



SPRING ACTIVITY GUIDE

540 Crespi dr, Pacifica CA 94044 |

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

DANCE- BACHATA WITH YLVA

Latin rhythms with a little romance. Bachata is here to stay and many salsa clubs have a special Bachata room! We start from basics and move on from there.

5/21/24-6/25/24

Tuesdays 6-7pm

Activity #40.635

\$84

More Info? Contact Ylva
at dance@chezylva.com

DANCE- CHA CHA WITH YLVA

Cha Cha, a fun and fast 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.

4/2/24-5/14/24

Tuesdays 7-8pm

Activity #40.636

\$98

More Info? Contact Ylva
at dance@chezylva.com

DANCE - LINDY/SWING WITH YLVA

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

4/2/24-5/14/24

Tuesdays 6-7pm

Activity #40.634

\$98

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DANCE- WEST COAST SWING WITH YLVA

W.C. Swing is slower type of swing danced in a slot instead of a more circular figuration. It can be enjoyed to a range of music from blues to hip hop. Its sassy, and sophisticated

5/21/24-6/25/24

Tuesdays 6-7pm

Activity #40.659

\$84

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!

4/3/24-6/26/24

Wednesdays 6-7pm

Activity #40.660

\$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.

4/3/24-6/26/24

Wednesdays 7-8pm

Activity #40.661

\$140

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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.

4/4/24-5/30/24

Thursdays 6:15-7:15pm

Activity #40.643

\$117

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.

4/8/24-6/3/24

Mondays 6:15-7:30pm

Activity #40.651

\$120

More Info? Contact Jasee
at 650-787-8893

PILATES MONDAY AND THURSDAY

Pilates Monday and Thursday (in-person at Pacifica Community Center & Zoom)

Combo: \$23 discount - already taken out
See individual classes for info and dates.

4/4/24-6/3/24

Mon and Thurs

Activity #40.665

\$214

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.

4/15/24-6/3/24

Mondays 7-8:30pm

Activity #40.663

\$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.

4/4/24-6/27/24

Thursdays 6:30-9pm

Activity #40.650

\$135

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

REGISTRATION
OPENS MARCH
25TH!

SCAN THE QR
CODE TO
REGISTER!





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TAI CHI - ADVANCED 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.

4/2/24-6/25/24

Tuesdays 6-7pm

Activity #40.654

\$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.

4/2/24-6/25/24

Tuesdays 7-8pm

Activity #40.655

\$95

More Info?

Contact Irene at

sfnative39@hotmail.com

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OPENS MARCH
25TH!**

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