

**UPPER NOE REC CENTER - 295 Day Street @ Sanchez St; (415) 970-8061** 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Adult Boot Camp	17644	T	1/8-2/26	7:45pm-8:45pm	18+	\$56
Karaoke - Drop-in	Drop-in	F	1/11-3/8	6:30pm-8:30pm	18+	No Fee
Karate Kidz	18001	W	1/9-3/6	5:30pm-6:30pm	6-12	\$54
Karate Kidz- Little Kickers	18003	W	1/9-3/6	4:30pm-5:30pm	4-7	\$54
Music and Movement-Movin' & Groovin'	18061	Th	1/10-3/7	11:30am-12:15pm	2-4	\$90
Petite Bakers	18009	T	1/8-3/5	10am-11am	3-6	\$90
Petite Bakers	18010	Th	1/10-3/7	10am-11am	3-6	\$90
Pilates - All Levels	17657	W	1/9-2/27	11:30am-12:30pm	18+	\$48
Pilates - All Levels	17660	F	1/11-3/1	11:30am-12:30pm	18+	\$48
Pilates - Intermediate	17664	W	1/9-2/27	9:30am-10:30am	18+	\$48
Pilates - Intermediate	17666	F	1/11-3/1	9:30am-10:30am	18+	\$48
Qi Gong for Seniors-Low Impact	18110	W	1/9-3/13	1pm-3pm	55+	No Fee
Rec-N-Tot Soccer	17846	Sa	1/19-3/9	10am-11am	3-5	\$40
Rec-N-Tot Soccer	17847	T	1/15-3/5	10am-11am	3-5	\$40
Senior Argentine Tango - Beginning	18113	Th	1/10-3/14	1pm-4pm	55+	No Fee
Shred N Butter	17930	F	1/11-3/15	3:45pm-4:45pm	6-13	\$100
Simply Fun for All	17861	T	1/8-3/12	10am-11:30am	9m -4	\$81
Soccer	17850	T	1/15-3/5	5:30pm-6:30pm	9-12	\$30
Soccer	17851	T	1/15-3/5	4pm-5pm	5-8	\$30
Tennis - Beginning	17878	T	1/8-3/12	5pm-6pm	9-11	\$200
Tennis - Beginning	17886	W	1/9-3/13	6:30pm-7:30pm	18+	\$200
Tennis - Int/Adv	17896	T	1/8-3/12	6pm-7pm	18+	\$200
Theater-Mini Players	18067	Th	1/10-3/7	4:30pm-5:30pm	5-6	\$90
Volleyball - Girls in Sports - Beg.	17785	Th	1/10-3/14	4pm-5:30pm	7-9	\$60
Volleyball - Girls in Sports - Intermediate	17787	F	1/11-3/15	4pm-5:30pm	10-14	\$60
Yoga - Gentle Hatha	17705	Th	1/10-2/28	6:45pm-7:45pm	18+	\$48
Yoga - Hatha Traditional	17708	Sa	1/12-3/2	9:15am-10:15am	18+	\$48
Yoga - Vinyasa	17710	T	1/8-2/26	6:30pm-7:30pm	18+	\$48