



FALL ACTIVITY GUIDE

540 Crespi dr, Pacifica CA 94044 |

cityofpacifica.org/recreationservices | (650)738-7376

DANCE- CHA CHA WITH YLVA

Cha Cha, another fun Latin dance. It has a similar structure as Salsa and it can be danced not only to classic latin Cha Cha music but to many contemporary funky hit songs as well.

10/8/24-11/12/24

Tuesdays 6-7pm

Activity #40.836

\$84

More Info? Contact Ylva
at dance@chezylva.com

DANCE- BACHATA WITH YLVA

This is a mostly slower type of tempo and romantic dance that can be danced to many of the latest pop hit artists like Ed Sheeran, Adele Taylor Swift. It is easy and fun.

11/19/24-12/17/24

Tuesdays 7-8pm

Activity #40.878

\$70

More Info? Contact Ylva
at dance@chezylva.com

DANCE - SWING/LINDY WITH YLVA

Swing or Lindy can be danced to a lot of different kinds of music from big band to pop. Its really fun as well as great exercise. We start from basics and move on from there.

10/8/24-11/12/24

Tuesdays 7-8pm

Activity #40.834

\$84

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at dance@chezylva.com



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DANCE- SALSA WITH YLVA

Hot Latin dancing to spice up your summer. Salsa basics will carry you in the clubs and beyond. Easy and fun to learn.

11/19/24-12/17/24

Tuesdays 6-7pm

Activity #40.875

\$70

More Info? Contact Ylva
at dance@chezylva.com

DANCE- WORLD RHYTHMS WITH YLVA

We dance and sweat to music from all over the world like Salsa, Cha Cha, Samba, Kizomba, Bachata, Bollywood, Hip Hop and more, come join the fun!

10/9/24-12/11/24

Wednesdays 6-7pm

Activity #40.870

\$140

More Info? Contact Ylva
at dance@chezylva.com

YOGA WITH YLVA

Ease out of your busy day to get centered, stretched and relaxed. This is an all levels class. The theme is a slower form of Vinyasa (flow) with time to find your pose and placement.

10/9/24-12/11/24

Wednesdays 7-8pm

Activity #40.872

\$140

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at dance@chezylva.com



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PILATES

Pilates focuses on strengthening the core abdominal and back muscles. Pilates also improves posture, flexibility and balance.

Please wear comfortable clothing and bring hand weights and a yoga mat.

10/3/24-12/19/24

Thursdays 6:15-7:15pm

Activity #40.877

\$122

More Info? Contact Jasee at 650-787-8893

PILATES WITH DEEP RELAXATION

I focus on traditional Pilates exercise, rehabilitative exercises, stretching, and weights.

Your mind will feel relaxed, and your body rejuvenated.

10/7/24-12/16/24

Mondays 6:15-7:30pm

Activity #40.871

\$150

More Info? Contact Jasee at 650-787-8893

PILATES MONDAY AND THURSDAY

Pilates Monday and Thursday (in-person at Pacifica Community Center) Combo: \$23 discount -already taken out

See individual classes for info and dates.

10/3/24-12/19/24

Mon and Thurs

Activity #40.879

\$245

More Info? Contact Jasee at 650-787-8893



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GEMSTONES: WHAT YOU NEED TO KNOW BEFORE YOU BUY

Explore different kinds of gemstones, both common and unusual, their characteristics, imitations and synthetics.

10/7/24-11/25/24
Mondays 7-8:30pm
Activity #40.873
\$52

More Info? Kathleen at
kljgk3@yahoo.com

JEWELRY AND CRAFTING CLASS

Projects include working with beading, wire wrapping, cold connections, dapping, soldering, enameling and glass fusing. We even work with leather.

10/3/24-12/12/24
Thursdays 6:30-9pm
Activity #40.882
\$140

More Info? Contact
Angela at
a.boeldt@yahoo.com

REGISTRATION OPENS SEPTEMBER 23RD!

SCAN THE QR CODE TO REGISTER!





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TAI CHI - BEGINNER

Tai Chi is a continuously moving sequence of controlled movements, which can be used to improve balance, flexibility, cardiovascular health and physical/motor control.

10/1/24-12/17/24

Tuesdays 6-7pm

Activity #40.874

\$95

More Info?

Contact Irene at

sfnative39@hotmail.com

TAI CHI - INTERMEDIATE

Tai Chi is a continuously moving sequence of controlled movements, which can be used to improve balance, flexibility, cardiovascular health and physical/motor control.

10/1/24-12/17/24

Tuesdays 7-8pm

Activity #40.881

\$95

More Info?

Contact Irene at

sfnative39@hotmail.com

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MIXTISO'S CLASS WITH LIVE DRUMMERS

Mixtiso's dances are from tradition to modern, such as salsa tropical suelta, Guaguancó 6-8 Rhythms, a bit of afro-latin. Samba- reggae, cumbia, Danza Azteca and Hip hop & much more.

10/15/24-12/17/24

Tuesdays 4-5pm

Activity #40.833

\$120

More Info?

Contact Vanessa at

mixtiso20042001@yahoo.com

MIXTISO'S DRUM- PERCUSSION CLASS

You will learn basic patterns such as afro-Cuban and Puerto Rican rhythms. Furthermore basic hand technique on the conga. If you have a drum, you are welcome to bring one, if not one will be provided.

10/15/24-12/17/24

Tuesdays 5-6pm

Activity #40.881

\$120

More Info? Contact

[mixtiso20042001@yahoo](mailto:mixtiso20042001@yahoo.com)

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