

# Marinwood Rec Fall Classes

## Capoeira, Ages 5-12

Wednesdays

Capoeira is an AFRO-Brazilian martial art form that incorporated acrobatics, dance, percussion and songs in a rhythmic dialogue of body and spirit. It is a communal game in which two opponents play each other inside a circle, formed by other players who create rhythm for the game by singing and playing traditional handmade instruments.



## Junior Golf, Ages 5-12

Tuesdays

TGA Enrichment Programs are designed to allow kids to have fun in a safe environment learning and discovering the game of golf.



## Tae Kwon Do, Ages 5-11

Mondays and Thursdays

Your child will learn to defend themselves, gain self-confidence, and increase mental concentration. This program is designed to develop motor skills, balance, and self discipline. Both boys and girls are encouraged to experience this fun and confidence building program. This is a non-competitive curriculum.



## Sewing 101, Ages 6-10

Wednesdays

This class is designed to create excitement, comfort, confidence, and a love for sewing! Class will focus on back stitch, over sewing, blanket stitch, and running stitches, while incorporating art skills of screen printing and stamping to create our own fabric!

**Register at Marinwood  
Community Center or  
online:  
[www.marinwood.org](http://www.marinwood.org)  
(415) 479-0775**