



# Alum Rock Youth Center

137 N. White Rd., San José 95127

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 Supervisor: Ed Solis  
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 Bus Line: 71 and 64

Types of programs: Youth programs, After School recreation, leisure classes (all ages), rentals, sports leagues, and special events.

## ARTS AND CRAFTS

### Cake Décor \$35

Learn fun and easy cake decorating basics. Work with icing: how to make it, color it, prep it, and decorate with it. A supply list will be provided when the participant sign-up.

*Instructor: Liu*

| Course #  | Day | Date     | Time         | Age | Mtg. | Loc. |
|-----------|-----|----------|--------------|-----|------|------|
| 289.4.703 | W   | 4/21-6/9 | 9:30-10:25am | 18+ | 8    | AR   |

### Experimental Drawing \$45

This class will develop your creative decisions through multi-faceted drawing projects. In this course, different approaches to drawing will be explored in order to initiate creative process, generate and evaluate ideas, and help define and examine personal limitations. Instead of structured assignments, a student must encounter the problems and uncertainties, as well as the pleasures of a working artist. This class will introduce the conceptual aspect of art making as well as practical aspect. Emphasis is geared towards developing and recognizing our own personal idiosyncrasies and instincts by taking risks beyond our normal boundaries. A supply list will be provided when the participant sign-up.

*Instructor: Miki*

| Course #  | Day | Date      | Time     | Age | Mtg. | Loc. |
|-----------|-----|-----------|----------|-----|------|------|
| 289.4.708 | F   | 4/23-6/11 | 10am-1pm | 18+ | 8    | AR   |

### Flower Arrangement \$35

Fun and easy floral creations using vases, baskets, thread, and more. Each day students will make something new and take them home. A supply list will be provided when the participant sign-up.

*Instructor: Liu*

| Course #  | Day | Date     | Time       | Age | Mtg. | Loc. |
|-----------|-----|----------|------------|-----|------|------|
| 289.4.709 | W   | 4/21-6/9 | 11-11:55am | 18+ | 8    | AR   |

### Miss Vanessa Arts & Crafts \$50

In this arts and crafts class children are encouraged to let their creative energy flow. Art and crafts are made from a variety of items: tissue paper, paper maché, and much more. All supplies are provided and student will take their creation home.

*Instructor: Liu*

| Course #  | Day | Date     | Time     | Age | Mtg. | Loc. |
|-----------|-----|----------|----------|-----|------|------|
| 289.4.101 | W   | 4/21-6/9 | 3-3:55pm | 5-6 | 8    | AR   |
| 289.4.102 | W   | 4/21-6/9 | 4-4:55pm | 7-9 | 8    | AR   |

### Miss Vanessa Arts & Crafts \$50

Children are encouraged to let their creative energy flow. Art and crafts are made from a variety of items: cardstock, sculpy, beads, wire, and much more. All supplies are provided and student will take their creation home.

*Instructor: Liu*

| Course #  | Day | Date     | Time        | Age   | Mtg. | Loc. |
|-----------|-----|----------|-------------|-------|------|------|
| 289.4.103 | W   | 4/21-6/9 | 5:30-6:25pm | 10-12 | 8    | AR   |
| 289.4.104 | W   | 4/21-6/9 | 7-7:55pm    | 13+   | 8    | AR   |

### Oil Painting – Beginning/Intermediate \$45

This class is an introduction to technical aspects of oil painting. To begin a painting, one needs to understand the medium itself. Manipulation of the medium is then required to carry out the expression. We will begin with projects that focus on practical concerns of “optical perception”, meaning skills and techniques. Later, we will attempt to practice use of color by using landscapes as a subject matter. A supply list will be provided when the participant sign-up.

*Instructor: Miki*

| Course #  | Day | Date     | Time     | Age | Mtg. | Loc. |
|-----------|-----|----------|----------|-----|------|------|
| 289.4.702 | W   | 4/21-6/9 | 10am-1pm | 18+ | 8    | AR   |

## DANCE

### Ballet/Tap \$40

This class is designed for beginning dance student to learn ballet/tap. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital. Participants must be toilet trained.

*Instructor: Dance Art Academy*

| Course #  | Day | Date      | Time            | Age  | Mtg. | Loc. |
|-----------|-----|-----------|-----------------|------|------|------|
| 289.4.201 | T   | 4/20-6/8  | 12:30-1:30pm    | 3-6  | 8    | AR   |
| 289.4.202 | F   | 4/23-6/11 | 11:30am-12:30pm | 3-6  | 8    | AR   |
| 289.4.203 | T   | 4/20-6/8  | 3:30-4:30pm     | 5-11 | 8    | AR   |

### Hip Hop Dance \$40

Explore beginner and intermediate Hip Hop dance, music and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and overcome performance anxiety and of course have fun doing it.

*Instructor: Dance Art Academy*

| Course #  | Day | Date     | Time        | Age | Mtg. | Loc. |
|-----------|-----|----------|-------------|-----|------|------|
| 289.4.204 | T   | 4/20-6/8 | 5:30-6:30pm | 11+ | 8    | AR   |

### Jazz/Hip Hop Dance \$40

Explore beginner and intermediate Hip Hop dance, music and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and overcome performance anxiety and of course, have fun doing it.

*Instructor: Dance Art Academy*

| Course #  | Day | Date      | Time         | Age | Mtg. | Loc. |
|-----------|-----|-----------|--------------|-----|------|------|
| 289.4.205 | Th  | 4/22-6/10 | 12:30-1:30pm | 3-6 | 8    | AR   |



**MUSIC/THEATER ARTS**

**Song and Dance \$40**

Students will learn dance movement and sing. Students will dance to age appropriate music. Parents are allowed to stay for the first 10 minutes of the first class day and for the recital.

*Instructor: Dance Art Academy*

| Course #  | Day | Date      | Time         | Age | Mtg. | Loc. |
|-----------|-----|-----------|--------------|-----|------|------|
| 289.4.206 | Th  | 4/22-6/10 | 12:30-1:30pm | 3-6 | 8    | AR   |

**SPORTS AND FITNESS**

**Aerobics \$30**

Work at your own pace to a high-energy format. In class, you will get your overall workout with emphasis on toning muscle, gaining strength, and increasing flexibility, while improving cardiovascular level. Total fitness put to music. No children allowed in class. Please bring a floor mat or towel.

*Instructor: Wright*

| Course #  | Day | Date     | Time   | Age | Mtg. | Loc. |
|-----------|-----|----------|--------|-----|------|------|
| 289.4.701 | Sa  | 4/17-6/4 | 9-10am | 18+ | 8    | AR   |

**Cardio Tai-Chi \$130 M/W; \$65 Th**

Learn the art of Tai Chi while strengthening your cardio-vascular system. This course teaches seven to ten traditional tai-chi movements which exercise every major muscle group in a low impact aerobic workout. Work at your own pace. Movements are performed in the more common slow tai-chi manner during cool down. Students also learn preliminary drills for self-defense applications.

*No class 5/31 Instructor: Dr. Mackay (M/W); Roman (Th)*

| Course #  | Day | Date      | Time    | Age | Mtg. | Loc. |
|-----------|-----|-----------|---------|-----|------|------|
| 289.4.704 | M/W | 4/19-6/14 | 10-11am | 18+ | 16   | AR   |
| 289.4.705 | Th  | 4/22-6/10 | 10-11am | 18+ | 8    | AR   |

**Floor Gymnastics \$40**

Do you like to move? Come and learn basic gymnastics skills such as cartwheels, backbends, handstands, and more.

*Instructor: Dance Art Academy*

| Course #  | Day | Date      | Time        | Age  | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 289.4.501 | T   | 4/22-6/10 | 4:30-5:30pm | 5-11 | 8    | AR   |
| 289.4.502 | T   | 4/22-6/10 | 6:30-7:30pm | 11+  | 8    | AR   |

**Gymnastics - Parent and Tot \$40**

This is a parent participation class where the parent can work with their child to stimulate development through music, games, and body awareness. Only registered participant are allowed in class.

*Instructor: Dance Arts Academy*

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 289.4.503 | T   | 4/20-6/8  | 2:30-3:30pm | 3-6 | 8    | AR   |
| 289.4.504 | F   | 4/23-6/11 | 1:30-2:30pm | 3-6 | 8    | AR   |

**Gymnastics - Tiny Tots \$40**

This class is designed to teach basic gymnastics skills, including movement exploration, balance and coordination. Parents may attend 10 minutes of the first class and a performance at the last class meeting only.

*Instructor: Dance Art Academy*

| Course #  | Day | Date      | Time         | Age | Mtg. | Loc. |
|-----------|-----|-----------|--------------|-----|------|------|
| 289.4.505 | T   | 4/20-6/8  | 1:30-2:30pm  | 3-6 | 8    | AR   |
| 289.4.506 | F   | 4/23-6/11 | 12:30-1:30pm | 3-6 | 8    | AR   |

**Karate (Shotokan) \$76**

Funakoshi Shotokan karate teaches traditional Japanese Karate, along with Japanese culture, philosophy, history, and language. All classes include self-defense and stress the importance of self-confidence and mental discipline. Wear loose and comfortable clothing the first day. Check with instructor for more details on clothing requirements. There is additional fee for belt testing and certification payable to the instructor.

*Instructor: Funakoshi*

| Course #  | Day  | Date      | Time        | Age | Mtg. | Loc. |
|-----------|------|-----------|-------------|-----|------|------|
| 289.4.507 | T/Th | 4/20-6/10 | 3:30-4:25pm | 5+  | 16   | AR   |

**Karate (Shotokan) – Intermediate \$76**

Students that have already studied Funakoshi Shotokan and earned the rank of yellow belt and above. Intermediate and advanced katas (forms) and tournament style kumite(sparring) are taught. There is additional fee for belt testing and certification, payable to the instructor.

*Instructor: Funakoshi*

| Course #  | Day  | Date      | Time        | Age | Mtg. | Loc. |
|-----------|------|-----------|-------------|-----|------|------|
| 289.4.508 | T/Th | 4/20-6/10 | 4:30-5:25pm | 5+  | 16   | AR   |

*Satisfaction is important to us.*  
 We want to provide quality programs to all participants. If you are not satisfied with your program, let us know. Contact staff at your local facility, call 408-277-4661, or email [PRNS@ci.sj.ca.us](mailto:PRNS@ci.sj.ca.us)



**SPORTS AND FITNESS**

**Self Defense for Women \$65**

This course covers mental, physical, and other related aspects of self-defense. It teaches you how to avoid being a victim, methods of becoming fit and capable of self defense in a broader sense. All levels are welcome. The techniques are simple, effective and designed especially for woman.

*Instructor: Dr. Weng*

| Course #  | Day | Date      | Time   | Age | Mtg. | Loc. |
|-----------|-----|-----------|--------|-----|------|------|
| 289.4.710 | Sa  | 4/24-6/12 | 12-2pm | 16+ | 8    | AR   |

**Stretching \$30**

One of the easiest and most effective ways to maintain flexibility and prevent injury is to stretch. Learn strengthening exercises for abdominal and back muscles. All fitness levels can enjoy this safe and effective class.

*Instructor: Wright*

| Course #  | Day | Date     | Time            | Age | Mtg. | Loc. |
|-----------|-----|----------|-----------------|-----|------|------|
| 289.4.711 | Sa  | 4/17-6/4 | 11:30am-12:30pm | 18+ | 8    | AR   |

**Step and Body Sculpturing \$30**

In this class, you will enjoy a combination of step aerobics and muscle toning activities. Both men and women can benefit from the program that helps to make men more "buffed" and women more shapely while becoming more fit. Work at your own level from easy to advanced. Student must bring their own step.

*Instructor: Wright*

| Course #  | Day | Date     | Time          | Age | Mtg. | Loc. |
|-----------|-----|----------|---------------|-----|------|------|
| 289.4.712 | Sa  | 4/17-6/4 | 10:15-11:15am | 18+ | 8    | AR   |

**Shuai-chiao \$55**

Shuai-chiao is the earliest form of Kung Fu (Chinese Martial Arts). It has been taught in military, as well as law-enforcement in China since Chou Dynasty (500BC). Shuai-chiao includes techniques of punches, kicks, throws, and joint controls. It has become a great competitive sport, with standardized black belt ranking system from United States Shuai-chiao Association in the United States. The United States, has won many gold medals from international events held in China, France, and Brazil in the past 10 years. The class is good for beginners.

*No Class 5/31*

*Instructor: Fraser*

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 289.4.509 | M/W | 4/19-6/14 | 3:30-4:30pm | 13+ | 16   | AR   |

**Tai-Chi – Introductory \$65**

Tai Chi is an ancient movement art for maintaining physical well being as well as promoting peace of mind. The class teaches a series of movements and related exercises that improve balance, flexibility, and coordination while promoting relaxation and providing an introduction to Taoist philosophy. The class also gives students the flexibility to work at their own pace, and choose movements and exercises that best meet their needs: be their overall fitness, stress reduction, or introduction to Tai-Chi principles.

*Instructor: Hertanu (Th); Dr. Weng (Sa.)*

| Course #  | Day | Date      | Time    | Age | Mtg. | Loc. |
|-----------|-----|-----------|---------|-----|------|------|
| 289.4.706 | Th  | 4/22-6/10 | 8-10pm  | 18+ | 8    | AR   |
| 289.4.707 | Sa  | 4/24-6/12 | 10-12pm | 16+ | 8    | AR   |

**Yoga \$15**

The physical practice of Yoga reduces agitation and returns the individual to his or her personal power. Lessons are based on a variety of yoga postures, emphasizing stretching and toning muscles, relieving tension, and cultivating mind to body awareness. Wear loose clothing.

*Instructor: George*

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 289.4.713 | F   | 4/23-6/11 | 8:30-9:30am | 18+ | 8    | AR   |

**SPORTS CAMPS**

**Basketball Camp \$115**

The Alum Rock Youth Center will inspire you to reach a playing level you never dreamed possible by having you experience a highly professional positive basketball environment. Camps open to boys and girls from beginners to advanced. Players will be group by age and ability. You may sign up for both camps. (We must have at least 8 campers enrolled for camp to run.)

| Course #  | Day | Date      | Time       | Age  | Mtg. | Loc. |
|-----------|-----|-----------|------------|------|------|------|
| 289.4.801 | M-F | 4/12-4/16 | 8:30am-4pm | 8-17 | 5    | AR   |

**Extended Basketball Camp \$35**

Extended Camp is design for parent who are unable to pick up their camper until after 4pm. Camper will have activities designed other then basketball until their parents pick them up. (We must have at least 5 campers enrolled for extended camp to run.)

| Course #  | Day | Date      | Time  | Age  | Mtg. | Loc. |
|-----------|-----|-----------|-------|------|------|------|
| 289.4.802 | M-F | 4/12-4/16 | 4-6pm | 8-17 | 5    | AR   |

**Soccer Camp \$115**

The Alum Rock Youth Center will inspire you to reach a playing level you never dreamed possible by having you experience a highly professional positive soccer environment. Boys and girls from beginners to advanced. Players will be group by age and ability. You may sign up for both camps. (We must have at least 8 campers for camp to run.)

| Course #  | Day | Date      | Time       | Age  | Mtg. | Loc. |
|-----------|-----|-----------|------------|------|------|------|
| 289.4.803 | M-F | 4/12-4/16 | 8:30am-4pm | 8-17 | 5    | AR   |

*Our Mission: To support the livability of neighborhoods, offer opportunities for individuals to enjoy life, and strengthen communities of people.*



**SPORTS CAMPS**

**Extended Soccer Camp \$35**

Extended Camp is design for parent that can't pick up their camper until after 4 pm. Camper will have activities designed other then Soccer until their parents pick them up. (We must have at least 5 campers for extended camp to run.)

| Course #  | Day | Date      | Time  | Age  | Mtg. | Loc. |
|-----------|-----|-----------|-------|------|------|------|
| 289.4.804 | M-F | 4/12-4/16 | 4-6pm | 8-17 | 5    | AR   |

**YOUTH CENTER**

Youth Center Programs are free to youth ages 10-17 years old.

**Student Union – Open Monday-Friday 2-6pm**

- College Enrichment Programs (Financial aid, college entry, and expectations)
- College Trips
- Guest Speakers and life skill

**Computer Lab – Open Monday-Friday 2-6pm**

- Tutoring
- Homework help
- Reading Club
- Quiet Time (3-4:30pm)

**Game Room – Open Monday-Friday 2-6pm**

- Tournaments every other Thursday (Ping Pong, Pool, Air Hockey, and Foosball)
- Tournaments against other youth centers (Every third Tues. 5-6pm)
- Field Trips

**Gym**

- Open gym (Monday 3:30-7:30pm and Friday 3-6pm)
- Wednesday Sports League.

**Additional Programs Offered at The Alum Rock Youth Center.**

- Parent Referral Resources
- Youth Intervention Referral Services
- Disability Resource
- Therapeutic Recreation Program
- S.T.A.N.D.
- Sentencing Alternatives Program



**Employment Opportunities**  
 Full-time and Part-time opportunities are listed online at [jobs.cityofsj.org](http://jobs.cityofsj.org)

**Volunteer San José**

*Interested in volunteering?* There are dozens of opportunities for families, community groups, neighborhood, business and employee associations and residents of all ages to volunteer as a group, or individually. You can prune roses, read to children, pick up litter, paint over graffiti, work with animals, help at Christmas in the Park or run a giant Monopoly game . . . to just name a few! Your time commitment can be as much or as little as you can spare. Call "Volunteer San Jose" at 408-277-4000 and join thousands of others who are connected to the community. Get Involved, become a Volunteer!

**You Can Make a Difference!**