

Marinwood Review

Fall/Winter 2024 - 2025



www.marinwood.org

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.

www.jorgestreeservice.net



550 Canal Street Suite 5
San Rafael, Ca 94901
(415) 497-9285



MARINWOOD COMMUNITY SERVICES DISTRICT

MARINWOOD COMMUNITY CENTER

775 Miller Creek Road, San Rafael, Ca 94903

Phone: (415) 479-0775

Fax: (415) 479-7759

Office hours: Monday - Friday 9am-5pm

Community Center will be closed on the following days: 9/2, 11/11, 12/25, 1/1, and 2/17

CONTACT US

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

Recreation Director, Luke Fretwell
(415) 479-0775 x 103, lfretwell@marinwood.org

Assistant Recreation Director, Robyn Bruton
(415) 479-0775 x 104, rbruton@marinwood.org

Recreation Supervisor, John Paul Kessler
(415) 479-0775 x 105, jpkesler@marinwood.org

Marinwood Pool (April-October)
(415) 479-2335

Parks & Open Space, Luke Fretwell
(415) 479-0775 x 103, lfretwell@marinwood.org

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

TABLE OF CONTENTS

Policies/District Information.....	4-5
Trail Map.....	6
Recreation Director Welcome Letter....	7
Las Gallinas Lions Club.....	8
Marinwood Events.....	9-11
Photography Contest	13

YOUTH PROGRAMS

Preschool Programs.....	14
After School Program.....	15
Youth Programs	16-22
Youth Instructors.....	23-24

ADULT PROGRAMS

Enrichment & Exercise.....	26-31
Adult Instructors.....	32-33

AQUATICS

Membership Information.....	34
Pool Schedule.....	35

RENTALS

Picnic Rentals.....	36
Pool Rentals.....	37

Cover photo: Alaina Fuetsch





DISTRICT FAQ's

Am I a Marinwood Resident?

If you reside within the Marinwood Community Services District (MCSD) area and your property taxes support the Marinwood Community Center, you are a resident. To view the list of MCSD addresses please visit, www.marinwood.org, District Information, FAQ.

What is Marinwood's Tax ID number?

Our Tax ID number is 94-6050188.

Who do I call for streetlight maintenance?

Please call our District Office at (415) 479-7751.

Can non-residents of Marinwood sign up for classes, programs and pool memberships?

Yes, our classes are open to everyone, residents and non-residents of Marinwood.

As a Marinwood resident, do I get discounts on programs, classes or pool rates?

Marinwood residents do receive a discount rate on Marinwood Pool memberships, daily drop-in fees, as well as summer day camps and various other programs.

RECREATION DEPARTMENT 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:

Payment 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.

CLASSES:

Refunds are class specific, please see activity details for policy.

SUMMER CAMPS:

All refund and change requests 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 6 business days (10 full days) prior to the beginning of the camp session will result in a \$35 per session per camper fee. Cancellations made less than 6 business days prior to the beginning of the camp session will result in the forfeiture of half the camp session fee per camper. No refunds will be granted after 5:00pm the Friday before the camp session begins. All camp change requests must be made in writing and are subject to a \$10 handling fee. Marinwood does not prorate camp sessions.

GOVERNANCE

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.

BOARD OF DIRECTORS

The Board of Directors is a 5-member governing body of the Marinwood Community Services District (MCSD) and acts collectively to establish policies, provide oversight, and set vision to ensure the District offers the highest level of service in a fiscally sustainable way.

The Board of Directors has authority to establish or modify ordinances, resolutions and policies guiding the governance and operation of MCSD within its geographical boundaries and sphere of influence, including Joint Powers and Shared Services Agreements. The Board of Directors provides direction to and receives recommendations from the District Manager, the Fire Commission and the Park & Recreation Commission. The primary responsibility of the Board of Directors is the formulation and evaluation of policy. Routine matters concerning the operational aspects of the District are to be delegated to professional staff members of the District.

Marinwood CSD Board of Directors - Meets 2nd Tuesday of each month at the Marinwood Community Center, 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

The Fire Commission is an appointed volunteer advisory body to the Marinwood Community Services District Board of Directors and exercises particular powers as delegated by the Board. The Commission shall recommend to the Board policies governing the operation and management of the Marinwood Fire Department in accordance with the needs of the community, the provisions of the Fire Prevention Code and the District's existing policies, rules and regulations.

Marinwood Fire Commission - Meets 1st Tuesday of each even numbered month at the Marinwood Community Center, 7:00pm.

Tom Elsbee
Steve Farac
Pascal Karsenti
Greg Stilson - CSA 13 Representative
John Seratt

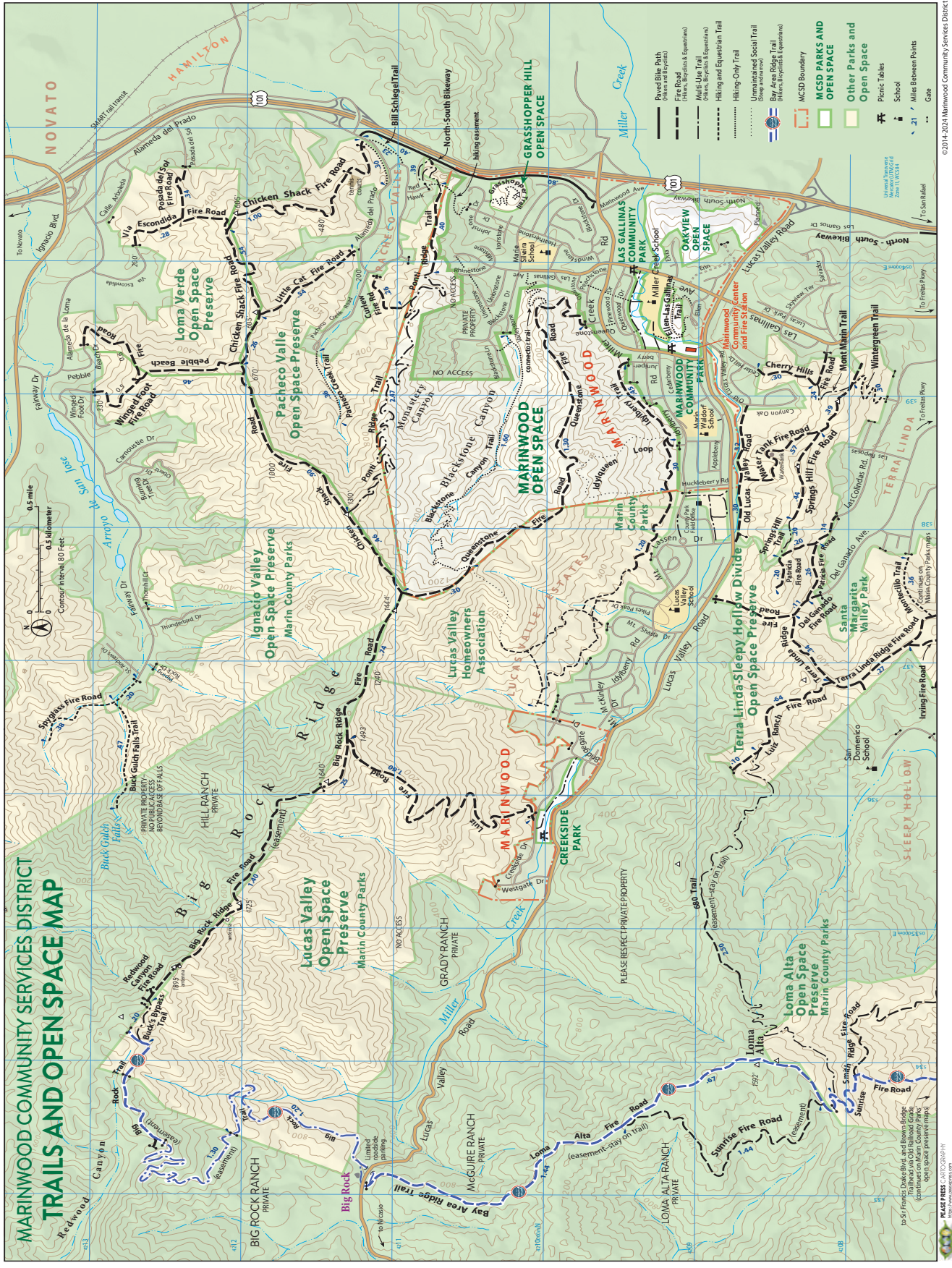
PARK AND RECREATION COMMISSION

The Park & Recreation Commission is an appointed volunteer advisory body to the Marinwood Community Services District Board of Directors and exercises particular powers as delegated by the Board. The Commission shall recommend to the Board policies governing the operation and management of the Marinwood Community Center, Marinwood Community Parks, Marinwood Community Pool, open space, and recreation programs in accordance with the needs of the community and the District's existing policies, rules and regulations.

Marinwood Park and Recreation Commission - Meets 4th Tuesday of each odd numbered month at the Marinwood Community Center, 7:00pm.

Michael Benesch
Angela Bliss-Steiner
Jon Campo
Ian Fein
Ryan Madden





MARINWOOD COMMUNITY SERVICES DISTRICT
TRAILS AND OPEN SPACE MAP

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Plight of the Botoxiphobe

Greetings, folks! 'Welcome in' to another Fall / Winter installment of the Marinwood Review, Marinwood CSD's longest running (and most widely circulated) in-print periodical. In the following pages you will find details about Marinwood's upcoming classes, programs, and events, as well as general information about our parks, open space trails, and swimming pool. I hope you find something that interests you. If not, there are many other ways to make use of our humble catalog. You could tear out the pages and make exactly 40 standard paper airplanes (including the cover). You could roll it up and pretend it's a pirate's spyglass. You could use it to shim an uneven table leg. In any event, it's surely a keeper.

A younger, less evolved version of me would have suggested you roll up our catalog and keep it as a "black-widow-spider-begone-wand." Indeed, I used to be irrationally afraid of these shiny, bulbous, hourglass-clad creatures, a full-on arachnophobe. But after 15 years working in Marinwood, where there's a black widow hiding under almost every garbage can, drinking fountain, irrigation box, and bulletin board, I have realized that these infamous spiders, dangerous though they are, are highly reclusive, uninterested in humans, and have never once bothered me or anyone I know. And so I leave them be.



Poison Oak

My time at Marinwood has similarly cured me of my fear of wasps and fear of skunks ("spheksophobia" and "mephitophobia", respectively). After countless encounters with these striped adversaries, I have come to learn that wasps usually leave you alone after a few assertive shooings, while skunks give plenty of warnings (and time to run) before they spray. And to this day I am spiderbite-free, spray-free, and have only been stung by a single yellowjacket. While I don't have an especially good rapport with any of these critters, it is a relief to walk the grounds no longer plagued by fear.

Unfortunately, one fear remains. A fear so unspeakable it has not yet been given an official name. But in attempts to face and conquer my fear, I have named it "botoxiphobia." And no, not a fear of Botox. My term is a portmanteau of "botanophobia," an irrational fear of plants, and "toxiphobia," an irrational fear of poison. "Botoxiphobia" is therefore a fear of poisonous plants, or more specifically, POISON OAK [insert dramatic gong sound].

Poison Oak is terrifying and it's everywhere: in the creek, covering the hills, growing up trees, deviously infiltrating non-poisonous foliage to trick us. Lightly brush past a single leaf of this subtle villain and you could wind up with an angry, itching, oozing rash that lasts for months. Fail to fully wash the poisonous oil off your clothes or hiking gear and you can unwittingly reinfect yourself months or even years later! Yes, this ubiquitous shrub is a menace of the first order and the mere sight of it makes me start to itch.

If you didn't already, now you know the plight of the "botoxiphobe." And whether you are similarly afflicted or simply want to be an ally, you can do your part. First, read through this catalog, sign up for any classes or programs you fancy, then roll it up into a handy spyglass and help keep a lookout for "leaves of 3." (That or use it to smash all the poison oak into oblivion. Either way.)

~ Luke Fretwell, Recreation Director



"WE SERVE"

Join the Las Gallinas Lions Club



Club Highlights

- Service Projects such as Vision Clinics
- Special Events for the Community
- Social Engagements such as Crab Feed, Dinners and Presentations

JOIN US!

- Bi-Monthly Meetings, 1st and 3rd Wednesday evenings each month
- In-Person and/or on Zoom



**INTERESTED IN ATTENDING A MEETING OR
VOLUNTEERING FOR AN EVENT?**

Email info@lasgallinas.com

MORE INFORMATION

www.lasgallinaslions.com

MARINWOOD FALL ART SHOW



Skipjack by Jeff Downing

SATURDAY
SEPTEMBER 21
3:00–7:00PM

FREE ADMISSION!

View works from local
artists with the theme
“A Celebration of
Contrasts”

Juror: Libby Garrison, Art Curator
for Marin Cultural Services District.

Marinwood Community Center
775 Miller Creek Road
San Rafael, Ca 94903

HALLOWEEN HARVEST FEST

With Las Gallinas Lions Club Pumpkin Patch!



FRIDAY, OCTOBER 11

5:00–6:30PM

MARINWOOD PARK

More information at
www.marinwood.org



Letters

to Santa Claus

Children of all ages are invited to drop off letters to Santa at Marinwood's
North Pole Mailbox located at the Community Center.

December 4 - 18, 2024

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

Jingle Bell Jazz

A HOLIDAY CONCERT

FRIDAY, DECEMBER 13TH
5:00-6:30PM

- Live Music
- Photos with Santa (\$5/per child)
- Jingle Bell Bar

Marinwood Community Center
More information at www.marinwood.org



14th Annual Raise a Glass

A Winter Wine Tasting

March 1, 2025

2:00-5:00pm

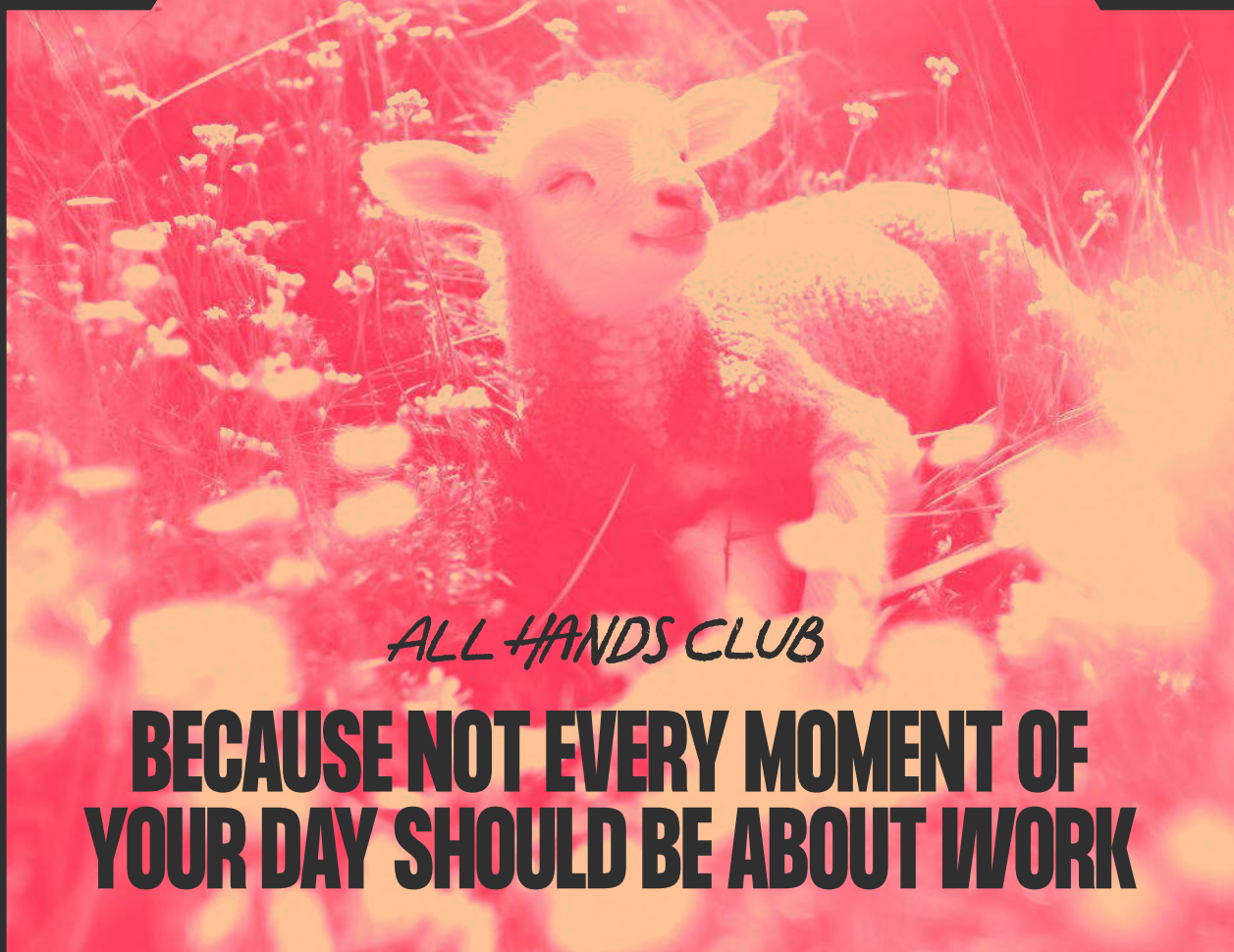
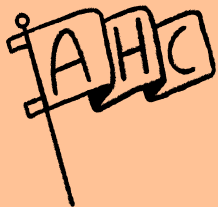
\$30

Includes tastings,
a commemorative glass, live music and hor d' oeuvres.

Childcare available ages 3-8
\$15/child

Marinwood Community Center
775 Miller Creek Rd.
San Rafael, Ca 94903





ALL HANDS CLUB

**BECAUSE NOT EVERY MOMENT OF
YOUR DAY SHOULD BE ABOUT WORK**

All Hands Club is a drop-in
cafe-style coworking space that's
perfect for your work-at-home,
hybrid-remote, post-pandemic
life. There's fast wifi, phone
booths, and free coffee & snacks.

Kick back. Make friends. Live a
little. And cowork if you feel
like it.

101 Smith Ranch Road
San Rafael

Grab a free day pass at
www.allhands.club



PHOTOGRAPHY CONTEST



Thank you to all who submitted their photographs last spring for the Marinwood Photography Contest. The four finalists are pictured above. Clockwise from top left: Open Space by Alison Stepkowski, Open Space by Judy Betz, Raindrops by Richard Betz, and Blackstone Canyon/Horne Trail by Brian Dettor.

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, 2024.
\$150 Registration and Materials fee.

Instructor: Marinwood Staff



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, 2024.
\$150 Registration and Materials fee.

Instructor: Marinwood Staff



THREES TOGETHER & MORNING SCHOOL

Ages	Day	Dates	Times	Fee
3-5	3 or 4 day options	Sept-May	9:30am-12:30pm	\$37/ 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.



AFTER SCHOOL PROGRAM

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

The mission of the Marinwood After School 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 will also take place.

Schedule:

The Marinwood After School Program is offered as follows to students on days when school is in session:

Monday, Tuesday, Thursday, Friday: 2:45-6:00pm

Wednesday: 2:00-6:00pm

Transportation:

Marinwood does not provide transportation. Parents are responsible for escorting their children to Marinwood Community Center.

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.

4 days/week: \$26/day

3 days/week: \$28/day

2 days/week: \$29/day

\$100 Registration fee

Instructor: Marinwood Staff

Ages	Day	Dates	Times	Fee
1st-6th grade	M, T, Th, F	Aug-June	2:45-6:00pm	Varies
	W		2:00-6:00pm	





IRISH DANCE - HEALY SCHOOL OF IRISH DANCE

Ages 5+

Intro to Irish Dance: Learn the basics of Irish Dance including drills, timing, and technique, as well as the reel and light jig.

Grade Level Solos: For dancers who have their reel and light jig to music. Dancers with light shoe only will be excused at 7:15pm.

Instructor: Healy School of Irish Dance

Class	Ages	Day	Dates	Times	Fee
Intro to Irish Dance	5+	Th	9/5-10/24	6:00-6:30pm	\$194
Intro to Irish Dance	5+	Th	11/7-12/19 (No class 11/21,11/28)	6:00-6:30pm	\$194
Intro to Irish Dance	5+	Th	1/9-2/27 (No class 2/20)	6:00-6:30pm	\$194
Grade Level Solos	5+	Th	9/5-10/24	6:30-7:30pm	\$194
Grade Level Solos	5+	Th	11/7-12/19 (No class 11/21,11/28)	6:30-7:30pm	\$194
Grade Level Solos	5+	Th	1/9-2/27 (No class 2/20)	6:30-7:30pm	\$194



FASHION & TEXTILE DESIGN CLASS

Ages 11-14

DESIGN A SUMMER COLLECTION

Learn how to create your very own fashion collection from start to finish. We'll start with our mood and inspiration boards, create our color palette and fabric direction, and decide on our silhouettes to put it all together in a portfolio at the end. We will even create some of our own fabrics! This class will teach exactly how professional designers create collections for the runway as well as all your favorite clothing brands.

Instructor: Alonya Van Rooyen

Ages	Day	Dates	Times	Fee
11-14	T	9/10-10/8	4:30-5:30pm	\$225

UPCYCLE FASHION & CUSTOMIZATION DIY

Ages 11-14

We will be taking old things and making them into fresh, edgy designs. Learn how to make a denim skirt or denim cut offs out of old pair jeans. Customize, remove pockets, add studs and more. Make the perfect summer concert tee and bandana crop top and throw them all in your new customized tote bag. There will be loads of fun to be had in this class. Let the creative juices flow. We can't wait to meet our future designers. Class fee includes all design materials but students are required to bring an old tote bag, T-shirt, pair of jeans and a bandana. Students will be using an iron and sharp fabric scissors under supervision in this class.

Instructor: Alonya Van Rooyen

Ages	Day	Dates	Times	Fee
11-14	T	10/15-11/12	4:30-5:30pm	\$225



YOUTH TENNIS

Ages 5-14

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.

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.

Junior Intermediate/Advanced - Ages 9-14

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

Junior League - Ages 9-14

This is an introduction to competitive tennis including practices and matches. **Players must know how to play the game and must have permission from coach to join the league.** If you know your child will participate in the whole season, sign up early for all sessions.

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

Class	Day	Dates	Times	Fee
Swingers	Tu/Th	9/10-10/3	3:00-3:30pm	\$108/ 8 classes
Swingers	Tu/Th	10/8-11/5 No 10/31	3:00-3:30pm	\$108/ 8 classes
Beginner	Tu/Th	9/10-10/3	3:30-4:30pm	\$148/ 8 classes
Beginner	Tu/Th	10/8-11/5 No 10/31	3:30-4:30pm	\$148/ 8 classes
Int/Adv	Tu/Th	9/10-10/3	4:30-5:30pm	\$148/ 8 classes
Int/Adv	Tu/Th	10/8-11/5 No 10/31	4:30-5:30pm	\$148/ 8 classes
Jr. League	M/W/F	9/9-10/4	4:00-5:30pm	\$304/ 12 classes
Jr. League	M/W/F	10/7-11/1	4:00-5:30pm	\$304/ 12 classes

PRIVATE TENNIS LESSONS



Jerry Mehciz
(707) 235-0973

\$80/hour \$40/half-hour

YOUTH PROGRAMS

TAE KWON DO

Ages 5+

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. Students may enroll mid-session, drop in, or register for one day per week.

Advanced Tae Kwon Do must have instructor approval.

Instructor: Master Hyo Sim

BEGINNING TAE KWON DO (AGES 5-6) Drop in rate: \$18/class

Ages	Day	Dates	Times	Fee
5-6	T/Th	9/3-10/29	3:30-4:00pm	\$276/ 17 classes
5-6	T/Th	11/5-12/19 No class: 11/26, 11/28	3:30-4:00pm	\$196/ 12 classes
5-6	T/Th	1/7-2/27 No class: 2/18, 2/20	3:30-4:30pm	\$228/ 14 classes

BEGINNING TAE KWON DO (AGES 7+) Drop in rate: \$22/class

Ages	Day	Dates	Times	Fee
7+	T/Th	9/3-10/29	4:00-4:45pm	\$344/ 17 classes
7+	T/Th	11/5-12/19 No class: 11/26, 11/28	4:00-4:45pm	\$244/ 12 classes
7+	T/Th	1/7-2/27 No class: 2/18, 2/20	4:00-4:45pm	\$284/ 14 classes

ADVANCED TAE KWON DO (AGES 7+) Drop in rate: \$24 class

Ages	Day	Dates	Times	Fee
7+	T/Th	9/3-10/29	4:45-5:30pm	\$378/ 17 classes
7+	T/Th	11/5-12/19 No class: 11/26, 11/28	4:45-5:30pm	\$268/ 12 classes
7+	T/Th	1/7-2/27 No class: 2/18, 2/20	4:45-5:30pm	\$312/ 14 classes

WHITE CRANE SILAT KUNTAO - PLAY BASED CONDITIONING

Ages 6-15

White Crane Silat is a Chinese Indonesian martial art with roots in the kung fu diaspora. In this upbeat, play based warm up for kids we have fun jumping, rolling, sliding, falling, animal inspired movement and breath, using obstacles and games to develop awareness, alertness, grounding, centering, balance, coordination, and a vocabulary of novel functional movement. Drop in fee: \$20.

Instructor: Maggie Dawson

Ages	Day	Dates	Times	Fee
6-15	W	9/4-10/16	4:00-4:45pm	\$109/ 7 classes
6-15	W	10/23-12/18 No class 11/20, 11/27	4:00-4:45pm	\$109/ 7 classes
6-15	W	1/8-2/12	4:00-4:45pm	\$94/ 6 classes

WHITE CRANE SILAT KUNTAO- RANK PROMOTION TRACK

Ages 9-15

In this class kids learn PBG standardized list of movements which qualify them for belt testing and rank promotion in White Crane Silat. Students develop focus, courage, and determination as they integrate a growingly sophisticated repertoire of movement, including short movements, long forms, acrobatics and throws. Listening and willingness to focus are a prerequisite for this class. Drop in fee: \$25.

Instructor: Maggie Dawson

Ages	Day	Dates	Times	Fee
9-15	W	9/4-10/16	4:00-5:30pm	\$144/ 7 classes
9-15	W	10/23-12/18 No class 11/20, 11/27	4:00-5:30pm	\$144/ 7 classes
9-15	W	1/8-2/12	4:00-5:30pm	\$124/ 6 classes



YOUTH PROGRAMS



WATER POLO

Ages 8-14

This team is intended for girls and boys who would like to learn about this fast paced and fun water sport. The Marinwood Water Polo program is for those who have never played the sport and want to learn, or for players who have previously played and want to continue working on their skills. This is a super opportunity to learn how to play a great sport and/or improve and extend existing skills before entering high school. Instruction will include basic specialized swimming skills for water polo, passing, shooting, offense, defense, rules of the game, concepts of team play, and more as time permits. Players will get a chance to scrimmage in order to get a sense of how the overall game is played. This is a great launch point for being a confident and capable freshman high school player.

Space is limited, please contact Coach Chris Case to register at christophermcase@gmail.com or (415) 250-5443.

This program is not affiliated with any Marin Swim League swim team, nor any high school. All middle schoolers are welcome as long as they are water safe.

Instructor: Chris Case

Ages	Day	Dates	Times	Fee
8-10 Grade 3-5	M/W	8/26-10/2 No class 9/2	5:15-6:15pm	\$350
11-14 Grade 6-8	M/W	8/26-10/2 No class 9/2	6:15-7:45pm	\$350



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. 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! Please bring a pen/pencil, note paper, and lunch to class. Course fee includes American Red Cross Babysitter's handbook and certificate.

Instructor: Marinwood Staff

Ages	Day	Dates	Times	Fee
10-14	F	11/1	9:30am-1:00pm	\$96
10-14	F	11/22	9:30am-1:00pm	\$96

CREATIVE CLAY WITH MS. PAULA

Ages 7-11

Join us to have fun and enjoy learning how to use a pottery wheel! In this class Artists will be using different types of clay to develop skills using the wheel to make bowls. During hand building sessions they will create textured tiles and pinch pot animals and small slab built boxes to hold treasures. Wear clothes that can get messy and be ready for diving into the world of clay!

Instructor: Paula Ockner

Location: Lucas Valley Elementary School Room E7, Art Studio

Ages	Day	Dates	Times	Fee
7-11	Th	9/5-10/3	2:35-3:45pm	\$275



SPOOKTACULAR HALLOWEEN WORKSHOP WITH LEGO® MATERIALS

Ages 7-12

With Halloween just around the corner, its time to get out your decorations and get ready for trick-or-treaters! Build spooky ghosts and other moving decorations, learning about gear drives and other engineering concepts along the way. With tens of thousands of LEGO® bricks, we know your Halloween display will be simply "gourd-geous"!

Instructor: Play Well TEKnologies

Ages	Day	Dates	Times	Fee
7-12	Sat	10/26	1:00-4:00pm	\$51

WINTER WONDERLAND WORKSHOP WITH LEGO® MATERIALS

Ages 5-10

In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas, or a hilltop village, slopes for LEGO® skiers and sleds.

Instructor: Play Well TEKnologies

Ages	Day	Dates	Times	Fee
5-10	Sat	12/21	9:00am-12:00pm	\$51



ADVENTURES IN STEM WITH LEGO® MATERIALS - THANKSGIVING BREAK

Ages 5-9

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

Instructor: Play Well TEKnologies

Ages	Day	Dates	Times	Fee
5-9	Mon-Wed	11/25-11/27	9:00am-12:00pm	\$138

NAOFA ALL SPORTS GAME DAY - VETERANS DAY

Ages 4-6 & 7-11

The All Sports Game Day is a perfect place for kids to be introduced to the world of sports and an active, healthy lifestyle. This multi sport day may include basketball, soccer, flag football, wiffleball, kickball and more. These games teach children sport specific skills while learning the importance of teamwork, losing and winning with dignity, and communication with friends and peers.

Instructor: National Academy of Athletics

Ages	Day	Dates	Times	Fee
4-6	M	11/11	9:00am-12:00pm	\$49
7-11	M	11/11	9:00am-12:00pm 9:00am-2:00pm	\$49 \$79

NAOFA ALL SPORTS CAMP - THANKSGIVING BREAK

Ages 4-6 & 7-11

The All Sports Camp is a perfect place for kids to be introduced to the world of sports and an active, healthy lifestyle. This multi sport camp may include basketball, soccer, flag football, wiffleball, kickball and more. These games teach children sport specific skills while learning the importance of teamwork, losing and winning with dignity, and communication with friends and peers.

Instructor: National Academy of Athletics

Ages	Day	Dates	Times	Fee
4-6	M-W	11/25-11/27	9:00am-12:00pm	\$144
7-11	M-W	11/25-11/27	9:00am-12:00pm 9:00am-2:00pm	\$144 \$184



NAOFA ALL SPORTS GAME DAY - MLK DAY

Ages 4-6 & 7-11

The All Sports Game Day is a perfect place for kids to be introduced to the world of sports and an active, healthy lifestyle. This multi sport day may include basketball, soccer, flag football, wiffleball, kickball and more. These games teach children sport specific skills while learning the importance of teamwork, losing and winning with dignity, and communication with friends and peers.

Instructor: National Academy of Athletics

Ages	Day	Dates	Times	Fee
4-6	M	1/20	9:00am-12:00pm	\$49
7-11	M	1/20	9:00am-12:00pm 9:00am-2:00pm	\$49 \$79



VALLEY
ORTHODONTICS
CREATING BEAUTIFUL SMILES

WINTER BREAK CAMP

Ages 3-11 (3 years - 6th grade)

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. This camp fills up quickly so register soon!

Camp Scrub Jay: Ages 3-5 (3 years-K)

Camp Evergreen: Ages 6-7 (1st-2nd grade)

Camp Winterberry: Ages 8-11 (3rd-6th grade)

No drop-in availability. Space is limited, please register early! Sibling discount: \$20, applied at registration.

Instructor: Marinwood staff

Ages	Day	Dates	Times	Fee
Scrub Jay Pre-K & K Ages 3-5	M-F	12/30-1/3 No camp 1/1	9:00am-3:00pm	\$234/ Resident \$275/ Non-Resident
Evergreen 1st-2nd grade Ages 6-7	M-F	12/30-1/3 No camp 1/1	9:00am-3:00pm	\$234/ Resident \$275/ Non-Resident
Winterberry 3rd-6th grade Ages 8-11	M-F	12/30-1/3 No camp 1/1	9:00am-3:00pm	\$234/ Resident \$275/ Non-Resident

WINTER BREAK-BEFORE & AFTER CARE

Ages 3-12 (3 years - 6th grade)

	Day	Dates	Times	Fee
Before Care	M-F	12/30-1/3 No camp 1/1	8:00-9:00am	\$42
After Care	M-F	12/30-1/3 No camp 1/1	3:00-5:00pm	\$84
Before & After Care	M-F	12/30-1/3 No camp 1/1	8:00-9:00am & 3:00-5:00pm	\$120

MID-WINTER BREAK CAMP

Ages 4-12 (Pre-K - 6th grade)

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)

No drop-in availability. Space is limited, please register early! Sibling discount: \$20, applied at registration.

Instructor: Marinwood Staff

Ages	Day	Dates	Times	Fee
Bunnyslope Pre-K & K Ages 4-5	T-F	2/18-2/21	9:00am-3:00pm	\$234/ Resident \$275/ Non-Resident
Snowshoe 1-2 grade Ages 6-7	T-F	2/18-2/21	9:00am-3:00pm	\$234/ Resident \$275/ Non-Resident
Bobsled 3-6th grade Ages 8-11	T-F	2/18-2/21	9:00am-3:00pm	\$234/ Resident \$275/ Non-Resident

MID-WINTER BREAK-BEFORE & AFTER CARE

Ages 4-12 (Pre-K - 6th grade)

	Day	Dates	Times	Fee
Before Care	T-F	2/18-2/21	8:00-9:00am	\$42
After Care	T-F	2/18-2/21	3:00-5:00pm	\$84
Before & After Care	T-F	2/18-2/21	8:00-9:00am & 3:00-5:00pm	\$120





MAGGIE DAWSON - WHITE CRANE SILAT INSTRUCTOR

Maggie Dawson is a 20-year practitioner of White Crane Silat who practices globally. Her laurels include two years under tutelage of the grandmaster, Suhu Gunawan Rahardja in West Java. Prior to that, several years in residence at the Esalen Institute root Maggie in the practice of somatic movement for healing. Kindhearted, personable, spontaneous and precise, Maggie energetically empowers each student through the metaphor of the conscious physical. Based in Marin County, she's been teaching silat as a vehicle for awakening since 2010. When not teaching and practicing, Maggie is using her presence and mindful words to raise a powerful and compassionate kid.



ALAINA FUETSCH - PRESCHOOL SUPERVISOR

Alaina Fuetsch has been working in the Childcare/Education field for over 10 years in Marin Country. Starting as a babysitter and making her way to Preschool Teacher, where she found her passion. She graduated from San Francisco State University with a Bachelor's Degree in Psychology and earned her Early Childhood Education credits at the College of Marin. This will be her fourth year with us at Marinwood and her second year as Supervisor.

"I've always had a passion for working with children. I believe that Preschool is important for a child's social and emotional growth. At Marinwood we are committed to providing a safe and loving environment while guiding children as they form the key building blocks for their eventual kindergarten education"



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".



MASTER HYO SIM - TAE KWON DO INSTRUCTOR

Master Sim is an 8th Dan Black Belt. He has been a student of Martial Arts since late 1968 and has been sharing with others since 1980. He was a national collegiate champion and coached national and international level black belt competitors. Master Sim has worked with AAU TKD promoting their Jr. Olympics program, as well as initiate events for USTU/USTA (National Governing Body for TKD). However, he is best known amongst his peers for his tutorage of children in using TKD for their character building.



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 TEKNOLOGIES

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.



HEALY IRISH DANCE

The Healy School of Irish Dance was established in 1870. The Healy School holds the record for the longest running Irish dance school in the world, with lessons taught by 4th generation ADCRG PattiAnn Ranum, and her daughter, 5th generation TCRG Alisa Belew. The Healy School competes locally and at world level and teaches all levels from beginners through Championship. Some of the highlights of the year besides competition are performing at the Giants Irish Heritage Nights, marching in the San Francisco St. Patrick's Day parade, and doing shows locally for the Marin Irish American Club, Marin County Fair, etc. We look forward to welcoming you into our Healy family!



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.

CELEBRATING
5
YEARS



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Waldorf
SCHOOL



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PRESCHOOL & KINDERGARTEN
AND GRADES 1-7**

Come visit our 10-acre campus.

Our holistic and experiential approach to education integrates music and the arts, outdoor education and healthy movement into an innovative interdisciplinary academic curriculum.



PILATES

Ages 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.

Drop-ins: \$23

Instructor: Janet Carter

Day	Dates	Time	Fee
F	9/6-9/27	9:00-9:45am	\$80/ 4 classes
F	10/4-10/18	9:00-9:45am	\$61/ 3 classes
F	11/8-12/13 No class 11/29	9:00-9:45am	\$99/ 5 classes



THE FELDENKRAIS METHOD

Ages Adults 15+

In this series, you will learn how to create a stronger connection between your mind and your body. Using the latest methods to encourage brain change. You will be guided through slow and gentle movements intended to retrain your brain and learn new ways to move. By paying attention to the way in which you move, you can change old habits that cause discomfort and pain and replace them with safer, healthier ranges of motion. Remember: We can improve at any age! Please bring a towel and a small pillow.

Session 1: Reducing Back Pain: 9/23-10/10

Session 2: Reducing Neck & Shoulder Pain: 11/4-12/16 (No class 11/11)

Instructor: Ruti Gorel

	Day	Date	Time	Fee
Reducing Back Pain	M	9/23-10/10	1:30-2:30pm	\$94/ 6 classes
Reducing Neck & Shoulder pain	M	11/4-12/16 (No class 11/11)	1:30-2:30pm	\$94/ 6 classes

TENNIS - ADULT CLASSES

Ages Adults 15+

Adult Beginner: 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.

Adult Intermediate/Advanced: 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

Class	Day	Dates	Time	Fee
Beginner	T/Th	9/10-9/26	6:00-7:00pm	\$136/ 6 classes
Beginner	T/Th	10/1-10/17	6:00-7:00pm	\$136/ 6 classes
Beginner	T/Th	10/22-11/7	6:00-7:00pm	\$136/ 6 classes
Int/Adv	T/Th	9/10-9/26	7:00-8:30pm	\$172/ 6 classes
Int/Adv	T/Th	10/1-10/17	7:00-8:30pm	\$172/ 6 classes
Int/Adv	T/Th	10/22-11/7	7:00-8:30pm	\$172/ 6 classes

TENNIS - ADULT DOUBLES CLASSES

Ages Adults 15+

Adult Beginner Doubles: 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.

Adult Intermediate/Advanced Doubles: 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

Class	Day	Dates	Time	Fee
Beginner	M/F	9/9-9/27	10:30am-12:00pm	\$136/ 6 classes
Beginner	M/F	9/30-10/18	10:30am-12:00pm	\$136/ 6 classes
Beginner	M/F	10/21-11/8	10:30am-12:00pm	\$136/ 6 classes
Int/Adv	M/F	9/9-9/27	9:00-10:30am	\$172/ 6 classes
Int/Adv	M/F	9/30-10/18	9:00-10:30am	\$172/ 6 classes
Int/Adv	M/F	10/21-11/8	9:00-10:30am	\$172/ 6 classes

Private lessons available. \$80/hour, \$40/half-hour.

Please contact Tennis Pro, Jerry Mehciz at (707) 235-0973.



LAS GALLINAS LIONS CLUB

Ages Adults 15+

The Las Gallinas Lions is Marinwood's only service club - our motto is "We Serve". Typical service activities include Vision Clinics for pre-school children and people in Marin's lower income communities, offering free eye-exams and glasses to people in need, supporting isolated seniors and other people in need, and organizing our Annual Marinwood Easter Egg Hunt for children in our community. We raise money and donate to organizations such as the SF-Marin Food Bank, Marin Villages, local youth sports teams and our Community Services District. Membership is open to any adult who would like to know more about Marinwood and contribute toward helping others and improving our community. We welcome volunteers to support our service projects and hope you will consider joining us.

To learn more, check our website at www.lasgallinaslions.com or contact us at lasgallinaslions@gmail.com.

Day	Dates	Time	Fee
1st Wed. - Zoom	Ongoing	6:00-8:00pm	\$80/year
3rd Wed. - In Person			





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Our skilled & experienced caregivers are available to assist with:

Activities of Daily Living

- Bathing
- Grooming
- Dressing
- Toileting
- Transfers

Instrumental Activities of Daily Living

- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Companionship
- Caregiver Relief

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- Doctors Visits
- Grocery Shopping
- Errands
- Outings
- Appointments

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Loree Ades
CEO

ADULT PROGRAMS



BEGINNERS AMERICAN MAH JONGG

Ages Adults 15+

American Mah Jongg is an exciting game with Chinese origins that uses tiles with symbols, numbers and pictures. The instructor, Carol Neel will teach basic fundamental components over the course of four weeks; such as identification and distribution, how to interpret the National Mah Jongg League (NMJL) card, etiquette rules and strategy. She provides the information in a supportive, learning environment. Each class is taught in a specific sequence so it is crucial not to miss any classes. This course is ideal for beginners or "rusty" players. This is a great game to learn with friends and family. It is typically played with four people. A \$15 Mah Jongg required card is included in the class fee.

Instructor: Carol Neel

Day	Date	Time	Fee
Th	9/5-9/26	12:30-3:00pm	\$79/ 4 classes
Th	10/3-10/24	12:30-3:00pm	\$79/ 4 classes

AMERICAN MAH JONGG OPEN PLAY

Ages Adults 15+

Join us every Wednesday for American Mah Jongg Open Play at the Marinwood Community Center. This is open to all levels of players who have a basic understanding of the rules. There will be tables for beginner, immediate and advanced players. Those of you that have your own sets and table covers, please bring them. Marinwood Community Center does not provide sets so we depend on your personal sets. All tables will start play at 1:00 p.m. \$2.00 charge per person per week. No food will be allowed but please bring your personal water bottles.

Day	Date	Time	Fee
Th	9/4-2/26 No class: 11/27, 12/25, 1/1, 2/19	1:00-4:00pm	\$2/per class



ZUMBA®

Ages Adults 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

Day	Date	Time	Fee
M/T	Ongoing	6:00-7:00pm	\$15/class or \$125/ 10 class card

WHITE CRANE SILAT - FREE DEMO

Ages Adults 15+

White Crane Silat is a traditional Chinese-Indonesian martial art that harmonizes body, mind and spirit. Our practice begins and ends in a circle, with the breath. Practice is sometimes meditative, sometimes strenuous; acrobatics, falling, and throwing practice may be included for able-bodied students. Classes are tailored to the needs and abilities of participants. Practice ideal for ages 15-55.

Ideal attire is loose white t-shirt and pants. Come prepared to sweat, and bring a sweater.

Instructor: Maggie Dawson

Day	Date	Time	Fee
Sat	9/7	10:00am-12:00pm	Free

ADULT PROGRAMS



WHITE CRANE SILAT KUNTAO

Ages Adults 15+

Equinox Breath Reset Workshop - Coordinating breath and movement, we awaken the senses to presence in nature with the rising of the morning qi. Students are introduced to a series of standing breathing meditations that harmonize body, mind, and spirit.

Drop-ins: \$25

Instructor: Maggie Dawson

Day	Dates	Time	Fee
Sat	9/28	8:00-10:00am	\$20

WHITE CRANE SILAT - ADULT MOVEMENT

Ages Adults 15+



White Crane Silat is a traditional Chinese-Indonesian martial art that harmonizes body, mind and spirit. Our practice begins and ends in a circle, with the breath. Practice is sometimes meditative, sometimes strenuous; acrobatics, falling, and throwing practice may be included for able-bodied students. Classes are tailored to the needs and abilities of participants. Practice ideal for ages 15-55.

Ideal attire is loose white t-shirt and pants. Come prepared to sweat, and bring a sweater.

Instructor: Maggie Dawson

Day	Dates	Time	Fee
Sat	8/31-11/9 (No class 9/21, 10/12)	10:00am-12:00pm	\$202
Sat	12/7-2/8 (No class 12/21, 12/28)	10:00am-12:00pm	\$198

CPR/AED AND FIRST AID

Ages Adults 15+



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. Space is limited. Sign up today!

Instructor: Marinwood Staff

Day	Dates	Time	Fee
Th	9/19	5:00-9:00pm	\$125
Th	10/24	5:00-9:00pm	\$125
Th	11/21	5:00-9:00pm	\$125
Th	1/23	5:00-9:00pm	\$125
Th	2/27	5:00-9:00pm	\$125



FALL SENIOR STROLL

Ages Adults 60+

Join our Recreation Supervisor John Paul Kessler as you take leisurely strolls throughout the beautiful neighborhoods of Marinwood. A great way to stretch your legs, see the sights and meet your neighbors! To inquire about the stroll route, please contact the Community Center at 415-479-0775.

Day	Date	Time	Fee
W	9/25	10:00am	Free
W	10/30	10:00am	Free
W	11/20	10:00am	Free



Cabin in the Pines by Michael Friedland

WATERCOLOR WORKSHOP

Ages Adults 15+

In this one-day workshop, you will spend the morning learning all about the fundamentals of painting with watercolor. Transparent watercolor is different from all other media and as such has some quite different aspects about how it is used. We'll cover the materials used with watercolor, the ways that we apply watercolor to (its very particular) paper, color theory and color mixing, what a classic palette of colors is. We'll discuss the importance of drawing (and drawing directly with the brush) as well as values and design/composition. We'll stop for a half hour lunch break (bring your lunch), during which we'll discuss the incredible history of watercolor painting in California. In the afternoon, we'll work together step by step to make a watercolor painting.

Each student should come to class with one sheet of Arches 140lb. Cold Press watercolor paper (approx. \$10). Paints, palettes and brushes will be available.

Students will leave this workshop with a good grounding in how to work with this wonderful medium and a painting of their own!

Instructor: Michael Friedland

Day	Dates	Times	Fee
Sat	10/19	10:00am-4:00pm	\$114



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 christine.o.co.costello@gmail.com."



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".



CAROL NEEL - MAH JONGG INSTRUCTOR

Carol has taught Beginners American Mah Jongg throughout Marin for approximately 10 years. She began playing Mah Jongg after her beginner classes at Bel Marin Keys. Since then she has played consistently throughout Marin in addition to teaching. She believes that "the more you play, the better you play".

She loves the excitement as each student realizes that they can play Mah Jongg by the fourth week. She wants to share her knowledge and her joy of playing Mah Jongg throughout the community.



MICHAEL FRIEDLAND - WATERCOLOR INSTRUCTOR

Michael studied painting and design at Paier College of Art, Coronado School of Fine Art and Philadelphia College of Art. Retired now from a forty year career as a designer, he has been teaching painting (with watercolor) for the last eight years. He teaches in San Rafael, Corte Madera and Tiburon. He helps with CWA's Community Outreach program teaching Vietnam veterans in Oakland. He taught design at a university in Montréal and at the Academy of Art University in San Francisco. He teaches for several weeks each year at Yosemite in their artists in residency program. Michael is on the California Watercolor Association's board and is Director of their National Exhibition. He is an elected member of the Baywood Artists, a group that paints together each summer (en plein air) to fundraise for non-profit environmental organizations through an annual show and sale in the Fall.



RUTI GOREL - THE FELDENKRAIS METHOD INSTRUCTOR

As a new mom, suffering from terrible back pain, Ruti went to a Feldenkrais practitioner for a series of sessions. Seeing the miraculous changes she experienced, Ruti began training, ultimately becoming a Feldenkrais practitioner, with the desire to help others rid themselves of pain and limitations. Ruti received her Feldenkrais and Anat Baniel Neuromovement certification in 2006. This is her second career and her passion.



MAGGIE DAWSON - WHITE CRANE SILAT INSTRUCTOR

Maggie Dawson is a 20-year practitioner of White Crane Silat who practices globally. Her laurels include two years under tutelage of the grandmaster, Suhu Gunawan Rahardja in West Java. Prior to that, several years in residence at the Esalen Institute root Maggie in the practice of somatic movement for healing. Kindhearted, personable, spontaneous and precise, Maggie energetically empowers each student through the metaphor of the conscious physical. Based in Marin County, she's been teaching silat as a vehicle for awakening since 2010. When not teaching and practicing, Maggie is using her presence and mindful words to raise a powerful and compassionate kid.

*Are you looking for a Tutor,
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Marin Educators in Private Practice (MEPP) is a resource of tutors, credentialed teachers, educational therapists, and other allied professionals who work with students of all ages, individually and in all subject areas.

Visit our searchable list of education professionals at

MarinEducators.org



MARIN EDUCATORS IN PRIVATE PRACTICE

WELCOME TO THE MARINWOOD POOL!

APRIL 1 - OCTOBER 4



Conveniently located just a mile off Highway 101, nestled between a lush forest and the majestic Marinwood hills, this aquatic oasis may be the best-kept secret in Marin. Boasting gorgeous views, top-notch swimming programs, and a highly trained lifeguard staff, this is the pool to call home this summer. Whether getting your workout in, throwing your kids' birthday party, learning to swim, or just basking in the sun, the Marinwood Pool is where summer happens.

FEATURES:

- 2 giant waterslides
- 1 ½ foot tot pool (6 yrs & under)
- 5 lane lap pool with deep end
- Plenty of shade & plenty of seating
- Snacks, ice cream, ping pong, good tunes
- Ample parking

POOL MEMBERSHIPS NOW 50% OFF!

Marinwood Resident Membership Rates:

(Membership dues prorated monthly)

Resident Family (up to 4 persons)	\$410	\$205
-Fee for additional family members	\$51	
Resident Couple	\$308	\$154
Resident Individual	\$205	\$103
Resident Senior (60+)	\$154	\$77
Resident Senior Couple	\$231	\$116

Memberships include Recreation Swim Guest Passes:

12/family

6/couple

4/individual

Purchase more for \$48/ 12 pack

5-Swim Punch Pass:

Marinwood Resident	\$30
Non-Resident	\$40

Non-Resident Membership Rates:

(Membership dues prorated monthly)

Non-Resident Family (up to 4 persons)	\$513	\$257
-Fee for additional family members	\$64	
Non-Resident Couple	\$385	\$198
Non-Resident Individual	\$257	\$128
Non-Resident Senior (60+)	\$192	\$96
Non-Resident Senior Couple	\$289	\$145

Memberships include Recreation Swim Guest Passes:

12/family

6/couple

4/individual

Purchase more for \$60/ 12 pack

Daily Drop-ins (Recreation Swim Hours Only)

Marinwood Resident Adult (18+)	\$8
Marinwood Resident Child (1-17)	\$7
Marinwood Resident Senior (60+)	\$7
Non-Resident Adult (18+)	\$10
Non-Resident Child (1-17)	\$9
Non-Resident Senior (60+)	\$9

No fee for children under 12 months

~Marinwood Pool Schedule SEPTEMBER/OCTOBER 2024~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>LAP = Adult Lap Swim TOT = Tot Poo Hours REC = Recreation Swim</div> <div>-Waterslides only open weekends in Fall, during REC hours -Anyone using the pool facility before REC must be a pool member or punch pass holder. Daily Drop-ins only accepted during REC hours.</div>						
September 1st LAP 8AM-12PM TOT 8AM-5PM REC 12-5PM	2 LABOR DAY (WEEKEND HOURS) LAP 8AM-12PM TOT 8AM - 5PM REC 12PM - 5PM	3 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	4 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	5 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	6 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	7 LAP 8AM - 12PM TOT 8AM-5PM REC 12-5PM
8 LAP 8AM-12PM TOT 8AM-5PM REC 12-5PM	9 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	10 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	11 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	12 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	13 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	14 LAP 8AM-12PM TOT 8AM-5PM REC 12-5PM
15 LAP 8AM-12PM TOT 8AM-5PM REC 12-5PM	16 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	17 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	18 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	19 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	20 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	21 LAP 8AM-12PM TOT 8AM-5PM REC 12-5PM
22 LAP 8AM-12PM TOT 8AM-5PM REC 12-5PM	23 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	24 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	25 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	26 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	27 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	28 LAP 8AM-12PM TOT 8AM-5PM REC 12-5PM
29 LAP 8AM-12PM TOT 8AM-5PM REC 12-5PM	30 LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	October 1st LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM		October 2nd LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	October 3rd LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM	October 4th CLOSING DAY LAP 6:30 - 9AM LAP 11AM - 2PM TOT 11AM - 5PM REC 2PM - 5PM
						<i>Please visit marinwood.org for information about the 2025 pool season.</i>



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	Time Slots	Fee
Group Picnic Area Location: Marinwood Park	3 Hexagon picnic tables Capacity: 50 people	Yes	2 Charcoal BBQ	Bounce house permissible with permit (\$)	9:00am-1:00pm 2:00-6:00pm 9:00am-6:00pm	\$90/ Residents \$180/ Non Residents All Day Fee: \$175/ Residents \$350/ Non Residents
Parkside Picnic Area Location: Marinwood Park	2 Rectangular tables Capacity: 20 people	Yes	1 Charcoal BBQ	No	9:00am-1:00pm 2:00-6:00pm 9:00am-6:00pm	\$80/ Residents \$160/ Non Residents All Day Fee: \$150/ Residents \$300/ Non Residents

Resident: A resident of the Marinwood Community Services District

RENTALS - POOL



Hillside Party area



Patio Party area



Alcove Party area



Main Pool



Tot Pool

Facility	Picnic Tables	Restroom	BBQ	Additional Features	Time slots	Fee
Patio Party Area Location: Between Tot pool and Main pool	2 Rectangular tables Capacity: 30 people	Yes	No	Ping Pong Table (\$)	12:15-2:30pm* or 2:45-5:00pm	Marinwood Residents/ Pool Members: \$130 Non-Residents: \$160
Hillside Party Area Location: Grassy knoll adjacent to main pool deep end	3 Hexagon picnic tables Capacity: 24 people	Yes	No	Ping Pong Table (\$)	12:15-2:30pm* or 2:45-5:00pm	Marinwood Residents/ Pool Members: \$130 Non-Residents: \$160
Alcove Party Area Location: Brick alcove just past the Lifeguard stand.	3 Rectangular tables Capacity: 30 people	Yes	No	Ping Pong Table (\$)	12:15-2:30pm* or 2:45-5:00pm	Marinwood Residents/ Pool Members: \$130 Non-Residents: \$160

* 12:15-2:30pm only available on weekends



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tary School:
Monday & Wednesday
6-8pm

San Anselmo, Archie Williams
High School:
Monday & Wednesday
6-8pm

Zoom Online:
Monday and Tuesday
5-6pm

Day Class:

San Rafael, Albert J Boro
Community Center
Monday & Wednesday
8:45am -10:45am

High School Diploma Or GED

GED Night Classes:

Larkspur, Redwood High School

Math & Science
Monday & Wednesday
6-8:30pm

English & Social Studies
Monday & Tuesday
6-8:30pm

High School Diploma
Tuesdays 5– 6 pm

Online Zoom Class:
Multi-subject GED Prep
Wednesday & Thursday
6-8:30pm



www.tamadulted.org

Healthcare Pathways

Visit TAS website for class
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Learn the skills needed to
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