supervision to children enrolled in the program; help plan and implement age appropriate curriculum for children; establish and maintain supportive relationships with children and parents; and other related duties as assigned.

Typical Hours: Monday-Thursday, 8:30am-1:00pm

Wage: \$20.00-\$24.00/hour

**Visit [marinwood.org/about-us/employment](http://marinwood.org/about-us/employment) for more information about available positions.**





## Advertise in the Marinwood Review

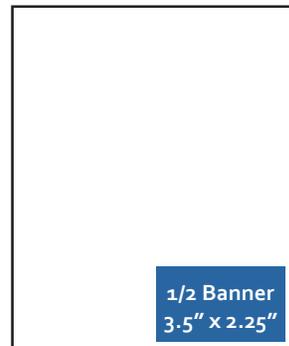
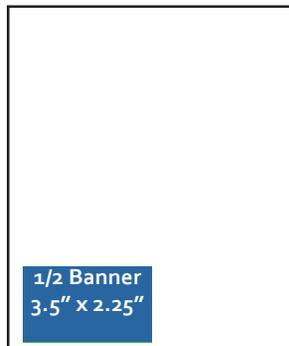
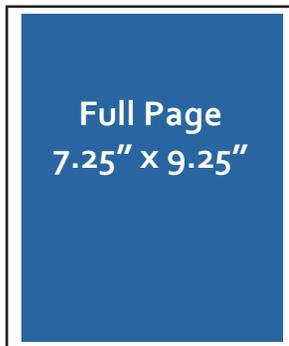
Promote your business to more than 19,000 local residences and businesses located in Marinwood, Lucas Valley, Mont Marin, San Rafael Park, Northern Terra Linda & selected areas in Ignacio and Hamilton. Our guide is also digital and available on our website at [www.marinwood.org](http://www.marinwood.org).

Publication: Twice a year

### Specifications and Pricing

- **Accepted File Types:** PDF or JPEG. Ad's must be designed at 300 dpi and must be in the appropriate size as indicated below.
- **Color:** Files must be submitted as CMYK (not RGB).
- **Ad Placement:** Ad's will be placed on page as indicated below.
- **Submit Ads To:** [csd@marinwood.org](mailto:csd@marinwood.org)

	<u>WIDTH</u>	<u>HEIGHT</u>	<u>RATE</u>
<b>Ad Sizes &amp; Rates</b>	1/2 Banner	3.5" x 2.25"	\$100
	Full Banner	7.25" x 2.25"	\$175
	Full Page	7.25" x 9.25"	\$450
	Full Page Premium (Page 3)	7.25" x 9.25"	\$500
	Full Page Premium (Back Cover)	7.25" x 9.25"	\$600



**Marinwood Recreation Department**  
 775 Miller Creek Rd., San Rafael, CA 94903  
 Phone: 415-479-0775; Fax: 415-479-7759  
[www.marinwood.org](http://www.marinwood.org)



**MARINWOOD RECREATION Department**  
 775 Miller Creek Road, San Rafael, CA 94903  
 Phone: 415-479-0775; Fax: 415-479-7759  
 www.marinwood.org

**Recreation Registration Form**

**Participant Information:**

Name: \_\_\_\_\_ I Prefer to be called: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_ Date of Birth (if minor): \_\_\_\_\_

Email address: \_\_\_\_\_

How did you hear about this program? \_\_\_\_\_

Person to contact in case of emergency \_\_\_\_\_ Phone \_\_\_\_\_

Would you like to receive information on upcoming events & programs at Marinwood?  Yes  No

Please list any allergies or special needs/accommodations: \_\_\_\_\_

**Primary Adult Contact (if different from above):**

Name: \_\_\_\_\_ Relationship to Participant:  Parent  Other

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

**Section III**

**Activity Registration**

Activity Name: \_\_\_\_\_ Date of Activity: \_\_\_\_\_ Fee: \_\_\_\_\_

Activity Name: \_\_\_\_\_ Date of Activity: \_\_\_\_\_ Fee: \_\_\_\_\_

**TOTAL FEES: \$ \_\_\_\_\_**

All registrations are on a first-come, first-serve basis. Registrations can be made online at [www.marinwood.org](http://www.marinwood.org). Registrations can also be made in person, by mail or fax (with Visa, Mastercard, American Express), along with a completed registration form. Upon receipt of your registration form and payment, you will be registered for the class unless notified that a class is full or canceled, in which case a full refund will be granted. Refunds, less \$10 processing fee, will be issued if class is canceled two business days prior to the first day of class. No refunds on or after the first class. Special programs may have different refund policies. Please check with department staff when registering.

In consideration of accepting this registration and to the extent permitted by law, I hereby agree to release, indemnify, defend and hold harmless on behalf of myself (and any minor children for whom I have the capacity to contract) Marinwood Community Services District (MCSD) and its officers, clients, agents, employees and volunteers from and against any and all liabilities, claims, penalties, losses, or expenses (including attorneys' fees), of any kind or nature whatsoever, whether related to bodily injury, property damage or any other form of injury or loss to myself (and to any minor children for whom I have the capacity to contract), arising out of or in any way related or connected to participation in the activity for which I (and any minor children for whom I have the capacity to contract) am registering. I acknowledge that the activity to which this release applies can be dangerous, and as a result of signing below, I am voluntarily accepting those risks for myself and for any minor participants for whom I can contract. I give permission to MCSD to take photographs of me or my children while participating in this activity for use in future MCSD publicity and understand that I will not receive any compensation for such use. In case of emergency, my child may be treated by a qualified physician. The MCSD programs and facilities are available to the public without regard for race, color, national origin, or disability. Any individual that believes he/she has been subjected to discrimination may file a complaint alleging discrimination with the MCSD to U.S. Dept. of Interior, Washington D.C., 20240.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cash  Check (payable to MCSD)  Visa  Mastercard  American Express

Credit Card No: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Billing Address & Zip Code: (if different from above) \_\_\_\_\_ Security Code (3 digits) \_\_\_\_\_

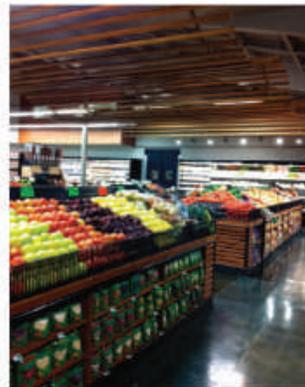


## THE MARINWOOD MARKET

FULL LINE OF ORGANIC AND TRADITIONAL IN SEASON PRODUCE  
FULL SERVICE DELI, FULL SERVICE MEAT, FISH AND POULTRY  
SUSHI PREPARED DAILY  
BEER, WINE AND LIQUOR

### "MARINWOOD GRILL"

CHEESEBURGER, GARDEN BURGER,  
GRILLED CHICKEN SANDWICH,  
GRILLED TRI-TIP SANDWICH &  
BBQ PULLED PORK SANDWICH  
WITH YOUR CHOICE OF SIDES.



"LIKE US ON FACEBOOK"  155 MARINWOOD AVE (MARINWOOD/ST. VINCENTS EXIT)  
415-491-1965



# CONSIDERING BUYING OR SELLING A HOME DURING THESE TRYING TIMES?

WHO YOU WORK WITH MATTERS



## SFR + CONDO SALES | Q1 + Q2 JAN-JULY 2019 vs. 2020

NUMBER OF PROPERTIES SOLD		MEDIAN SALES PRICE		PRICE PER SQFT		DAYS ON MARKET	
SFR	CONDO	SFR	CONDO	SFR	CONDO	SFR	CONDO
<b>2019</b>		<b>2019</b>		<b>2019</b>		<b>2019</b>	
92	45	\$1,199,000	\$623,000	\$640	\$506	27	33
<b>2020</b>		<b>2020</b>		<b>2020</b>		<b>2020</b>	
69	22	\$1,230,000	\$612,000	\$657	\$501	22	37

NOW IS THE TIME TO CALL ME!



**LIZ MCCARTHY**

415.250.4929 | Liz@McCarthyMoe.com | McCarthyMoe.com | DRE 01421997

Despite these difficult times, we've helped over 25 clients in 2020 successfully meet their goals during this pandemic. I specialize in **Miller Creek School District** real estate because I understand it so well. I live here and I'm passionate about our gem of a community!

With over \$500M in real estate career sales, Liz McCarthy of the McCarthy + Moe Group is ranked in the top 1% of Marin Real Estate Agents. We are strong negotiators and consistently provide the best possible outcome for every situation!

Call me at (415) 250-4929 to discuss how the market is changing and review your real estate goals for 2020 (and beyond)!

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