



SSF Parks & Recreation Happy National Parks and Recreation Month 2025



CELEBRATING
40
YEARS

NRPA'S
PARK AND RECREATION
MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Throughout the month of July we invite the community to participate in a variety of free programs. Programs are on a first come, first serve basis.		1 Drop-in Zumba	2 Ukulele w/ Liane Paiso	3 Men's Haircut (50Y+) <i>by appointment only</i>	4 HOLIDAY 	5 Chess Club Sign Hill Stewards: Habitat Restoration
6 Computer Lessons (Youth)	7 Knitting & Crochet	8 Youth Art Classes Lap Swim AM & PM Adult & Open Rec Swim	9 Ukulele w/ Liane Paiso Knitting & Crochet	10 Men's Haircut (50Y+) <i>by appointment only</i>	11 Drop-in Zumba Coloring Club	12 Chess Club Hip Hop Classes (Kids, Teens/Adults) Music Folk Jam Drop-in Basketball
13 Drop-in Basketball Drop-In Badminton Computer Lessons (Youth)	14 Knitting & Crochet	15 Youth Art Classes	16 Knitting & Crochet	17 Drop-in Zumba Gold-Tone Men's Haircut (50Y+) <i>by appointment only</i>	18 Open Rec Swim Movie Night & Field Day 	19 Chess Club Hip Hop Classes (Kids, Teens/Adults) Sign Hill Stewards: Habitat Restoration
20	21 Knitting & Crochet Drop-in Zumba	22 Youth Art Classes Youth Art Classes	23 Knitting & Crochet Hula Level 1 Beginners	24 Men's Haircut (50Y+) <i>by appointment only</i>	25 Coloring Club Drop-in Zumba	26 Chess Club Hip Hop Classes (Kids, Teens/Adults)
27 Open Rec Swim	28 Knitting & Crochet	29 Youth Art Classes	30 Knitting & Crochet	31 Men's Haircut (50Y+) <i>by appointment only</i>	Follow along on social media as we highlight and celebrate our Parks and Recreation professionals, programs and parks of South San Francisco! WWW.SSF.NET/PANDREVENTS	



AQUATICS



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- **TUESDAY, JULY 8, 2025:**

- Lap Swimming: 5:30 a.m. - 7:30 a.m.
- Adult Rec Swim: 10:10 a.m. - 12:00 p.m. & 7:45 a.m. - 9:30 p.m.
- Open Rec Swim: 12:15 p.m. - 1:45 p.m.

- **FRIDAY, JULY 18, 2025:**

- Free Open Rec Swim: 12:15 p.m. - 1:45 p.m.

- **SUNDAY, JULY 27, 2025:**

- Free Open Rec Swim: 1:00 p.m. - 3:00 p.m.

Location:

1 West Orange Ave, SSF

**Admission may be
denied if the pool is at
full capacity.**

Updated 7/2/2025.





YOUTH CLASSES



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Sunday, July 6, 2025 (Exercise Room - 2nd Floor, L|PR at 901 Civic Campus, SSF)

Computer Science Courses

In this course, students will learn to program using Python. Through solving challenging computational problems, students will build foundational critical thinking skills in computer science. Ethan Tam is a rising fourth-year undergraduate at UC Berkeley studying computer science and has experience teaching CS to various students.

- **10:00 a.m. - 11:30 a.m. (Ages 11-14): Computer Science (middle school level)**

Limited on a first come, first serve basis.

- **11:45 a.m. - 1:15 p.m. (Ages 15-18): Computer Science (middle school level)**

Limited on a first come, first serve basis.

Tuesday, July 8, 2025 (Children's Classroom - 2nd Floor, L|PR at 901 Civic Campus, SSF)

Classes with Instructor, Bella Leggero!

- **10:00 a.m. - 11:00 a.m. (Ages 3-5): Moana Keychain Making**

In this fun, hands-on class, little adventurers will color Moana-themed Shrinky Dinks to make their own keychains to take home. We'll also enjoy Moana coloring pages and island music. Limited on a first come, first serve basis. ***Limited on a first come, first serve basis.***

- **11:15 a.m. - 12:15 p.m. (Ages 6-9): Under the Sea Collage**

Create an underwater collage using stencils and other fun materials to bring the ocean to life. ***Limited on a first come, first serve basis.***

- **1:00 p.m. - 2:00 p.m. (Ages 10-13) Paint a Beach Sunset**

Learn how to paint a beach sunset using warm colors and blending techniques. A relaxing, creative class that helps artists grow their skills.

Limited on a first come, first serve basis.

Updated 7/2/2025.



YOUTH CLASSES



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Saturday, July 12, 2025 (Exercise Room #235 - 2nd Floor, L|PR at 901 Civic Campus, SSF)

- **10:00 a.m. - 11:00 a.m. (Ages 6-12): Hip Hop for Kids**

Join Miss Teen Chinatown 2022 for an exciting hip hop experience. Alycia, a current undergraduate student studying Pharmacological Chemistry at UCSD, brings over 13 years of diverse dance experience, ranging from hip hop to ballet. With a background in choreographing for her high school's varsity Dance & Drill team and organizing dance gals, Alycia is dedicated to sharing her love for dance to others. Dancers will immerse themselves in hip hop choreographies, focusing on musicality, and flexibility while making friends and of course, having fun! Recognizing that dance is both a physical and cognitive activity that these sessions offer benefits to dancers of all ages. No experience required in the classes. Let's dance! **Limited on a first come, first serve basis.**

Sunday, July 13, 2025 (Exercise Room - 2nd Floor, L | PR at 901 Civic Campus, SSF)

Computer Science Courses

In this course, students will learn to program using Python. Through solving challenging computational problems, students will build foundational critical thinking skills in computer science. Ethan Tam is a rising fourth-year undergraduate at UC Berkeley studying computer science and has experience teaching CS to various students. **Limited on a first come, first serve basis.**

- **10:00 a.m. - 11:30 a.m. (Ages 11-14): Computer Science (middle school level)**
- **11:45 a.m. - 1:15 p.m. (Ages 15-18): Computer Science (middle school level)**

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Tuesday, July 15, 2025 (Children's Classroom - 2nd Floor, LIPR at 901 Civic Campus, SSF)

Classes with Instructor, Bella Leggero!

- **10:00 a.m. - 11:00 a.m. (Ages 3-5): Heart of Te Fiti Collage**

Create a paper collage inspired by the glowing Heart of Te Fiti! Young artists will use green and blue paper, swirling shapes, and fun textures to design their own radiant heart collage. A creative class that celebrates nature, color, and island magic. Limited on a first come, first serve basis.

- **11:15 a.m. - 12:15 p.m. (Ages 6-9): Shiny! Tamatoa Treasure Art**

Create a dazzling crab masterpiece inspired by Tamatoa, the shiny villain from Moana! Young artists will decorate their own sparkly crab art. Limited on a first come, first serve basis.

- **1:00 p.m. - 2:00 p.m. (Ages 10-13) Paint Tropical Flowers**

Learn how to paint bright, bold tropical flowers step-by-step! Artists will use vibrant colors to create their own island-inspired masterpiece. Limited on a first come, first serve basis.



YOUTH CLASSES



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Tuesday, July 22, 2025 (Children's Classroom - 2nd Floor, L|PR at 901 Civic Campus, SSF)

Classes with Instructor, Bella Leggero!

- **10:00 a.m. - 11:00 a.m. (Ages 3-5) Inside Out Charm Making**

In this fun, hands-on class, little artists will color Inside Out-themed Shrinky Dinks to make their own keychains to take home. We'll also enjoy Inside Out coloring pages and music. ***Limited on a first come, first serve basis.***

- **11:15 a.m. - 12:15 p.m. (Ages 6-9): Inside Out Journal Making**

In this creative, hands-on class, young artists will design their own emotion-themed journals inspired by Inside Out. Using fun prompts, students will personalize pages to reflect feelings like Joy, Sadness, and Anger. A fun way to explore emotions through art—while building a journal they can treasure and keep writing in at home! ***Limited on a first come, first serve basis.***

- **1:00 a.m. - 2:00 p.m. (Ages 10-13) Abstract Painting**

In this expressive, hands-on class, artists will explore emotions through abstract painting inspired by Inside Out. Using vibrant colors, brush techniques, and creative prompts, students will paint unique artworks full of color! Limited on a first come, first serve basis.



YOUTH CLASSES



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Saturday, July 26, 2025 (Exercise Room #235 - 2nd Floor, L|PR at 901 Civic Campus, SSF)

- **10:00 a.m. - 11:00 a.m. (Ages 6-12): Hip Hop for Kids**

Come learn hip hop with Miss Teen Chinatown San Francisco 2022, Alycia Tam! With over 13 years of dance experience and an active member and choreographer for her school's Varsity Dance Team, Alycia loves spreading her passion for dance to others. Classes will consist of learning new hip hop moves, learning choreography, practicing, performing, making friends, and of course, having fun! Dance is both a cognitive and physically challenging activity, which is beneficial for everyone, especially young dancers. **Limited on a first come, first serve basis.**

Tuesday, July 29, 2025 (Children's Classroom - 2nd Floor, L|PR at 901 Civic Campus, SSF)

- **10:00 a.m. - 11:00 a.m. (Ages 3-5): Inside Out Book Making**

In this fun class, little artists will make their own emotion-themed books inspired by Inside Out. Kids will decorate pages that show feelings like Joy, Sadness, and Anger. A creative way to learn about emotions and take home a special book they made themselves! Limited on a first come, first serve basis.

- **11:15 a.m. - 12:15 p.m. (Ages 6-9): Inside Out Pixel Painting**

Young artists will dive into the colorful world of emotions as they create pixel-style paintings inspired by Inside Out. Using grids and bold colors, students will design their own imaginative scenes featuring characters like Joy, Sadness, Anger, and more. Limited on a first come, first serve basis.

- **1:00 p.m. - 2:00 p.m. (Ages 10-13): Inside Out Pixel Painting**

Artists will dive into the colorful world of emotions as they create pixel-style paintings inspired by Inside Out. Using grids and bold colors, students will design their own imaginative scenes featuring characters like Joy, Sadness, Anger, and more. Limited on a first come, first serve basis.

Updated 7/2/2025.



ADULT CLASSES



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EXERCISE CLASSES

Drop-In Zumba:

- Tuesday, July 1 | 11:00 a.m. - 12:00 p.m.
 - (Exercise Room #235 - 2nd Floor, L | PR at 901 Civic Campus, SSF)
- Friday, July 11 | 11:00 a.m. - 12:00 p.m.
 - (Social Hall #125 - 1st Floor, L | PR at 901 Civic Campus, SSF)
- Monday, July 21 | 11:30 a.m. - 12:30 p.m.
 - (Social Hall #125 - 1st Floor, L | PR at 901 Civic Campus, SSF)
- Friday, July 25 | 11:00 a.m. - 12:00 p.m.
 - (Social Hall #125 - 1st Floor, L | PR at 901 Civic Campus, SSF)

Zumba® boosts cardiovascular fitness through a lively mix of Latin, Oldies, Big Band, and international music. This dynamic workout combines aerobic and interval training with varying rhythms to tone and sculpt your body. Bring water and a towel. ***Space limited on a first come, first serve basis.***

Drop-In Zumba Gold-Tone: (Large Dance #222 - 2nd Floor, L | PR at 901 Civic Campus, SSF)

- Thursday, July 17 | 11:00 a.m. - 12:00 p.m.

Zumba® Gold is a fun, lower-intensity spin on the classic Zumba® class, perfect for seniors, beginners, or anyone looking to burn calories and build strength with a bit of a boogie. Dance your way to better mental health and self-esteem with easy-to-follow moves that condition and tone your body. ***Space limited on a first come, first serve basis.***

Updated 7/2/2025.



ADULT CLASSES



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MUSIC CLASSES

Ukulele lessons

- Wednesday, July 2 | 11:00 a.m. - 1:00 p.m. (Social Hall #125 - 1st Floor, L | PR at 901 Civic Campus Way)
- Wednesday, July 9 | 11:00 a.m. - 1:00 p.m. (Large Dance & Fitness Room - 2nd Floor, L | PR at 901 Civic Campus Way)

Liane Barbadillo-Paiso is an enthusiastic instructor who will have the knowledge and patience to show you the very BASIC chords, enough for you to entertain your family, friends, at any small party event. Liane is a member of the San Francisco Ukulele Rebellion MeetUp Group and Peninsula Ukulele Group and has performed at the San Mateo Aloha Festival; as well as, participated in-person with instruction by Ukulenny and Cynthia Lin; respectively. Are you excited? Let's play together! ***Space limited on a first come, first serve basis.***

South City Folk Jam! (Exercise Room #235 - 2nd Floor, L | PR at 901 Civic Campus Way)

- Tuesday, July 12 | 3:00 p.m. - 5:00 p.m.

The South City Folk Jam is a gathering of musicians of all skill levels who meet once a month to have fun playing traditional and contemporary folk music together. So if you play any type of folk instrument such as acoustic guitar, ukulele, banjo, mandolin, etc. or if you like to sing come out and join the band! Songbooks will be provided that include a wide range of songs from old-timey folk music (think O' Brother Where Art Thou) to more contemporary folk, rock and country songs from the 60s through the 2000s. All songs are fairly easy to play, as long as you know your basic chords (G, C, D, E, em, A, am, F, B&, bm) you'll do great! So whether you've only been playing a few months or for several decades, there is a place for you in the band. You can check out the website for more information about the time and place for our next folk jam gathering at www.southcityfolkjam.com Mark Cox has been teaching guitar and leading group singing for over 25 years and believes in the power of music to bring people together. ***Space limited on a first come, first serve basis.***

Updated 7/2/2025.



ADULT CLASSES



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DANCE CLASSES

Hip Hop for Teens and Adults (Exercise Room #235 - 2nd Floor, L | PR at 901 Civic Campus Way)

- Saturday, July 12 | 11:15 a.m. - 12:15 p.m.
- Saturday, July 26 | 11:15 a.m. - 12:15 p.m.

Join Miss Teen Chinatown 2022 for an exciting hip hop experience. Alycia, a current undergraduate student studying Pharmacological Chemistry at UCSD, brings over 13 years of diverse dance experience, ranging from hip hop to ballet. With a background in choreographing for her high school's varsity Dance & Drill team and organizing dance gals, Alycia is dedicated to sharing her love for dance to others. Dancers will immerse themselves in hip hop choreographies, focusing on musicality, and flexibility while making friends and of course, having fun! Recognizing that dance is both a physical and cognitive activity that these sessions offer benefits to dancers of all ages. No experience required in the classes. Let's dance! **Limited on a first come, first serve.**

Hula Level 1 for Beginners! (Exercise Room #235 - 2nd Floor, L | PR at 901 Civic Campus Way)

- Wednesday, July 23 | 4:30 p.m. - 5:30 p.m.

Come and enjoy learning Hawaiian Hula! It's great fun and exercise! You will learn the basic hula footwork, hand gestures and a hula to familiar Hawaiian songs. No handout materials will be available in this course. Please bring your own pa'u skirt (T-Shirt & leggings are ok too). This class will be lead by Recreation Instructor Mary Ann Narvaez.

Space limited on a first come, first serve basis.

Updated 7/14/2025.



SENIOR PROGRAMMING



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Location: Roberta Cerri Teglia Center, 601 Grand Avenue, SSF

Knitting & Crochet

Monday & Wednesday from 10:00 a.m.-12:00 p.m.

You don't have to be an expert knitter or crocheter to join, everyone is welcome! We do traditional knitting as well as single needle crocheting. There are expert participants who can assist you and give advice on projects. Join us every Monday and Wednesday in the 3rd floor craft room of the Roberta Cerri Teglia Center, ages 50 and up.

Free Haircuts

For men aged 50+ on Thursday from 10:00 a.m. - 2:00 p.m.

Free haircuts for men aged 50 and up at the Roberta Cerri Teglia Center! Come and get your hair cut by our licensed barber, EK, every Thursday from 10:00a.m.-2:00p.m. on the 1st floor. Reservations are required so please come by the Roberta Cerri Teglia Center or call (650) 829-3820 to make your reservation.

Coloring Club

Friday from 11:30 a.m. - 1:00 p.m.

Does your brain need a break? Do you want to reduce stress & anxiety all while sharpening your focus? Come enjoy the soothing, calming effects of coloring and socialize with other participants. Every Friday from 11:30a.m.-1:00p.m. on the 3rd floor of the Roberta Cerri Teglia Center, ages 50 and up. Feel free to bring your own supplies, but if you don't have any, supplies will be provided to you.

Chess

Saturday from 9:30 a.m.-12:00 p.m.

Come learn to play for the first time, reignite your love of the game, or get competitive with other experienced players every Saturday from 9:30a.m.-12:00p.m. on the 3rd floor of the Roberta Cerri Teglia Center, ages 50 and up. All levels of play are encouraged to join!

Updated 7/2/2025.



SPORTS PROGRAMMING



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Location: Terrabay Gymnasium

Open Gym:

- **Saturday, July 12 – Basketball | 12:00 p.m. – 3:00 p.m.**
- **Sunday, July 13 - Badminton | 9:15 a.m. – 12:00 p.m.**
- **Sunday, July 13 - Basketball | 12:30 p.m. – 3:00 p.m.**

Join us for a Free Open Gym offering Basketball and Badminton! Available on select dates, this opportunity is open to the first 30 individuals who enter and sign in. Don't miss out on the fun and fitness!





PARKS PROGRAMMING



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Sign Hill Stewards: Habitat Restoration

Many rare plant and animal species live on Sign Hill's native grasslands, including the endangered mission blue butterfly. Help us conserve and restore their habitat by planting natives and removing invasive plants! Sign Hill Stewards do important work while learning more about the wildlife in their backyard.

- **When:** Saturday July 5 and Saturday, July 19 from 9:00 a.m. - 12:00 p.m. Only cancelled for heavy rains.
- **Where:** Unless otherwise specified by email volunteers will park at the Sign Hill Parking Lot nearby 964 Ridgeview Ct, South San Francisco, CA ([Google Maps Link](#)) and hike with staff to the restoration site.
- **Registration:** Registration is required. Volunteers under the age of 18 must have a youth waiver signed by a parent/guardian. Youth under the age of 15 are welcome and must be accompanied by an adult.
- **What to bring:** To prepare for working outdoors, please bring work gloves, plenty of water, sturdy shoes, long pants and sleeves, a hat/sunscreen, and a completed waiver for each volunteer. Volunteers should expect some hiking on steep terrain.
- **Questions? Cancellations? Accessibility concerns?** Email candace.lacroix@ssf.net.





SPECIAL EVENT



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Movie Night in the Park + Field Day

Moana 2!

Friday, July 18, 2025

Orange Memorial Park – Meadow

Memorial Drive, South San Francisco

Free Admission

Movie Begins at Sundown

Join us at our first Movie Night in the Park of the summer! July is Parks and Recreation Month. This event will feature additional activities for all ages. The movie will begin at sundown (approx. 8:30 p.m.) in the meadow at Orange Memorial Park. Bring your snacks, beverages, low lying lawn chairs, blankets and sleeping bags! On Friday, July 18, 2025 we will be screening Disney's *Moana 2*. "Moana 2" reunites Moana and Maui three years later for an expansive new voyage alongside a crew of unlikely seafarers. After receiving an unexpected call from her wayfinding ancestors, Moana must journey to the far seas of Oceania and into dangerous, long-lost waters for an adventure unlike anything she's ever faced.

Free Activities

- Games will start at 6:00 p.m.: Badminton, Bubbles, Corn Hole & more
- Free hot dogs will be available at 6:30 p.m.* While Supplies Last

For more information and frequently asked questions, visit www.ssf.net/pandrevents. For questions, contact the Recreation Office at (650) 829-3800.

**MOVIE NIGHT
IN THE PARK**

FRIDAY, JULY 18, 2025
ORANGE MEMORIAL PARK MEADOW

Join us at our first Movie Night in the Park of the summer! July is Parks and Recreation Month. This event will feature additional activities for all ages. The movie will begin at sundown (approx. 8:30 p.m.) in the meadow at Orange Memorial Park. Bring your snacks, beverages, low lying lawn chairs, blankets and sleeping bags!

EVENT SCHEDULE : LAWN GAMES BEGIN: 6:00 P.M.
Arrive early and enjoy a variety of fun games for all ages!

- Volleyball
- Cornhole
- Connect 4
- Jenga
- Inflatable Target
- Ring Toss
- Tic Tac Toe

HOT DOG GIVEAWAY: 6:30 P.M.
Free hot dogs while supplies last – first come, first serve!*

PRE-FILM ENTERTAINMENT: 7:00 P.M.
Live Performance – Hawaiian Hula Show
Featuring SSF Parks and Recreation participants

FREE ADMISSION

FOR QUESTIONS, PLEASE CONTACT THE RECREATION OFFICE AT (650) 829-3800 OR
VISIT WWW.SSF.NET/PANDREVENTS