

Marinwood Review

Fall/Winter 2021 - 2022



www.marinwood.org

**Marinwood Community Services District
Parks and Open Space Map**

Legend:

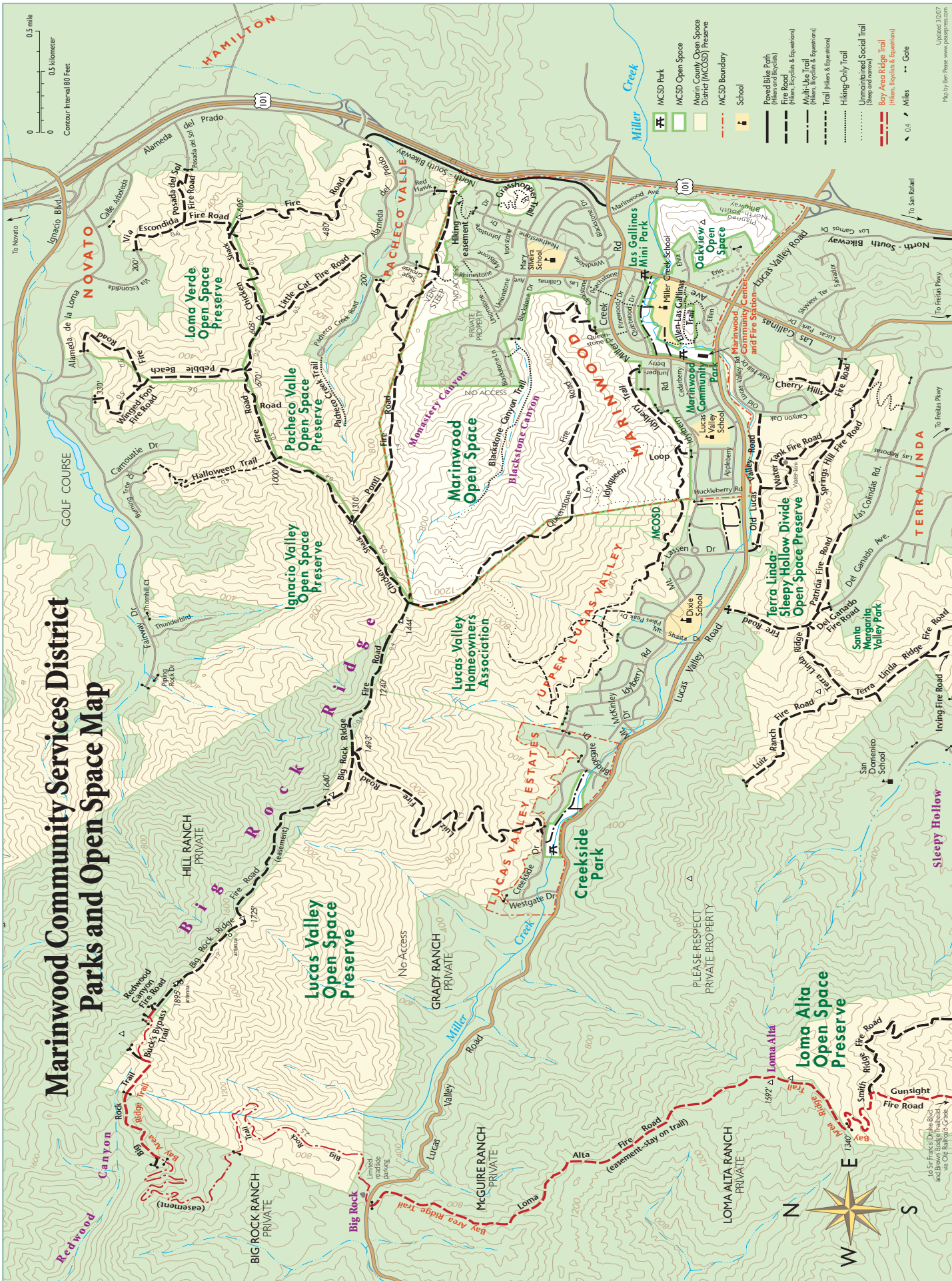
- MCSD Park
- MCSD Open Space
- Marin County Open Space District (MCOSD) Preserve
- MCSD Boundary
- School
- Paved Bike Path (Hill and Bay Area)
- Fire Road (Hill and Bay Area)
- Multi-Use Trail (Hill and Bay Area)
- Trail (Hill and Bay Area)
- Hiking-Only Trail
- Unmaintained Social Trail (Sleep and Arrow)
- Bay Area Ridge Trail (Hill, Bay Area & Equine)
- Miles
- Gate

Scale: 0 to 0.5 mile, 0 to 0.5 kilometer, Contour Interval 80 Feet

Compass Rose: N, S, E, W

Map Features:

- Parks and Open Spaces:** Loma Verde Open Space Preserve, Pacheco Valley Open Space Preserve, Ignacio Valley Open Space Preserve, Lucas Valley Open Space Preserve, Marinwood Open Space, Lucas Valley Homeowners Association, Lucas Valley Estates, Terra Linda Open Space Preserve, Loma Alta Open Space Preserve, Sleepy Hollow Divide Open Space Preserve, Santa Margarita Valley Park, Creekside Park.
- Trails:** Redwood Canyon, Big Rock Ridge, Bay Area Ridge Trail, Lucas Valley, Ignacio Valley, Pacheco Valley, Marinwood, Terra Linda, Loma Alta, Sleepy Hollow Divide, Santa Margarita Valley, Creekside.
- Roads:** Highway 101, Highway 92, Highway 1, Highway 108, Highway 109, Highway 110, Highway 111, Highway 112, Highway 113, Highway 114, Highway 115, Highway 116, Highway 117, Highway 118, Highway 119, Highway 120, Highway 121, Highway 122, Highway 123, Highway 124, Highway 125, Highway 126, Highway 127, Highway 128, Highway 129, Highway 130, Highway 131, Highway 132, Highway 133, Highway 134, Highway 135, Highway 136, Highway 137, Highway 138, Highway 139, Highway 140, Highway 141, Highway 142, Highway 143, Highway 144, Highway 145, Highway 146, Highway 147, Highway 148, Highway 149, Highway 150, Highway 151, Highway 152, Highway 153, Highway 154, Highway 155, Highway 156, Highway 157, Highway 158, Highway 159, Highway 160, Highway 161, Highway 162, Highway 163, Highway 164, Highway 165, Highway 166, Highway 167, Highway 168, Highway 169, Highway 170, Highway 171, Highway 172, Highway 173, Highway 174, Highway 175, Highway 176, Highway 177, Highway 178, Highway 179, Highway 180, 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**Marinwood Community Services District
Parks and Open Space Map**

This map illustrates the geographical distribution of parks and open spaces within the Marinwood Community Services District. Key features include:

- Parks and Open Spaces:** Loma Verde Open Space Preserve, Pacheco Valle Open Space Preserve, Ignacio Valley Open Space Preserve, Lucas Valley Homeowners Association, Marinwood Open Space, Terra Linda Open Space Preserve, Sleepy Hollow Divide Open Space Preserve, Loma Alta Open Space Preserve, Big Rock Ranch Private, Hill Ranch Private, Grady Ranch Private, McGuire Ranch Private, Loma Alta Ranch Private, Santa Margarita Valley Park, Las Gallinas Mini Park, Oakview Open Space, and Creekside Park.
- Roads and Trails:** Major roads such as Highway 101, Alameda de la Loma, and various fire roads are shown. Trails include the Redwood Canyon Trail, Buck's Bypass Trail, and several hiking trails like the Halloween Trail and Pebble Beach.
- Geographical Features:** Topographic contours indicate elevation, while blue lines represent water bodies like Miller Creek and Lucas Valley Creek.
- Legend:** Defines symbols for MCSD Park, MCSD Open Space, Marin County Open Space District (MCOSD) Preserve, MCSD Boundary, School, Paved Bike Path, Fire Road, Multi-Use Trail, Trail (Hiker & Equestrian), Hiking-Only Trail, Unmaintained Social Trail, Bay Area Ridge Trail, Miles, and Gate.
- Scale and Orientation:** A scale bar at the top left shows distances up to 0.5 miles and 0.5 kilometers. A compass rose at the bottom center indicates North, South, East, and West.

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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, 11/25, 11/26, 1/17, 2/21

Marinwood Community Services District Contact Information

District Manager, Eric Dreikosen

edreikosen@marinwood.org, (415) 479-7751

Recreation Director, Luke Fretwell

lfretwell@marinwood.org, (415) 479-0775 x103

Assistant Recreation Director, Robyn Bruton

rbruton@marinwood.org, (415) 479-0775 x104

Recreation Supervisor, John Paul Kessler

jpkessler@marinwood.org, (415) 479-0775 x105

Marinwood Pool (April - October)

(415) 479-2335

Parks and Open Space, Luke Fretwell

lfretwell@marinwood.org, (415) 479-0775 x103

Fire Department - Non emergency

(415) 479-0122

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~ Nails ~

~ Waxing ~

Manicure: \$20

Eyebrows: \$12

Pedicure: \$30

Brazilian: \$40

Gel: \$30

Legs: \$50

415-492-9489

We Look Forward to Serving You!

We are located at **25 Mitchell Blvd. Ste #12, San Rafael**
across from WestAmerica Bank - Plenty of Parking!

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
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 cancelled, 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:

Minimum cancellation fee: \$10.00. (Cancellation fee may vary, check registration activity on website for details). All refunds and changes must be made in writing and can be emailed to 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 cancelled, you will receive a full refund.

Health Policies:

Marinwood CSD follows all current health guidelines. Masks and other health requirements may change as health guidelines are updated.

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. 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.

Marinwood CSD Board of Directors

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

| | |
|-------------------|----------------|
| Christopher Case | (415) 250-5443 |
| Kathleen Kilkenny | (415) 601-1497 |
| Sivan Oyserman | (415) 488-6669 |
| Lisa Ruggeri | (415) 531-4232 |
| 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
Ian Fein
Anne Sjahsam
John Tune



Grains of Salt

Greetings and welcome to the latest issue of the Marinwood Review. In the pages that follow you will find information about the classes, programs, and community events the Marinwood Recreation Department plans to offer this fall and winter. While some of our programs will be scaled down and some of our events are on hold, we are nevertheless excited to see the return of so many of our classes and instructors this fall. We will no doubt be making minor revisions as health guidance continues to evolve, so please check our website from time to time for updates. And as with most things during this age of uncertainty, please take all plans and predictions with a small grain of salt.

With a grain of salt. I have found myself uttering that phrase more and more this past year and a half as plans and predictions in the age of COVID have become less and less reliable. But I was caught off guard when my 6-year-old recently asked me what it meant. “Why a grain of salt, dad? What does that mean?” I knew what the idiom meant but couldn’t explain why. So, we looked it up.

“With a grain of salt” as a written phrase has been traced back to a publication by Roman philosopher Pliny the Elder in 77 A.D. I admit that I had not previously been aware of Pliny the Elder except as the name of a popular local beer (and whose counterpart, “Pliny the Younger,” is named for the late philosopher’s nephew). But the philosopher Pliny the Elder used the phrase “with a grain of salt” as an ingredient in a recipe, believed to be an antidote to poison.

The phrase “take it with a grain of salt” became common parlance for being wary of being poisoned. Over the years, the phrase evolved to a more figurative use—being wary of poisonous ideas or philosophies—and in the twentieth century evolved further to the idiom we are familiar with today, not so much to do with poison or poisonous ideas, but with maintaining a level of skepticism about something.

Skepticism has unfortunately been a huge necessity this past year and a half and I have probably taken enough “grains of salt” to singlehandedly salinate the Marinwood Pool.* But skepticism about what the next season holds has made our Recreation Staff more nimble and adaptive than we have ever been. And while I can’t predict with certainty what all will be allowed to transpire this next few months, if we all take our grains of salt, I am confident that we’ll be able to improvise, pivot, and adjust our way to a successful season of recreation no matter the circumstances. So please join us and stay tuned.

**The Marinwood Pool is sanitized with chlorine that is generated on site. Large amounts of salt (~500 lbs. per week!) are added to the water and then our salt chlorine generator, using electrolysis, divides the salt compound and creates chlorine in the water. In case you were wondering...*

Luke Fretwell, Recreation Director



"Best Friends" by Cathy Shine

MARINWOOD'S ANNUAL FALL ART SHOW

November 6, 2021

3:00-7:00 pm

View works from local artists with the theme of "Connections".

Juror: Stan Gibbs, Program Director of Artworks Downtown in San Rafael

Free admission

Marinwood Community Center
775 Miller Creek Road
San Rafael, Ca 94903
(415) 479-0775



LETTERS TO SANTA

Kids of all ages are invited to
drop off letters to Santa at
Marinwood's North Pole Mailbox.

December 1-16, 2021

Mailbox located on Marinwood Patio

**Don't forget to include your return address
for Santa to respond.**

Save the date!

HALLOWEEN HARVESTFEST



OCTOBER 8, 2021

MARINWOOD COMMUNITY CENTER

More information to follow on www.marinwood.org

Save the date!

WINTER FEST

December 10, 2021

More information to follow on
www.marinwood.org





Join the Las Gallinas Lions Club

In operation for 40 years, The Las Gallinas Lions Club's focus is on having a good time and being of service to our community. Lions meetings include a chance for members to socialize, hear presentations on local topics and organize activities. Currently, we are meeting virtually via Zoom on the 1st and 3rd Wednesday of the month at 7:00pm. **All are welcome to attend a meeting and see what we are about!** Membership is open to all local adult men and women who wish to join and help us with our activities.

Please email lasgallinaslions@gmail.com for a meeting invitation.

Recent past and current service projects include some of the following:

- Tutoring First Graders – Volunteers tutor ESL students at a San Rafael elementary school in reading and vocabulary comprehension. Volunteers read for 30 minutes once a week with one student over several months using an online reading program linked to ZOOM.
- Letter Campaign for People with Disabilities Succeeding Program- Volunteers are assigned to a person with disabilities and write weekly to them. These individuals are more isolated now due to the pandemic and receiving weekly note can be a great morale booster.
- Music for Isolated Seniors- Over the summer, CD players and CDs were donated to Marin Post Acute for patients to enjoy music in their rooms when isolated.
- “Feeding Marin Families”- An effort to raise over \$20,000 in donations for the SF-Marin Food Bank by the Lions clubs of Marin. Las Gallinas Lions will match up to \$3,000 in member donations. Donate through the Las Gallinas Lions Facebook page!
- Community Informational Flyer-We assembled, printed, and delivered over 5,000 flyers to the local community detailing available resources during the COVID crisis.
- Speaker Series- We host monthly informational presentations by community and nonprofit leaders. Past speakers have included Marin Search & Rescue, Marin County Supervisor (Lion) Damon Connolly, Miller Creek MS and Laurel Del Elementary teachers reporting on adaptive teaching under the pandemic and CEO of Play Marin, a non-profit based in Marin City.

www.lasgallinaslions.com



Threes Together

Ages 3-4

Our Threes Together class is a stimulating program that meets the developmental needs for three and four year olds. With small class sizes and a low student teacher ratio, we offer nurturing interactions, thoughtful and creative activities, and intentional support to our children as they begin their preschool experience. Each day, children will explore play materials that stimulate their imaginations, engage in art, play outside, and gather for circle time which includes puppetry, storytelling, and music.

Child must be 3 years old by September 1, 2021.
\$150 Registration and Materials fee.

Instructor: Marinwood Staff

| Ages | Day | Dates | Times | Fee |
|------|------------------|-----------|----------------|-----------|
| 3-4 | 3, 4 day options | Sept-June | 9:30am-12:30pm | \$35/ day |

Monday- Thursday (choice of 3 or 4 days)

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.

Registration options are:

- Mon-Th
- Mon-Wed
- Tue-Th

Limited spots available for each option.



Morning School

Ages 4-5

Similar in structure to our Threes Together Program, Morning School offers children a thriving environment to play and explore, with additional stimulation that caters to the older preschool child. With an emphasis on creative thinking and expression, Morning School provides rich opportunities to share, question, perform, role play, make decisions and construct. This final year of preschool prepares children for kindergarten with an enthusiastic and joyful outlook on learning.

Child must be 4 years old by December 1, 2021.
\$150 Registration and Materials fee.

Instructor: Marinwood Staff

| Ages | Day | Dates | Times | Fee |
|------|------------------|-----------|----------------|-----------|
| 4-5 | 3, 4 day options | Sept-June | 9:30am-12:30pm | \$35/ day |

Monday- Thursday (choice of 3 or 4 days)

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.

Registration options are:

- Mon-Th
- Mon-Wed
- Tue-Th

Limited spots available for each option.



After School Program

Ages 5-11, K-5th

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 time
- Creative arts and crafts
- Outside play
- Park time
- Healthy snacks
- Seasonal swimming
- Enrichment opportunities
- Weekly themes and special activities

Participants will spend time both indoors and outdoors throughout the day, although the majority of the time will be spent outside, weather permitting.

Marinwood will be following all current youth program guidelines including use of face coverings in indoor settings.

Please note: Marinwood does not provide transportation from the schools. Parents are responsible for transportation. Students may take the school bus from Lucas Valley Elementary or Mary Silveira. Please visit the school district's website for bus pass information.

Instructor: Marinwood Staff

| Ages | Day | Dates | Times | Fee |
|-------------|-------------|----------|-------------|--------|
| K-5th grade | M, T, Th, F | Aug-June | 2:45-6:00pm | Varies |
| | W | | 2:00-6:00pm | |

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
2 days/week: \$29/day
\$100 registration fee



All Sorts of Sports Jr. Academy After School Club

Ages 4-6

This program gives children a fun, active and educational experience tailored to the abilities of their age group. Your child will have a blast learning motor skills and coordination while playing games with the other children that may include: tee-ball, soccer, flag football, capture the flag, relay and obstacle races and a whole lot more. Featuring structured simple activities, individual and team-building challenges along with small sided competitions to develop and engage small athletes.

Instructor: National Academy of Athletics

Location: Marinwood Park

| Ages | Day | Dates | Times | Fee |
|------|------|-------------|-------------|------------------|
| 4-6 | T/Th | 8/31-9/23 | 3:30-5:00pm | \$158/ 8 classes |
| 4-6 | T/Th | 10/5-10/28 | 3:30-5:00pm | \$158/ 8 classes |
| 4-6 | T/Th | 11/30-12/16 | 3:30-5:00pm | \$119/ 6 classes |
| 4-6 | T/Th | 1/4-1/27 | 3:30-5:00pm | \$158/ 8 classes |

All Sorts of Sports After School Club

Ages 7-10

The All Sorts of Sports coed program by National Academy of Athletics is packed with fun. Whether your child is a beginner or more experienced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include, basketball, dodge ball, soccer, kickball, flag football, capture the flag, ultimate Frisbee & obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

Instructor: National Academy of Athletics

Location: Marinwood Park

| Ages | Day | Dates | Times | Fee |
|------|------|-------------|-------------|------------------|
| 7-10 | T/Th | 8/31-9/23 | 3:30-5:00pm | \$158/ 8 classes |
| 7-10 | T/Th | 10/5-10/28 | 3:30-5:00pm | \$158/ 8 classes |
| 7-10 | T/Th | 11/30-12/16 | 3:30-5:00pm | \$119/ 6 classes |
| 7-10 | T/Th | 1/4-1/27 | 3:30-5:00pm | \$158/ 8 classes |

Art for Kids: Art Around the World

Ages 6-8 (1st - 3rd grade)

Come join us as we explore the world through art! We will be creating pieces of art influenced by travel; from beading African necklaces, creating batik bags and mudcloths and Native American headdresses. This class will teach kids to be curious and explore as they travel through this beautiful world. We will cover various mediums - beading, print, batik, clay, painting and crafting. It's sure to be fun!

Instructor: Alonya Van Rooyan

| Ages | Day | Dates | Times | Fee |
|------|-----|------------|-------------|-------|
| 6-8 | Th | 9/9-9/30 | 4:00-5:00pm | \$154 |
| 6-8 | Th | 10/7-10/28 | 4:00-5:00pm | \$154 |



Babysitter's Training

Ages 10-14

Babysitting is an important job. You need safety and life skills to take care of and protect children. In the American Red Cross Babysitter's Training course, you will learn basic care giving, how to make good decisions, accident prevention and age appropriate play. The course is fun and fast-paced with hands-on activities, exciting video and lively discussions. You'll learn to be the best babysitter on the block. Plus, you'll gain the confidence to make smart decisions and stay safe in any babysitting situation. Impress parents by earning your Babysitter's Training certificate! Course fee includes American Red Cross Babysitter's handbook and certificate. Please bring a pen/pencil, note paper, and snack to class.

Instructor: Marinwood Staff

| Ages | Day | Dates | Times | Fee |
|-------|-----|-------|-------------|------|
| 10-14 | M | 10/18 | 3:15-6:45pm | \$90 |
| 10-14 | W | 1/12 | 2:00-5:45pm | \$90 |



Capoeira

Ages 6-11

Capoeira Youth - A Unique Martial Art

Capoeira (pronounced cap-wearer) is a Brazilian martial art form, combining self-defense, acrobatics, dance, music and song. ABADÁ-Capoeira Marin's nonprofit mission is to provide the best capoeira program in Marin that will enrich our students lives through culture and diversity. By incorporating these values, we hope to help our students become good citizens in our local and global community. Our program is based on encouragement, truth, trust, active listening and personal effort.

Capoeira is unique martial art that offers countless benefits to the children with respect to both physical and mental development by incorporating body movement, percussion, music and singing. Capoeira helps develop balance, coordination, fitness, flexibility, and rhythm. About the class: we know from years of experience that capoeira is a powerful way to teach young people valuable life skills - confidence, leadership, goal-setting, teamwork, cooperation, and respect - that can lead to a lifetime of good health and civic involvement. Capoeira is truly a holistic approach to youth development. Capoeira also builds social skills, a sense of community and self-esteem through creative thinking and expression. The class will teach basic capoeira techniques and music including traditional instruments and songs in Portuguese.

Instructor: Lisa Willoughby and Diego Freitas

| Ages | Day | Dates | Times | Fee |
|------|-----|-------------|-------------|------|
| 6-11 | M | 9/13-10/11 | 3:30-4:45pm | \$94 |
| 6-11 | M | 10/18-11/15 | 3:30-4:45pm | \$94 |



TGA Premier Jr. Golf

Ages 6-11 (1st-5th grade)

TGA believes that sports changes lives, and we create programs that make golf available to everyone. TGA conducts fun multi-level, confidence building, station based learning curriculum that promote progressive skill development and include academic subjects, life lessons, physical fitness, and rules and etiquette. Games and drills reinforce the daily lessons. For more information visit www.playtga.com/northbay.

Instructor: TGA of the North Bay

| Ages | Day | Dates | Times | Fee |
|------|-----|------------|-------------|------------------|
| 6-11 | Th | 9/9-10/14 | 3:00-4:00pm | \$179/ 6 classes |
| 6-11 | Th | 10/21-12/9 | 3:00-4:00pm | \$179/ 6 classes |

*No class 11/11, 11/25

Irish Dance

Ages 5+

Award winning dance instruction for children and adults. Irish reels, jigs, and folk dances for fun and competition. Annie McBride has been teaching since 1960.

Monthly tuition is payable on the first week of each month. Students are expected to pay the full monthly fee, regardless of missed classes. Class level times vary, for schedule and more information, please contact anniemcbr@aol.com.

Instructor: Annie McBride

| Ages | Day | Dates | Times | Fee |
|------|-----|---------|--------------|-------------------------|
| 5+ | Th | Ongoing | 5:30-8:00pm* | \$79/ single |
| | | | | \$125/ 2 family members |

*Class times vary due to student ability.

Adventures in STEM with Lego®

Ages 5-10

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Trains, Helicopters, and Treehouses. Design and build as never before and explore your craziest ideas.

Instructor: Play-Well Teknologies

| Ages | Day | Dates | Times | Fee |
|------|-----|------------|-------------|------------------|
| 5-10 | T | 9/28-10/26 | 3:15-4:45pm | \$140/ 5 classes |

Haunted House Workshop with Lego®

Ages 5-10

This Halloween season, join Play-Well TEKnologies for a LEGO Haunted House workshop! Participants will use their imagination to create their own spooky designs, building their haunted houses and engineering their own traps with the guidance of an experienced Play-Well instructor. Can your LEGO Minifigure make it through the haunted house without getting scared?!

Instructor: Play-Well Teknologies

| Ages | Day | Dates | Times | Fee |
|------|-----|-------|-----------------|------|
| 5-10 | Sat | 10/30 | 10:00am-12:00pm | \$41 |

Winter Wonderland Engineering with Lego®

Ages 5-10

Bundle up, we're creating a spectacular Winter Wonderland! Build bobsleds, design snowmobiles, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

Instructor: Play-Well Teknologies

| Ages | Day | Dates | Times | Fee |
|------|-----|------------|-------------|------------------|
| 5-10 | T | 11/2-12/14 | 3:15-4:45pm | \$167/ 6 classes |

No class 11/23

Tae Kwon Do

Ages 5-11+

Beginning Children Tae Kwon Do

Your child will learn to defend themselves, gain self-confidence, and increase mental concentration. This program is designed to develop motor skills, balance, and self-discipline. Both boys and girls are encouraged to experience this fun and confidence building program. This is a non-competitive curriculum. The instructor will announce belt testing dates and an optional TKD uniform may be purchased through the instructor. Students not purchasing a uniform should wear loose fitting clothing that they can move around in easily. Start building self-esteem and confidence today!

Advanced Tae Kwon Do

Advanced class must have instructor approval. Your child will learn to defend themselves, gain self-confidence, and increase mental concentration. This program is designed to develop motor skills, balance, and self-discipline. Both boys and girls are encouraged to experience this fun and confidence building program. This is a non-competitive curriculum. The instructor will announce belt testing dates and an optional TKD uniform may be purchased through the instructor. Students not purchasing a uniform should wear loose fitting clothing that they can move around in easily. Start building self-esteem and confidence today!

Drop-ins allowed! To register for one day per week, please register through the Marinwood office.

Drop in fee: \$18/ Beginning Tae Kwon Do

Drop in fee: \$22/ Advanced Tae Kwon Do

Instructor: Master Sim



Beginning Tae Kwon Do Ages 5-6

| Ages | Day | Dates | Times | Fee |
|------|------|------------|-------------|-------------------|
| 5-6 | T/Th | 9/7-10/28 | 3:30-4:00pm | \$214/ 15 classes |
| 5-6 | T/Th | 11/2-12/16 | 3:30-4:00pm | \$158/ 11 classes |
| 5-6 | T/Th | 1/4-2/17 | 3:30-4:00pm | \$200/ 14 classes |

No class on 9/14, 11/11, 11/23, 11/25

Beginning Tae Kwon Do Ages 7+

| Ages | Day | Dates | Times | Fee |
|------|------|------------|-------------|-------------------|
| 7+ | T/Th | 9/7-10/28 | 4:00-4:45pm | \$244/ 15 classes |
| 7+ | T/Th | 11/2-12/16 | 4:00-4:45pm | \$180/ 11 classes |
| 7+ | T/Th | 1/4-2/17 | 4:00-4:45pm | \$228/ 14 classes |

No class on 9/14, 11/11, 11/23, 11/25

Advanced Tae Kwon Do Ages 11+

| Ages | Day | Dates | Times | Fee |
|------|------|------------|-------------|-------------------|
| 11+ | T/Th | 9/7-10/28 | 4:00-5:15pm | \$304/ 15 classes |
| 11+ | T/Th | 11/2-12/16 | 4:00-5:15pm | \$224/ 11 classes |
| 11+ | T/Th | 1/4-2/17 | 4:00-5:15pm | \$284/ 14 classes |

No class on 9/14, 11/11, 11/23, 11/25

Tennis Swingers

Ages 5-7

These little swingers learn the FUNdamentals of tennis. The basic strokes and court sense will be introduced through fun drills and games.

Instructor: Jerry Mehciz

Location: Marinwood Courts

| Ages | Day | Dates | Times | Fee |
|------|------|-------------|-------------|-----------------|
| 5-7 | T/Th | 9/14-9/30 | 3:00-3:30pm | \$76/ 6 classes |
| 5-7 | T/Th | 10/5-10/21 | 3:00-3:30pm | \$76/ 6 classes |
| 5-7 | T/Th | 10/26-11/11 | 3:00-3:30pm | \$76/ 6 classes |

Tennis Junior Beginner

Ages 8-14

Tennis is a game, so let's have fun learning forehands, backhands, volleys, smashes, and serving in a fun progressive program.

Instructor: Jerry Mehciz

Location: Marinwood Courts

| Ages | Day | Dates | Times | Fee |
|------|------|-------------|-------------|-----------------|
| 8-14 | T/Th | 9/14-9/30 | 3:30-4:30pm | \$94/ 6 classes |
| 8-14 | T/Th | 10/5-10/21 | 3:30-4:30pm | \$94/ 6 classes |
| 8-14 | T/Th | 10/26-11/11 | 3:30-4:30pm | \$94/ 6 classes |

Tennis Junior Intermediate/Advanced

Ages 9-14

For the players who have graduated from beginner to an intermediate/advanced level. Consistency, accuracy, and power will be stressed through fun drills and match play.

Instructor: Jerry Mehciz

Location: Marinwood Courts

| Ages | Day | Dates | Times | Fee |
|------|------|-------------|-------------|-----------------|
| 9-14 | T/Th | 9/14-9/30 | 4:30-5:30pm | \$94/ 6 classes |
| 9-14 | T/Th | 10/5-10/22 | 4:30-5:30pm | \$94/ 6 classes |
| 9-14 | T/Th | 10/26-11/11 | 4:30-5:30pm | \$94/ 6 classes |

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. 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 | 9/13-10/1 | 4:00-5:30pm | \$229/ 9 classes |
| 9-14 | M/W/F | 10/4-10/22 | 4:00-5:30pm | \$229/ 9 classes |
| 9-14 | M/W/F | 10/25-11/12 | 4:00-5:30pm | \$229/ 9 classes |



Youth Programs- Camps

National Academy of Athletics Sports Camps

Veterans Day All Sport Game Day

Ages 7-13

The All Sorts of Sports one day camp by National Academy of Athletics is packed with fun.

Whether your child is a beginner or more advanced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! 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. Your children will learn new skills while having a blast and making new friends.

Instructor: National Academy of Athletics

Location: Marinwood Park

| Ages | Day | Dates | Times | Fee |
|------|-----|-------|----------------|------|
| 7-13 | Th | 11/11 | 9:00am-12:00pm | \$49 |
| | | | 9:00am-2:00pm | \$74 |

Thanksgiving Break All Sorts of Sports Camp

Ages 7-13

The Thanksgiving Break All Sorts of Sports camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play may include, baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate frisbee, relay and obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

Instructor: National Academy of Athletics

Location: Marinwood Park

| Ages | Day | Dates | Times | Fee |
|------|-----|-------------|----------------|-------|
| 7-13 | M-W | 11/22-11/24 | 9:00am-12:00pm | \$139 |
| | | | 9:00am-2:00pm | \$174 |

MLK Jr. Flag Football Game Day

Ages 7-13

The Air Attack Flag Football single day camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our non-contact football camps are the perfect place to learn about the game of football and fitness while having a blast and making new friends.

Instructor: National Academy of Athletics

Location: Marinwood Park

| Ages | Day | Dates | Times | Fee |
|------|-----|-------|----------------|------|
| 7-13 | M | 1/17 | 9:00am-12:00pm | \$49 |
| | | | 9:00am-2:00pm | \$74 |



Youth Programs- Camps

Winter Break Camp

Ages 5-10

Join Marinwood for winter break camp! Your child will have a blast participating in winter games, themed crafts, park time, and sports. Campers will spend time indoors and outdoors for the session with some of their favorite camp counselors.

Each camp will be for ages 5-10 and siblings should be placed in the same camp. The camps will enjoy the same type of activities and crafts, however, will not interact with the other group.

Marinwood 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 is full of fun and excitement, while taking the extra necessary precautions to maintain a safe and healthy environment for our campers and staff.

Camp Evergreen: K-5th Grade

Camp Winterberry: K-5th Grade

No drop-in availability. Space is limited so register early!

Sibling Discount: \$20, applied at registration.

Please see our FAQ section for more detailed information.

Instructor: Marinwood Staff

| Ages | Day | Dates | Times | Fee |
|------|------|------------------------|---------------|---|
| 5-10 | M-Th | Week 1: 12/20-12/23 | 9:00am-3:00pm | \$208/ Residents \$244/ Non residents |
| 5-10 | M-Th | Week 2: 12/27-12/30 | 9:00am-3:00pm | \$208/ Residents \$244/ Non Residents |

Winter Break Camp After Care

| Ages | Day | Dates | Times | Fee |
|------|------|-------------|-------------|------|
| 5-10 | M-Th | 12/20-12/23 | 3:00-5:00pm | \$64 |
| 5-10 | M-Th | 12/27-12/30 | 3:00-5:00pm | \$64 |

Mid-Winter Break Camp

Ages 5-10

Have fun this week at Mid-Winter Break Camp! Campers will spend their school break exploring the forest of Marinwood, playing lots of sports and games and monkeying around on the playground. Campers will participate in games and sports, arts and crafts, cone ball and more!

This camp fills up quickly so register soon!

Camp Bunny Slope: Ages 4-5 (Pre-K and K)

Camp Snowshoe: Ages 6-7 (1-2nd Grade)

Camp Bobsled: Ages 8-11 (3-6th Grade)

Sibling discount: \$20, applied at registration.

Please see our FAQ section for more detailed information.

Instructor: Marinwood Staff

| Ages | Day | Dates | Times | Fee |
|------|-----|-----------|---------------|--|
| 4-11 | T-F | 2/22-2/25 | 9:00am-3:00pm | \$208/ Residents \$244/ Non- residents |

Mid-Winter Break Camp After Care

| Ages | Day | Dates | Times | Fee |
|------|-----|-----------|-------------|------|
| 4-11 | T-F | 2/22-2/25 | 3:00-5:00pm | \$64 |



Winter Break/Mid Winter Break Camp FAQ's

Please note all campers must be fully potty trained to attend camp. Campers are not allowed to attend camp program if ill.

What if the camp I want to register for is already full?

If a camp is full, you can place your child on a waiting list. You will not be charged if placed on the waiting list. Our staff will contact you if a spot opens up and you will have 24 hours to get back to us.

What is your refund policy? How do I make camp changes?

All refunds and changes must be made in writing and can be emailed to csd@marinwood.org. We will not process refunds or changes over the phone. Cancellations made more than 2 business days prior to camp will result in a \$10 per session, per camper processing fee (see below). Cancellations made less than 2 business days prior to the first day of camp will result in a forfeiture of half the amount. No refunds for camp or After Care will be after 5pm the Friday before the session.

| Session # | Last day to cancel | Fee |
|-----------|--------------------|---------|
| 1 | Wednesday, 12/15 | \$10.00 |
| 2 | Wednesday, 12/22 | \$10.00 |

What do campers need to bring each day?

- A backpack or bag
- Face covering
- Closed-Toed Shoes
- Jacket/Sweatshirt
- Snack and Lunch and Water Bottle
- If inclement weather, please pack rainproof gear.

Please keep all toys and personal items at home. Please label all your child's belongings.

How does check-in and check-out work?

Please remember to obey all traffic laws and drive carefully around the Community Center.

Check-In:

Check-in takes place from 8:55-9:15am. Campers must be checked in with the camp director.

Check-out:

Campers must be checked out by camp staff and will take place from 2:45-3:00pm. If your camper is not picked up by 3:05pm, they will be taken to After Care and you will be charged the drop-in fee of \$20. Marinwood offers After Care from 3:00 to 5:00pm.

What if my child has a food allergy?

Our number one priority is the safety of your child. Camp staff take precautions and preventative measures to ensure the safety of all campers. We practice a no share snack and lunch policy, where we talk with our campers about keeping our food to ourselves, educate our staff about monitoring during snack and lunch time and campers will wash hands after meals. Please indicate any allergies or medical conditions on your camper's ePACT online form so we can be aware of how to best support and provide for your child.

Do campers need to wear masks?

As of August 2021, due to CA state health guidelines, Marinwood requires all campers and staff to wear a face mask indoors except during snack and lunch times. Marinwood will follow the most current guidelines relating to youth programs.





Kate Kelly - Preschool Supervisor

Kate Kelly has over 15 years of experience in the early education field. She earned her BA in Liberal Studies in 2005 through the Hutchins School at Sonoma State University. She received her Master of Arts in Early Childhood Education from Sonoma State in 2017. "I am deeply committed to the total well being of children and believe a positive preschool experience sets the stage for a child's life-long love of learning. My passion is creating environments that nurture creativity and encourage curiosity by providing ample time for play, art, storytelling, and exploration in nature. I feel honored to be a part of such an important time in a young child's life."



Annie McBride - Irish Dance

Annie McBride, A.D.C.R.G., began dancing at a young age under the tutelage of Peggy O'Neill in Glasgow, Scotland. After immigrating to the United States, Ann continued her dancing with Maureen McTeggert Hall, and the McTeggert School. Maureen trained and encouraged Ann to pursue her TCRG and ADCRG credentials, which she received in 1967 and 1975, respectively. Annie has also received certification from An Coimisin as a Grade Examiner.

Annie founded the McBride School in 1967, and the school has been going strong ever since. She has been training dancers in all levels of dancing, from brand new beginners to World qualifying champions for 45 years. In addition, Annie has trained many new TCRGs, including her own daughter, Eileen McBride Parker.



Jerry Mehcz - Tennis Instructor

Jerry Mehcz 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".



TGA Premier 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.



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.



Play-Well Technologies

We teach through play. We explore, solve problems, and express ourselves through LEGO. Our curriculum is designed by engineers and refined by teachers, but the kids just think it's fun! We bring A LOT of LEGO®. With over 20,000 pieces in each class/camp, and hundreds of projects, there is no limit to what you can build.



Alonya Van Rooyen - Art Instructor

Alonya Van Rooyen is a well-seasoned creative and local mom. Originally from South Africa, she moved to California in 2010 and worked for Levi Strauss & Co. for many years around the globe in various creative roles. When she became a mother, Alonya decided to pursue a new avenue of creativity while raising her young family. She has since taught several enrichment art classes in Tiburon, Strawberry and Ross and also owns a children's clothing label. She is a qualified early childhood teacher with 24 ECE units from UCLA. She is excited to share her skills and teach youth art classes at Marinwood.



Abadà - 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 Arpodador. Prego is a world class competitor and has performed in many Capoeira productions and exhibitions.

Professor Prego and Instrutora Ciranda have extensive backgrounds in performing, teaching, and winning awards in Capoeira. Both run ABADÀ-Capoeira Marin. Professor Prego is known for his outstanding ability to teach students of all levels and for his generous & positive nature. His special skills include not only high-flying acrobatic kicks, but also world class musical skills.

"Capture Marin" Photography Workshop

Teens 15+ and Adults

"Capture Marin" photography course is a hybrid, in person and virtual class open to 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 assignments each Saturday. Photographer's will have one week to meet the challenge before sending their work to Duncan for critique. The course is comprised of 10 sessions: 1 in person orientation (for new students), 7 sessions (3 in person and 4 virtual) and a Victory Banquet.

Fee for the course \$129. Returning students \$100. (Must call the Community Center to enroll (415) 479-0775)

Instructor: Duncan MacSwain

| Date | Location |
|-------|--|
| 9/16 | Orientation -Marinwood Community Center 7:00pm |
| 9/25 | Virtual meeting 9:00am |
| 10/2 | In person meeting at Marin site T.B.D. |
| 10/9 | Virtual meeting 9:00am |
| 10/16 | In person meeting at Marin site T.B.D. |
| 10/23 | Virtual meeting 9:00am |
| 10/30 | In person meeting at Marin site T.B.D. |
| 11/6 | Virtual meeting 9:00am |
| 11/13 | Make up day |
| 11/20 | Victory Banquet - Location T.B.D. |



CPR/AED for Adult, Child and Infant with First Aid

Ages: 13+

This comprehensive American Red Cross course certifies participants in CPR, AED and First Aid for 2 years. The course is designed to train participants how to recognize and respond to emergencies involving injuries, illnesses and life threatening situations. This class is perfect for employees of day cares, gyms, preschools, nursing homes and anybody interested in learning how to save a life.

Note: Custom CPR or First Aid classes for groups or individuals can sometimes be accommodated. If interested, please contact John Paul at jpkessler@marinwood.org or call 415-479-0775.

Instructor: Marinwood Staff

| Day | Dates | Times | Fee |
|-----|-------|-------------|-------|
| W | 9/29 | 6:15-9:45pm | \$109 |
| W | 10/27 | 6:15-9:45pm | \$109 |
| W | 11/17 | 6:15-9:45pm | \$109 |
| W | 1/26 | 6:15-9:45pm | \$109 |



Las Gallinas Lions



Adults

In operation over 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.

Currently meetings are being held via zoom.

For more information go to: lasgallinaslions.com

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



Pilates

Adults 15+

Dynamic Mat Pilates: Pilates is an incredible form of movement that connects us deep into our core. 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. We will explore the fundamentals of Pilates to create a deeper understanding of the exercises and increase overall body awareness. Modifications will be offered.

This class is also offered via zoom as well. All participants must have a Zoom account prior to start of the session. Instructor will email participants a Zoom link and password to join the class. Participants will need their own mats, computer/camera.

Instructor: Janet Carter

Pilates (in person)

| Day | Dates | Time | Fee |
|-----|------------|---------------|------------------|
| F | 9/17-10/22 | 10:30-11:15am | \$94/ 5 classes |
| F | 11/5-12/17 | 10:30-11:15am | \$112/ 6 classes |

No class: 10/1 and 11/26

Pilates (via Zoom)

| Day | Dates | Time | Fee |
|-----|------------|---------------|-------------|
| F | 9/17-10/22 | 10:30-11:15am | \$15/ class |
| F | 11/5-12/17 | 10:30-11:15am | \$15/ class |

No class: 10/1 and 11/26



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.

Instructor: Jerry Mehciz
Location: Marinwood Courts

| Day | Dates | Times | Fee |
|------|-------------|-------------|------------------|
| T/Th | 9/14-9/30 | 6:00-7:00pm | \$124/ 6 classes |
| T/Th | 10/5-10/21 | 6:00-7:00pm | \$124/ 6 classes |
| T/Th | 10/26-11/11 | 6:00-7:00pm | \$124/ 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.

Instructor: Jerry Mehciz
Location: Marinwood Courts

| Day | Dates | Times | Fee |
|------|-------------|-------------|------------------|
| T/Th | 9/14-9/30 | 7:00-8:30pm | \$142/ 6 classes |
| T/Th | 10/5-10/21 | 7:00-8:30pm | \$142/ 6 classes |
| T/Th | 10/26-11/11 | 7:00-8:30pm | \$142/ 6 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.

Instructor: Jerry Mehciz
Location: Marinwood Courts

| Day | Dates | Times | Fee |
|-----|-------------|-----------------|------------------|
| M/F | 9/13-10/1 | 10:30am-12:00pm | \$124/ 6 classes |
| M/F | 10/4-10/22 | 10:30am-12:00pm | \$124/ 6 classes |
| M/F | 10/25-11/12 | 10:30am-12:00pm | \$124/ 6 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.

Instructor: Jerry Mehciz

Location: Marinwood Courts

| Day | Dates | Times | Fee |
|-----|-------------|--------------|------------------|
| M/F | 9/13-10/1 | 9:00-10:30am | \$142/ 6 classes |
| M/F | 10/4-10/22 | 9:00-10:30am | \$142/ 6 classes |
| M/F | 10/25-11/12 | 9:00-10:30am | \$142/ 6 classes |

Yoga Vinyasa Flow (via Zoom)

Adults 15+

Vinyasa Flow:

This class is for all levels and will help you build strength and flexibility. The class will guide you through yoga postures at a steady pace with an emphasis on breath awareness. There will be many options to personalize the practice based on experience.

All participants must have a Zoom account prior to start of the session. Instructor will email participants a Zoom link and password to join the class.

Participants will need their own mats, computer/camera.

Kids are welcome to join parents.

Instructor: Janet Carter

| Day | Dates | Time | Fee |
|-----|------------|--------------|-----------------|
| Sat | 9/18-12/18 | 9:30-10:15am | \$15/ per class |

No class: 10/2, 10/30, 11/27

Zumba®

Ages 15+

Perfect for everybody and every body. Each Zumba® class is designed to bring people together to sweat and smile. How it works: We take the "work" out of workout, by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. This class fuses hypnotic rhythms and easy to follow moves to create a high energy, calories blasting, total body dance based workout. The perfect combo of fun and fitness has made Zumba® classes a worldwide phenomenon. Benefits: A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class.

Instructor: Chrissy Costello

Classes will be resuming soon, please contact the community center for the latest information (415) 479-0775. Thank you.

| Day | Dates | Times | Fee |
|-----|---------|--------------|-----------------------------------|
| M | Ongoing | 5:30- 6:30pm | \$12/class or \$100/10 class card |
| T | Ongoing | 6:00-7:00pm | \$12/class or \$100/10 class card |





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.



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.



Duncan MacSwain- Photography Instructor

Duncan MacSwain, teacher, photographer, and international youth group leader, has lived in the Marinwood community for over 40 years. His photos have been published in books, calendars, magazines, and promotional materials in 15 countries. He has previously taught photo workshops in the UC Berkeley Research Expeditions Program, at the Quadrennial Art and Culture Festival of the Pacific in Palau, and throughout Marin. Duncan is a frequent speaker on the book store circuit, and at various conventions and promotional events throughout Marin and Northern California.



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".

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 Time slots: 12:30-2:45 or 2:45-4:00 | 2 Rectangular tables Capacity: 30 people | Yes | No | Ping Pong Table (\$) | Marinwood Residents: \$90/ Time slot Non-Residents: \$110/ Time slot |
| Hillside Party Area Location: Grassy knoll adjacent to main pool deep end Time slots: 12:30-2:45 or 2:45-4:00 | 3 Hexagon picnic tables Capacity: 30 people | Yes | No | Ping Pong Table (\$) | Marinwood Residents: \$90/ Time slot Non-Residents: \$110/ Time slot |

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 and click
"Rent the Facilities."



Bill Gordon Hall, showing west section.



Bill Gordon Hall, showing east section.

PRESCHOOL TEACHER & SUBSTITUTE TEACHER

TYPICAL HOURS: MONDAY-THURSDAY, 8:45-1:00PM

Position runs September-First Week of June

This is the perfect job for someone who is looking for part-time work in the field of early education! Our play-based program offers a very nurturing environment and we are looking for friendly, caring, responsible teachers.

Under the supervision of the Preschool Supervisor and Asst. Recreation Director, this position provides supervision to children enrolled in the preschool 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.

Wage: \$22.00-\$24.00/hour

AFTER SCHOOL COUNSELOR

**TYPICAL HOURS: MON, TUES, THURS, FRI 2:30-6:00PM,
WED 1:30-6:00PM**

(AVAILABILITY TO WORK 2-5 DAYS/WEEK)

Position runs September-June (hiring ongoing)

Our Program is looking for dedicated, energetic people who love working with children in a lively environment! Core responsibilities include supervising participants, playing and engaging with the children, assisting the Program Director with planning and implementing activities and other related duties as assigned.

Wage: \$18.00/hour

Visit marinwood.org/about-us/employment for applications and more information about available positions.



WE'RE HIRING LIFEGUARDS!

VISIT MARINWOOD.ORG/ABOUT-US/EMPLOYMENT
FOR MORE INFORMATION

Work at the Marinwood Pool
as a lifeguard during the Fall and
Spring!

Pool season runs March-October

Certification Classes Provided

Wage \$15.50-\$17.50/hr

Early Morning Shifts \$20.00/hour

Must be 15+





Advertise in the Marinwood Review

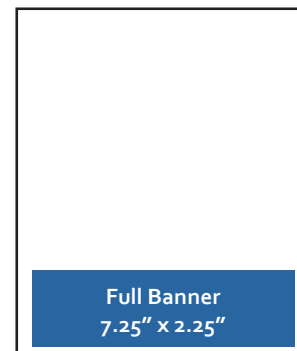
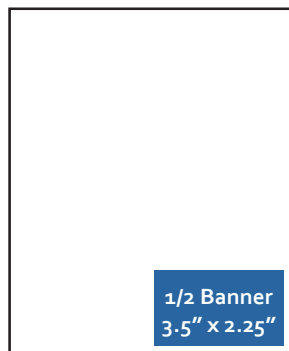
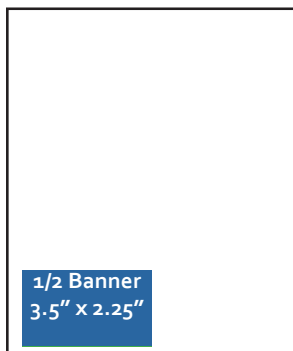
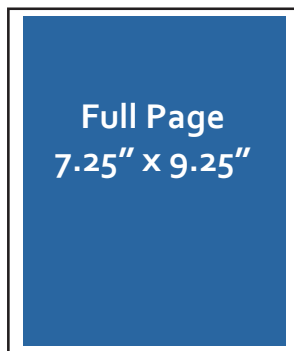
Promote your business to more than 19,000 local residences and businesses located in Marinwood, Lucas Valley, Mont Marin, San Rafael Park, Northern Terra Linda & selected areas in Ignacio and Hamilton. Our guide is also digital and available on our website at www.marinwood.org.

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

| | <u>WIDTH</u> | <u>HEIGHT</u> | <u>RATE</u> |
|-------------------------------------|--------------------------------|---------------|-------------|
| Ad Sizes & Rates | 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

MARINWOOD RECREATION REGISTRATION FORM

775 Miller Creek Road, San Rafael, CA 94903

Phone: 415-479-0775; Fax: 415-479-7759

www.marinwood.org

Section I: 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: _____

Section II 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. 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.

I hereby agree to indemnify and hold harmless the Marinwood Community Services District (MCSD) and its officers, employees and volunteers from and against any and all liability for any injury which may be suffered by me or by my child arising out of or in any way connected with participation in the activity(s) noted above. I recognize that bodily injury may be sustained through participation in this activity and acknowledge that I/we voluntarily accept all risks of injury. In case of emergency, my child may be treated by a qualified physician. I give permission to use my or my child's photograph in the Marinwood Review brochure or publicity.

The Marinwood CSD 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 Marinwood CSD 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) _____

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