

Highlands Rec Hoopsters w/ FUNdamental HOOPS

distributed
4/25/18

Instructional Basketball for Boys & Girls, Grades K-5th

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. Your children will learn the FUNdamentals of basketball in a supportive, relaxed environment and work on shooting, dribbling, and footwork basics with Coach Tony and Coach Mike. We group the children by age to best serve their developmental needs. Coach Tony and Coach Mike have more than 40 years of coaching experience combined and want to share their love of the game with your children. No Class: 5/26

Sa 4/28-6/9 9:15am-12:10pm \$100/105

Ages	Times
7-8	9:15am-10:10am
9-10	10:15am-11:10am
11-12	11:15am-12:10pm

Youth Tennis Lessons

Pre-Tennis

This class is for youth with little experience or instruction. They will be instructed in the basic fundamentals of proper grip, forehand, backhand, serve, and volley. Although flexible, Tennis I students typically range in age from 6-10 years old. Lessons held on Court 1. No Class: 5/28, 7/4.

M/W	4/16-5/9	3:30-4:00pm	\$76/81
M/W	5/14-6/13	3:30-4:00pm	\$86/91
M/W/F	6/25-7/20	1:30-2:00pm	\$105/110
M/W/F	7/23-8/10	1:30-2:00pm	\$86/91

Youth Tennis I

This is an introductory tennis class for students, ages 3-6 years old that teaches balanced movement, footwork skills, and hand-eye coordination. Lessons held on Court 1. No Class: 5/28, 7/4.

M/W	4/16-5/9	4:00-5:00pm	\$120/125
M/W	5/14-6/13	4:00-5:00pm	\$135/140
M/W/F	6/25-7/20	2:00-3:00pm	\$165/170
M/W/F	7/23-8/10	2:00-3:00pm	\$135/140

Youth Tennis II

This class improves upon what was learned in Youth Tennis I and introduces tennis strategy to the students. Students typically range in age from 8-13 years. Lessons held on Court 1. No Class: 5/28, 7/4.

M/W	4/16-5/9	5:00-5:00pm	\$120/125
M/W	5/14-6/13	5:00-5:00pm	\$135/140
M/W/F	6/25-7/20	3:30-4:30pm	\$165/170
M/W/F	7/23-8/10	3:30-4:30pm	\$135/140

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 w/ LEGO®

Tap into your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Design and build as never before and explore your craziest ideas in a supportive environment. There are no prerequisites for this course. No Class: 5/28.

Ages: K-5th Grades

Location: Highlands Recreation Center MPR

Instructor: Play-Well TEKnologies Staff

M 4/16-6/11 3:30-4:30pm \$200/205

U.S. Chessmates

Chess teaches critical and abstract thinking, planning, logic, and patience. U.S. Chessmates 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.

Ages: 5-14 years old

Location: Highlands Recreation Center MPR

Instructor: U.S. Chessmates Staff

Th 4/19-6/14 4:30-5:30pm \$150/155

After School Golf

Aces Junior Golf Club is a great way to introduce your young player to GOLF! Throughout class students will learn about our character development themes: respect, responsibility and integrity and how they relate to life on and off the golf course. Students will also learn proper swing fundamentals, golf rules, and safety procedures to take to the course. All classes held at the Highlands Elementary School Grass Field.

Ages: 1st-5th Grades

Location: Highlands Elementary School Field

Instructor: Aces Jr. Golf Staff

W 4/18-5/16 1:00-2:00pm \$175/180

W 5/23-6/20 1:00-2:00pm \$175/180

Young Rembrandts Children's Drawing

It's spring time and that can only mean one thing: SPRINGTIME FUN WITH YOUNG REMBRANDTS! If your child enjoys the outdoors they will love the upcoming Hummingbird lesson filled with color and whimsy. We'll be drawing all season creating motorcycles, boats, animating dinosaur expressions, and funny anime characters. These drawings will delight our students as they learn how to draw dynamic figures and action-filled scenes. And we'll have an enormous amount of fun as we draw cartoon animals of all shapes and sizes doing their favorite hobbies. Sign up today!

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

F 4/20-6/15 3:35-4:35pm \$200/205

Beginner Acoustic Guitar & Ukulele Lessons

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 are not provided.

Ages: 4 years old and over

Location: Highlands Recreation Center MPR

Instructor: Brett Burdette

Ukulele Lessons

W 4/18-5/16 2:30-3:00pm \$150/155

W 5/23-6/20 2:30-3:00pm \$150/155

Ukulele Lessons

W 4/18-5/16 3:00-3:30pm \$150/155

W 5/23-6/20 3:00-3:30pm \$150/155

Guitar Lessons

W 4/18-5/16 3:30-4:00pm \$150/155

W 5/23-6/20 3:30-4:00pm \$150/155



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EST. 1957



LIVE · LEAD · LEARN

Elementary School

Shoot For The Stars
with School Lunch!

5 Star Meals Offered Daily

- ★ Protein
- ★ Grain
- ★ Fruit
- ★ Vegetable
- ☆ Milk



MAGIC STARS

- ★ ½ Cup of Fruit
- ★ ½ Cup of Vegetable

A complete meal must have 3 or more stars

1 STAR must be a **Magic Star**



Menus for May 2018



San Mateo-Foster City
School district Child
Nutrition services

This institution is an equal opportunity provider and employer.



MAY BIRTHDAYS

- Henry Cavill (35) -- May 5
- Florence Nightingale -- May 12
- Lorraine Hansberry -- May 19
- Mary Cassatt -- May 22
- Gr-Eazy (29) -- May 24
- Walt Whitman -- May 31



Available Daily

**Lunch Hot Entrée's or Yogurt Basket
(Yogurt, String Cheese and Crackers)
or WOWBUTTER Sandwich, or Hummus
Basket (Hummus, Cheese, Crackers)**

Fruit and Vegetable

**Choice of Fat Free Chocolate or
1% White Milk**

Menu subject to change

Tuesday, May 1

Breakfast
Breakfast Bar
or Cereal
Yogurt
Fruit

100% Fruit Juice
Choice of Milk

Lunch

BBQ Chicken Drumstick with
Texas Toast
or
Chicken Corn Dog

Wednesday, May 2

Breakfast
Cinnamon Pancake
or Cereal
Yogurt
Fruit

100% Fruit Juice
Choice of Milk

Lunch

Breaded Chicken Patty on a
Whole Grain Bun
or
Chicken Corn Dog

Thursday, May 3

Breakfast
Fresh Baked Muffin
or Cereal
Yogurt
Fruit

100% Fruit Juice
Choice of Milk

Lunch

Spaghetti & Beef Meatballs
or
Chicken Corn Dog

Friday, May 4

Breakfast
Mini Waffle or Cereal
Yogurt
Fruit

100% Fruit Juice
Choice of Milk

Lunch

Cheese Pizza
or
Chicken Corn Dog

Monday, May 7

Breakfast
Cinnamon Roll or Cereal
Yogurt
Fruit

100% Fruit Juice
Choice of Milk

Lunch

Chicken Nuggets
or
Beef Cheeseburger

Tuesday, May 8

Breakfast
Mini Pancakes
or Cereal
Yogurt
Fruit

100% Fruit Juice
Choice of Milk

Lunch

Turkey Nachos
or
Beef Cheeseburger

Wednesday, May 9

Breakfast
Breakfast Bun
or Cereal
Yogurt
Fruit

100% Fruit Juice
Choice of Milk

Lunch

Cold Turkey Sandwich
or
Beef Cheeseburger

Thursday, May 10

Breakfast
Fresh Baked Muffin
or Cereal
Yogurt
Fruit

100% Fruit Juice
Choice of Milk

Lunch

Breaded Chicken Drumstick
on Loaded Mashed Potatoes
or
Beef Cheeseburger

Friday, May 11

Breakfast
Mini French Toast
or Cereal
Yogurt
Fruit

100% Fruit Juice
Choice of Milk

Lunch

Cheese Pizza
or
Beef Cheeseburger


distributed 4/25/18

VEGETABLE

Sugar Snap Peas

You can eat the entire snap pea, pod and all! They're sweet, crunchy, and delicious, raw or steamed, and a cup contains 2.5 grams of protein and 2.5 grams of fiber.

OF THE MONTH




Brain Ticklers

How far can a fox run into the forest?

(Fold the page upside down and read it in a mirror for the answer!)

LEARNING QUIL of the poster April 19th 11:2



Prepay On-line!



Breakfast

\$1.50

Lunch

\$2.50

mySchoolBucks.com

<p>Monday, May 14</p> <p>Breakfast Banana Bread or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch French Toast Sticks Beef Sausage Patty or Chicken Corn Dog</p>	<p>Tuesday, May 15</p> <p>Breakfast Breakfast Bar or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Breaded Chicken Patty on a Whole Grain Bun or Chicken Corn Dog</p>	<p>Wednesday, May 16</p> <p>Breakfast Cinnamon Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Turkey Pepperoni Stuffed Sandwich or Chicken Corn Dog</p>	<p>Thursday, May 17</p> <p>Breakfast Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Spaghetti & Beef Meatballs or Chicken Corn Dog</p>	<p>Friday, May 18</p> <p>Breakfast Mini Waffle or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Cheese Pizza or Chicken Corn Dog</p>
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<p>Monday, May 21</p> <p>Breakfast Cinnamon Roll or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Chicken Nuggets or Beef Cheeseburger</p>	<p>Tuesday, May 22</p> <p>Breakfast Mini Pancakes or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Turkey Nachos or Beef Cheeseburger</p>	<p>Wednesday, May 23</p> <p>Breakfast Breakfast Bun or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Breaded Popcorn Chicken w/Orange Sauce over Rice or Beef Cheeseburger</p>	<p>Thursday, May 24</p> <p>Breakfast Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Macaroni & Cheese or Beef Cheeseburger</p>	<p>Friday, May 25</p> <p>Breakfast Mini French Toast or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Cheese Pizza or Beef Cheeseburger</p>
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<p>Monday, May 28</p> <p>MEMORIAL DAY NO SCHOOL TODAY</p>	<p>Tuesday, May 29</p> <p>Breakfast Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Cheese Filled Bread Sticks or Chicken Corn Dog</p>	<p>Wednesday, May 30</p> <p>Breakfast Cinnamon Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Breaded Chicken Patty on a Whole Grain Bun or Chicken Corn Dog</p>	<p>Thursday, May 31</p> <p>Breakfast Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p>Lunch Spaghetti & Beef Meatballs or Chicken Corn Dog</p>
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We're here to serve all kids 18 and under lunch all SUMMER long!
Convenient, economical, healthy meals every summer weekday!

All Kids Eat Free!

No paperwork necessary must be 18 or under

June 25th to August 10th



Monday-Friday, noon - 12:30 pm
College Park, LEAD, and BaySide Schools



distributed 4/25/18

Summer Camp

JUNE 25 - AUGUST 3 2018

MONDAY-FRIDAY/LUNES A VIERNES

8:00AM-6:00PM

\$50 MEMBERSHIP FEE

\$40 DAILY RATE

\$160 PER WEEK FOR 1-2 WEEKS

\$125 PER WEEK FOR 3-4 WEEKS

\$100 PER WEEK FOR 5-6 WEEKS

\$600 ENTIRE CAMP

*LUNCH AND FIELD TRIPS NOT INCLUDED IN WEEKLY RATE

JOIN US THIS SUMMER!

WE WILL BE COMBATING SUMMER LEARNING LOSS EVERY MORNING WITH OUR SUMMER BRAIN GAIN ACADEMY. OUR AFTERNOONS WILL BE FULL OF FUN-FILLED ACTIVITIES RANGING FROM STEM, ART, CODING, AND SPORTS.



SPOTS ARE LIMITED, SIGN YOUR KIDS UP FOR OUR SUMMER CAMP!
WE WILL HAVE ACADEMIC MORNINGS, FUN FILLED AFTERNOONS,
AND WEEKLY FIELD TRIPS!

ESPACIOS SON LIMITADOS, REGÍSTRE A SUS HIJOS PARA NUESTRO CAMPAMENTO DE VERANO! TENEMOS ACADÉMICAS POR LA MAÑANA, DIVERSIÓN POR LA TARDE Y EXCURSIONES SEMANALES.

SUMMER INFO MEETING? REUNION DE INFORMACION:

4/20/18 6PM

200 N QUEBEC ST, SAN MATEO CA . (650) 347-9891 EXT 113

THIS EVENT/PROGRAM IS NOT SPONSORED BY THE SAN MATEO-FOSTER CITY SCHOOL DISTRICT



