

Highlands Rec Hoopsters w/ FUNdamenta! HOOPS

Hoopsters with FUNdamental HOOPS is an instructional basketball class for boys and girls that emphasizes proper basketball technique through FUN drills and games to establish good basketball playing habits.

Dates: 1/21-3/18

No Hoopsters: 2/18/17

Fees: \$95/100 per player, \$5/sibling discount

Location: HRC Gym

K-1st Grades:

*Note: K-1st will play at either 11:15am, 11:45am or 12:15pm
Approximately 30 minutes of skills & drills: dribbling, passing, shooting & defense

2nd-3rd Grades:

10:15-11:15am

-Approximately 1 hour of skills & drills: dribbling, passing, shooting & defense

4th-5th Grades:

9:15-10:15am

-Approximately 45 minutes of skills & drills: dribbling, passing, shooting & defense

-15 min games: children will play instructional games

-All children will receive equal playing time, no score kept

-There will be a referee to officiate the 15 min scrimmages

This program is not sponsored by the
San Mateo-Foster City School District.



1851 Lexington Avenue • San Mateo, CA 94402
(650) 341-4251 • highlandsrec.ca.gov

EST. 1957

Intro to STEM with LEGO®

Tap into your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as: Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

Ages: K-5th Grades

Location: Highlands Recreation Center MPR

Instructor: Play-Well TEKnologies Staff

M 1/23-3/6 3:30-4:45pm \$150/155

Young Rembrandts Children's Drawing

Ring in the New Year with a Young Rembrandts class for your elementary student. Our budding artists will have the opportunity to flex their creative muscle as they take on fun, artistic challenges like our Jack Russell Terrier and even More Emojis in the month of January. February brings fun and culture into the classroom as our students' learn about masquerade and dive into the mind of master artist Romero Britto. In the month of March, get ready for some dinosaur sized excitement as your elementary student recreates the ferocious T-Rex Young Rembrandts style! Time to enroll! **No Class: 2/17.**

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

F 1/20-3/31 3:30-4:30pm \$200/205

Kuk Sool Won Martial Arts

Little Dragons (Ages 6 and up) - Kuk Sool Won is known for building character, while gaining strength, flexibility and self-esteem. Martial arts have been shown to improve performance in school and other sports, because it improves focus and coordination. \$50 material fee paid to instructor.

Ages: 6 years old and over

Location: Highlands Recreation Center Gym

Instructor: San Mateo Kuk Sool Won Staff

W 1/18-3/22 1:05-1:50pm \$185/190



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Beginner Acoustic or Electric Guitar & Ukulele Lessons

Group lessons predicated on our belief that every person, regardless of age, is a capable person. We introduce the student to the musical alphabet (chromatic scale) and how the letters (notes) are put together to form chords. Then we practice stringing (pun intended) chords together to form songs. Finally we play the individual notes of the chords to create transitions, or 'solos'. Each lesson practices strumming patterns, fingerpicking, melody, and harmony. We sing, too! Instruments not provided.

Ages: 4 years old and over

Location: Highlands Recreation Center MPR

Instructor: Brett Burdette

Ages: 4-6

W 1/18-3/22 3:00-3:30pm \$300/305

Ages: 7-10

W 1/18-3/22 3:30-4:00pm \$350/355

W 1/18-3/22 4:00-4:30pm \$350/355

Creative Cooking

Join Junior Chef Stars for a creative culinary journey. In these 9 classes, you will explore exciting pairings of sweet and savory, unique ingredients and lots of opportunities to challenge your own creativity in the kitchen! \$80 material fee paid to instructor. **No Class: 2/21.**

Ages: 6 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Junior Chef Stars Staff

T 1/24-3/28 4:00-5:30pm \$200/205

US Chessmates

Chess teaches critical and abstract thinking, planning, logic and patience. U.S. Chess Mates makes learning chess very easy and is suited for all levels from beginner to advanced. Each class will include 30 minutes of instruction and 30 minutes of tournament games. We will create a learning experience that will encourage our students to learn and analyze the game of chess. Learning Outcomes: Chess has been known to improve math skills and encourage self discipline. Chess also encourages life skills such as patience, thinking ahead, critical thinking and analysis.

Ages: 5 to 14 years old

Location: Highlands Recreation Center MPR

Instructor: US Chessmates Staff

Th 1/19-3/23 4:30-5:30pm \$1150/155



DONATE TODAY!

Give the Gift of Opportunity!

Please consider an **end-of-year, tax-deductible donation** to the San Mateo-Foster City Education Foundation. Join the re-energized SMFCEF and help us grow. Together, we can provide more programs in the following areas:

- The Arts: music (instruments, instruction), drama, and art (program fees, supplies)
- Enrichment: field trips, assemblies, and math & science events
- Wellness: assemblies & staff training (mindfulness, emotional intelligence), athletics (K-8), PE & sports equipment
- Technology: hardware and software, technology focused assemblies
- Curriculum: teacher grants and classroom & library materials (books, subscriptions)

DONATE TODAY! Your investment helps our students realize the benefits of a strong school district. The more we grow, the more we can do for your children.

Donate online at www.smfcedfund.org OR return this form to your school office or by mail to:

SMFC Education Foundation, 1170 Chess Drive, Foster City, CA 94404

Thank you for your support. Any amount is appreciated!

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| <p>Donor Name _____</p> <p>Donor Name 2 _____</p> <p>Mailing Address _____</p> <p>_____</p> <p>Phone _____ School _____</p> <p>E-mail _____</p> <p>SMFCEF publishes the first and last names of all donors. If you prefer a different listing, specify here _____</p> <p>_____</p> <p><input type="checkbox"/> I would like my name to remain anonymous. (Your name will not be included on any public list.)</p> <p>Be an agent of change - VOLUNTEER!</p> <p><input type="checkbox"/> YES, I would like to help</p> <p>Preferred contact: <input type="checkbox"/> Phone <input type="checkbox"/> Email</p> <p>My employer has a volunteer program. _____</p> <p><i>List your employer's name to help determine how we can work together to support SMFCEF.</i></p> | <p>I would like to donate:</p> <p><input type="checkbox"/> \$100 <input type="checkbox"/> \$500 <input type="checkbox"/> \$2,500</p> <p><input type="checkbox"/> \$250 <input type="checkbox"/> \$1,000 <input type="checkbox"/> Other \$ _____</p> <p><input type="checkbox"/> Option 1: Check payable to SMFC Education Foundation</p> <p><input type="checkbox"/> Option 2: Online via Paypal or credit card Go to www.smfcedfund.org</p> <p><input type="checkbox"/> Option 3: Monthly recurring payments Charge my credit card \$ _____ per month Debit my checking account \$ _____ per month <i>(Our preferred method; please enclose a voided check)</i></p> <p><input type="checkbox"/> My employer will match my donation.</p> <p>Employer's name: _____</p> <p><i>List your employer's name to determine if their matching program will increase your donation to SMFCEF.</i></p> <p>_____</p> <p>Credit Card # _____</p> <p>Exp. Date _____ CVV# _____ <i>(3 digit code on back of card)</i></p> <p>Name on Card _____</p> <p>Billing Address _____</p> <p>Signature _____</p> |
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This year, through generous contributions from corporations, parents, and our community, the SMFCEF helps fund:

- Music education at every elementary school (5th grade vocal & instrumental instruction)
- After-school athletics at our middle schools (athletic directors, coaches and referees)

Thank you! Your SMFC Education Foundation donation reaches every school in the San Mateo-Foster City School District.



¡Dar el regalo de oportunidad!

Por favor considere una donación deducible de impuestos, de fin de año a la Fundación para la Educación de San Mateo y Foster City. Únete a la SMFCEF revitalizado y ayudarnos a crecer. Juntos, podemos ofrecer más programas en:

- Las artes: música (instrumentos, instrucción), teatro y arte (honorarios y materiales del programa)
- Enriquecimiento: excursiones, asambleas y eventos de matemáticas y ciencias
- Bienestar: atletismo (primaria y secundaria), PE, artículos deportivos, asambleas y la formación del personal
- Tecnología: el hardware y el software, asambleas enfocadas en tecnología
- Plan de estudios: becas de maestros y materiales de clase y la biblioteca (libros, suscripciones)

¡DONE HOY! Su inversión ayuda a nuestros estudiantes a obtener los beneficios de un fuerte distrito escolar. Cuanto más crecemos, más podremos hacer por sus hijos.

Donar en línea en www.smfcedfund.org o devolver este formulario de devolución a su oficina de la escuela o por correo:
SMFC Education Foundation, 1170 Chess Drive, Foster City, CA 94404
Gracias por tu apoyo. Cualquier cantidad es apreciada!

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| <p>Nombre del Donante _____</p> <p>Nombre del Donante 2 _____</p> <p>Dirección de envío _____</p> <p>Tel _____ Escuela _____</p> <p>Correo electrónico _____</p> <p>SMFCEF publica los nombres y apellidos de todos los donantes. Si usted prefiere un perfil diferente, especifique aquí</p> <p><input type="checkbox"/> Quiero mantenerme anónimo. (Su nombre no aparecerá en ninguna lista pública.)</p> <p>Ser un agente de cambio - VOLUNTARIOS!</p> <p><input type="checkbox"/> Sí, me gustaría ayudar</p> <p>Contacto preferido: <input type="checkbox"/> Teléfono <input type="checkbox"/> Correo electrónico</p> <p>Mi empleador tiene un programa de voluntarios. _____</p> <p><i>Anote el nombre de su empleador para ayudar a determinar cómo podemos trabajar juntos para apoyar SMFCEF.</i></p> | <p>Me gustaría donar:</p> <p><input type="checkbox"/> \$100 <input type="checkbox"/> \$500 <input type="checkbox"/> \$2,500</p> <p><input type="checkbox"/> \$250 <input type="checkbox"/> \$1,000 <input type="checkbox"/> Otra \$ _____</p> <p><input type="checkbox"/> Opción 1 : Cheque a nombre de SMFCEF</p> <p><input type="checkbox"/> Opción 2 : En línea a través de Paypal o tarjeta de crédito Ir a www.smfcedfund.org</p> <p><input type="checkbox"/> Opción 3 : pagos mensuales recurrentes</p> <p><input type="checkbox"/> Cargue a mi tarjeta de crédito de \$ _____ por mes Retire de mi cuenta de cheques \$ _____ por mes <i>(Nuestro método preferido; por favor, adjunte un cheque anulado)</i></p> <p><input type="checkbox"/> Mi empleador podría igualar mi donación.</p> <p>Nombre de empleador: _____</p> <p>Tarjeta de crédito # _____</p> <p>Fecha de caducidad _____ CVV# _____ (Código de 3 dígitos en el reverso de la tarjeta)</p> <p>Nombre en la tarjeta _____</p> <p>Dirección del estado de cuenta _____</p> <p>Firma _____</p> |
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Este año escolar, a través de generosas contribuciones de corporaciones, padres y nuestra comunidad, el SMFCEF ayuda a financiar:

- La educación musical en cada escuela primaria (5º grado de instrucción vocal y instrumental)
- Atletismo después de clases en las escuelas intermedias (directores deportivos, entrenadores y árbitros)

¡Gracias! Su SMFCEF donación llega a todas las escuelas del distrito escolar de San Mateo y Foster City.

Highlands Recreation Center WINTER CAMP 2016

Winter Break is here! What will your kids do for the next 3 weeks? Send them to Highlands Rec. for a few weeks of FUN! Our camp will be filled with engaging activities like sports, cooking, art, swimming, and more!

K-8TH GRADE
7:30AM-6PM
CPR/FIRST AID CERTIFIED STAFF
RECREATION SWIMMING
2 DAILY SNACKS

Week 1: 12/19-12/23

THEME DAYS

Monday 12/19: Candy Cane Lane
Tuesday 12/20: Reindeer Games
Wednesday 12/21: Jungle Jamz
Thurs 12/22: Field Trip-
Video Game Truck
Friday 12/23: Chillin' & Grillin'



Week 1: 12/26-12/30

THEME DAYS

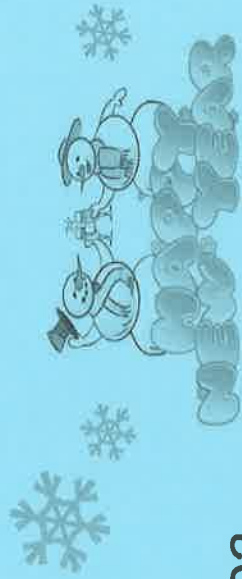
Monday 12/26: Icy Adventures
Tuesday 12/27: Cool Crafts
Wednesday 12/28: Snow Ballin'
Thurs 12/29: Field Trip-
San Mateo Movies
Friday 12/30: Fuzzy Wuzzy

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| Resident/Non-Resident Fees: | |
| Daily Fee | \$ 75/80 |
| Field Trip Day Rate | \$ 85/90 |
| Weekly Fee | \$ 300/320 |

Week 3: 1/2-1/6

THEME DAYS

Monday 1/2: Polar Party
Tuesday 1/3: Ice, Ice, Baby
Wednesday 1/4: Winter Wonderland
Thurs 1/5: Field Trip-
Pump It Up
Friday 1/6: Freeze For Fun



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