

# MILLBRAE ACTIVITY GUIDE

FALL 2024



[bit.ly/milrec](https://bit.ly/milrec)

Registration Opens July 29



## ONLINE REGISTRATION

Starts July 29, 2024  
[bit.ly/milrec](https://bit.ly/milrec)

Registration is available online.  
 All activities require pre-registration  
 before attending classes.

ONLINE  
 REGISTRATION  
 STARTS  
 JULY 29

## 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.



# MILLBRAE NEWS

## A BI-WEEKLY NEWSLETTER!

Scan to sign up  
for Newsletter:



## STAY CONNECTED!

Stay up to date with current City news and interact in real time with City staff by utilizing one of our many opportunities for outreach and collaboration!

### FOLLOW OUR PAGES:



Follow us on  
Instagram:  
@Cityofmillbrae



Like us on Facebook:  
[facebook.com/cityofmillbrae](https://facebook.com/cityofmillbrae)



Follow us on X  
(Twitter):  
@Cityofmillbrae



**Nextdoor**  
<https://bit.ly/MillbraeNextdoor>

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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 Clerk's Office .....	650-259-2414
City Manager Office .....	650-259-2334
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  
Maurice Goodman, Vice Mayor  
Angelina Cahalan, Councilmember  
Gina Papan, Councilmember  
Ann Schneider, Councilmember

### PARKS & RECREATION COMMISSION

Stephanie Douglas  
Steve Henderson  
John Keefer  
Marian Kong  
Jordan Miranda

### COMMISSIONS/COMMITTEES

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

### RECREATION DEPARTMENT

Hannah Moran .....	Recreation Director
Geoffrey Gabriel .....	Recreation Services Manager
Pixi Saligo .....	Senior Office Assistant
Roland Tianco .....	Recreation Coordinator
Emanuel Rosales .....	Recreation Coordinator
Joanna Hafter .....	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](http://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



SEE  
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FOR PRICES



**CLASSROOM A**

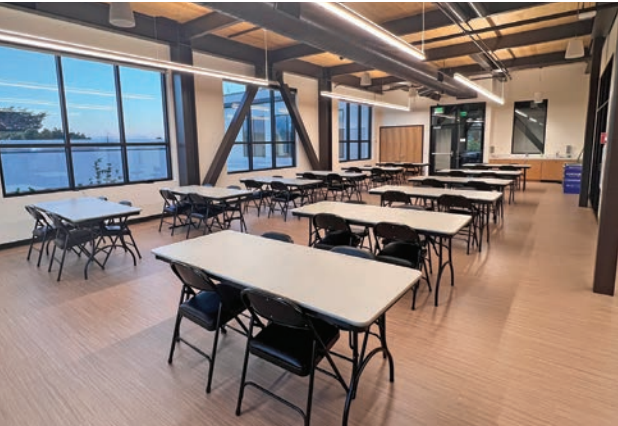
Capacity: 38  
Amenities: Touch Screen Monitor

**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](http://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



## MILLBRAE LIBRARY

### 1 LIBRARY AVENUE

#### Library A

Capacity: 54  
Amenities: Kitchenette,  
Whiteboard, Projector Screen

#### Library B

Capacity: 54  
Amenities: Whiteboard,  
Projector Screen



Library A



Library B

## 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



## DAVID J. CHETCUTI COMMUNITY ROOM

### 450 POPLAR AVENUE

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



SEE  
CHART ON  
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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

	A	B	C	D	A	B	C	D
MILLBRAE RECREATION CENTER	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:	9/6-9/27
Session 2:	10/4-10/25
Session 3:	11/1-11/22
Session 4:	12/6-12/20
Day:	Fridays
Time:	9:30am-11:30am
Fee:	\$20R/\$40NR
Location:	Millbrae Recreation Center

## Peninsula Music Together

Get ready to sing, dance, play, and learn! Music Together is a mixed-age music class for newborns 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](http://peninsulamusictogether.com) website.

Ages:	0-5
Dates:	9/9-12/16; No class 11/11, 11/18, 11/25
Days:	Mondays or Wednesdays or Saturdays
Time:	9:15am-10:00am or 10:15am-11:00am or 11:15am-12:00pm
Fees:	Mondays \$266R/\$286NR Wednesdays and Saturdays \$359R/\$379NR Materials Fee to be collected directly by instructor: \$75
Location:	Millbrae Recreation Center



*Parents' Night Out*

**FRIDAY**  
**DECEMBER 13 & FEBRUARY 14**  
**6:00 PM-9:00 PM**

**JOIN MILLBRAE RECREATION FOR A NIGHT OF  
FUN ACTIVITIES, GAMES, & CRAFTS!  
DROP OFF YOUR CHILD(REN) AGES 5-11 & TAKE  
A WELL DESERVED BREAK.  
DINNER AND DRINKS PROVIDED**

  
**MILLBRAE**



## 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:	6-60
Session 1:	Wednesdays 9/11-10/30
Session 2:	Thursdays 9/12-10/31
Session 3:	Wednesdays 11/6-12/11; No class 11/20
Session 4:	Thursdays 11/7-12/12; No class 11/28
Day:	Wednesdays or Thursdays
Time:	Wednesdays 2:30pm-6:30pm (choose 30 min. intervals) Thursdays 2:30pm-5:30 pm (choose 30 min. intervals)
Fee:	Session 1 & 2: \$400R/\$420NR Session 3 & 4: \$250R/\$270NR
Location:	Millbrae Recreation Center

## Honest Bodies

### Breathing and Meditation

The most successful holistic health care includes mindfulness practice. For example, proper breath and meditation restores the nervous system, clears the mind for greater focus and provides a calm feeling. If you would like to reduce the following: Anxiety, Mind Racing, or Improve Sleep Patterns and Present Moment Awareness this is the class for you. (Wear comfortable clothing, bring a yoga mat and small pillow. Chairs will be provided as a secondary option). Cynthia has been practicing Holistic Health Care for 20+ years.

Ages:	5+
Session 1:	9/6-10/11
Session 2:	10/18-11/22
Day:	Fridays
Time:	4:00pm-5:00pm
Fee:	\$150R/\$170NR
Location:	Millbrae Recreation Center

## Athletes Global Leadership Academy (AGC) Homework Help

Our homework help program will offer a combination of group work and one-on-one help to assist students in a variety of school subjects. Receive homework assistance in: Math, English, Science, History, World Languages (Spanish, English, and Chinese), Proofreading & Test Prep, Reading & Writing, etc. We also provide daily leadership development & growth mindset homework to our students. A.T.H.L.E.T.E.S are: **A**ccountable, **T**enacious, **H**onest, **L**eaders, **E**ducated, **T**houghtful, **E**ncouraging, **S**uccessful.

Ages:	K-8th Grade
Session 1:	9/3-9/26
Session 2:	10/1-10/31
Session 3:	11/5-11/21
Session 4:	12/3-12/19
Days:	Tuesday and Thursday
Time:	3:30pm-5:30pm
Fee:	Session 1: \$300R/\$320NR Session 2: \$350R/\$370NR Session 3 & 4: \$250R/\$270NR
Location:	Millbrae Recreation Center



## Communication Academy

### Public Speaking: Persuasive Speakers

Share your opinions persuasively and inspire the world! Learn to express your beliefs clearly, concisely, charismatically, and above all—persuasively! Students master effective communication, increase their confidence, refine their use of language, organization, and style—and gain the most valuable skill in the world: Persuasion! Experienced instructors, small classes!

Ages:	6-8
Dates:	9/14-11/23; No class 10/26
Day:	Saturdays
Time:	1:00pm-2:00pm
Fees:	\$365R/\$385NR Materials Fee to be collected directly by instructor: \$20
Location:	Millbrae Recreation Center

Ages:	8-11
Dates:	9/14-11/23; No class 10/26
Day:	Saturdays
Time:	11:15am-12:15pm
Fees:	\$365R/\$385NR Materials Fee to be collected directly by instructor: \$20
Location:	Millbrae Recreation Center

### 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:	6-8
Dates:	9/14-11/23; No class 10/26
Day:	Saturdays
Time:	2:15pm-3:15pm
Fees:	\$365R/\$385NR Materials Fee to be collected directly by instructor: \$20
Location:	Millbrae Recreation Center

Ages:	8-11
Dates:	9/14-11/23; No class 10/26
Day:	Saturdays
Time:	10:00am-11:00am
Fees:	\$365R/\$385NR Materials Fee to be collected directly by instructor: \$20
Location:	Millbrae Recreation Center

### Public Speaking & Academic Writing Combo

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:	6-8
Dates:	9/14-11/23; No class 10/26
Day:	Saturdays
Time:	1:00pm-3:15pm
Fees:	\$655R/\$675NR Materials Fee to be collected directly by instructor: \$40
Location:	Millbrae Recreation Center

Ages:	8-11
Dates:	9/14-11/23; No class 10/26
Day:	Saturdays
Time:	10:00am-12:15pm
Fees:	\$655R/\$675NR Materials Fee to be collected directly by instructor: \$40
Location:	Millbrae Recreation Center

## Gurus Education

### Public Speaking—Building Confidence & Writing Skills

This course teaches young students the essentials of building confidence in public speaking. Taught using the fun concepts of “don’t show and tell”, storytelling (including scary and funny stories!), reciting poems, pretend games, this is an excellent class to start developing confidence in young students in a fun way. The participants learn how to stand tall and speak confidently in front of a group. They begin to understand the concepts and importance of maintaining eye contact, good posture, volume, and expressions.

Ages:	7-12
Dates:	9/16-11/18; No class 10/14, 11/11
Day:	Mondays
Time:	4:50pm-5:50pm
Fee:	\$319R/\$339NR
Location:	Millbrae Recreation Center



## Junior Chef Stars

### Fall Cooking with Junior Chef Stars

Looking for a hands on, tasty activity for your Junior 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
Session 1:	9/9-10/14
Session 2:	10/28-12/16; No class 11/11 and 11/25
Day:	Mondays
Time:	4:15pm-5:30pm
Fee:	\$270R/\$290NR Materials Fee to be collected directly by instructor: \$60
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:	<b>Winter Palooza</b> 12/13
Session 2:	<b>Let's Party Hearty!</b> 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





## Special K Productions Mobile Dance Studio

### Hip Hop and Breakdance

In this class, your child will learn the basics of Hip Hop dance in a fun and supportive environment. Our experienced and enthusiastic instructors will guide them through a series of exercises and routines designed to develop their rhythm, coordination, and creativity. Throughout the class, 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 also learn to express themselves through movement and develop their own unique style.

Ages:	6-8
Session 1:	9/8-9/29
Session 2:	10/6-10/27
Session 3:	11/3-12/15
Day:	Sundays
Time:	12:00pm-1:00pm
Fee:	Session 1 & 2: \$168R/\$188NR Session 3: \$250R/\$270NR
Location:	Millbrae Recreation Center

Ages:	9-12
Session 1:	9/8-9/29
Session 2:	10/6-10/27
Session 3:	11/3-12/15
Day:	Sundays
Time:	1:00pm-2:00pm
Fee:	Session 1 & 2: \$168R/\$188NR Session 3: \$250R/\$270NR
Location:	Millbrae Recreation Center

### TeenZ Hip Hop Dance Class

Our classes are designed to be inclusive and accessible to all teens, regardless of their dance experience or skill level. We emphasize the importance of having fun and building confidence, while also teaching the fundamentals of Hip Hop Dance!

Ages:	13-17
Session 1:	9/8-9/29
Session 2:	10/6-10/27
Session 3:	11/3-12/15
Day:	Sundays
Time:	2:00pm-3:00pm
Fee:	Session 1 & 2: \$168R/\$188NR Session 3: \$250R/\$270NR
Location:	Millbrae Recreation Center

## Kids' Carpentry (NEW CLASSES)

### Kid's 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:	9/11-10/23; No class 9/25
Session 2:	10/30-12/18; No class 11/20 & 11/27
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

### Lil' Chippers

Lil' Chippers 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! **Guardian Participation is required.**

Ages:	3.5-4.5
Session 1:	9/11-10/23; No class 9/25
Session 2:	10/30-12/18; No class 11/20 & 11/27
Day:	Wednesdays
Time:	2:30pm-3:15pm
Fee:	\$270R/\$290NR Materials Fee to be collected directly by instructor: \$40
Location:	Millbrae Recreation Center

## Play-Well TEKologies

### Explore Coding using the LEGO® Spike Prime System

Rise to the challenge to build and program robots using the LEGO® Spike Prime system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Design and construct your robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

Ages:	7-12
Dates:	9/3-11/19
Day:	Tuesdays
Time:	3:00pm-5:00pm
Fee:	\$580R/\$600NR
Location:	Millbrae Library

## Six Skills

### Six Skills After-School Program / Youth Activities / Tutoring and Culture Lessons

Six Skills After-School Program provides excellent academic support and fun learning experience for Kindergarten through High School. This Monday to Friday after-school program offers students 1-on-1 tutoring, homework assistance, Mandarin language lessons, abacus lessons, and drawing lessons. (Reading exercises and math exercises are provided if needed.) Our program helps our 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 the participant will attend.

Ages:	5-18
Session 1:	8/15-8/31
Session 2:	9/1-9/30; No class 9/2
Session 3:	10/3-10/31; No class 10/14
Session 4:	11/1-11/30; No class 11/11, 11/25-11/29
Session 5:	12/1-12/20
Days:	Monday-Friday or Mon, Wed, Fri for 3 days
Time:	Monday, Tuesday, Thursday, Friday: 2:00pm-6:00pm Wednesday: 1:30pm-6:00pm

Fee:	August: 5 Days/Week: \$340R/\$360NR 3 Days/Week: \$240R/\$260NR September: 5 Days/Week: \$620R/\$640NR 3 Days/Week: \$520R/\$540NR October: 5 Days/Week: \$620R/\$640NR 3 Days/Week: \$520R/\$540NR November: 5 Days/Week: \$560R/\$580NR 3 Days/Week: \$460R/\$480NR December: 5 Days/Week: \$560R/\$580NR 3 Days/Week: \$460R/\$480NR 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](http://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/Chinese  
English/Math/Drawing/Abacus

#### Saturday Chinese 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

2:45 pm-4:15 pm

#### 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/Guzheng/Abacus/Chinese  
Drawing/Folk Dance/English/Math

#### A+ Music Academy Piano Group Class for Beginners / Private Lessons

(鋼琴啟蒙團體班/個別班)

\*Singing \*Basic Technique  
\*Ear Training \*Ensemble Playing  
\*Experienced Professional Teachers







## 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:	9/9-10/14
Day:	Mondays
Time:	3:30pm-4:30pm
Fee:	\$209R/\$229NR
Location:	Millbrae Recreation Center



## Writers' Circle

### Writing Enrichment Program

Writers' Circle provides small group, creative writing instruction that aims to help students improve their writing and grammar skills through exploring their creativity as they connect their writing to art, science, and social studies. The program is owned and operated by experienced multiple-subject credentialed teachers looking to strengthen and develop students' writing processes such as paragraph organization, sentence elaboration, as well as editing and revising their work. Engaging writing topics, peer collaboration, and fun projects to take home!

Ages:	7-11
Dates:	10/5-12/14; No class 10/26, 11/23
Day:	Saturdays
Time:	9:00am-11:00am
Fee:	\$520R/\$540NR
Location:	Millbrae Recreation Center



## Robotics Tech Club

### Robotics Explores

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, work on math, 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 be provided with robotics kits during the class; there will be no sharing of equipment.

Ages:	2nd-3rd Grade
Dates:	9/13-12/6; No class 11/29
Day:	Fridays
Time:	4:30pm-5:30pm
Fee:	\$420R/\$440NR
Location:	Millbrae Recreation Center

### 3D Modeling, Design and Printing

In this hands-on program, students will be using the TinkerCAD 3D design tool. We will cover features and tools available in the application and talk about different aspects of design like perspective, measurements, proportions, interior design, architecture, etc. Students will model different objects while progressing through the curriculum. We will give them challenges to recreate designs, build famous places in the world (e.g., the Golden Gate Bridge, Eiffel Tower), and give them time to create their own masterpieces by implementing their wildest ideas into life. We will work with a 3D printer and learn how to prepare the model for printing, print, and maintain the model. Each student will have two printed creations. Each student will be provided with robotics kits.

Ages:	2nd-6th Grade
Dates:	9/13-12/6; No class 11/29
Day:	Fridays
Time:	5:45pm-6:45pm
Fee:	\$420R/\$440NR
Location:	Millbrae Recreation Center

### 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, work on basic math, geometry concepts, and many more. We will work with Coding Mouse, Botley Robot, Dash, and Dot Robots as 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 be provided with robotics kits during the class, with no sharing of equipment.

Ages:	Kindergarten-1st Grade
Dates:	9/12-12/12; No class 9/26, 11/28
Day:	Thursdays
Time:	5:15pm-6:15pm
Fee:	\$420R/\$440NR
Location:	Millbrae Recreation Center

### Robotics Masters

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 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 and solve engineering challenges. We will also build robots for Microbit. Each student will be provided with robotics kits.

Ages:	4th -6th Grade
Dates:	9/12-12/12; No class 9/26, 11/28
Day:	Thursdays
Time:	6:30pm-7:30pm
Fee:	\$420R/\$440NR
Location:	Millbrae Recreation Center



## Millbrae Recreation Youth Sports

### Elementary School Sports

The Millbrae Recreation Sports Program is open to all 2nd, 3rd, 4th, and 5th grade students who live or attend school in the City of Millbrae. Parents/Guardians must provide transportation to away games. Please register your child before the start of each program online or at the Millbrae Recreation Center. Your child will not be permitted to participate in any program until they are registered.

**We are looking for coaches!** We are offering paid and volunteer positions. Coaches are integral to the success of the program. You can sign-up at [bit.ly/millbraerecreation](http://bit.ly/millbraerecreation)  
Schedules & Rosters: [bit.ly/milSPORT](http://bit.ly/milSPORT)

If you are added to the waitlist, please wait for an email from the Recreation Center for further instructions.

#### Co-Ed Flag Football

Ages:	2nd & 3rd Grade
Dates:	9/9-11/8
Days:	Any day Monday-Thursday (specific days to be announced)
Game Days:	Any day Monday-Thursday (specific days to be announced)
Game Site:	Brisbane, Burlingame, Hillsborough, Millbrae, San Bruno, South San Francisco, TBD
Practice Times:	3:00pm-6:00pm TBD based on coach availability
Game Times:	3:00pm-8:00pm TBD based on league game schedule
Fee:	\$220.39
T-Shirt Fee:	\$11.67
Practice Location:	Taylor Field

#### Co-Ed Flag Football

Ages:	4th & 5th Grade
Dates:	9/9-11/8
Days:	Any day Monday-Thursday (specific days to be announced)
Game Days:	Any day Monday-Thursday (specific days to be announced)
Game Site:	Brisbane, Burlingame, Hillsborough, Millbrae, San Bruno, South San Francisco, TBD
Practice Times:	3:00pm-6:00pm TBD based on coach availability
Game Times:	3:00pm-8:00pm TBD based on league game schedule
Fee:	\$220.39
T-Shirt Fee:	\$11.67
Practice Location:	Taylor Field

#### Co-Ed Cross Country

Ages:	2nd-5th Grade
Dates:	9/9-10/25
Days:	Any day Monday-Thursday (specific days to be announced)
Practice Times:	3:00pm-6:00pm TBD based on coach availability
Fee:	\$128.35
T-Shirt Fee:	\$11.67
Practice Location:	Taylor Field

#### Co-Ed Volleyball

Ages:	4th & 5th Grade
Dates:	9/9-11/8
Days:	Any day Monday-Thursday (specific days to be announced)
Practice Time:	3:00pm-6:00pm TBD based on coach availability
Game Days:	Any day Monday-Thursday (specific days to be announced)
Game Times:	4:00pm-7:00pm TBD based on league game schedule
Fee:	\$220.39
T-Shirt Fee:	\$11.67
Practice Location:	Taylor Gym/SHEA Center



## Middle School Sports

The Millbrae Recreation Department Middle School Sports Program is open to all 6th, 7th, and 8th grade students who live or attend school in the City of Millbrae. Parents/Guardians must provide transportation to away games. Please register your child before the start of each program online or at the Millbrae Recreation office. Your child will not be permitted to participate in any program until they are registered.

**We are looking for coaches!** We are offering paid and volunteer positions. Coaches are integral to the success of the program. You can sign-up at [bit.ly/millbraerecreation](http://bit.ly/millbraerecreation)  
Schedules & Rosters: [bit.ly/milSPORT](http://bit.ly/milSPORT)

If you are added to the waitlist, please wait for an email from the Recreation Center for further instructions.

### Co-Ed Flag Football

Ages: 6th-8th Grade

Dates: 9/9-10/25

Days: Any day Monday-Thursday (specific days to be announced)

Game Days: Any day Monday-Thursday (specific days to be announced)

Game Site: Brisbane, Burlingame, Hillsborough, Millbrae, San Bruno, South San Francisco, TBD

Practice Times: 3:00pm-6:00pm TBD based on coach availability

Game Times: 3:00pm-8:00pm TBD based on league game schedule

Fee: \$220.39

Reversible Jersey Fee: \$42.78

Practice Location: Taylor Field

### Co-Ed Volleyball

Ages: 6th-8th Grade

Dates: 9/9-10/25

Practice Days: Any day Monday-Thursday (specific days to be announced)

Practice Times: 3:00pm-6:00pm TBD based on coach availability

Game Days: Any day Monday-Thursday (specific days to be announced)

Game Site: Brisbane, Burlingame, Hillsborough, Millbrae, San Bruno, South San Francisco, TBD

Game Times: 4:00pm-7:00pm TBD based on league game schedule

Fee: \$220.39

Reversible Jersey Fee: \$42.78

Practice Location: Taylor Gym/SHEA Center TBD

### Co-Ed Cross Country

Ages: 6th-8th Grade

Dates: 9/9-10/25

Days: Any day Monday-Thursday (specific days to be announced)

Practice Times: 4:00pm-6:00pm TBD based on coach availability

Meet Days: Thursdays, locations TBD

Fee: \$220.39

T-Shirt Fee: \$11.67

Practice Location: Taylor Field/Spur Trail

## MILLBRAE RECREATION DEPARTMENT COACHES NEEDED

**FALL SPORTS: MIDDLE AND ELEMENTARY SCHOOL VOLLEYBALL, CROSS COUNTRY AND FLAG FOOTBALL!**

**REGISTRATION BEGINS AUGUST!**

Our Youth Sports Program emphasizes teamwork, skill development, participation, and fun! The program's primary focus is the participants, and parents' support is crucial for its success. **We need volunteers who can teach the fundamentals of the game, sportsmanship, and how to get along as a team.**

Signups are available online at [bit.ly/millbraecoach](http://bit.ly/millbraecoach)

Contact Emanuel or Ryan

At the Recreation Center:

650-259-2338

or email

[erosales@ci.millbrae.ca.us](mailto:erosales@ci.millbrae.ca.us)

or

[rchew@ci.millbrae.ca.us](mailto:rchew@ci.millbrae.ca.us)





## 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 schedule a make-up class or run our soccer class online via Zoom.

**Location:** Central Park or Taylor Field

Ages:	4-6
Session 1:	9/17-10/29
Day:	Tuesdays
Time:	4:00pm-5:00pm
Fee:	\$239R/\$259NR

Ages:	7-9
Session 1:	9/17-10/29
Day:	Tuesdays
Time:	5:00pm-6:00pm
Fee:	\$239R/\$259NR

Ages:	4-6
Dates:	9/20-11/1
Day:	Fridays
Time:	4:00pm-5:00pm
Fee:	\$239R/\$259NR

Ages:	7-9
Dates:	9/20-11/1
Day:	Fridays
Time:	5:00pm-6:00pm
Fee:	\$239R/\$259NR

Ages:	4-6
Session 1:	9/21-11/2
Day:	Saturdays
Time:	10:00am-11:00am
Fee:	\$239R/\$259NR

Ages:	7-9
Session 1:	9/21-11/2
Day:	Saturdays
Time:	11:00am-12:00pm
Fee:	\$239R/\$259NR

Ages:	4-6
Session 2:	11/5-12/10; No class 11/26
Day:	Tuesdays
Time:	4:00pm-5:00pm
Fee:	\$179R/\$199NR

Ages:	7-9
Session 2:	11/5-12/10; No class 11/26
Day:	Tuesdays
Time:	4:00pm-5:00pm
Fee:	\$179R/\$199NR

Ages:	4-6
Session 2:	11/8-12/13; No class 11/29
Day:	Fridays
Time:	4:00pm-5:00pm
Fee:	\$179R/\$199NR



Ages:	7-9
Session 2:	11/8-12/13; No class 11/29
Day:	Fridays
Time:	4:00pm-5:00pm
Fee:	\$179R/\$199NR

Ages:	4-6
Session 2:	11/9-12/14; No class 11/30
Day:	Saturdays
Time:	10:00am-11:00am
Fee:	\$179R/\$199NR

Ages:	7-9
Session 2:	11/9-12/14; No class 11/30
Day:	Saturdays
Time:	11:00am-12:00pm
Fee:	\$179R/\$199NR

## Champions Tennis Group Lessons with Scott Selig

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.

Note: For Session 2 there will be no class the week of 11/25-11/30.

Day:	Monday
Session 1:	9/9-10/14
Session 2:	10/21-12/9; No class 11/11
Time:	2:45pm-3:30pm (Ages 7-10) Beginner 3:30pm-4:30pm (Ages 7-9) Advanced Beginner 4:30pm-5:30pm (Ages 9-12) Advanced Beginner

Day:	Tuesday
Session 1:	9/10-10/15
Session 2:	10/22-12/3
Time:	2:45pm-3:30pm (Ages 5-6) 3:30pm-4:30pm (Ages 7-9) Advanced Beginner 4:30pm-5:30pm (Ages 9-12) Advanced Beginner

Day:	Wednesday
Session 1:	9/11-10/16
Session 2:	10/23-12/4
Time:	2:15pm-3:45pm (6th, 7th, 8th Grade) 4:00pm-5:00pm (Ages 7-9) Advanced Beginner 5:00pm-6:00pm (Ages 9-12) Advanced Beginner

Day:	Thursday
Session 1:	9/12-10/17
Session 2:	10/24-12/5
Time:	2:30pm-3:30pm (Ages 10-14) Beginner 3:30pm-5:00pm (Ages 9-14) Intermediate

Day:	Friday
Session 1:	9/13-10/18
Session 2:	10/25-12/6
Time:	3:15pm-4:45pm (6th, 7th, 8th Grade) 5:00pm-6:00pm (Ages 9-12) Advanced Beginner

Day:	Saturday
Session 1:	9/14-10/19
Session 2:	10/26-12/7
Time:	9:00am-10:00am (Ages 7-9) Advanced Beginner 10:00am-11:30am (Ages 9-14) Intermediate

**Ages:** 5-14

**Fee:** \$252R/\$272NR (1.5 hour); \$168R/\$188NR (1 hour); \$126R/\$146NR (45 minutes)

**Location:** Millbrae Central Parks Tennis Courts

**Beginner:** First timers or students with minimal experience and who are working on getting the ball in play.

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

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



**FALL  
REGISTRATION  
STARTS  
JULY 29**



## Communication Academy

### Public Speaking: Spontaneous Speakers

Learn the most versatile speech type and be prepared for on-the-spot questions! This fun but serious class uses speaking activities and enjoyable games to teach students critical skills in on-the-spot speaking, confidence, organizing their ideas, and keeping calm in both casual and academic situations! Students learn to create excellent presentations whether it's on-the-spot or they have time to research their answer. Small classes, experienced instructors!

Ages:	8-11
Dates:	11/25-11/27 <b>Thanksgiving Break Camp</b>
Days:	Monday-Wednesday
Times:	12:30pm-3:00pm
Fees:	\$260R/\$280NR Materials Fee to be collected directly by instructor: \$20
Location:	Millbrae Recreation Center

Ages:	6-8
Dates:	12/30-1/3; No class 1/1 <b>Winter Break Camp</b>
Days:	Monday-Friday
Times:	12:30pm-3:00pm
Fees:	\$345R/\$365NR Materials Fee to be collected directly by instructor: \$20
Location:	Millbrae Recreation Center

### Academic Writing: Word Choice and Fluency

Bring your writing to life with colorful, vibrant, entrancing descriptions! Students learn to explore their vocabulary and use it in fun new ways, creating accurate and exciting descriptions—a skill vital for any writer. They learn about writing tools like metaphors and similes, how to make best use of their vocabulary and recognize the use of idioms, and master communicating confidently and creatively in writing! Experienced instructors, small classes!

Ages:	8-11
Dates:	11/25-11/27 <b>Thanksgiving Break Camp</b>
Days:	Monday-Wednesday
Times:	9:00am-11:30am
Fees:	\$260R/\$280NR Materials Fee to be collected directly by instructor: \$20
Location:	Millbrae Recreation Center

Ages:	6-8
Dates:	12/30-1/3; No class 1/1 <b>Winter Break Camp</b>
Days:	Monday-Friday
Times:	9:00am-11:30am
Fees:	\$345R/\$365NR Materials Fee to be collected directly by instructor: \$20
Location:	Millbrae Recreation Center

### Public Speaking & Academic Writing Combo

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:	11/25-11/27 <b>Thanksgiving Break Camp</b>
Days:	Monday-Wednesday
Times:	9:00am-3:00pm
Fees:	\$495R/\$515NR Materials Fee to be collected directly by instructor: \$40
Location:	Millbrae Recreation Center

Ages:	6-8
Dates:	12/30-1/3; No class 1/1 <b>Winter Break Camp</b>
Days:	Monday-Friday
Times:	9:00am-3:00pm
Fees:	\$655R/\$675NR Materials Fee to be collected directly by instructor: \$40
Location:	Millbrae Recreation Center

## Play-Well Technologies

### Pokémon Engineering using LEGO® Materials

Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!

Ages:	5-9
Dates:	11/25-11/27 <b>Thanksgiving Break Camp</b>
Days:	Monday-Wednesday
Time:	9:00am-12:00pm
Fee:	\$156R/\$176NR
Location:	Millbrae Recreation Center





MILLBRAE

CITY OF MILLBRAE

# Pictures with Santa and Mrs. Claus

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)

## Junior Chef Stars

### Fantastic Flavors of Fall

Embark on a culinary journey through the vibrant tastes of autumn! We will dive into the colorful world of fall flavors, from the comforting spices of pumpkin and cinnamon to the crisp sweetness of apples and pears. Campers will learn essential kitchen skills, explore new ingredients, and create delicious dishes inspired by the harvest season. "Fantastic Flavors of Fall" is not just about cooking—it's also about fostering creativity, teamwork, and a love for wholesome, homemade meals. Join us for "Fantastic Flavors of Fall," and let your child embark on a culinary adventure they'll never forget!

Ages:	7-13
Dates:	11/25-11/27 <b>Thanksgiving Break Camp</b>
Days:	Monday, Tuesday, Wednesday
Time:	9:00am-4:00pm
Fee:	\$350R/\$370NR Materials Fee to be collected directly by instructor: \$60
Location:	Millbrae Recreation Center







# Lunch Crunch

**Mondays, Wednesdays, Fridays**  
**12:00pm-3:00pm**  
**\$25 Per Month**

**JOIN OUR LUNCH TIME  
OPEN GYM HOURS!**

- SPIN BIKES
- 2 PELOTON BIKES
- TRX BANDS
- BOX JUMPS
- DUMBBELLS
- KETTLEBELLS
- WEIGHTED BALLS
- POWER ROPES

**MILLBRAE**

## Lunch Crunch

Join our lunch time open-gym hours! Workout independently in the comfort of our Millbrae Recreation Fitness Center. Exercise equipment includes spin bikes, 2 Peloton bikes, TRX bands, box jumps, dumbbells, kettlebells, weighted balls, power ropes, and saddle bags. Please note that Lunch Crunch will not be open on city holidays. Everyone is welcome to join this program!

Ages:	18+
Session 1:	9/4-9/30; No class 9/25
Session 2:	10/2-10/30
Session 3:	11/1-11/27; No class 11/11
Session 4:	12/2-12/30; No class 12/25
Days:	Mondays, Wednesdays, Fridays
Time:	12:00pm-3:00pm
Fee:	\$25R/\$45NR
Location:	Millbrae Recreation Center

## Tennis Group Lessons with Scott Selig

Beginner: First timers just starting to play

Ages:	18+
Session 1:	9/10-10/1
Session 2:	10/8-10/29
Day:	Tuesdays
Time:	10:30am-11:30am or 5:30pm-6:30pm
Fee:	\$112R/\$132NR
Location:	Millbrae Recreation Center Tennis Courts

## 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 levels welcome!

Ages:	16+
Session 1:	9/3-10/22
Session 2:	10/29-12/17
Day:	Tuesdays
Time:	5:00pm-6:00pm
Fee:	\$80R/\$100NR; Drop-In \$14
Instructor:	Lori Dachauer
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 HIIT (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 and clothing, a mat (for stretching), and a towel.

Ages:	14+
Session 1:	9/1-10/22; No class 9/26
Session 2:	10/24-12/19; No class 11/26, 11/28
Day:	Tuesdays and/or Thursdays
Time:	9:00am-9:50am or 6:15-7:05pm
Fees:	8 classes = \$104R/\$124NR 15 classes = \$180R/\$200NR Drop-In = \$14/class
Location:	Millbrae Recreation Center



## 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+
Session 1:	9/9-10/14
Session 2:	10/28-12/9; No class 11/11
Day:	Mondays
Time:	6:00pm-7:00pm
Fee:	\$110R/\$130NR
Location:	Millbrae Recreation Center

## 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. Taiko 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. **No new students are accepted between October 2024 and January 2025.**

Age:	15+
Session 1:	8/27-10/1
Session 2:	10/8-11/12
Session 3:	11/19-1/14, 2025; No class 12/24, 12/31
Day:	Tuesdays
Time:	7:00pm-9:00pm
Fee:	\$60R/\$80NR Materials Fee to be collected directly by instructor: \$120
Location:	David J. Chetcuti Room

## Fitness with Richard (NEW CLASSES)

### 20/20/20 Cycling/Strength/Core

Elevate your fitness routine with our exciting 20/20/20 class, split into three energetic 20-minute segments covering cycling, strength, and core stretching. Start off with an exhilarating indoor cycling session, then power through a strength training segment to build muscle and boost endurance. Wrap it up with core exercises and relaxing stretches. Perfect for any fitness level, this class delivers a fun and complete workout that enhances your cardio fitness, strengthens your whole body, and increases flexibility. Bring your towel, water, and mat for a complete workout!

Ages:	18+
Dates:	9/6-12/20; No class 10/11
Day:	Fridays
Time:	4:30pm-5:30pm
Fee:	\$225R/\$245NR; Drop-In \$20
Location:	Millbrae Recreation Center

### TRX Total Body

Join Coach Richard for the ultimate full-body workout in our TRX Total Body class! Designed for all fitness levels, this class harnesses the power of gravity and your body weight to perform a variety of exercises that target every major muscle group. Increase your strength, boost your core stability, and improve flexibility as you engage in dynamic movements using TRX suspension straps. Richard will guide you through each movement, ensuring you maintain proper form and offering modifications to accommodate your fitness level.

Ages:	18+
Dates:	9/6-12/20; No class 10/11
Day:	Fridays
Time:	6:00pm-7:00pm
Fee:	\$225R/\$245NR; Drop In \$20
Location:	Millbrae Recreation Center

## Honest Bodies

### Breathing and Meditation

The most successful holistic health care includes mindfulness practice. For example, proper breath and meditation restores the nervous system, clears the mind for greater focus and provides a calm feeling. If you would like to reduce the following: Anxiety, Mind Racing, or Improve Sleep Patterns and Present Moment Awareness this is the class for you. Wear comfortable clothing, bring a yoga mat and small pillow. Chairs will be provided as a secondary option. Cynthia has been practicing Holistic Health Care for 20+ years.

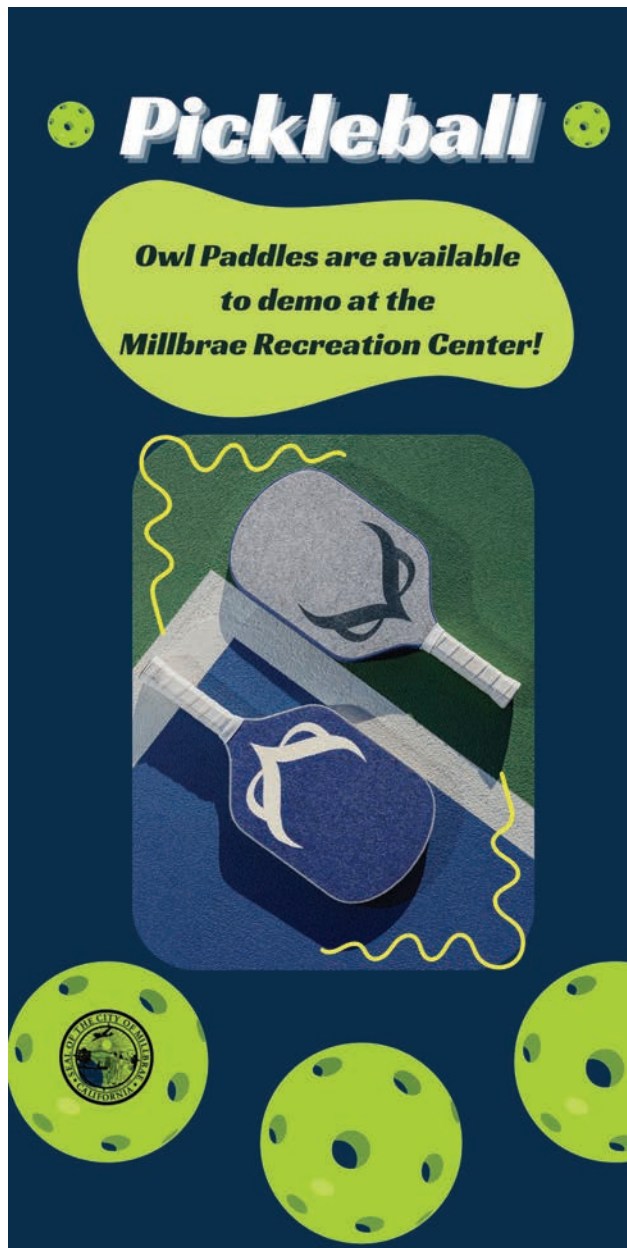
Ages:	18+
Session 1:	9/6-10/11
Session 2:	10/18-11/22
Day:	Fridays
Time:	5:30pm-6:30pm
Fee:	\$120R/\$140NR
Location:	Millbrae Recreation Center



## Introduction to Pickleball with Scott Selig

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

Ages:	18+
Class size:	4-12 students
Day:	Thursdays
Session 1:	9/12-9/26
Session 2:	10/3-10/17
Session 3:	11/7-11/21
Time:	10:30am-11:30am or 5:30pm-6:30pm
Fee:	\$84R/\$104NR
Location:	Millbrae Recreation Center Pickleball Courts



## San Mateo Adult School Active Adult

Register for these classes through the San Mateo Adult School at [sanmateoadulted.org](http://sanmateoadulted.org) or by calling 650-558-2100.

Location: Millbrae Recreation Center

### Tai Chi For Beginners

HYBRID: You have the option of joining this class online via Zoom or in person. Learn and practice beginning postures of the Taiji routine. In this class for beginners you'll learn 6-8 basic postures, slowly, step by step. Class starts off with gentle movements to warm up your joints and muscles to promote better flexibility, range of motion, and balance. Warm-up exercises are followed by practicing Taiji postures.

Ages:	50 to Senior
Dates:	8/14-12/11; No class 9/18, 11/27
Day:	Wednesdays
Time:	2:00pm-3:00pm
Fee:	\$75

### Fall Prevention Class

Learn the many factors that contribute to sustaining balance and agility as you age. Practice supervised exercises to strengthen and support better balance responses.

Ages:	50 to Senior
Session 1:	10/1-10/29
Session 2:	11/5-12/3
Day:	Tuesdays
Time:	1:00pm-2:00pm
Fee:	\$60

### Women in Opera (NEW CLASS)

An in-depth look at some of the lady composers and performers who made waves in the genre of Opera. We'll look at what it was to be a woman in the performing arts through the centuries and the legal/economic challenges they faced that changed the rights of women in society. Finally, we will explore some of the iconic roles they played and discuss what these complicated and often wild characters have to say about the tastes of the day.

Ages:	50 to Senior
Date:	9/9-10/7
Day:	Mondays
Time:	2:30pm-4:00pm
Fee:	\$125

## Weekly/Monthly Programs

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

### Line Dancing

Monday:	9:30am–10:30am (beginner) 10:30am–11:30am (intermediate)
Fee:	\$5 per class or combo class for \$8

### Senior Game Day

Monday:	10:00am–2:00pm
Fee:	\$3.85 per class

### Ballroom Dance Level I

Friday:	10:00am–11:00am
Fee:	\$3.85 per class

### Quilting

Tuesday:	11:00am–11:45am
Fee:	\$3.85 per class

### Music & Motion

September 10–November 12:	12:45pm–1:30pm
Fee:	\$3.85 per class; Free to caregivers

### Chinese Line Dancing

Tuesday:	9:30am–11:00am
Thursday:	9:00am–10:30am
Fee:	\$3.85 per class

### Mahjong

Tuesday & Friday:	9:00am–2:00pm
Fee:	No Fee

### Creative Yarn and Stitches

Wednesday:	9:00am–11:30am
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

### Chen Tai Chi Exercises (Silk-reeling Exercises)

Wednesday:	12:00pm–1:00pm
Fee:	\$8 per class

### Senior Aerobics/Fitness for Seniors

Thursday:	1:30pm–2:30pm
Fee:	\$3.85 per class

### Line Dancing Progressive Series

Thursday:	6:00pm–7:30pm
Fee:	\$7.50 per class

### Line Dancing

Friday:	9:00am–10:00am (beginner) 10:00am–11:00am (intermediate)
Fee:	\$5 per class or \$8 for both classes

### Sunday Social Dance

1st Sunday monthly:	1:00pm–4:00pm
Fee:	\$10 per class

## 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 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





**Millbrae**  
*Goes to the Movies*

Disney PIXAR **ELEMENTAL**

**Wonka**

August 9 September 13

**Central Park**  
**Movie starts at Sunset**

MILLBRAE LIONS INTERNATIONAL

MILLBRAE

**Millbrae**  
*Goes to the Movies*

Inside the Millbrae Recreation Center  
October 11  
December 13  
Movies start at 6:30 PM

SAVE THE DATE

Learn more [bit.ly/millbraemovies](https://bit.ly/millbraemovies)



MILLBRAE RECREATION PRESENTS:

# Beats, Brews & Vines

**MUSIC**  
**DRINKS**  
**DANCING**  
**FOOD**

## UPCOMING CONCERTS

**BROADWAY & HILLCREST, DOWNTOWN MILLBRAE**

### AUGUST 15

6:00-7:30 pm  
**THE JOINT CHIEFS**  
R&B, FUNK & SOUL

8:00-9:30 pm  
**DEE COCO & MIXX CO.**  
HIGH ENERGY PARTY

### SEPTEMBER 19

6:00-7:30 pm  
**MAMBO STREET**  
FUNKY LATIN SOUL & SALSA

8:00-9:30 pm  
**LOS MENDOZA Y FRIENDS**  
HIGH ENERGY PARTY

### OCTOBER 17

6:00-7:30 pm  
**THE GTC BAND**  
YOUR DJ'S FAVORITE BAND

8:00-9:30 pm  
**NATIVE ELEMENTS**  
LIVE REGGAE DANCE PARTY!

**BEER & WINE AVAILABLE FOR PURCHASE**  
**GRAB A BITE TO EAT FROM LOCAL RESTAURANTS**  
**COME & ENJOY THE SHOW!**





# BE A PART OF MILLBRAE'S TOMORROW!

Contribute to the Millbrae of tomorrow and foster positive outcomes in our community!

SERVE ON A  
**COMMISSION  
OR COMMITTEES**

## APPLY TODAY!

- Community Enhancement Advisory Committee
- Cultural Arts Advisory Committee
- Economic Vitality Advisory Committee
- Parks and Recreation Commission
- Planning Commission
- Senior Advisory Committee
- Sister Cities Commission
- Youth Advisory Committee

For more information  
Scan:





Report | Track | Connect  
In case of emergency call 9-1-1

Millbrae Works powered by SeeClick Fix is the fastest, easiest way for you to submit non-emergency requests to your community, stay updated and initiate change in your community.

Download on the  
**App Store**

GET IT ON  
**Google Play**

SCAN TO  
SUBMIT YOUR  
FIRST REQUEST  
TODAY!



**SEECLICKFIX.COM/MILLBRAE**

# Senior

Your paragraph text

## STORIES



**1st Tuesday monthly at 10:00am  
Millbrae Recreation Center**

**Please come join us for FREE coffee, pastries  
and storytelling!**

**Learn about other people in our community  
as they share their life story.**

**No RSVP necessary.**

**All are welcome!**

**If you would like to share your story,  
please contact Millbrae Recreation  
at 650-259-2364**



**GAME | PRIZES | DESSERT**  
**MILLBRAE RECREATION CENTER**  
**477 Lincoln Circle**  
**FRIDAY, AUGUST 23 AT 6:30PM**  
**\$5.00 TO BE PAID AT THE DOOR**  
**18+ AND OLDER ONLY**

**PLEASE RSVP BY  
AUGUST 19 BY CALLING  
650-259-2338**





# Grow a garden this year!

## RENT A PLOT IN THE MILLBRAE COMMUNITY GARDEN

**PLOT INFO:**  
**SIZE: 4X8FT**  
**DEPOSIT:\$131.00**  
**YEARLY DUES:\$103.72**  
**(\$62.23 FOR SENIORS & LOW INCOME)**

**Join the waitlist @**  
[bit.ly/milrec](https://bit.ly/milrec)  
**For more information**  
**contact**  
**erosales@ci.millbrae.ca.us**  
**650-259-2365**



Millbrae Community  
Enhancement Advisory  
Committee

# Compost Workshop

with UC Master Gardener Leslie Muenneman

**Sunday**  
**Sept 15, 2024**

**1:00-2:00 PM**  
 Millbrae Community Garden

**Learn to make healthy compost!**  
 suppress weeds  
 improve drainage  
 retain soil moisture



**To register scan the QR code or visit**  
<https://bit.ly/MillbraeCompost>

Questions? Contact CEAC Staff Liaison Annabelle Acosta  
[aacosta@ci.millbrae.ca.us](mailto:aacosta@ci.millbrae.ca.us) (650)652-2706



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

PRSRT STD  
U.S. Postage  
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Burlingame, CA.  
Permit No. 115

\*\*\*\*\*ECRWSEDDM\*\*\*\*\*  
POSTAL CUSTOMER



The poster features a green background with white line art of origami cranes on the left and right sides. At the top center is a purple fan-shaped logo with the text "Millbrae JCF 祭". In the center is a large purple square with a white border containing the text "19th Annual MILLBRAE JAPANESE CULTURE FESTIVAL". Below this square, the event details are listed in black text.

**19th Annual  
MILLBRAE  
JAPANESE  
CULTURE  
FESTIVAL**

**Sunday, October 6, 2024 10:30 AM ~ 4:30 PM**  
**Civic Center Plaza 1 Library Avenue, Millbrae, CA 94030**  
presented by  
**the Millbrae Japanese Culture Festival Committee**  
For general information, please call 415-602-1660  
[www.japaneseculturefest-millbrae.org](http://www.japaneseculturefest-millbrae.org)  
**FREE Admission**

**Sponsorship is available.**



A row of logos for sponsors and partners. From left to right: BentoSprout (three colored dots), JOEY OLIVA real estate (stylized text), Norio Miyabayashi (text), LONGFELLOW (text with a yellow star logo), SOUTH SAN FRANCISCO SCAVENGER COMPANY, INC. (text with a logo), TOKYO EXPRESS CO., INC. (text with a red circular logo), Media Sponsor: (text with a logo), and THE DAILY JOURNAL (text with a logo).

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**Norio Miyabayashi**  
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**Peninsula HEALTH CARE DISTRICT**  
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**MILLBRAE City of Millbrae**  
**Nominal Supporter:**  
**Consulate General of JAPAN San Francisco**  
**Millbrae Community TV**