



Winter ACTIVITY GUIDE

2024 - 2025
REGISTRATION OPENS
NOVEMBER 25





*Pictures with
Santa and
Mrs. Claus*

CITY OF MILLBRAE
MILLBRAE GAZEBO
(POPLAR AND LIBRARY AVE.)

DEC. 7, 2024
2:00-4:00 P.M.

IN CASE OF RAIN, PICTURES WILL
BE IN THE DAVID J. CHETCUTI
COMMUNITY ROOM.
(450 POPLAR AVE., MILLBRAE)



BINGO NIGHT

Gather your family, friends, and bingo enthusiasts for an evening of delicious pizza, fabulous prizes, and unforgettable memories.

*18 Years and Older Only

FRIDAY, MILLBRAE RECREATION STARTS AT
JANUARY 24 CENTER 5:30PM

\$5.00 PER PERSON TO BE PAID AT THE DOOR
PLEASE RSVP BY JANUARY 17TH BY CALLING 650-259-2338



**Millbrae
Montessori
School**

Ages 2.5-6

At Millbrae Montessori School, your child will experience the joy of learning in a thoughtfully prepared Montessori environment. We nurture their natural curiosity and inspire a lifelong love for learning.

Ages 2.5-6

In Partnership with the City of Millbrae
Millbrae Recreation Center
477 Lincoln Circle
650-259-2368

millbraemontessorischool@gmail.com
millbraemontessori.com



HIRING SOON

recreation@ci.millbrae.ca.us

SUMMER CAMP COUNSELORS!



To view our open positions, visit: bit.ly/milrec




ONLINE REGISTRATION

Starts November 25, 2024

bit.ly/milrec

Registration is available online.

All activities require pre-registration before attending classes.

ONLINE
REGISTRATION
OPENS
NOVEMBER 25

PHONE REGISTRATION

650-259-2338

Payment can be made by credit card (VISA, MasterCard, or Discover Card). A convenience fee will be charged to all credit and debit card transactions.

YOUTH PROGRAM LATE PICK-UP POLICY

A \$25.93 late pick up fee is charged for each 30 minutes (commencing at 1 minute late) after the program conclusion.

REGISTRATION DEADLINES

The registration deadline is strictly adhered to pending the available space. If space becomes unavailable before or after the registration deadline, registrants are placed on the Waiting List. If space becomes available, the next participant on the Waiting List shall fill the available space on the roster.

TAX INFO

Our tax ID #94-6000373

MILLBRAE RECREATION CENTER HOURS

Monday–Friday: 8:30am–8:00pm

Saturday: 9:00am–5:00pm

Sunday: 12:00pm–5:00pm

REFUNDS

The City of Millbrae Recreation Department reserves the right to cancel, postpone or combine classes, or change instructors to best provide service.

A \$25.93 cancellation/processing fee applies when a refund is requested before the first class meeting. Refunds will be granted up to 7 calendar days prior to the start date of any activity. Processing fees are assessed for each student and each class/activity that is being changed or canceled. There are no fees to transfer to another similar class. If the City of Millbrae cancels a class, a full refund is provided to the account holder and refunded in the manner in which payment was provided.

Medical Refunds: Transfers, credits, or refunds for medical reasons require a doctor's/health plan documentation and will be pro-rated from receipt of notification if class/activity has begun. No processing fees will be assessed for medical refunds.

WHERE'S MILLIE?

Search and find
all 7 Millies
throughout the guide!

Need a Hint:
Look on Page 24

Millie is our mascot and a
California red-legged frog.

MILLBRAE RECREATION

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Program details such as locations, dates, and times are subject to change. Please visit our registration website for the most updated information at: bit.ly/milrec

Scan the QR code ►
for easy registration



Community Directory

CITY SERVICE DIRECTORY

| | |
|------------------------------------|--------------|
| City Manager Office | 650-259-2334 |
| City Clerk's Office | 650-259-2414 |
| Athletic Field Hotline | 650-259-2405 |
| Community Development | 650-259-2342 |
| Finance Department | 650-259-2350 |
| Fire Department | 650-259-2400 |
| Human Resources Department | 650-259-2334 |
| Library | 650-697-7607 |
| Parks Division | 650-259-2372 |
| Police Dept. (non-emergency) | 650-259-2300 |
| Public Works Department | 650-259-2339 |
| Recreation Department | 650-259-2360 |

COMMUNITY PHONE DIRECTORY

| | |
|-------------------------------------|--------------|
| AYSO Soccer | 650-697-0750 |
| Bay Area Rapid Transit (BART) | 510-464-6000 |
| Friends of Millbrae Library | 650-697-7607 |
| Millbrae Chamber of Commerce | 650-697-7324 |
| Millbrae Community TV | 650-259-2343 |
| Millbrae Comm. Foundation | 650-245-2185 |
| Millbrae Girls Softball | 650-307-6472 |
| Millbrae Historical Society | 650-692-5786 |
| Millbrae Lions Club | 650-455-0076 |
| Millbrae Lions Youth Baseball | 559-972-1550 |
| Millbrae School District | 650-697-5693 |
| Rotary Club of Millbrae | 650-873-5298 |
| SamTrans | 650-508-6200 |
| Millbrae Meadows Swim Club | 650-588-4234 |

CITY COUNCIL

| |
|-------------------------------|
| Anders Fung, Mayor |
| Gina Papan, Vice Mayor |
| Ann Schneider, Councilmember |
| Sissy Y. Riley, Councilmember |
| Bob Nguyen, Councilmember |

PARKS & RECREATION COMMISSION

| |
|-------------------------------|
| Steve Henderson, Chair |
| Stephanie Douglas, Vice Chair |
| John Keefer, Commissioner |
| Marian Kong, Commissioner |
| Jordan Miranda, Commissioner |

COMMISSIONS/COMMITTEES

| | |
|--|--------------|
| Bike and Pedestrian Advisory Committee | 650-259-2360 |
| Cultural Arts Advisory Committee | 650-259-2360 |
| 2nd Monday, 9:00 am | |
| Community Enhancement | 650-259-2341 |
| 1st Tuesday, 6:30 pm | |
| Economic Vitality Advisory Committee | 650-259-2341 |
| 3rd Thursday, 6:00 pm | |
| Parks and Recreation Commission | 650-259-2360 |
| 3rd Tuesday, 7:00 pm | |
| Planning Commission | 650-259-2341 |
| 1st and 3rd Monday, 7:00 pm | |
| Senior Advisory Committee | 650-259-2360 |
| 3rd Wednesday, 9:00 am | |
| Sister Cities Commission | 650-259-2360 |
| 4th Monday, 6:30 pm | |
| Youth Advisory Committee | 650-259-2360 |
| 1st Tuesday, 5:30 pm | |

RECREATION DEPARTMENT

| | |
|-----------------------|-----------------------------|
| Hannah Moran | Recreation Director |
| Geofrey Gabriel | Recreation Services Manager |
| Pixel Saligo | Senior Office Assistant |
| Roland Tiano | Recreation Coordinator |
| Emanuel Rosales | Recreation Coordinator |
| Joanna Hafer | Recreation Coordinator |
| Alexa Flores | Recreation Coordinator |
| Ryan Chew | Recreation Specialist |



Millbrae Recreation Center

477 Lincoln Circle

| Room Name | Square footage | Max. Capacity |
|-------------------------------|----------------|---------------|
| Great Hall (North and South) | 4,390 | 300 |
| Great Hall North | 2,780 | 190 |
| Great Hall South | 1,610 | 110 |
| Classroom (A and B) | 1,402 | 71 |
| Classroom A | 748 | 38 |
| Classroom B | 654 | 33 |
| Art Center | 1390 | 70 |
| Conference Room A (1st floor) | 120 | 8 |
| Conference Room B (2nd floor) | 495 | 20 |
| Fitness Center | 1571 | 70 |
| Senior Lounge | 491 | 24 |
| Game Room | 771 | 32 |

*For seating capacity please visit bit.ly/millbraerentals

GREAT HALL (NORTH AND SOUTH)

Capacity: 300 (North and South), 190 (North), 110 (South)

Amenities: TV Screens, Audio for Full Room, Full Patio, Kitchen



CLASSROOM A

Capacity: 38

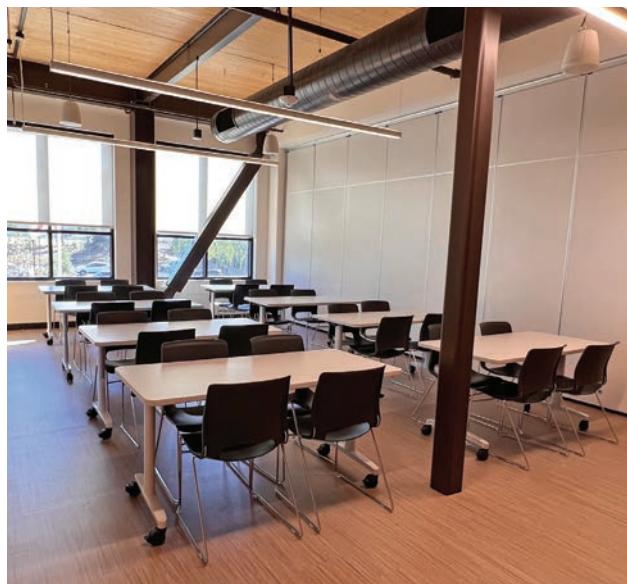
Amenities: Touch Screen Monitor



CLASSROOM B

Capacity: 33

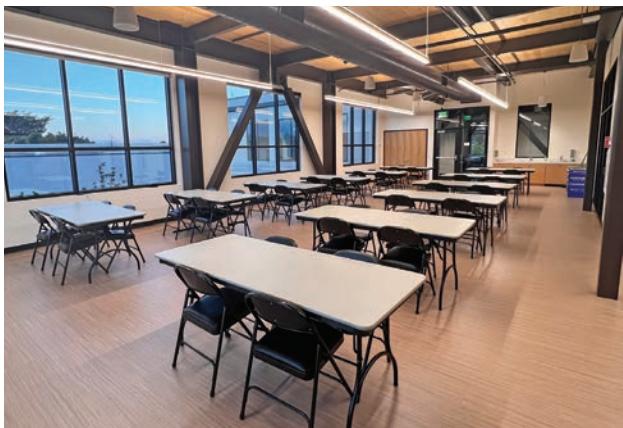
Amenities: Touch Screen Monitor, Sink



ART CENTER

Capacity: 70

Amenities: TV Screen, Touch Screen Monitor, 2 Sinks



CONFERENCE ROOM A

Capacity: 8

Amenities: TV Screen, Logitech Meetup Camera



CONFERENCE ROOM B

Capacity: 20

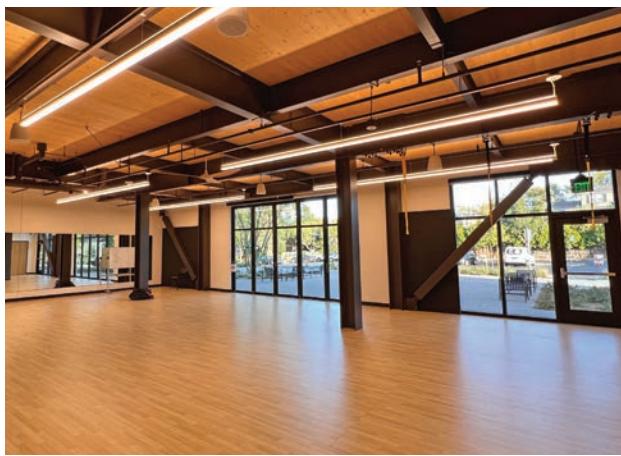
Amenities: TV Screen, Logitech Rally Plus Camera, Balcony Access



FITNESS CENTER

Capacity: 70

Amenities: Patio Access, 2 TV Screens



SENIOR LOUNGE

Capacity: 24

Amenities: TV Screen, Sink, Mini-Fridge, Microwave



GAME ROOM

Capacity: 32

Amenities: TV Screen



Our community facilities are popular venues for meetings, trainings, banquets, and parties. The Recreation Department manages facility rentals and provides room setup and breakdown. Residents may reserve up to eight months in advance. Non-Residents may reserve up to six months in advance. Facility rentals require liability insurance. Additional fees and requirements may apply. Please visit bit.ly/millbraerentals or call (650) 259-2338 to get the latest information on facility rentals and picnic reservations.

COUNCIL CHAMBERS

621 MAGNOLIA

Capacity: 85
Amenities: Smart TV



CENTRAL PARK PICNIC SITES

477 LINCOLN CIRCLE

Picnic Area #1—Capacity: 10
Picnic Area #2—Capacity: 20
Picnic Area #3—Capacity: 30
Picnic Area #4—Capacity: 20



MILLBRAE LIBRARY

1 LIBRARY AVENUE

Library A

Capacity: 54
Amenities: Kitchenette, Whiteboard, Projector Screen



DAVID J. CHETCUTI COMMUNITY ROOM

450 POPLAR AVENUE

Capacity: 150 (Lecture); 126 (Dining)
Amenities: Kitchen, Projector Screen



**SEE
CHART ON
PAGE 7
FOR PRICES**

City of Millbrae Recreation Department Facility Fees

ALL FEES
SUBJECT
TO ANNUAL
CPI
INCREASE

CITY OF MILLBRAE FACILITY RENTALS



CATEGORIES:

- A: Non-Millbrae Resident and Non-Millbrae Based Business
- B: Millbrae Residents and Millbrae Based Business
- C: Non-Millbrae Based Nonprofit and Civic Organizations
- D: Millbrae Based Nonprofit and Civic Organizations

| MILLBRAE RECREATION CENTER | A | B | C | D | A | B | C | D |
|---|-------------------------|----------|----------|----------|-------------------------|----------|----------|----------|
| | WEEKDAY RATES/PER HOUR* | | | | WEEKEND RATES/PER HOUR* | | | |
| Conference Room A | 48.19 | \$40.16 | \$40.16 | \$26.39 | \$86.05 | 72.28 | 72.28 | 47.04 |
| Classroom A or Classroom B | | | | | | | | |
| Conference Room B | \$75.72 | \$63.10 | \$63.10 | 41.30 | \$135.38 | \$112.44 | \$112.44 | \$73.43 |
| Game Room | | | | | | | | |
| Senior Lounge | | | | | | | | |
| Classroom A and B (combined) | | | | | | | | |
| Fitness Center (w/ patio) | 103.26 | \$86.05 | \$86.05 | \$56.22 | \$183.56 | \$152.58 | \$152.58 | \$98.67 |
| Art Center | | | | | | | | |
| Kitchen | | | | | | | | |
| Great Hall North (w/ kitchen and patio) | \$144.55 | \$120.47 | \$120.47 | \$78.02 | \$326.98 | \$272.48 | \$272.48 | \$177.26 |
| Great Hall South (w/ patio) | | | | | | | | |
| Great Hall (full room w/ kitchen/patio) | \$284.53 | \$237.49 | \$237.49 | \$154.88 | \$653.95 | \$544.96 | \$544.96 | \$354.51 |

*Weekend rates begin Friday at 5:00pm. Saturday and Sunday require a minimum number of hours.

OTHER FACILITIES

| | | | | | | | | |
|---|----------|---------|---------|---------|----------|----------|----------|----------|
| David J. Chetcuti Community Room | \$76.49 | \$60.93 | \$60.93 | \$38.89 | \$176.31 | \$141.32 | \$141.32 | \$88.16 |
| Library Community Room A or B | \$53.16 | \$42.78 | \$42.78 | \$27.23 | \$143.91 | \$115.39 | \$115.39 | \$72.60 |
| Library Community Room A & B | \$106.31 | \$85.57 | \$85.57 | \$53.16 | \$287.81 | \$230.76 | \$230.76 | \$143.91 |
| Millbrae Community Youth Center (Scout House) | \$76.49 | \$60.93 | \$60.93 | \$38.89 | \$176.31 | \$141.32 | \$141.32 | \$88.16 |
| Council Chambers | \$53.16 | \$44.57 | \$44.57 | \$27.90 | \$143.91 | \$115.39 | \$115.39 | \$72.60 |

PICNIC RESERVATIONS / PER (6) HOURS

| | | | | | | | | |
|--|----------|---------|---------|---------|----------|---------|---------|---------|
| Central Park Picnic Site #1, #2A, or #2B | \$49.27 | \$38.89 | \$38.89 | \$24.63 | \$49.27 | \$38.89 | \$38.89 | \$24.63 |
| Central Park Picnic Site #2, and #4 | \$82.97 | \$66.12 | \$66.12 | \$41.49 | \$82.97 | \$66.12 | \$66.12 | \$41.49 |
| Central Park Picnic Site #3 | \$117.98 | \$94.64 | \$94.64 | \$59.64 | \$117.98 | \$94.64 | \$94.64 | \$59.64 |

| ADDITIONAL FEES | DESCRIPTION | FEE |
|--|--|----------|
| Great Hall Deposit (partial or full) | Refundable Security Deposit | \$525.00 |
| Full Great Hall Cleaning Fee | To pay for janitorial staff | \$324.11 |
| All Rooms (excluding Great Hall) Deposit Fee | Refundable Security Deposit | \$399.00 |
| All Rooms (excluding full Great Hall) Cleaning Fee | Groups of 100 or more. No fee for groups <100. | \$162.06 |
| Set up and Breakdown Fee | Nonprofits can request to do their own. | \$71.31 |
| Smart TV/Audio Fee | Applies to certain rooms | \$12.96 |
| Microphone Use Fee | Applies to certain rooms | \$12.96 |
| Fire Pit Use Fee | Great Hall only | \$50.00 |
| Riser (stage) | Great Hall only | \$500.00 |
| Community Garden (Annual Plot Rental) | \$62.23 senior + low income, \$131 deposit for all | \$103.72 |

Tot Time

Join our Tot Time at the Millbrae Recreation Center! Toddlers and their family members or caregivers are welcome to enjoy this child-friendly play zone. The equipment provided is designed to develop gross motor skills and includes various play equipment, including: a slide, trampoline, ball pit, toddler bikes, and much more! Family members/caregivers are required to supervise their children throughout the duration of the program.

Ages: 0–5

Session 1: 1/3–1/31

Session 2: 2/7–2/28

Session 3: 3/7–3/28

Day: Fridays

Time: 9:30am–11:30am

Fee: \$20R/\$40NR

Location: Millbrae Recreation Center



Chess at Three (NEW CLASS!)

Beginner Chess for Kids as Young as Three!

Chess at Three uses silly stories, colorful characters, and captivating games to get kids learning and loving chess in no time. Our teachers will lead a 60-minute class using engaging stories, physical "Chessercises" that get kids up and moving, hands-on game play, structured chess puzzles, and chess mini-games with new materials in every lesson. Students will swiftly become successful chess players while developing critical thinking, strategy, and problem-solving skills.

Chess at Three has successfully taught over 30,000 students since 2011. We are your trusted chess partner as seen on The Today Show, ABC, The New York Times, and more!

Ages: 3–5

Dates: 1/7–3/11

Day: Tuesdays

Time: 11:00am–12:00pm

Fee: \$500R/\$520NR; Drop-In \$60

Location: Millbrae Recreation Center

Peninsula Music Together

Get ready to sing, dance, play and learn! Music Together is a mixed-age music class for children birth through age 5—and the grown-ups who love them! Active music-making experiences are designed to teach the way children learn—through play. Each week, a trained Music Together teacher leads the class in singing, dancing, and playing songs that range from tender lullabies to boisterous jams. Our award-winning music, illustrated songbook, and printed and online resources will help you continue the music-making fun at home and nurture your child's musical growth—even if you don't think of yourself as a great singer or dancer. Like parenting, making music requires no previous experience or expertise, just a willingness to get down on the floor and get silly with your child. Unlimited make-ups are offered through the peninsulamusictogether.com website.

Ages: 0 to 5

Dates: 1/15–3/26; No Class: 2/19

Day: Wednesdays

Times: 9:15am–10:00am

10:15am–11:00am

11:15am–12:00pm

Dates: 1/25–3/29; No Class 2/15

Day: Saturdays

Times: 9:15am–10:00am

10:15am–11:00am

11:15am–12:00pm

Fee: \$235R/\$255NR

Materials Fee to be collected directly by instructor: \$75

Location: Millbrae Recreation Center

Lil' Chipper

Kids' Carpentry is a FUN enrichment program where students build their own woodworking projects and learn practical skills to last a lifetime. Kids will be introduced to basic woodworking tools and learn how to use them safely. In addition, they'll gain knowledge of applied math concepts, problem-solving, and fine motor skills, and feel empowered to become creative and independent thinkers. Most of all, they'll have FUN while learning!

Ages: 3.5–4.5 **Guardian Participation is required.**

Session 1: 1/8–2/12

Session 2: 2/19–3/26

Day: Wednesdays

Time: 5:45pm–6:30pm

Fee: \$270R/\$290NR
Materials Fee to be collected directly by instructor: \$40

Location: Millbrae Recreation Center

Communication Academy

Academic Writing: Short Story

Practice, perfect, and enjoy writing by creating the stories you've always wanted to write! Students write their own short stories, learning about writing tools and skills to improve their writing and their confidence! They share their stories with friends and learn crucial editing and revision skills by working with each other. Experienced instructors, small classes!

| | |
|--------|--|
| Ages: | 8-11 |
| Dates: | 1/25-3/29; No Class 2/15, 2/22 |
| Day: | Saturdays |
| Time: | 1:00pm-2:00pm |
| Fee: | \$295R/\$315NR Materials Fee to be collected directly by instructor: \$20 |

Location: Millbrae Recreation Center

Public Speaking: Student Leadership

Become confident, organized, and charismatic! In this class students master the skills of peaceful and powerful speaking by developing inspiring speeches on topics they care about to deliver powerful messages and influence their local town – or even the world! They also learn the organization, communication, and civics to refine their speeches for a wider audience. Small classes, experienced instructors!

| | |
|--------|--|
| Ages: | 8-11 |
| Dates: | 1/25-3/29; No Class 2/15, 2/22 |
| Day: | Saturdays |
| Time: | 2:15pm-3:15pm |
| Fee: | \$295R/\$315NR Materials Fee to be collected directly by instructor: \$20 |

Location: Millbrae Recreation Center

Public Speaking & Academic Writing

COMBO CLASS!

Master skills in speaking, writing, language, and confidence! Get both of our Public Speaking and Academic Writing courses – at an automatic discount! Students get the benefits of both component classes, plus supervision for the time between them, so that they can learn, grow, and have fun! We offer different subjects every season. Experienced instructors, small classes!

| | |
|--------|--|
| Ages: | 8-11 |
| Dates: | 1/25-3/29; No Class 2/15, 2/22 |
| Day: | Saturdays |
| Time: | 1:00pm-3:15pm |
| Fee: | \$535R/\$555NR Materials Fee to be collected directly by instructor: \$40 |

Location: Millbrae Recreation Center

Play-Well TEKnologies

Mario Day Workshop with LEGO® Materials

Let's-a-build! March 10th is officially Mario Day, so it's time to celebrate by bringing our Mario Kart races to LEGO® reality! First, you'll choose and build your favorite character, then create your unique kart as you prepare to race. Discover power-ups and upgrade your kart, just be sure to watch out for those banana peels!

| | |
|-------|----------------|
| Ages: | 5-9 |
| Date: | 3/14 |
| Day: | Friday |
| Time: | 9:00am-12:00pm |
| Fee: | \$52R/\$72NR |

Location: Millbrae Recreation Center

Dan Lupo Music

1:1 Piano Lessons

In this experience, students will learn the basics of the piano, with every lesson carefully created to fit the goals of the student! The things the student will learn are exercises for growth, basic music theory, and songs you know and love!

| | |
|------------|---|
| Ages: | 6-70 |
| Session 1: | Wednesdays 1/15-3/26 |
| Session 2: | Thursdays 1/16-3/27 |
| Day: | Wednesdays or Thursdays |
| Times: | Wednesdays 2:30pm-6:30pm (choose 30 min. intervals) Thursdays 2:30pm-5:30pm (choose 30 min. intervals) |
| Fee: | \$550R/\$570NR |

Location: Millbrae Recreation Center

Junior Chef Stars

Winter Cooking with Junior Chef Stars

Looking for a hands-on, tasty activity for your Jr. Chef? Join us as we provide junior chefs with the tools necessary to create, cook, and learn. Have your junior chef expand on their cooking knowledge as our curriculum covers nutrition, seasonal cooking, knife skills, the purpose of core ingredients and the many cultural aspects of food all while having a blast and making new friends. Every season has new and exciting recipes so feel free to sign up if this is your first time or you are a seasoned junior chef!

| | |
|--------|--|
| Ages: | 7-13 |
| Dates: | 1/13-3/17; No Class 1/20, 2/17 |
| Day: | Mondays |
| Time: | 4:15pm-5:45pm |
| Fee: | \$360R/\$380NR Materials Fee to be collected directly by instructor: \$80 |

Location: Millbrae Recreation Center

Parents' Night Out

Take a well-deserved break and drop off your child(ren) for a night of fun with Millbrae Recreation Staff! Participants will create crafts, play interactive games, and enjoy a provided pizza dinner. Invite your friends, as there is a minimum of 17 participants for this program!

Ages: 5-11



Session 1: Winter Palooza 12/13

Session 2: Let's Party Hearty! 2/14

Day: Fridays



Time: 6:00pm-9:00pm

Fee: \$30R/\$50NR

Location: Millbrae Recreation Center

Parents' Night Out: Holiday Bundle

Want to sign up your child for Parents' Night Out in December and February? Take advantage of this holiday bundle and get \$10 off!

Session 1 and 2: 12/13 and 2/14



Fee: \$50R/\$70NR

Location: Millbrae Recreation Center

Six Skills After-School Program

Six Skills After School Program provides excellent academic support and fun learning experience for Kindergarten through High School. This Monday to Friday afterschool program offers homework assistance with English, Math, Science through 1-on-1 tutoring with students, subject enrichments (Reading and Math exercises provided if needed), Mandarin language lessons, Abacus lessons, and Drawing lessons. Our program helps students develop creativity, problem solving skills, time management skills, and critical thinking. We provide a comprehensive program tailored to meet your child's specific needs in learning in a safe environment. Please specify with the instructor which days participant will attend.

Ages: 5-18

Session 1: 1/6-1/31; No Class 1/20

Session 2: 2/3-2/28; No Class 2/17

Session 3: 3/3-3/28; No Class 3/14

Days: Monday-Friday, or M, W, F for 3 days

Times: Monday, Tuesday, Thursday, Friday: 2:00pm-6:00pm; Wednesday: 1:30pm-6:00pm

Fees: \$620R/\$640NR (monthly) - 5 days

\$520R/\$540NR (monthly) - 3 days

Materials Fee to be collected directly by Instructor: \$60

Location: Millbrae Recreation Center

Contact 6Skills for more information: 119 Park Blvd, Millbrae, CA 94030
477 Lincoln Circle, Millbrae, CA 94030
Tel: (650) 888-6485 | www.6skills.org



6 Skills Learning Center 六藝學習中心

After-School Program

(課後輔導班)

Ages: 5Y-18Y

Monday - Friday 2:00-6:00 pm

Wednesday 1:30-6:00 pm

Homework Assistance/ English
Math/Chinese/Drawing/Abacus



Summer Camp Program

(暑期夏令營)

Ages: 5Y-18Y

June - August 8:30am-12:00pm Half Day

8:30am-6:00pm All Day

English/Math/Chinese/Drawing/
Abacus/Dancing/Art/PE

*Please Contact For More Details

Private/Group Enrichment Class

Piano/Gu-zheng/Abacus/Chinese
Drawing/Folk Dance/English/Math



Saturday Program

Chinese/Abacus/Drawing

(週六中文學校: 中文/珠心算/繪畫)

Ages: 5Y -18Y

Saturday 9:00 am-12:00 pm

2:00 pm-3:30 pm

A+ Music Academy

Piano/Gu-zheng Group/Private Lessons
鋼琴/古箏 (個別班/團體班)



Robotics Tech Club

Junior Robotics

In this program, students will start their adventure in robotics! We will use different robotics kits to explore and learn the main concepts of robotics and programming, including design and building, algorithms, testing, and troubleshooting. We will also talk about and explore the nature of sound, electricity, magnetism, basic math and geometry concepts, and many more. We will work with Coding Mouse, Botley Robot, Dash and Dot Robots and building blocks. All lessons are project-based, hands-on, using age-appropriate materials. We will explore algorithms with the Coding Mouse robot, resolve challenges and obstacles with the Botley robot, play bowling, play xylophone, and much more with the Dash and Dot robots. In addition, we will have two engineering projects—experiments to explore electricity and magnetism. Each student will have their own kit to work with during the class, no sharing of equipment.

Grades: Kindergarten–1st grade

Dates: 1/11–3/22; No Class 2/15

Day: Saturdays

Time: 9:30am–10:30am

Fee: \$350R/\$370NR

Location: Millbrae Recreation Center

Robotics Explorers

In this program, our students will build and program robots! We will use different robotics kits to explore and learn the main concepts of robotics and programming, including design and building, algorithms, testing, and troubleshooting. We will talk about and explore the nature of electricity, magnetism, math and geometry concepts, and many more. We will work with Dash and Dot Robots, Lego WeDo Robots, Microbits, and engineering kits. All lessons are project-based, hands-on, and use age-appropriate materials. We build and program robots with Lego WeDo sets, explore algorithms, resolve challenges and obstacles, play basketball, and much more with Dash and Dot Robots. We will introduce students to Microbit for programming exercises. Each student will have their own kit to work in during the class; there will be no sharing of equipment.

Grades: 2nd– 3rd Grade

Dates: 1/11–3/22; No Class 2/15

Day: Saturdays

Time: 10:45am–11:45am

Fee: \$350R/\$370NR

Location: Millbrae Recreation Center

Robotics Masters

We will work with Lego Mindstorms Robots, Robots for Microbit, and engineering kits. All lessons are project-based, hands-on, using age-appropriate materials. We build and program robots with Lego Mindstorms sets, learn how to build from instructions and create our own designs, and learn to use sensors to solve engineering challenges. We will also build robots for Microbit and introduce students to the Python programming language. Each student will have their own kit to work in during the class; there will be no sharing of equipment.

Ages: 4th– 6th Grade

Dates: 1/11–3/22; No Class 2/15

Day: Saturdays

Time: 12:00pm–1:00pm

Fee: \$350R/\$370NR

Location: Millbrae Recreation Center

Gurus Education

Public Speaking – Confidence Speakers and Writers

This course teaches young students how to present and write speeches, poems, and stories in six easy steps. The students learn how to structure their many ideas and express them with confidence. With topics of their interests and our encouraging them to use props, stories, jokes, and pictures, we make learning all this easy and exciting! Children have lot of fun in writing rhyming poems, stories from pictures and much more.

Ages: 8–12

Dates: 1/29–3/26; No Class 2/19

Day: Wednesdays

Time: 5:00pm–6:00pm

Fees: \$350R/\$370NR

Location: Millbrae Recreation Center

X Reality Inc. (NEW CLASS!)

WebXR Game Development

Get started with game development in this fun, hands-on course! Learn the basics of WebXR design and development while creating interactive animations and responsive games. By the end, you'll have the skills to bring your game ideas to life and create awesome experiences. Let's start your game-making adventure!

*Requirement: PC/MAC Laptop

Ages: 13–17

Dates: 1/14–3/11

Day: Tuesdays

Time: 4:00pm–5:00pm

Fee: \$420R/\$440NR

Location: Millbrae Recreation Center

Dragonfly Designs (NEW CLASS!)

Beaded & Friendship Bracelets Workshop

Get ready for a day full of fun and friendship in our Friendship Flair workshop! This camp focuses on creating beautiful beaded and friendship bracelets, perfect for sharing with your best friends. Inspired by the recent trend sparked by Taylor Swift, now you can make your own stunning friendship bracelets. Learn techniques such as crimping, adding charms, and creating symmetrical and asymmetrical designs while exploring a vibrant array of colors and materials. This one-day workshop is a fantastic way to improve fine motor skills and foster creativity in a lively and supportive environment. Join us and make memories (and bracelets) that will last a lifetime!

Ages: 7-12

Session 1: 1/11

Session 2: 3/1

Day: Saturday

Time: 9:00am-3:00pm

Fee: \$145R/\$165NR

Materials Fee to be collected directly by instructor: \$15

Location: Millbrae Recreation Center

Earring Extravaganza Workshop

Dive into the dazzling world of earrings in our Earring Extravaganza workshop! This single-day class will teach you multiple types of earring designs, from classic to trendy dangles and hoops. Our expert instructors will provide step-by-step guidance, ensuring you master each technique and leave with a collection of beautiful earrings. All high-quality materials are included, so you can focus on unleashing your creativity and making stunning pieces that you'll love to wear or gift to friends.

Ages: 7-12

Session 1: 2/15

Session 2: 3/15

Day: Saturday

Time: 10:00am-12:00pm

Fee: \$60R/\$80NR

Materials Fee to be collected directly by instructor: \$10

Location: Millbrae Recreation Center



Kids' Carpentry

Kids' Carpentry is a FUN enrichment program where students build their own woodworking projects and learn practical skills to last a lifetime. Kids will be introduced to basic woodworking tools and learn how to use them safely. In addition, they'll gain knowledge of applied math concepts, problem-solving, and fine motor skills, and feel empowered to become creative and independent thinkers. Most of all, they'll have FUN while learning!

Ages: 5-12

Session 1: 1/8-2/12

Session 2: 2/19-3/26

Day: Wednesdays

Time: 3:30pm-4:30pm or 4:30pm-5:30pm

Fee: \$300R/\$320NR

Materials Fee to be collected directly by instructor: \$60

Location: Millbrae Recreation Center



Special K Productions Mobile Dance Studio

Hip Hop and Breakdance

In this fun and supportive class, your child will learn the basics of Hip Hop dance. Our experienced and enthusiastic instructors will guide them through a series of routines designed to develop their rhythm, coordination, and creativity. Your child will be introduced to a variety of Hip Hop dance styles, including Breakdance Top Rock, Feet-Work, Freezes, Spins, Drops, Treading and Swipes. They will learn to express themselves through their own unique style.



Ages: 6-8

Session 1: 1/8-1/29

Session 2: 2/5-2/19

Session 3: 3/5-3/26

Day: Wednesdays

Time: 3:00pm-4:00pm

Fees: Session 1 & 3: \$143R/\$163NR
Session 2: \$108R/\$128NR

Location: Millbrae Recreation Center

Ages: 9-11

Session 1: 1/8-1/29

Session 2: 2/5-2/19

Session 3: 3/5-3/26

Day: Wednesdays

Time: 4:00pm-5:00pm

Fees: Session 1 & 3: \$143R/\$163NR
Session 2: \$108R/\$128NR

Location: Millbrae Recreation Center

Alpha Chess Academy

Discover the fascinating world of chess at our after-school program! Our engaging and interactive sessions are designed to nurture critical thinking skills, strategic planning, and enhance decision-making abilities in young minds. Join us to unlock the endless possibilities of this timeless game, fostering friendship, and a passion for learning that will last a lifetime!

Ages: 6-12

Dates: 1/13-2/24

Day: Mondays

Time: 3:30pm-4:30pm

Fee: \$209R/\$229NR

Location: Millbrae Recreation Center



MILLBRAE EDUCATION FOUNDATION
Holiday Boutique


 December 14, 2024
 11am - 5pm
 Millbrae Recreation Center


**COME SHOP, EAT, WIN PRIZES,
OR BE A VOLUNTEER!**

For more information email holidayboutique@millbraekids.org

Millbrae Recreation Youth Sports

Elementary School Sports

The Millbrae Recreation Youth Sports Program is open to all 2nd, 3rd, 4th, and 5th grade students who live or attend school in the City of Millbrae. Our programs emphasize teamwork, skill development, participation, and fun!

Registration is required to participate in our programs and is available online at bit.ly/milrec or in person at the Millbrae Recreation Center. Guardians must provide transportation to games. Scholarships are available for those who qualify. Please contact Millbrae Recreation for more information. We are looking for coaches! We offer paid and volunteer positions. Apply online today at bit.ly/milrecjobs.

Practice and game day/time may change based on coach/gym.

Winter Sports

2nd & 3rd Grade Co-Ed Basketball

| | |
|----------------------|---|
| Starts: | Week of 1/13 |
| Ends: | 3/15 |
| Practice Site: | Each Elementary School Site (Blacktop/MUR) |
| Practice Days/Times: | TBD according to coach availability, after dismissal, practice will not be every day. |
| Game Site: | Taylor Gym (home games) |
| Game Dates: | TBD Monday–Friday, games will not be every day |
| Game Times: | Time will vary, general times will be after Taylor School dismissal. M, T, F after 3:00pm and W, Th after 2:00pm. |
| No play dates: | 1/20, 2/17, 3/14 |
| Fee: | \$220.39; Uniform: \$11.67 |

4th & 5th Grade Girls Basketball

| | |
|----------------------|---|
| Starts: | Week of 1/13 |
| Ends: | 3/15 |
| Practice Site: | Each Elementary School Site (Blacktop/MUR) |
| Practice Days/Times: | TBD according to coach availability, after dismissal, practice will not be every day. |
| Game Site: | Taylor Gym |
| Game Dates: | TBD Monday–Friday, games will not be everyday |
| Game Times: | Times vary, general times are after Taylor School dismissal. M, T, F after 3:00pm and W, Th after 2:00pm. |
| No play dates: | 1/20, 2/17, 3/14 |
| Fee: | \$220.39; Uniform: \$11.67 |

4th & 5th Grade Boys Basketball

| | |
|----------------------|---|
| Starts: | Week of 1/13 |
| Ends: | 3/15 |
| Practice Site: | Each Elementary School Site (Blacktop/MUR) |
| Practice Days/Times: | TBD according to coach availability, after dismissal practice, will not be every day. |
| Game Site: | Taylor Gym |
| Game Dates: | TBD Monday–Friday, games will not be everyday |
| Game Times: | Time will vary, general times will be after Taylor School dismissal. M, T, F after 3:00pm and W, Th after 2:00pm. |
| No play dates: | 1/20, 2/17, 3/14 |
| Fee: | \$220.39; Uniform: \$11.67 |

Spring Sports

Co-Ed Spring Sports Sampler: Track, Kickball, & Basketball

The Spring Sports Sampler is one program that covers three sports. The participants at each school will learn the basics of track, kickball, and basketball. Children must be registered before they can participate. Transportation to games must be provided by the guardian.

We are looking for coaches! We are offering paid and volunteer positions. Apply online today at bit.ly/milrecjobs.

No practice for 2nd & 3rd graders on game days

| | |
|----------------|--|
| Grades: | 2nd, 3rd, 4th, & 5th |
| Starts: | Week of 4/7 |
| Ends: | Week of 5/16 |
| Practice Site: | Each Elementary School Site (Field) |
| Practice Days: | 2x a week, Monday–Friday, not every day, TBD according to coach availability |
| Time: | TBD |
| Game Site: | Taylor Field |
| Game Times: | Every Second Friday 4:30pm |
| Fee: | \$220.39; Uniform: \$11.67 |

Co-Ed Badminton

Players will learn badminton fundamentals and play in matches. This is a great way to have fun and be introduced to the sport of badminton! Transportation to Taylor must be provided by guardians.

| | |
|----------------|---|
| Grades: | 2nd, 3rd, 4th, and 5th |
| Starts: | 4/7 |
| Ends: | 5/27 |
| Practice Days: | TBD according to coach availability, after dismissal, practice will not be every day. |
| Time: | TBD |
| Fee: | \$128.35; Uniform: \$11.67 |

Millbrae Recreation Youth Sports

Middle School Sports

The Millbrae Recreation Department Middle School Sports Program is open to all 6th, 7th, and 8th grade students who attend school in the City of Millbrae. Teams compete in the North County Recreation League. Registration is required to participate in our programs and is available online at bit.ly/milrec or in person at the Millbrae Recreation Center. Guardians must provide transportation to away games. Scholarships are available for those who qualify. Please contact Millbrae Recreation for more information.

We are looking for coaches! We are offering paid and volunteer positions. Apply online today at bit.ly/milrecjobs.

Winter Sports

Basketball – 6th Grade

| | |
|-----------------------|---|
| Starts: | Week of 1/27 |
| Ends: | Week of 3/24; No play dates: 2/17, 2/14 |
| Practice Site: | Taylor Gym |
| Practice Days: | 2 days a week minimum |
| Practice Times: | TBD according to coach availability |
| Game Sites: | Taylor Middle School, Parkside San Bruno, SSF, Crocker, Terra Bay |
| Game Days: | Monday–Thursday, not every day |
| Game Times: | Range from 4:00pm–7:45pm |
| Fee: | \$220.39 |
| Uniform: | \$42.78 |
| Evaluations: | 1/27 6th Grade Girls: 4:15pm–5:15pm 6th Grade Boys: 5:15pm–6:15pm |
| Call Backs if needed: | 1/29 6th Grade Girls: 4:15pm–5:15pm 6th Grade Boys: 5:15pm–6:15pm |



Spring Sports

Co-Ed Badminton – 6th, 7th, 8th Grades

| | |
|----------------------|--|
| Starts: | Week of 4/17 |
| Ends: | 5/27 |
| Practice Site: | Taylor Gym |
| Practice Days/Times: | TBD according to coach availability |
| No Play Dates: | Memorial Day 5/26 |
| Game Days: | 1 day a week |
| Time: | TBD |
| Fee: | \$220.39 |
| Uniform: | \$11.67 |
| Location: | Taylor, Parkside San Bruno, SSF, Crocker, Terra Bay, TBD |

Track – 6th, 7th, 8th Grades

| | |
|----------------------|-------------------------------------|
| Starts: | 4/7 |
| Ends: | 5/23 |
| Practice Days/Times: | TBD according to coach availability |
| No Play Dates: | 5/26 |
| Time: | TBD |
| Meet Location: | TBA |
| Fee: | \$220.39 |
| Uniform: | \$11.67 |
| Practice Location: | TBD |



Champions Tennis

Champions Tennis Group Lessons with Coach Scott & Staff

Our goal is to provide tennis instruction in a safe, fun, and positive atmosphere! Using feed/live ball drills & games, students will learn stroke fundamentals, rally skills, scoring, and rules. Bring your own Racket and Drink. We have small classes of 4-8 students.

Coach Scott is a member of the United States Professional Tennis Registry, former Head Coach at Mills High School (25 years), and current Head Coach at Taylor Middle School with over 40 years of experience.

Beginner: First timers or students with minimal experience

Advanced Beginner: Students with some experience and who are working on getting/keeping the ball in play

Intermediate: Students with experience and who can rally back and forth



Ages: 7-14 years

Fee: \$270R/\$290NR (1.5 hour); \$180R/\$200NR (1 hour);

Monday Session 2 \$150R/\$170NR

Location: Millbrae Recreation Center Tennis Courts

| | |
|-------------|--|
| Day: | Mondays |
| Session 1: | 1/6-2/10 |
| Session 2: | 2/24-3/24 |
| Time: | 2:30pm-3:30pm (7-10 years) Beginner 3:30pm-4:30pm (7-9 years) Advanced Beginner 4:30pm-5:30pm (9-12 years) Advanced Beginner |
| Day: | Tuesdays |
| Session 1: | 1/7-2/11 |
| Session 2: | 2/18-3/25 |
| Time: | 3:15pm-4:45pm (9-14 years) Intermediate 5:00pm-6:00pm (9-12 years) Advanced Beginner |
| Day: | Wednesdays |
| Session 1: | 1/8-2/12 |
| Session 2: | 2/19-3/26 |
| Time: | 2:15pm-3:45pm (6th, 7th, 8th Graders/Middle School) 4:00pm-5:00pm (7-9 years) Advanced Beginner 5:00pm-6:00pm (9-12 years) Advanced Beginner |
| Day: | Thursdays |
| Session 1: | 1/9-2/13 |
| Session 2: | 2/20-3/27 |
| Time: | 3:30pm-5:00pm (9-14 years) Intermediate 5:00pm-6:00pm (10-14 years) Beginner |
| Day: | Fridays |
| Session 1: | 1/10-2/14 |
| Session 2: | 2/21-3/28 |
| Time: | 3:15pm-4:45pm (6th, 7th, 8th Graders/Middle School) 5:00pm-6:00pm (9-12 years) Advanced Beginner |
| Day: | Saturdays |
| Session 1: | 1/11-2/15 |
| Session 2: | 2/22-3/29 |
| Time: | 9:00am-10:00am (7-9 years) Advanced Beginner 10:00am-11:30am (9-14 years) Intermediate |

Middle School Pickleball with Coach Scott & Staff

| | |
|------------------|--|
| Ages: | 6th, 7th, 8th Graders/Middle School |
| Session 1: | 2/6-2/27 |
| Session 2: | 3/6-3/27 |
| Day: | Thursdays |
| Time: | 2:15pm-3:15pm |
| Fee: | \$120R/\$140NR |
| Location: | Millbrae Recreation Center Pickleball Courts |

World Cup Soccer

World Cup Soccer Skills & Games Clinic

World Cup Soccer trainings are customized to create many touches on the ball, improve dribbling, passing, receiving, and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please note the Weather/Rain Policy: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom. Location: Central Park or Taylor Field

Ages: 4-6
Dates: 1/21-3/18
Day: Tuesdays
Time: 4:00pm-5:00pm
Fee: \$269R/\$289NR

Ages: 7-9
Dates: 1/21-3/18
Day: Tuesdays
Time: 4:00pm-5:00pm
Fee: \$269R/\$289NR

Ages: 4-6
Dates: 1/24-3/21
Day: Fridays
Time: 4:00pm-5:00pm
Fee: \$269R/\$289NR

Ages: 7-9
Dates: 1/24-3/21
Day: Fridays
Time: 4:00pm-5:00pm
Fee: \$269R/\$289NR

Ages: 4-6
Dates: 1/25-3/22
Day: Saturdays
Time: 10:00am-11:00am
Fee: \$269R/\$289NR

Ages: 7-9
Dates: 1/25-3/22
Day: Saturdays
Time: 11:00am-12:00pm
Fee: \$269R/\$289NR



WORLD CUP SOCCER CAMPS & CLINICS



CAMPS & WEEKLY CLASSES YEAR-ROUND

FOR MORE INFORMATION OR TO REGISTER:

www.worldcupsocceramps.com
or (408) 354-4949 (ph)

The M I L L B R a e R e c r e a t i o n D e p a r t m e n t



We are looking for Coaches and Referees!

Our Youth Sports Program emphasizes teamwork,
skill development, and participation!

**We are looking for fun, responsible individuals who want to
get in the game and jumpstart a career in Youth Sports!**

Please Contact

Emanuel - erosales@ci.millbrae.ca.us 650-259-2365

or

Ryan - rchew@ci.millbrae.ca.us 650-259-2369



Millbrae Adventure Spring Break Camp

Millbrae Recreation staff are excited to bring fun and excitement to Millbrae during Spring Break week. Spring Break Camp will take place at the Millbrae Recreation Center daily, as counselors lead engaging crafts, games, and activities. Join us for an active and entertaining week!

Please note that all campers will need to bring snacks, lunch, and a water bottle to camp daily (no refrigerator or microwave available). Spots fill up quickly so register today at bit.ly/milrec to ensure a place in our wonderful camp!

| | |
|-----------|----------------------------|
| Ages: | 6-11 |
| Dates: | 3/31-4/4 |
| Days: | Monday-Friday |
| Time: | 8:30am-4:00pm |
| Fee: | \$277.11R/\$332.21NR |
| Location: | Millbrae Recreation Center |



Youth Winter Camps

Registration is open for Winter Camps
at the Millbrae Recreation Center!

For more information and to register,
please go to our website at bit.ly/milrec

Communication Academy Ages 6-8
Academic Writing and Public Speaking

Play Well Teknologies Ages 5-9
Winter Wonderland Engineering with Lego materials

Robotics Ages 7-12
3-D Modeling and Design with Lego Building

Week of December 30th

Millbrae Recreation Adventure Summer Camp

Millbrae Recreation staff are excited to bring fun and excitement to Millbrae this summer. The Millbrae Adventure Summer Camp will take place at Taylor Middle School daily, as counselors lead engaging crafts, games, and activities. Join us for an active and entertaining week!

Camp curriculum, instruction, and activities will take place from 9:00am–4:00pm. Check-in is anytime between 8:00am–9:00am and check-out is between 4:00pm–5:30pm. **A \$25.93 late pick-up fee will be charged for every 30 minutes after program conclusion at 5:30pm, commencing with the first minute.**

Please note that all campers will need to bring snacks, lunch, and a water bottle to camp daily. Register before July 1 for Early Bird Pricing, as prices will increase if you register after July 1. Spots fill up quickly, register today to ensure a place in our wonderful camp! Camp will take place at Taylor Middle School, with daily walks to Central Park and weekly visits to get ice cream on Broadway.

**SUMMER CAMP
EARLY
REGISTRATION
STARTS NOW!**



Ages: 6 (Junior Rangers); 7–8 (Ambassadors); 9–11 (Naturalists)

Week 1: 6/9–13, Monday–Friday

Theme: Beach Vibes

Fee: \$383.75R/\$483.50NR

Week 2: 6/16–20, Monday–Friday (No Camp on 6/19)

Theme: Color Craze

Fee: \$307R/\$386.80NR

Week 3: 6/23–27, Monday–Friday

Theme: A Bug's Life

Fee: \$383.75R/\$483.50NR

Week 4: 6/30–7/3, Monday–Thursday (No Camp on 7/4)

Theme: Patriotic Palooza

Fee: \$307R/\$386.80NR

Week 5: 7/7–11, Monday–Friday

Theme: Shark Week

Fee: \$383.75R/\$483.50NR

Week 6: 7/14–18, Monday–Friday

Theme: Welcome to the Jungle

Fee: \$383.75R/\$483.50NR

Week 7: 7/21–25, Monday–Friday

Theme: Sports Mania

Fee: \$383.75R/\$483.50NR

Week 8: 7/28–8/1, Monday–Friday

Theme: Summer Rewind

Fee: \$383.75R/\$483.50NR

MILLBRAE ADVENTURE SUMMER CAMP

Week 1 June 9–13: Beach Vibes

Summer is officially here and it's time to celebrate! Join us for a week of fun in the sun and good vibes!

Week 2 June 16–20: Color Craze

Let's get colorful with rainbows, tie dye, and more! We will also have friendly Color Battle activities!

Week 3 June 23–27: A Bug's Life

Welcome to the world of bugs! We'll be crawling, sliding, and hopping our way through a range of creepy activities!

Week 4 June 30–July 3: Patriotic Palooza

We're celebrating the 4th of July all week long! From patriotic activities to star-spangled art, let's celebrate in our red, white, and blue.

Week 5 July 7–11: Shark Week

What's lurking beneath the surface? Starfish, sharks, mermaids, pirates, and all things fishy will come out to play!

Week 6 July 14–18: Welcome to the Jungle

Join us as we roar our way through the jungle and unleash your inner explorer!

Week 7 July 21–25: Sports Mania

Let's play the games we love and games we can't wait to master! Whether it's on a board or on a field, it's time to play.

Week 8 July 28–August 1: Summer Rewind

We're pulling from all previous camp weeks to offer a crazy mishmash of all the favorite themes!



For more information and to register:

bit.ly/milrec

Zumba

A fun Latin inspired, dance fitness workout that incorporates a wide variety of musical genres. Class format combines easy to follow fast and slow rhythms that tone and sculpt the body while achieving ultimate cardio health benefits. All fitness level welcome! Instructor: Lori Dachauer

| | |
|------------|---|
| Ages: | 16+ |
| Session 1: | 1/14-2/18 |
| Session 2: | 2/25-3/25 |
| Day: | Tuesdays |
| Time: | 5:00pm-6:00pm |
| Fees: | Session 1: \$60R/\$80NR Session 2: \$50R/\$70NR Drop-In: \$14 |
| Location: | Millbrae Recreation Center |

Zumba Gold (NEW CLASS!)

This fun Latin inspired, calorie-burning dance fitness workout, Zumba Gold is a lower impact workout that is easy to follow for all fitness levels. The class format combines fast and slow rhythms that tone the body while achieving ultimate cardio health benefits. Instructor: Lori Dachauer

| | |
|------------|---|
| Ages: | 50+ |
| Session 1: | 1/15-2/19 |
| Session 2: | 2/26-3/26 |
| Day: | Wednesdays |
| Time: | 2:00pm-2:45pm |
| Fees: | Session 1: \$60R/\$80NR Session 2: \$50R/\$70NR Drop-In: \$14 |
| Location: | Millbrae Recreation Center |

AM or PM Group Fitness Bootcamp

Join Coach Laurie for an exciting group fitness training program at the Millbrae Recreation Center! Sign up for 9 or 18 classes and mix Tuesday/Thursday classes and/or AM/PM classes with your registration. You will warm up, then power through H.I.I.T. (High-Intensity Interval Training), weight, strength, mobility, and agility exercises. Equipment used will include TRX, kettlebells, bands, battle ropes, medicine balls, and more! This program is open to all fitness levels, no experience needed. You will be challenged with strength and functional exercises that can be modified to meet your fitness goals! Come prepared with workout shoes & clothing, a mat (for stretching), and a towel.

| | |
|------------|--|
| Ages: | 14+ |
| Session 1: | 1/7-3/27; No Class 2/18, 2/20 |
| Day: | Tuesdays and/or Thursdays |
| Time: | 9:00am-9:50am or 6:20pm-7:10pm |
| Fees: | 11 classes = \$143R/\$163NR 22 classes = \$264R/\$284NR Drop-In \$14 |
| Location: | Millbrae Recreation Center |



Elena Yoga (NEW CLASS!)

Senior Yoga

Senior yoga is a type of yoga that's designed for older adults and focuses on improving their physical and mental health.

| | |
|-----------|----------------------------|
| Ages: | 50+ |
| Dates: | 2/18-3/25 |
| Day: | Tuesdays |
| Time: | 10:30am-11:30am |
| Fee: | \$180R/\$200NR |
| Location: | Millbrae Recreation Center |

Adult Yoga Vinyasa Flow

Adult yoga classes can vary in their focus, style, and level of difficulty, but they often involve physical poses, breathing techniques, and concentration. Yoga is an ancient practice that can promote endurance, strength, calmness, flexibility, and well-being.

| | |
|-----------|----------------------------|
| Ages: | 18+ |
| Dates: | 2/17-3/24 |
| Day: | Mondays |
| Time: | 4:30pm-5:30pm |
| Fee: | \$180R/\$200NR |
| Location: | Millbrae Recreation Center |

Adult Tennis Group Lessons with Coach Scott & Staff

Beginner: First timers or students with minimal experience

| | |
|-------------|--|
| Age: | 18+ |
| Dates: | 3/4-3/25 |
| Day: | Tuesdays |
| Time: | 5:30pm-6:30pm |
| Fee: | \$120R/\$140NR |
| Class size: | 4-6 students |
| Location: | Millbrae Recreation Center Tennis Courts |

Introduction to Pickleball with Coach Scott

Pickleball is fun, social, and friendly! Learn basic shots, court positioning, scoring and rules. Great for beginners!

| | |
|-----------|--|
| Ages: | 18+ |
| Dates: | 3/13-3/27 |
| Day: | Thursdays |
| Time: | 5:30pm-6:30pm |
| Fee: | \$90R/\$110NR |
| Location: | Millbrae Recreation Center Pickleball Courts |

Taiko

Taiko is the art of Japanese drumming, which develops self-expression and musical creativity. This course engages in uchikomi based practice. The participants who join must have both a sense of rhythm and stamina to hit taiko for two hours. Taiko is a physical activity requiring fitness and stamina and is a demanding and challenging endeavor. It requires peak physical conditioning and flexible joints and muscles.

Instructor is requesting the material fee of \$120 per six-week session from each participant to cover maintenance costs of taiko materials. For example, the skin of a taiko drum has a very limited lifespan and therefore must be replaced intermittently. The replacement cost of each skin per drum is over \$1000.

| | |
|-----------|---|
| Age: | 15+ |
| Dates: | 1/28-3/4 |
| Day: | Tuesdays |
| Time: | 7:00pm-9:00pm |
| Fee: | \$60R/\$80NR Materials Fee to be collected directly by instructor: \$120 |
| Location: | David J. Chetcuti Room |

Zungu Chen Family Taijiquan

(Tai Chi Chuan: Tai Chi First Form)

Students will learn and practice the Zungu Chen Family Taijiquan first form posture by posture and silk-reeling exercises. With practice, students will gain health benefits, develop strength, flexibility, balance, and coordination. The martial aspects and health benefits are retained in this form. Students can practice this routine as a martial art with low powerful stances or for health at a higher position with graceful, slow light movements. Wear comfortable clothing. Debbie Au is a certified Chen Taiji instructor of direct Chen Family (Gong Fu Frame) Taiji lineage and has taught taijiquan and taiji weapons forms for over 20 years.

| | |
|-----------|-------------------------------|
| Ages: | 18+ |
| Dates: | 1/13-3/3; No Class 1/20, 2/17 |
| Day: | Mondays |
| Time: | 6:00pm-7:00pm |
| Fee: | \$110R/\$130NR |
| Location: | Millbrae Recreation Center |

Dragonfly Designs (NEW CLASS!)

Beading Basics Workshop for Adults

Discover the art of beading in our comprehensive Beading Basics Workshop for Adults! Perfect for beginners, this three-hour, one-day class will introduce you to essential beading techniques, tools, and materials. Our experienced instructor will guide you step-by-step as you create your own beautiful, beaded jewelry pieces. Gain the skills and confidence to continue beading at home while enjoying a relaxing and creative morning. All materials are provided so just bring your enthusiasm!

| | |
|------------|---|
| Ages: | 18+ |
| Session 1: | 2/8 |
| Session 2: | 3/29 |
| Day: | Saturday |
| Time: | 10:00am-1:00pm |
| Fee: | \$95R/\$115NR Materials Fee to be collected directly by instructor: \$10 |
| Location: | Millbrae Recreation Center |



San Mateo Adult School

Register for these classes through the San Mateo Adult School at sanmateoadulted.org or by calling 650-558-2100.

Tai Chi For Beginners

This class is for beginners. You'll practice and learn basic Tai Chi postures, slowly, step by step under the knowledgeable guidance of Tai Chi specialist, Debbie Au, RN. Warming up your joints and muscles first is very important, so that's what we do first. Once joints and muscles are warmed up, we practice gentle movements to promote a better range of motion, flexibility and balance. These exercises are followed by practicing taiji postures.

| | |
|-----------|----------------------------|
| Ages: | 50+ |
| Date: | 1/8-4/23 |
| Day: | Wednesdays |
| Time: | 2:00pm-3:00pm |
| Fee: | \$75 |
| Location: | Millbrae Recreation Center |

Fall Prevention – Your Balance Matters!

This class is designed to support and maintain overall fitness for adults 70 and better! We practice specific routines that will improve leg power, strengthen support for better balance, and increase agility. You'll learn about body mechanics that contribute to better posture and can help lower your risk for falls. Some exercises are done seated, others while standing, using a chair for support. Bring 2lb. hand weights.

| | |
|------------|----------------------------|
| Ages: | 70+ |
| Session 1: | 2/4/2-3/4 |
| Session 2: | 3/11-4/8 |
| Day: | Tuesdays |
| Time: | 1:00pm-2:00pm |
| Fee: | \$60 |
| Teacher: | Jeri McGovern |
| Location: | Millbrae Recreation Center |

Afternoon at the Opera: Online & In-Person

Top 5 Operas you absolutely must know! Learn which operas were the MOST performed works around the world and have undeniably shaped the field, captivating audiences for centuries with their timeless stories, unforgettable melodies, and iconic characters. Whether you're a seasoned opera lover or just starting to explore the genre, join us in person or online as we explore these colorful essential masterpieces!

| | |
|-----------|----------------------------|
| Ages: | 50+ |
| Date: | 2/3-3/10 |
| Day: | Mondays |
| Time: | 2:30pm-4:00pm |
| Fee: | \$125 |
| Teacher: | D. Rosengaus |
| Location: | Millbrae Recreation Center |

Move, Stretch & Strengthen

Move, Stretch & Strengthen to uplifting music. Start with slow gentle warm-ups followed by easy paced low-impact dance-inspired aerobic exercises! We then use hand weights to strengthen muscles and bones. The class concludes with gentle exercises performed on a mat. Bring hand weights and a mat. Guest drop-in passes are \$8 and can be purchased in class.

| | |
|-----------|--------------------------------|
| Ages: | 50+ |
| Date: | 1/6-4/21 (No class 1/20, 2/17) |
| Day: | Mondays |
| Time: | 9:30am-10:30am |
| Fee: | \$75 |
| Date: | 1/8-4/23 |
| Day: | Wednesdays |
| Time: | 9:30am-10:30am |
| Fee: | \$75 |
| Teacher: | Jeri McGovern |
| Location: | Millbrae Recreation Center |



Dan Lupo Music

1:1 Piano Lessons

In this experience, students will learn the basics of the piano, with every lesson carefully created to fit the goals of the student! The things the student will learn are exercises for growth, basic music theory, and songs you know and love!

| | |
|------------|---|
| Ages: | 6-70 |
| Session 1: | Wednesdays 1/15-3/26 |
| Session 2: | Thursdays 1/16-3/27 |
| Day: | Wednesdays or Thursdays |
| Times: | Wednesdays 2:30pm-6:30pm (choose 30 min. intervals) Thursdays 2:30pm-5:30pm (choose 30 min. intervals) |
| Fee: | \$550R/\$570NR |
| Location: | Millbrae Recreation Center |

Adult Sports

Season: March 3–May 2

The Millbrae Recreation Departments Adult Sports leagues are open to any individuals 18+. Adult Leagues are a great way to stay in shape and de-stress from everything else going on in life. These leagues are meant to be fun with some competitive spirit. Please respect our league, come out and enjoy your time!

Pickleball

Open Gym

Matches will have no umpire.

Days: Mondays and Fridays

Dates: 3/3–5/2; No matches 3/14, 3/31, 4/4

Time: 4:00pm–8:30pm

Fees: \$3.85R/\$5.15NR

Location: Caroline Shea Center

Volleyball

Recreation League

Games will have no referee.

Day: Thursdays

Dates: 3/3–5/2; No games 3/14, 3/31

Game Times: Court 1: 6:30pm, 7:15pm, 8:00pm
Court 2: 6:30pm, 7:15pm, 8:00pm

Playoffs: 4/24, 5/1

Fees: Resident: \$97.24; Team (10): \$777.86
Non-Resident: \$117.24

Location: Caroline Shea Center

Soccer

Recreation League

Games will have no referee.

Day: Wednesdays

Dates: 3/5–5/7

Time: 6:00pm–8:00pm

Fees: \$123.17R/\$143.17NR

Location: On Richmond Side at Taylor Field



**REGISTRATION
STARTS
NOVEMBER 25!**

Basketball

Recreation League

Games will have no referee.

Day: Tuesdays

Dates: 3/3–5/2; No game 4/1

Game Times: 6:00pm, 6:50pm, 7:40pm

Playoffs: 4/22, 4/29

Fees: Resident: Individual \$123.17; Team (10) \$862.12
Non-Resident: Individual \$143.17

Location: Caroline Shea Center

Advanced League

Games will have referee.

Day: Wednesdays

Dates: 3/3–5/2; No game 4/2

Game Times: 6:00pm, 6:50pm, 7:40pm

Playoffs: 4/23, 4/30

Fees: Resident: Individual \$123.17; Team (10) \$862.12
Non-Resident: Individual \$143.17

Location: Caroline Shea Center



Weekly/Monthly Programs

These classes may require monthly pre-registration. Please visit bit.ly/milrec or call 650-259-2338 for information.
All classes take place at the **Millbrae Recreation Center**.

| | |
|---|---|
| Line Dancing | Chen Tai Chi Exercises (Silk-reeling Exercises) |
| Monday: 9:30am-10:30am (beginner) 10:30am-11:30am (intermediate) | Wednesday: 12:00pm-1:00pm |
| Fee: \$5 per class or combo class for \$8 | Fee: \$8 per class |
| Senior Game Day (Canasta & Mexican Train) | Senior Aerobics/Fitness |
| Monday: 10:00am-2:00pm | Thursday: 10:30am-11:30am |
| Fee: \$3.85 per class | Fee: \$3.85 per class |
| Ballroom Dance Level I | Line Dancing Progressive (Series) |
| Friday: 11:00am-12:00pm | Thursday: 6:00pm-7:30pm |
| Fee: \$3.85 per class | Fee: \$7.50 per class |
| Quilting | Line Dancing |
| Tuesday: 11:00am-11:45am | Friday: 9:00am-10:00am (beginner) 10:00am-11:00am (intermediate) |
| Fee: \$3.85 per class | Fee: \$5 per class or \$8 for both classes |
| Music & Motion | Sunday Social Dance |
| 9/10-11/12: 12:45pm-1:30pm | 1st Sunday monthly: 1:00pm-4:00pm |
| Fee: \$3.85 per class; Free to caregivers | Fee: \$10 per class |
| Chinese Line Dancing | World Line Dancing |
| Tuesday: 9:30am-11:00am | Monday: 11:00am-12:00pm |
| Thursday: 9:00am-10:30am | Fee: \$3.85 |
| Fee: \$3.85 per class | |
| Mahjong | Bad Dad Jokes and Coffee Social Hour |
| Tuesday & Friday: 12:00pm-4:00pm | Thursday: 10:00am-11:00am |
| Fee: No Fee | Fee: No Fee |
| Creative Yarn and Stitches | Movie in the Senior Lounge |
| Wednesday: 9:00am-11:30am | Friday: 10:00am-12:00pm |
| Fee: No Fee | Fee: No Fee |
| Independent Senior Tai Chi | |
| Wednesday: 10:00am-11:00am | |
| Fee: \$10 per class | |
| Tai Chi | |
| Wednesday: 11:00am-12:00pm | |
| Fee: \$8 per class | |
| Painting | |
| Wednesday & Thursday: 1:00pm-4:00pm | |
| Fee: \$3.85 Seniors, \$11.67 Adult | |





SCAN ME

MILLBRAE NEWS

BI-WEEKLY NEWSLETTER

Sign up to receive City News direct in your inbox!

Looking to stay connected with everything happening in our Millbrae community? Millbrae News is your go-to source for local updates, events, and news that matter to you!

Whether you're new to Millbrae or a lifelong resident, Millbrae News keeps you in the loop and engaged with our community.

Residents can sign up to receive the newsletter by email and text. To Sign up, scan the QR code to visit our Notify Me Center on our website (<https://bit.ly/NotifyMeMillbrae>). You can also pick up printed copies at City Hall and at the Millbrae Recreation Center.

BE IN THE KNOW!

MILLBRAE SENIORLINE

If you would like to receive a copy of our Seniorline newsletter, you can subscribe online at bit.ly/millbraeseniorline or by calling 650-259-2338



Classes, Programs, Events, and Information for Seniors

Millbrae Senior Lunch

Come join us on the
2ND TUESDAY OF EVERY MONTH
for a lovely lunch and entertainment!

RESERVATION IS REQUIRED
AND SPACE IS SOMETIMES LIMITED
Please call 650-259-2338 to RSVP

Time: 11:30am-1:30pm

Fee: \$5.00 or free if it is your birthday month!

Location: Millbrae Recreation Center



“Bad Dad Jokes” and Coffee!

Come hang out in our
Senior Lounge
to chat, laugh, and have
FREE COFFEE!

Every Thursday
from 10:00 AM -11:30 AM
Millbrae Recreation Center



MILLBRAE GOES TO THE MOVIES

Millbrae Recreation Center
Great Hall

DECEMBER 13, 2024
FEBRUARY 14, 2025
APRIL 11, 2025

Learn more at bit.ly/millbraemovies

SAVE!
THE DATE!

Millbrae **Lions International**



CERT



FREE!

FREE!

COMMUNITY EMERGENCY RESPONSE TEAM CERT BASIC TRAINING

January 15 – March 1, 2025



Here is your opportunity to become a trained member of "CERT", the Central County Fire Department's Community Preparedness Program. Participants in this 20-hour series of classes will learn how to be part of neighborhood response teams, cross-trained in basic emergency skills. Each class emphasizes skills that will be practiced during a hands-on skills and exercise session.

"Neighbors Helping Neighbors doing the greatest good for the greatest number"

| | |
|---|---|
| <p>Wednesday, January 15, 2025 Disaster Awareness, CERT Organization and Management</p> <ul style="list-style-type: none"> • Disaster types, history, and probability • How to prepare before it happens • What to do when a disaster strikes • CERT Incident Command System; where CERT Fits in | <p>Wednesday, January 22, 2025 Fire Safety & Utility Control</p> <ul style="list-style-type: none"> • Natural gas, water, and electrical controls • Types of fire & use of extinguishers to put fire out |
| <p>Wednesday, January 29, 2025 Medical Part 1</p> <ul style="list-style-type: none"> • Treat Life – Threatening Conditions • Triage – Public Health Considerations • Disaster Medical Operations • Establishing Treatment Areas | <p>Wednesday, February 5, 2025 Medical Part II</p> <ul style="list-style-type: none"> • Head-to-toe assessments • Opening the airway • Stopping bleeding and controlling shock • Triage, burns, fractures, and other injuries |
| <p>Wednesday, February 12, 2025 Light Search and Rescue</p> <ul style="list-style-type: none"> • Different types of construction and where to look for damage; building marking system • Interior search patterns • Lifting heavy objects and mechanical advantage • Victim safe lifts and carries | <p>Wednesday, February 19, 2025 Disaster Psychology, Terrorism</p> <ul style="list-style-type: none"> • Disaster Psychology • What is Terrorism? • Terrorist targets • Preparing at home and work |
| <p>Wednesday, February 26, 2025 CERT Communications & Refresh</p> <ul style="list-style-type: none"> • Communications 101 • Composing emergency messages • Hands on practice with FRS Radios • Refresh for "Skills Day" | <p>**Saturday, March 1, 2025** Skills Development and Application</p> <ul style="list-style-type: none"> • Extinguish fires • Triaging and treating victims • Extricating victims trapped by heavy timbers • Interior search for reported missing persons • Course Review-Graduation Ceremony |

Classes will be held in Wednesday evenings in Millbrae at the Millbrae Library, 1 Library Ave., Millbrae 6:00 to 8:30 PM. The last class, ****Skills Development & Application****, will be held at Fire Station #37, 511 Magnolia Ave., Millbrae Saturday, March 1st, 8:30 AM to 3:30 PM.

Register today, go to www.ccfd.org/cert or visit: <https://bit.ly/CCFDCERTRegistration>



MILLBRAE LUNAR NEW YEAR FESTIVAL

1/25 & 1/26
SAT&SUN
10:00 AM-5:00 PM

200 - 400 Broadway
Millbrae CA 94030

**FOOD, ART, CRAFTS
& STAGE PERFORMANCES!**



Millbrae Recreation
477 Lincoln Circle
Millbrae, CA 94030
(650) 259-2360

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Millbrae Senior Showcase

Friday, January 31

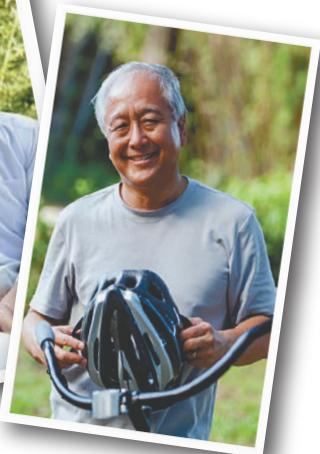
10 a.m. - 2 p.m.

Millbrae Recreation Center
477 Lincoln Circle, Millbrae, CA 94030

**FREE ADMISSION
EVERYONE WELCOME**

Featuring:

- Free health screenings
- Resources, raffle, & more!



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