

# University Village Fall 2009 Programs!



## Sports

### Wednesday Basketball Classes

Grades 2-4: 2:30 - 3:30pm (Beginners)

Grades 3-5: 3:30 - 4:30pm (Some Experience Required)

Grades 6-8: 4:30 - 5:30pm (Beginners Welcome)

**Oct 21 - Dec 16 (8 weeks--no class Nov 11)**

\$92 General Public/\$76 UCB Affiliates/  
\$67 Village Residents

Classes will provide an environment for basketball fun and skill development. Dexterity ball handling drills, offensive and defensive patterns, improvement through fun and hard work will be stressed.

Location: Community Center Gymnasium  
Instructor: Rick Slettedahl

### Saturday and Sunday Basketball Leagues

Grades 2-4: Sat 3:00 - 4:30pm

Grades 4-7: Sun 2:00 - 6:30pm

**Oct 17 & 18 - Dec 12 & 13**

**(8 weeks--No League Nov 28 & 29)**

\$92 General Public/\$76 UCB Affiliates/  
\$67 Village Residents

Skill development, teamwork and good sportsmanship will be emphasized. Clinic format for the first 2 weeks. Game times will vary weekly and will be set after the teams are formed on Week 3.

Location: Community Center Gymnasium  
Director: Rick Slettedahl

## Soccer

Ages 5-7: Sun 10:30 - 11:30am or 12:30 - 1:30pm

Ages 8-11: Sun 11:30am - 12:30pm

**Session 1: Sep 13 - Oct 18**

**Session 2: Oct 25 - Dec 6 (no class Nov 29)**

\$67 General Public/\$57 UCB Affiliates/  
\$49 Village Residents

Soccer skill, such as kicking and passing will be taught each week. Scrimmages will begin as the children's skills advance.

Location: Classes meet on Fielding Field at the terminus of 5th St. near Harrison (cross the footbridge over Codornices Creek) or in the event of rain, in the Community Center Gym  
Instructor: Teale Matteson

## Cub Soccer

Ages 3, 4, & 5: Wed 2:00 - 2:45pm

**September 9-October 14**

**General Public: \$67; UCB Affiliates: \$57;  
Village Residents: \$49**

Soccer skill, such as kicking and passing will be taught each week. Scrimmages will begin as the children's skills advance during the last 15 minutes of each class.

Location: Classes meet on Fielding Field at the terminus of 5th St. near Harrison (cross the footbridge over Codornices Creek) or in the event of rain, in the University Village Community Center Gym  
Instructor: Teale Matteson

## Beginning Skateboarding

Ages 5-7: Wed 2:30 - 3:30 pm or Sat 9:30 - 10:30 am

Ages 8-11: Sat 10:30 - 11:30 am

**Sep 9 or 12 - Oct 14 or 17**

\$67 General Public/\$57 UCB Affiliates/  
\$49 Village Residents

Learn basic techniques, pushing, carving, turning to ollies using flat ground, small launch ramps & small grind rails. Participants must bring a good quality skateboard, helmet, knee and elbow pads.  
Instructor: Tobe O'Neal

## Intermediate Skateboarding

Ages 7-11 years: Weds 3:30-4:30 pm

**Sep 9 - Oct 14 (6 weeks)**

\$67 General Public/\$57 UCB Affiliates/  
\$49 Village Residents

Further develop skills with small launch ramps, grind rails, and advance flat ground techniques. Participants must bring a good quality skateboard, helmet, knee and elbow pads.  
Instructor: Tobe O'Neal

## Chess

Ages 7-12: Mon 5-6pm

**Session 1: Sep 14 - Oct 26 (7 weeks)**

**Session 2: Nov 2 - Dec 14 (7 weeks)**

\$84 General Public/\$70 UCB Affiliates/  
\$56 Village Residents

Learn the basics of chess and move through the advanced strategies.

Location: Community Center Cafe  
Instruction: Berkeley Chess School

## Art

### Art & Gym

Ages 2-4: Tues 11:30am-12:30pm

**Oct 27 - Dec 15 (no class Nov 24)**

\$89 General Public/\$74 UCB Affiliates/  
Free for Village Residents

A parent participation class for 2-4 year olds that allows a "free play" atmosphere including both gymnastics and art! The children will be encouraged to explore the world of movement in our gymnasium (like in our regular Gymnastics Plus program) and the visual arts in the art studio.

Location: Community Center Art Room  
Instructors: Matt Schwey & staff



### Messy Art

Ages 3-4: Tues 2:30-3:15pm

**Oct 27-Dec 15 (no class Nov 24)**

\$89 General Public/\$74 UCB Affiliates/  
\$65 Village Residents

For all those projects too messy to do at home! Gluing, paper mache, painting, printing, ooblek & more!

Location: Community Center Art Room  
Instructor: Staff

### I Love Art

Ages 5-8: Tues 3:30 - 4:30 pm or 4:45 - 5:45pm

**Oct 27-Dec 15 (no class Nov 24)**

\$89 General Public/\$74 UCB Affiliates/  
\$65 Village Residents

Painting, drawing, three-dimensional objects and collage enable the child to express his or her imagination visually.

Location: Community Center Art Room  
Instructor: Staff

**Register on our website**

<http://villagerecreation.berkeley.edu>

University Village Recreation Program  
<http://villagerecreation.berkeley.edu>  
University Village  
1125 Jackson St.  
Albany, CA 94706  
510.524.4926



# Movement Arts

## Gymnastics Plus

Ages 9 mo-11 yrs

**Session 1: Sep 8-Oct 24 (7 weeks)**

**Session 2: Oct 27-Dec 19**

**(7 weeks - no classes Nov. 11 and 24-28)**

*Instructional Classes*

\$90 General Public/ \$74 UCB Affiliates/\$63 Village Residents

*Parent Participation*

\$74 General Public/\$60 UCB Affiliates/\$52 Village Resident

Movement, music and gymnastics for children 9 mo-11 yrs. A combination of play-based and instructional curricula. Classes meet for 45 minutes, once a week.

Location: Community Center Gymnasium

Director: Dawn Martin-Rugo

Head Instructor: Matthew Schwey

### Tuesday

9:30 - Parent Participation (18 mo-3 yrs)

10:30 - Parent Participation (2 1/2 -4 yrs)

1:30 - 3 & 4 yrs

2:30 - 4, 5 & 6 yrs

3:30 - 5, 6 & 7 yrs

4:30 - Intermediate

(Instructor's permission required)

### Wednesday

9:30 - 4, 5 & 6 yrs

10:30 - 3, 4, & 5 yrs

11:30 - 3 & 4 yrs

### Thursday

9:30 - Parent Participation (9-21 mo)

10:30 - Parent Participation (18 mo-3 yrs)

11:30 - 3 & 4 yrs

1:30 - 3 & 4 yrs

2:30 - 4, 5 & 6 yrs

3:30 - 5, 6 & 7 yrs

4:30 - 5, 6 & 7 yrs

5:30 - Parent Participation (2 1/2-4 yrs)

### Friday

9:30 - Parent Participation (18 mo-3 yrs)

10:30 - 3 & 4 yrs

11:30 - 3, 4 & 5 yrs

12:30 - 3 & 4 yrs

### Saturday

9:30 - Parent Participation (15 mo-2.5 yrs)

10:30 - Parent Participation (18 mo-3 yrs)

11:30 - 3 & 4 yrs

12:30 - 5 - 11 years old

1:30 - 3 & 4 yrs

# Music

## Piano, Ukulele & Guitar Lessons

Private lessons may be arranged through the Recreation Office and are conducted in the Practice Room in the Community Center. Please contact us for details.

## Taiko Drumming

Ages 11-15: Tues 6:00 - 7:00pm

\$60/mo General Public/UCB/Village Residents

(includes materials and drum maintenance fee)

Develop self-expression and musical creativity through the indigenous Japanese drumming instrument called *taiko*. Although *taiko* has existed in Japan for several centuries, used in rituals and ceremonies, it has become an innovative musical instrument. We seek to improve the player's power, speed, rhythm and other important aspects of drumming skills.

Location: Crossroads Room

Instructor: Kensuke Sumii

# Language Arts

## English Language Learner Classes

Ages: 1st -2nd Graders Mon & Wed: 3:30 - 4.25pm

Ages: 3rd-5th Graders: Mon & Wed: 4:30 -5:30pm

**Sep 28-Nov 4**

\$120 General Public/\$108 UCB Affiliates/

\$90 Village Residents

**Call about once per week option!**

*Help your child get a strong start!* Small class size (4 max) ensure that all students get special attention as they master English at their own pace. Meaning, grammar and vocabulary will be covered each day. Games and role play will be used to give children realistic practice in situations with which they are familiar.

Location: Art Room

Instructor: Staff

# Martial Arts

## Capoeira

Fri: 4:00-5:00 pm

Village Residents & General Public: \$60/mo

(ask about our family discounts)

Originating in Brazil, a form of dance and marital arts that encompasses self-defense techniques, acrobatics and music.

Location: Community Center Gym

Director: Mestre Beicola Instructor: Victoria Bryant

## Kojasho Karate

Ages 9 yrs and up; Mon & Thurs 7:00 - 8:00pm

\$60.00/mo General Public/UCB/Village Residents

An eclectic karate style that spans many approaches ranging from traditional Japanese karate to soft "internal" styles such as T'ai Chi.

Location: Community Center Gym and the Four Corners Room.

Instructor: Ken Cober & Staff

# After School Program

## Kids' Corner

Grades 4-5

Mon- Fri until 6:30pm

Please call or visit our website for day & fee schedule options. Kids' Corner is an after-school recreation program which offers a safe atmosphere where children can learn and play in a well organized but flexible environment.

Location: Community Center Kids' Corner Room

Director: Dara Birnbaum

Head Teacher: Kerry Mitchell (510) 526-7637

# Staff

**Mestre Beicola**, a native of Brazil and master teacher of Capoeira for over 20 years, continues his work building the Capoeira Nahara school. He has been Champion of Capoeira Federation of Rio de Janeiro Competitions and has created several school of Capoeira in Berkeley, Palo Alto and Rio de Janeiro.

**Dara Birnbaum** started Albany Kids' Corner in 1987 to meet the needs of students and working parents. She has worked in Early Childhood Development for the past 26 years with families from many cultures and serves as the Youth Services Director at the University Village.

**Ken Cober** began his study of Kojosho karate in 1990 and received his black belt in 1994. At that time he became an assistant instructor in Kojosho karate. Since 1999 he has been the main instructor of the Berkeley Albany class. He currently now holds a fourth-degree black belt.

**Dawn Martin-Rugo** has taught and coached gymnastics since 1972. She has worked with Masayuki Watanabe, Muriel Grossfeld, Fritz Reiter among other elite level and national coaches over the years. She served on the coaching staff for the UCB Women's Gymnastics team with Dan Millman and was one of the founding coaches for Golden Bear Gymnastics. She has directed the Gymnastics Plus program since 1986 and the University Village Recreation Program since 1992.

**Teale Matteson** founder and director of Pacific Soccer has been coaching soccer for the past 18 years. He was the Assistant Coach for the Men's Soccer team at Cal from 1985-87 and is currently coaching at St. Mary's College High School and the ACCYSL Mavericks. He has served as an evaluator for the Olympic Development Program and provided coaches training through the ACCYSL.

**Kerry Mitchell** holds a BA in from UC Berkeley in Developmental Psychology. She began working with Village Recreation in 2000 while she was a University Village resident. she currently serves as the Yough Services Coordinator and the Albany Kids Corner Head Teacher.

**Matt Schwey** hails from Florida via the South Bay where he worked with children in recreational settings as well as gymnastics competitors through Level 10 over the past 13 years. He holds a BS in Recreation and Leisure Services and is USA Gymnastics Safety Certified.

**Rick Slettedahl** a former collegiate player with the University of Washington, has been coaching for over 20 years. He holds a MA in Theology from the Dominican School of Philosophy and Theology. He directed the YMCA's Youth Basketball Program from 1993-95 and has been Youth Basketball Director at University Village since 1996.

**Kensuke Sumii** began practicing Taiko in 1999 and was trained by several teachers including Watanabe Yoichi, the leader of the Tokyo-based Taiko group, *Amanojaku*, between 2003 and 2006; Jimi Nakagawa, a founding member of Somei Yoshino Taiko Ensemble between 2000 and 2003; and Tanaka Sseiichi, the leader of San Francisco Taiko Dojo in 1999.

**About University Village Recreation Program** 

*University Village Recreation Program is a non-profit organization dedicated to serving families at the University of California and the community at large. We create programs and provide services that address the recreational needs and diversity of people living in our community. We are affiliated with the Positive Coaching Alliance based at Stanford, an organization committed to transforming youth sports. For more information about coaches' training or parent workshops, visit PCA's website: [www.positivecoach.org](http://www.positivecoach.org).*