EXCITING FALL ACTIVITIES FROM PARKS AND REC

The Cabrillo Pavilion renovation is entering its final phases this fall. The historic waterfront building—restored, retrofitted, and upgraded into a state-of-the-art community recreation center and event space—is scheduled to open in late 2019.

As in years past, the revitalized Pavilion will host many aquatics programs and summer camps, including the Santa Barbara Junior Lifeguard Program. It will serve Santa Barbara year-round with a reception desk and registration site. The Pavilion’s first floor, facing East Beach, will house La Sirena restaurant, a fitness room, new locker rooms, and multipurpose and conference rooms.

Follow @sbparksandrecrec on social media and visit the Pavilion’s website to keep up with the latest project news, including Pavilion reopening celebrations!

La Sirena restaurant, a fitness room, new locker rooms, and multipurpose and conference rooms.

WHAT’S INSIDE...

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YOUTH DANCE CLASSES
YOUTH FITNESS
FREE CLASSES WEEK

SB PARKS AND REC ACTIVITIES
sbparksandrecrec.org/activities

REGISTRATION FOR FALL PROGRAMS STARTS AUGUST 15TH!
VARSITY TENNIS WITH COACH LAUREN STRATMAN

INTERMEDIATE

NTTRP 3.5–4.0. This player can place shots with consistency, and is consistent with slow- to medium-paced rally, comfortable with all strokes. The player should have control when using power. This class is taught by USPTA professional Lauren Stratman.

Location: Municipal Tennis Center
Info (805) 564-5573
9/11–10/18 M 6:00–7:15pm $112–$124
10/12–11/15 W 6:00–7:15pm $112–$124

HEAVY HITTERS WITH COACH BEN NCUBE

ADVANCED

NTTRP 4.0 and above. This player can maintain a hard rally from the baseline; must serve with consistency, and play tennis on a regular basis.

Location: Municipal Tennis Center
Info (805) 564-5573
9/10–10/14 M 6:00–7:15pm $112–$124
10/13–11/05 M 6:00–7:15pm $112–$124

Sports Leagues for Adults

Team registration forms are required for all adult sports leagues.

BASKETBALL LEAGUE

AGES 18 AND UP

Join the City Basketball League! Good competition and referees. Fall, spring, and summer leagues. All games scheduled and played at Santa Barbara City College’s basketball gym. Eight-week season. Choose your game night when you register. Tuesday or Thursday game times are 7:00, 7:45, or 8:30.

Location: Santa Barbara City College
Info (805) 564-5422
10/21–12/5 Th 7:30pm–9:00pm $500/team

BASKETBALL LEAGUE

AGES 18 AND UP

Get in on our popular spring and summer beach volleyball leagues for every skill level and playing experience. Divisions include co-ed, men’s, and women’s doubles (AA, A, or B divisions). League teams play two matches per night on East Beach volleyball courts. Eight-week season.

Location: East Beach Volleyball Courts
Info (805) 564-5422

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10/21–12/5 Th 7:30pm–10:00pm $500/team

INDOOR VOLLEYBALL LEAGUE

AGES 18 AND UP

Play volleyball year-round! Indoor volleyball leagues offered September through March for every skill level and playing experience. Divisions include co-ed, men’s, and women’s doubles (AA, A, or B divisions). Eight-week season.

Location: Santa Barbara City College
Info (805) 564-5422
9/28–11/25 M/W 8:00–9:00pm $460/team

FALL CO-ED AND WOMEN’S DIVISIONS

9/30–11/25 M 7:00pm–9:00pm $360/team

WINTER CO-ED DIVISION

1/21–3/22 M 7:00pm–9:00pm $360/team

WINTER WOMEN’S DIVISION

1/21–2/25 M 7:00pm–9:00pm $360/team

DANCE CLASSES FOR ADULTS

ARGENTINE TANGO

Experience the wonders of the Argentine tango! Fardad Michael Serry’s instruction is personalized to help you improve. The one-on-one format allows you to progress in your technique and reach your dance goals. This class is fun, educational, and a thrilling dive into the world of Argentine tango.

Location: Carrillo Recreation Center
Info (805) 897-2529
Drop-in fee $25
9/25–10/20 W 8:00–9:30am $120–$132
11/12–11/26 W 8:00–9:30am $120–$132
11/12–11/26 W 8:00–9:30am $120–$132
2/24–3/23 M 5:30–7:00pm $76–$84

BALLETT

AGES 15 AND UP

Co-ed divisions (60+), with small goals, no goalse, and no off-sides. League games are fast paced with lots of goals! Skill is rewarded over strength. Spring and summer league matches played at Santa Barbara City College’s La Playa Stadium. Eight-week season. Friday game times: 6:00, 7:00, or 8:00.

Location: Carrillo Ball Park or SBCC
Info (805) 564-5422
10/30–12/11 WFT 6:00pm–8:00pm $500/team

SOCcer LEAGUE

FRIDAY NIGHT soccer

AGES 18 AND UP

Junior (ages 10–14), and Co-ed (ages 15–18). The rules are the same as for men’s and women’s leagues. Weekly games.

Location: Santa Barbara City College
Info (805) 564-5422
1/24–3/30 F 6:00pm–8:00pm $460/team

FITNESS FOR ADULTS

BODILYNES WITH WHITNEY KOEER

The signature high energy, non-stop, music driven workout that combines strength, coordination, and flexibility to create a toned, agile body.

Location: Carrillo Recreation Center
Info (805) 897-2519
Punch card $115 ($5 visits), $220 (10 visits)
Drop-in fee $25
9/24–10/20 Th 7:00pm–9:00pm $76–$84
11/12–12/9 Th 7:00pm–9:00pm $76–$84
1/7–2/4 Th 7:00pm–9:00pm $76–$84
2/21–3/18 Th 7:00pm–9:00pm $76–$84

FITNESS AT THE REC

Fun, efficient, lunchtime fitness classes that will have you feeling great, de-stressed and back to work in no time! Classes are taught by rock-star instructors and personal trainers in downtown Santa Barbara at the Carrillo Recreation Center. All fitness levels are welcome and no previous experience is necessary.

Location: Carrillo Recreation Center
Info (805) 897-2519
Membership $30/month for all classes

CORE AND CONDITIONING WITH CINDY

PILATES EXHES WITH SYLVIA

SCULPT AND STRETCH WITH BEBEKOA

HAPPY DOGS

In June, the Parks and Recreation Department opened a new off-leash dog park at MacKenzie Park. Since then, it’s been full of happy dogs (and their humans) every day! Have you and your dog tried out the park? Even if you’re dog-tired, stop by and enjoy the sight of joyful canines getting their exercise and socialization time in.

STATE AND DE LA VINA STREETS

CITY OF SANTA BARBARA PARKS AND RECREATION DEPARTMENT
JAZZERCISE

Every Jazzercise group dance fitness class combines dance-based cardio with strength training and stretching to sculpt, tone, and lengthen muscles for maximum fat burn. Choreographed to today’s hottest music, Jazzerc-
ise is a fusion of jazz dance, aerobic exercise, resistance training, Pilates, yoga, and kick-box-
ing. Start dancing fit today too!

Online registration is not available for this program.

Location: Carrillo Recreation Center
Info: (805) 897-2919

Punch card $66 (monthly unlimited classes)

Drop-in fee $15/month

Weekly 5:30–6:30

Casual $12–$15

SENIOR ACTIVITIES

BRIDGE FREE!

Party and duplicate bridge is offered weekly at the central-located Louise Lowry Davis Center.

Info: (805) 997-2519

TUESDAY DUPLICATE BRIDGE

Weekly T 1:15–4:15 Free

THURSDAY PARTY PAIRS BRIDGE

Weekly Th 1:20–4:20 Free

KNITTING CLUB FREE!

Get together and knit for great causes—or just enjoy the company of other knitters as you work on the project of your choice.

Info: (805) 997-2519

Weekly W 9:00–11:30 Free

SENIOR ENRICHMENT FREE!

A variety of social and educational programs for seniors at a convenient downtown location.

Info: (805) 997-2519

Weekly 10:00–2:00

Casual $15

INCLUSIVE YOGA FOR ALL ABILITIES

A full-inclusive class where everyone is wel-
come. This is a fun class where people of all ages and abilities can use yoga as a way to be-
come stronger and more flexible, develop core strength, and improve overall health. Learn to modify and adapt yoga postures to suit your needs. Please bring a yoga mat and towel.

Location: Carrillo Recreation Center
Drop-in fee $60

9/3–10/20 W 4:00–5:00 $32–$35
11/2–11/21 W 4:00–5:00 $32–$35
11/21–12/16 W 4:00–5:00 $32–$35
12/16–12/22 W 4:00–5:00 $32–$35
1/6–1/12 T 10:00–11:30 $32–$35
1/12–1/17 T 10:00–11:30 $32–$35
1/17–1/21 Th 10:00–11:30 $32–$35
1/21–1/28 Th 10:00–11:30 $32–$35

KOLBE FITNESS

Instructor Jessica Kolbe offers tai chi and qi-
gong classes at the Louise Lowry Davis Center. Improve balance and reduce stress. Slow, gen-
tle movements will stretch and exercise your body. Guided meditations will make you feel relaxed and peaceful. Gain vitality and a sense of well being. Classes may be taken seated or standing—open to all ages and abilities.

Online registration is not available for this program.

Location: Louise Lowry Davis Center
Info: (805) 897-2919

Punch card $116–$128 (12 visits)

Drop-in fee $2/day

Weekly M 10:00–11:00

Casual $2/day

MARTIAL ARTS

Improve your balance, strength, flexibility, and coordination. You’ll learn kung fu workouts and self-defense techniques, strengthening your mind/body connection through conscious movement. In addition to kung fu, this class will also help some students unlock barriers in the body through taichi martial art movement for better health and energy.

Location: Carrillo Recreation Center
Info: (805) 897-2919

Drop-in fee $157

9/4–10/13 T 7:00–9:00 $76–$84
11/5–12/12 T 7:00–9:00 $76–$84
1/6–2/17 T 7:00–9:00 $76–$84
2/16–3/24 T 7:00–9:00 $76–$84

ZUMBA WITH JOSSETTE

Are you ready to party yourself into shape? That’s exactly what Zumba is all about. It’s an exhilarating, effective, easy-to-follow, Latin-in-
spired, calorie-burning dance fitness-party that’s moving millions of people toward joy and health.

Online registration is not available for this program; please purchase a punch card at the Carrillo Recreation Center.

Location: Carrillo Recreation Center
Info: (805) 897-2919

Punch card $50 (1 visit); $75 (12 visits); $250 (5-week unlimited)

Drop-in fee $20

Weekly M 7:00–8:30

Casual $32–$35

PRIVATE SWIM LESSONS

ALL AGES

Students in our private swim lessons learn to swim as fast as possible because they get the full attention of their instructor for every min-
ute of each half-hour session. Lessons are tai-
lored to individual needs, and our instructors develop custom lesson plans for each student.

Location: Los Balios del Mar Pool
Info: (805) 299-2680

9/6–9/29 Sa 2:00–3:30 $115–$136

9/26–10/31 Th 10:30–11:30 $125–$146

10/5–10/26 Sa 12:00–1:10 $175–$196

Info: (805) 564-5495

AFTER-SCHOOL PROGRAMS

RAP: THE RECREATION AFTERSCHOOL PROGRAM FIRST THROUGH SIXTH GRADES

The Recreation After-school Program (RAP) provides homework assistance, recreation activities, sports, crafts, and special pro-
grams to first through sixth graders at lo-
cal elementary schools. RAP starts on the school days end and runs until 5:30 pm, keeping your child active and engaged in healthy, fun activities while you finish your workday.

Location: Adams, Monroe, Roosevelt, and Washington Schools
Info: (805) 564-5495

FREE!

AFTER-SCHOOL SURFING

AGES 5–16

Get your kids active and enjoying the beach and ocean after school with our new Aft-
ner-School Surfing program, from the creators of one of our most popular summer programs, Traveling Boogie and Surf Camp. Perfect for total beginners who’ve never stood up on a surfboard or intermediate surfers looking to challenge themselves. Unlimited weekday les-
sions with monthly pass.

Location: beach or campus point
Info: (805) 897-2680 or (805) 699-5371

September M–F 3:00–5:00 $200–$220

October M–F 3:00–5:00 $200–$220

November M–F 3:00–5:00 $200–$220

SKATEBOARDING

SKATE SATURDAYS

AGES 12 AND UNDER

This free, year-round version of our popular summertime skate clinic is a great way to get out and enjoy the fresh air every Saturday morning. Please call for details.

Location: Skateboard’s Point Skate Park
Info: (805) 564-5495

Weekly Sa 9:00–11:00 Free
**SOCCER**

**KIDZ LOVE SOCCER**
AGES RANGE FROM 7 TO 12

A lively, positive, and safe environment for kids to learn how to play soccer, developing a lifelong love for soccer and sports along the way.

Your child will learn the fundamentals of soccer in a high energy, non-competitive atmosphere that encourages great sportsmanship.

Location Dwight Murphy Field Info (805) 564-5422

MOMMY/DADDY AND ME

AGES 3–5

Mommy and Me classes are a fun and positive introduction to soccer for your youngest players and their parents. Entertaining activities promote motor skill development and cognitive skills. With a parent participating by their side, kids will have fun learning basic soccer skills such as catching, throwing, kicking, and listening.


10/2–10/11 W 4:00–5:20pm – 10:17–11:08 $89–$99

**SOCCER 2 SKILLS AND SCRAMMAGES**

AGES 7-10

A great introduction to competitive soccer, Skills and Scrammages teaches advanced skills, such as dribbling, passing, and shooting, in a team format, as well as an introduction to goal-tending.


**SOCCER 3 MATCH PLAY**

**SCRAMMAGES**

AGES 7-10

A perfect class for older kids who want the most fun out of their soccer experience. The thrill of match play without the intense competition and time commitment of competitive league play.

10/1–11/9 W 4:00–5:20pm – 10:17–11:08 $107–$118

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**TOOT SOCCER**

CHASE the ball. Toot Soccer helps kids learn to伊始 part of a structured group activity without a parent by their side. Games build skill and self-esteem and prepare tots to start running and kicking—just like the big kids.


**PRE-SOCCKER**

AGES 4–5

Kick and pass! Pre-Soccer helps youngsters develop a lifelong love of soccer while they begin to learn playing on a team. In addition to building their soccer skills, Pre-Soccer kids begin learning the fundamentals of sportsmanship through sharing, passing, and being aware of other players.


**SOCCER 1 TECHNIQUES AND TEAMWORK**

AGES 7–10

Time to scrimmage! Soccer 1 teaches the basics of soccer dribbling, passing, shooting, and everything in between. Soccer 1 is well-suited to the first-time player, while still being fun and engaging for kids who already have some soccer experience.


9/21–9/30 Sa 10:00–11:30am – 10:17–11:08 $107–$118

**Soccer 2**

**Soccer 3**

**SCRAMMAGES**

AGES 7-10

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