



RAC CONNECT

SAN BRUNO RECREATION DIVISION
NEWSLETTER
EDITION 03

As we step into 2026, we're excited to share that our Winter–Spring Activity Guide is now live, packed with programs for all ages running January through May. Whether you're exploring a new hobby, getting active, or reconnecting with your community, there's something for everyone this season.

Ready to make a splash in the new year? Don't forget to register for our Polar Plunge on January 1, 2026.

From all of us in the Recreation Division, happy holidays and a wonderful New Year to you and your loved ones. We can't wait to celebrate and grow with you in 2026!



The San Bruno Recreation Team



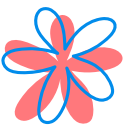
sbcs@sanbruno.ca.gov

650-616-7180

251 City Park Way, San Bruno, CA 94066



EMPLOYEE SPOTLIGHT



Name: Emily Cabitac, CFNC, CPT

Position: Special Assistant - Personal Trainer

Year(s) at the RAC: 6 Months

1. What's your favorite part of working here at the RAC?

- I love meeting and making new friends with everyone, from the staff to the members! I felt welcomed and appreciated right from the get-go, and I look forward to coming into work and sharing those same vibes!

2. What do you enjoy doing outside of work?

- I enjoy hanging out with my friends, and my family is my world. A great night involves coming home to a full house, having dinner with my husband and boys, taking my fur babies for a walk, watching a movie, or just talking about life. The older I get, I realize I truly enjoy the simpler things in life.

3. What's your favorite way to stay active, relax, or recharge? Share your wellness tip or hobby with our community!

- I LOVE resistance training! Pushing, lifting, moving weight makes me feel so good, and when I find myself lifting heavier, I know I'm getting stronger. My tip is to forget about being skinny, it's all about being STRONG.



Name: Sheila Ng

Position: Recreation Specialist

Year(s) at the RAC: 1 year 6 months

1. What's your favorite part of working here at the RAC?

- My favorite part is working close to home and I love the community. I love coming to work seeing members and guests enjoying our facilities. Also, the colleagues make a huge difference for working here. We all help each other out.

2. What do you enjoy doing outside of work?

- I enjoy spending time with friends and families. I love traveling when time permits. This year, I started playing pickleball with my friends. Best way to keep in touch and loving it.

3. What's your favorite way to stay active, relax, or recharge? Share your wellness tip or hobby with our community!

- Going to the gym and walking the dog. I love sleeping in and not worrying about getting up early in the morning.



Join us as a member today!

Membership applications are now available online through our [registration site](#). Experience the convenience of signing up from anywhere or visit us in person to secure your membership and gain access to the exciting new fitness and aquatic facility.

Memberships (paid annually or monthly) are available in addition to daily drop-in fees and passes. Membership discounts are available for additional family members in the same household. There is a plan designed to fit your lifestyle and budget.

Hours of Operation

Monday - Friday 6:00am - 9:00pm
Saturday 8:00am - 8:00pm
Sunday 12:00pm - 5:00pm

Contact Us

Email: SBCS@sanbruno.ca.gov

Website: theracsb.com

Phone: (650)616-7180

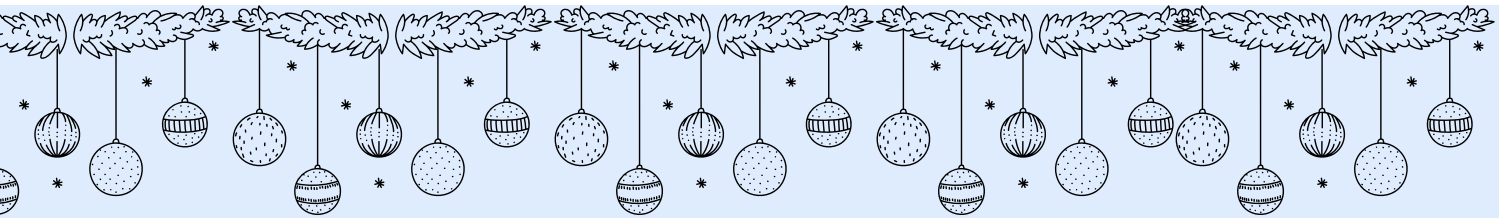
Sign Up for Membership



RAC

Modified Hours

As the holiday season approaches, please take note of the RAC's adjusted facility hours:



Winter Holidays

- **Christmas Eve** – December 24, 2025: Closed
- **Christmas Day** – December 25, 2025: Closed
- **New Year's Eve** – December 31, 2025: 8:00 AM – 2:00 PM
- **New Year's Day** - January 1, 2026: 12:00 PM - 5:00 PM
- **Martin Luther King Jr. Day** - January 19, 2026: 8:00 AM - 5:00 PM

Please check these hours when planning your visit, and thank you for your understanding as we support both staff and community during this festive season!

Give the gift of **FUN!**



SAN BRUNO RECREATION & AQUATIC CENTER

Gift Certificate \$

To: _____ Gift Code: _____

From: _____ Date of Issue: _____

San Bruno Recreation & Aquatic Center
251 City Center Blvd, San Bruno CA 94066

Perfect for family and friends, RAC gift cards can be purchased in \$50, \$100, or any custom amount.

Gift certificates are available in person at the San Bruno Recreation & Aquatic Center.

New Year's RAC Sale!

Kick off 2026 with two weeks of great deals at the San Bruno Recreation & Aquatic Center!

From January 1-15, 2026:

- **Monthly Memberships:**
No initiation fee
- **Annual Memberships:**
Receive a free gift tote
- **Punch Passes:**
10% off



Don't miss out! Start the year active and energized!



NEW!

FEE ASSISTANCE PROGRAM

The Fee Assistance Program, supported by a grant from the San Bruno Community Foundation, helps eligible residents participate in programs at the San Bruno Recreation & Aquatic Center by reducing the cost of classes and activities.

ELIGIBILITY

- Must be a San Bruno resident
- Provide proof of residency and financial need for each household member
- Assistance applies to RAC programs only
- Discounts
 - Up to 60% for youth
 - Up to 40% for adults

HOW TO APPLY

- Complete the online application at theracsb.com/membership
- Submit one application per household with required documents
- Turn in your completed application in person at the RAC
- Allow up to 15 business days for review



**SAN BRUNO
RECREATION & AQUATIC
CENTER**

Contact Us



SBCS@sanbruno.ca.gov



SAN BRUNO RECREATION DIVISION

CALL FOR VENDORS!



EVENT:

WEDDING FAIR...AND MORE

It's the perfect opportunity to showcase your work, meet new customers, and grow your brand in a community-centered atmosphere. Scan the QR Code to apply today!



Sunday, March 1, 2026
12:00pm - 4:00pm



251 City Park Way
San Bruno, CA 94066



Activity Guide & Program Registration

Winter & Spring Activity Guide is [here!](#)

Highlights

- NEW! Birthday Party Packages at the RAC
- Fitness Programs, including those included with membership
- Seasonal Camps
 - Feb 17 - Feb 20
 - Mar 30 - Apr 3

SAN BRUNO COMMUNITY SERVICES

2026 WINTER SPRING ACTIVITY GUIDE






JANUARY - MAY 2026






Adult Swim Lessons

Did you know the RAC offers group swim lessons for adults?
Sign up today on our [website](#).

Adult Beginner Swim Lessons

 Tues and Thurs | Jan 13 - Feb 5 | 8:00 PM - 8:25 PM
 RAC Indoor Pool
 \$105R / \$126NR

Adult Intermediate Swim Lessons

 Tues and Thurs | Jan 13 - Feb 5 | 8:00 PM - 8:25 PM
 RAC Indoor Pool
 \$105R / \$126NR

We offer classes for all ages and skill levels, and they fill quickly, so mark your calendars!

Please review adult and youth swim lesson details at our registration site [here](#) and search for classes under the Aquatics tab.

Stay up to date with the latest pool schedules on our website! [Indoor & Outdoor Pool Schedules](#)



Swim Instructors

Do you enjoy swimming and working with kids? We're looking for enthusiastic individuals (15+) to join our team! We provide all the training, just bring your desire to have fun.

Contact Dan Ryken, Aquatics Coordinator, at dryken@sanbruno.ca.gov to express interest.

Aquatics

Childwatch



Get your workout in or enjoy a swim, worry-free!

The Child Watch Program provides a safe, engaging environment for your children while you focus on your fitness goals. Enjoy your workout knowing your little one is participating in activities that support their physical, emotional, and social growth.

Welcoming children ages 3.5–13 years!

Hours

Monday	4:30pm-7:30pm
Tuesday	4:30pm-7:30pm
Thursday	4:30pm-7:30pm
Friday	4:30pm-7:30pm
Saturday	10:00am-2:00pm

Location

RAC - Classroom 3

Price

Free for RAC Members*
\$5 per Non-member

*Child Watch registration discounted cost is sponsored by the San Bruno Community Foundation Strategic Grant!

Highlights

Trained Staff

Arts & Crafts Activities

Games

Fitness

New Member-Inclusive Classes at the RAC!

We're excited to announce several new classes have been added to our schedule! All of these offerings are included with your RAC membership. Check out these and many more on our online schedule [here!](#)

Class Name	Schedule	Description
Intro to Fitness: Ageless Strength	Mon & Wed, 3:15p – 4:00p	This slow-paced class is designed for all ages, especially adults who want to learn how to train safely without feeling rushed. We break down every movement step-by-step, focusing on proper form, breathing techniques, joint protection, and building real-life strength.
Full Court Fitness	Mon – Thu, 4:15p – 5:00p	Train like an athlete! Using comfortable-paced, basketball-based drills, this class builds a stronger, faster, and more athletic body. Focus on balance, footwork, coordination, and injury prevention. Great for ages 14–18, but all adults are welcome!
Intro to Fitness: Flex & Restore	Mon & Wed, 5:15p – 6:00p	A gentle but effective class focused on stretching, mobility, and healthy movement. We slow everything down so you can learn how to loosen tight muscles, improve posture, reduce stiffness (hips, shoulders, back), and move joints with more ease. Perfect for older adults or those who sit often.
Intro to Fitness: Mobility & Strength Basics	Tue & Thu, 3:15p – 4:00p	This starter class helps you understand how your body works. The slow teaching pace is comfortable for everyone (especially older adults), focusing on safe warm-ups, stretching tight muscles, using light strength training to support joints, and building healthy daily movement habits.
Intro to Fitness: The Slow Burn	Tue & Thu, 5:15p – 6:00p	This class provides slow-paced teaching, detailed form coaching, and joint-friendly strength training. We focus on core stability, full-body strength, functional movement patterns, and building confidence in the gym. It's the ideal place to learn how to get stronger and move with control.

New Member-Inclusive Classes at the RAC!

Additional Personal Training opportunities are now available in the evenings and on Saturdays.

To sign up: Members can register online, by phone, or in person. [Check it out!](#)
To register online click the RAC Fitness tab and search for personal training

Finish 2025 strong and start 2026 with greater vibrancy! By Emily Cabitac

Improve this one area, and you will dramatically impact other parts of your life (from relationships to weight management!) for the better. You will positively tip the scale physically, mentally, emotionally and spiritually when you make this a priority every single day. *What is it? SLEEP.*

Sleep deprivation can increase the risk of chronic conditions like obesity, diabetes, and heart disease. Sleep consistently, and you will improve your immune system, emotional resilience, and your life for the long-term. *Here are 3 ways you can take to help improve your sleep:*

- 1. Aim to be asleep by 10:30 pm.** Human Growth Hormone (HGH) is released during deep sleep, especially the early hours between 11 pm and 2 am. HGH supports exercise performance, muscle repair and recovery, heart health, brain health, metabolism and more!
- 2. Take your last bite of food at least 3 hours before bed.** Sleep is meant for your body to rest and recover. Digestion, on the other hand, is a very taxing process utilizing many organs and much energy. Want to make sure your body focuses on beauty rest and physical recovery? Stop eating after 7pm and allow your body to wind down.
- 3. Keep your bedroom cool.** Our bodies abide by the circadian rhythm, and as the warmth of the sun goes down with its setting, so does our body temperature lower in preparation for a good night's rest. Set your thermostat between 62° and 66° to get the best sleep.

Start now to finish 2025 strong and start 2026 with greater vibrancy!

Sports & Leagues



Don't Miss Out: San Bruno Basketball Registration!

Lace up those sneakers! It's time to secure your spot for the season.

- Elementary Basketball registration closes January 4th.
- 6th Grade Basketball registration closes January 11th.
 - To register online view our website [here](#) and under the Sports Leagues tab click **Elementary Basketball** and **Winter Middle School Basketball**



Cheer on Our Teams!

Come show your San Bruno spirit and support our 7th and 8th Grade teams at their home games!

Home Schedule: Games are played at Parkside.

View the home schedule [here!](#)

Upcoming Classes

Get Ready to Play This Winter & Spring!

Registration is open to all for a new season of action-packed youth sports programs!

We're excited to welcome back our amazing partners —**Skyhawks, World Cup Soccer, and Super Soccer Stars** for another round of skill-building, teamwork, and fun on the field. Whether your child is just starting out or ready to take their game to the next level, there's a class for them!



Don't miss your chance to kick off the season. Click [here](#) to view our upcoming sport classes under the Athletics and Sports tab



Want to see more? Follow us on Instagram and Facebook!

 San Bruno Community Services
Department - Recreation Division

 @sanbrunorecreation

STEM & Enrichment Classes

Upcoming Classes



A-Z Creativity - Caregiver & Me: Let's Make Art Together - Session 1

Join us for a playful, hands-on art adventure with your little one! In this caregiver & me class, you and your toddler will explore a variety of materials through art-making, stories, and creative play. Each week, multiple materials are provided so you and your child can choose how to express yourselves. Session 1 is all about colors—get ready to splash, mix, and explore! Don't forget to dress for mess and fun! Sign up [today!](#) (Ages 1yr 6m - 4yr).

📅 Jan 16 - Feb 6 | 10:00am - 10:45am
📍 RAC Classroom 3
💰 \$130R / \$155NR

Athena Coding

Turn creativity into code with exciting hands-on classes in game design, coding, and digital creation! Whether your child dreams of building worlds, designing games, or making music, there's a class for every young innovator. (Ages 6 - 12yrs)

- **Roblox Game Design & Coding with Lua Session 1**
– Build and code your own Roblox games!



📅 Jan 14–Mar 4 | 3:30–4:30 PM
📍 RAC Classroom 2
💰 \$166R / \$198NR

STEM & Enrichment Classes

- **Da Vinci Art Workshop Session 1** - Students will explore a variety of art mediums—from acrylics and watercolors to clay, cartoons, and anime—while learning core skills like color theory, perspective, and composition. Each student receives their own new art supplies and will bring home plenty of creative projects!

📅 Jan 14–Mar 4 | 3:30–4:30 PM

📍 RAC Classroom 2

💰 \$166R / \$198NR

- **Dungeons & Dragons Session 1** –Join us for an epic D&D adventure! Students will build social, problem-solving, and teamwork skills as Dungeon Masters guide them through a fantastical world of monsters, treasure, and exciting quests. Working together to overcome challenges, players will form lasting friendships and create memories that will stay with them long after the campaign ends.

📅 Jan 14–Mar 4 | 4:40–5:40 PM

📍 RAC Classroom 2

💰 \$166R / \$198NR

- **Coding, Game Design, and Animation with Scratch and Python - Session 1** - In this project-based class, young creators turn their stories and game ideas into real digital projects using Scratch and Python. Students learn core programming skills—like sequencing, functions, variables, and loops—while building fun, App Store–style games such as Flappy Bird.
 - A computer, iPad, or Chromebook is required; rentals are available for \$40.

📅 Jan 17–Mar 7 | 10:15 AM–11:15 AM

📍 RAC Classroom 2

💰 \$146R / \$174NR



STEM & Enrichment Classes

- **Youth Yoga Session 1** - Children will explore playful poses, breathing exercises, and relaxation techniques that build strength, balance, flexibility, and focus. In a supportive environment, they'll learn to calm busy minds, manage stress, and grow confidence, all while discovering their inner strength.

📅 Jan 17–Mar 7 | 10:15 AM–11:15 AM

📍 RAC Classroom 1

💰 \$146R / \$174NR

Coastside Dance School

Let your child discover their passion for dance with Coastside Dance School! (Various ages)

- **Twinkle Star Dance - Session 1** – Looking for the perfect introduction to dance? This fun starter class teaches preschoolers the basics of two dance styles. It's a curriculum-based approach that blends structure, routine, and pure joy for your little mover. (Ages 3.5 - 5yrs)

📅 Jan 10–Mar 7 | 9:15 AM–9:45 AM

📍 Group Exercise Room

💰 \$231R / \$276NR

- **ShowStars Ballet/Jazz - Session 1** – Get Your Child Moving! Perfect for beginners, this sample class introduces school-aged kids to the basics of two dance styles. Through a structured and fun curriculum, students will master fundamental skills—like balance, coordination, and levels—and build confidence by learning a full routine to perform on the last day. (Ages 5 - 12yrs)

📅 Jan 10–Mar 7 | 9:45 AM–10:30 AM

📍 Group Exercise Room

💰 \$231R / \$276NR



STEM & Enrichment Classes



- **ShowStars Pom/Hip-Hop - Session 1** – Hip-Hop & Pom Fusion Dance like the college teams! This high-energy class combines the best of Hip-Hop and Pom style. Passionate dancers will master basic techniques and warm-up combos, then learn a choreographed routine that builds week-by-week for a final presentation. Poms are provided for class use! (Ages 5 to 12yrs)

📅 Jan 10–Mar 7 | 10:30 AM–11:15 AM
📍 Group Exercise Room
💰 \$231R / \$276NR

Chess Wizards - Winter Session 1

Challenge Your Brain with Chess Wizards! Enroll your child in Chess Wizards this semester! Our fun classes are perfect for all skill levels, from beginner to advanced. Students enjoy engaging lessons, variation games, and prizes while dramatically improving their chess game and boosting critical thinking. (Ages 5 to 12yrs)

📅 Jan 17–Feb 7 | 11:00 AM–12:00 PM
📍 Classroom 3
💰 \$154R / \$184NR



Craft & Create with Janet Valentine's Day Cards/Gifts

Have some fun making Valentine's Day goodies for that special person. There will be several options of card making or gift card holders with various "love" coupons.

An additional material fee of \$5 is due to the instructor by the first day of class. This can be paid via cash, check directly to the instructor. (Ages 15+ yrs)

📅 Jan 15 | 6:00 PM - 8:00 PM
📍 Classroom 2
💰 \$25R / \$29NR



STEM & Enrichment Classes

Internet Based Drivers Education

Online Driver Education Need to start the path to a driver's license? This DMV-accepted, state-required course is the first step toward getting a learner's permit. Study anytime, day or night, and at your own pace. A completion certificate will be issued upon successful finish. **(Note: Class does not include behind-the-wheel instruction.)** (Ages 14+ yrs)

- 📅 Jan 12 - May 31 | 24/7 Access to Online Instruction
- 📍 Virtual/At Home
- 💰 \$46R / \$54NR



Social Connection

Looking to meet new friends and have fun? Our Social Connection program is designed for teens and adults with disabilities to build friendships and strengthen social skills through a variety of engaging activities. Enjoy arts and crafts, sports and table games, parties, and occasional offsite outings! (Ages 13+ yrs)

- 📅 Wednesdays | 7:00–9:00 PM
- 📍 RAC Classroom 3
- 💰 \$4 Onsite Drop In Fee

- Jan 7 - No Meeting
- Jan 14 - Do you want to build a snowman?
- Jan 21- I have a dream
- Jan 28 - Karaoke Night



Want to see more? Follow us on Instagram and Facebook!

San Bruno Community Services Department - Recreation Division

Instagram icon @sanbrunorecreation

STEM & Enrichment Classes

VIBO Music Lessons

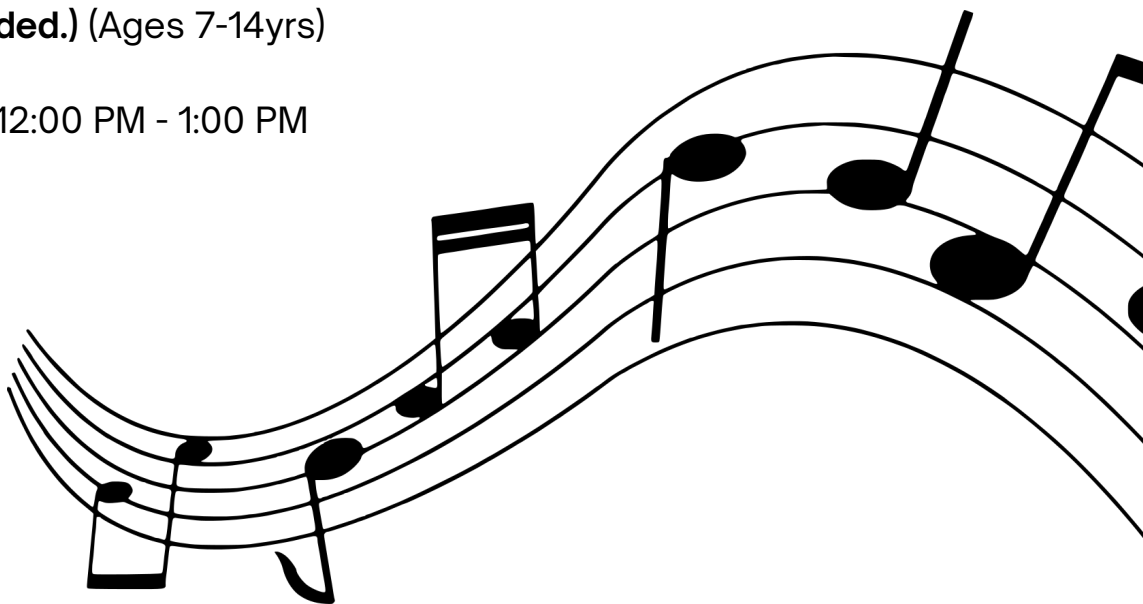
Unleash your musical talents with VIBO Music instructors.

- **Beginning Keyboard Class Session 1** – Intro to Piano for Young Musicians! Spark a lifelong love for music! Designed for young enthusiasts, this fun course introduces the fundamentals of music and essential piano technique through engaging songs. A keyboard is provided for student use! **(Note: A \$10 materials fee for the instruction book is due to the instructor on the first day.)** (Ages 4 to 14yrs)

📅 Jan 24 - March 21 | 11:00 AM - 12:00 PM
📍 VIBO Music School
💰 \$246R / \$294NR

- **Beginning Guitar Class Session 1** – Beginner Guitar: Strum, Pick, and Play! Perfect for kids with little to no experience, this fun course develops foundational guitar skills, including strumming, fingerpicking, and open chords. By the end, students will play popular songs and gain the confidence to continue their musical journey! **(Important: Students need their own guitar. Please call Vibo Music School at (650) 877-0805 if a loaner is needed.)** (Ages 7-14yrs)

📅 Jan 24 - March 21 | 12:00 PM - 1:00 PM
📍 VIBO Music School
💰 \$246R / \$294NR



MARK YOUR CALENDARS!!

Upcoming events to look forward to!

December 20 **Breakfast With Santa**



Location: RAC Community Hall

Time: 9:00 AM - 12:00 PM

Price: 0-2 yrs: Free

2-13 yrs: \$10

14+ yrs: \$18

- RAC members pay half price on all categories mentioned above

There is still time to experience the fun! Join us at the RAC for a merry morning filled with a delicious breakfast and a special visit (and photo!) with Santa himself. This heartwarming holiday event is one you won't want to miss! [Register today!](#)

December 21 **Aqua After Dark-Winter Solstice Edition!**

Location: RAC - Indoor Pool

Time: 4:45 PM - 5:45 PM

Price: Free to RAC Members/ \$10R/ \$13NR

Celebrate the longest night of the year with a unique water work out experience! Aqua after dark is a glowing, after hours water aerobics class that blends energizing movement, music, and colorful glow lights for a fun, seasonal twist. Join us in the darkened pool as we move, stretch, and splash our way into winter with a workout that feels more like a party than exercise. No experience necessary-Just bring your energy and be ready to shine! [Register today!](#)



Calendar of Events

January 1
Polar Plunge



Location: RAC - Outdoor Pool

Time: 9:00am - 11:00am

Price: \$5 RAC Members | \$15 Non-RAC Members

Take the Plunge into 2026! Start the new year with a splash at our New Year's Day Polar Plunge! Brave the chilly waters and whether you jump in or cheer from the sidelines, it's the perfect way to kick off the year with energy and fun!

All participants will receive a 12-ounce Drink tumbler, as well as a commemorative Duck (**Must take the plunge to get the duck!**) Free Hot Chocolate and Pastries will be provided! [Register today!](#)

January 7
Sound Bath Experience - Fresh Starts Through Sound

Location: RAC - Group Exercise Room

Time: 7:00pm - 8:00pm

Price: Free to RAC Members/ \$10 Non - RAC Members

Step into the new year with a calm mind and a renewed spirit. Join us for an evening of soothing sound designed to release stress, restore balance, and invite fresh intentions. Allow the gentle vibrations to wash over you, helping you leave behind what no longer serves you and welcome the possibilities of 2026 with clarity and peace.

[Register today!](#)



Calendar of Events

January 8 **First Thursdays**



Location: Centennial Plaza

Time: 6:00pm - 8:00pm

Price: Free

Join us for First Thursdays in Downtown San Bruno—an evening of live music, local vendors, family-friendly fun, and community connection at Centennial Plaza. Due to the New Year holiday, January’s First Thursday will take place on the second Thursday of the month. Swing by after work, grab a bite, enjoy the entertainment, and support our local businesses as we kick off this month’s downtown celebration!

March 1 **Wedding Fair...and more!**

Location: Recreation & Aquatic Center

Time: 12:00 PM - 4:00 PM

Price: Free

Say “I do” to inspiration at Wedding Fair... and More! Join us as we bring together local and regional vendors ready to help you plan your wedding, or any special celebration. Discover services, gather ideas, and connect with professionals who can bring your vision to life, all in one place. Whether you’re newly engaged or planning a milestone event, this is an afternoon you won’t want to miss.



Are you in the party industry and interested in joining as a vendor? Learn more and [apply here!](#)



Celebrate Here: The Perfect Place for Your Next Event

Celebrate Big & Stay Green at the RAC!

Hey RAC visitors! Just a friendly reminder to keep our space sparkling and sustainable — please take a moment to read the labels on our garbage, recycling, and compost bins when tossing your items. Let's stay tidy, eco-friendly, and in line with city guidelines. Thanks for doing your part, we appreciate you!

Party Packages are now available!

Looking for the perfect place to throw an unforgettable event? Whether it's a birthday bash, baby shower, engagement party, wedding, holiday gathering, or any of life's big milestones — we've got you covered!

- Our bright, cheerful and comfortable rooms for rent are sure to make for a memorable event!
- Our tiered gymnasium and pool party packages are now available with several options to choose from!

Ready to party? Let's make it happen at the RAC! Email SBCS@sanbruno.ca.gov with your application ([found on Facility Rentals | San Bruno, CA](#)) today and one of our dedicated team members will assist you!