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Upper noe rec center schedule

Home -- Events and Classes -- Communities Calendar For class hours, click Daily Hours under this same Classes & Events tab. Home -- Events and classes -- Daily schedule daily schedule at Upper Noe Rec Center All classes and activities have been suspended until at least June 2. Track & Recovery Response Park at COVID-19 in . As you register most classes are open to zumba classes, Yoga, Pilates, Boot Camp, Cooking Courses and Everything. Other classes may be open to drop-ins, too, depending on space. Rates vary. Ask the rec center staff about this if you are interested. Spring 2020, March 17 - May 23 Monday Wednesday Friday Friday Sunday Joby's Run dog play area is open daily, from 7 a.m. .m. Monday [center closed; only outdoor activities] Tuesday [center open 9 a.m. - 9 p.m.m.] Gym open: 18:45 - 20:30 h.m * Auditorium Free play: 9:30 a.m. - 12:30 p.m. * Petite Bakers (3-6 years) 10 - 11 a.m. see description Participation for adults Required: This interactive class teaches children the art of copper in a fun and energetic environment. The class is configured for participants to learn the basics of cooking, while learning to work safely in a kitchen. Parents will be asked to provide some materials for classes. Tot Soccer (3-5 years) 10 - 11 .m. Feldenkrais 1 - 2 p.m. view descriptionThe Feldenkrais Method is a type of alternative therapy that advocates claim can repair deteriorated connections between the motor cortex and the body, thus benefiting the quality of body movement and improving well-being. In one session, a Feldenkrais practitioner directs attention to the usual movement patterns believed to be inefficient or tense, and attempts to teach new patterns using smooth, slow, repeated movements. Slow repetition is believed to be necessary to impart a new habit and allow it to start feeling normal. These movements can be passive (performed by the doctor in the recipient's body) or active (carried out by the recipient). The recipient is fully clothed. Pickleball (Open game for all ages) 12:30 - 15:30 .m. Free. See description A fun and easy paddle sport, a cross between tennis, badminton and table tennis. Football (5-8 years) 4 - 5 p.m. QuickStart Tennis (9-11 years) 5 - 6 p.m. see description Football (9-12 years) 5:30 - 6:30 p.m. Intermediate / Advanced Tennis (18+) 6 - 7 p.m. see description One step up from the norm, picking up the pace and hitting on the move. Improve your front and back strokes. Learn doubles strategies and how to move your opponent with your serve. Participants must bring a tennis racket and must bring of tennis. Yoga - Vinyasa (18 + all levels) 6:30-7:30 p.m. Yoga view description is an ancient practice used for the development of strength and balance between and the body. These classes will build their knowledge and skills, in addition to teaching fundamental postures that will increase their flexibility, improve muscle tone, and improve coordination. Please bring your own mat. Drop-ins welcome Eureka Valley, Richmond and Upper Noe Recreation Centers for a \$10/class charge.m. More like a risky morning run, an outdoor strengthening challenge, and a cross-training adventure in the park. In addition to helping to strengthen, tone, and increase your cardiovascular condition, our boot camp workouts are designed to build your confidence and increase your well-being. Wednesday [center open from 9 a.m. to .m p.m. .m.] Open gym: 9:30 a.m. - 3:30 p.m.* Free Auditorium Game: 3:30 - 5 p.m. * Intermediate Pilates (18+) 9:30 - 10:30 a.m. see Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance and coordination without adding to muscle bulk. In addition, Pilates increases circulation and helps sculpt the body and strengthen the core of the body or powerhouse (torso). People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health. Drop-ins welcome to Eureka Valley, Richmond, and Upper Noe Recreation Centers for a \$1.m 0/class charge.m. In addition, Pilates increases circulation and helps sculpt the body and strengthen the core of the body or powerhouse (torso). People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health. Drop-ins welcome Eureka Valley, Richmond and Upper Noe Recreation Centers for a \$10/.m fee. Description of the Qi Gong view (pronounced 'Chee' Gong) consist of the development exercises that one practices in meditative martial art known as, Tai Chi. Through slow, simple, easy and effective movements, we will not only develop balance and coordination, but also reduce stress and tension while gaining a deep sense of peace, power and harmony. This class is open to beginners and professionals of all levels. This is the #41017, originally scheduled to be held at the now closed Glen Park Rec Center. Free. Download or register online. Tennis - High performance juniors (ages 9-11) 4 - 5 p.m Jr. Warriors practice 1st and 2nd grade 4 - 5 p.m Jr. Warriors practice Kindergarten 5 - 6 p.m. Pilates - All levels - Matt Class (18+) - 18:30 p.m.m. FREE during the winter session see instructor description: Julia Griffiths Record online course number: 23620 (\$36) Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance and coordination without adding muscle bulk. In addition, Pilates increases circulation and helps sculpt the body and strengthen the core of the body or powerhouse (torso). Welcome to drop-ins *All courses taught by certified instructors* Tennis beg/intermediate - Youth (ages 9-13) 5-6 p.m. see description Tennis lessons taught by certified tennis professionals USPTA/PTR. Learn the basics of producing stroke, forearm and back, as well as learning how to keep score, rally art and play a game of tennis. Students can expect to learn the basics of tennis strokes through fun games and drills. Players will learn to meet, keep score, and play a full game as well as meet new players. Tennis beg/intermediate (18+) 18-7 p.m. see tennis lessons taught by USPTA/PTR certified tennis professionals. Learn the basics of producing stroke, forearm and back, as well as learning how to keep score, rally art and play a game of tennis. Students can expect to learn the basics of tennis strokes through fun games and drills. Players will learn to meet, keep score, and play a full game as well as meet new players. Drop-in Volleyball (18 + advanced only) 6-8:30 p.m.m. - THURSDAY FREE [center open from 9 a.m. to 21 .m.] Gym open: 9:30 h. . m. - 12 p.m. , 6 - 8:30 p.m. * Auditorium Free Game: - 9:30 - 11 a.m. Petite Bakers (3-6 years) 10 - 11 a.m. see descriptionAdult Participation Necessary: This interactive class teaches children the art of copper in a fun and energetic environment. The class is configured for participants to learn the basics of cooking, while learning to work safely in a kitchen. Parents will be asked to provide some materials for classes. Music and Movement-Movin' & Groovin' (ages 2-4) 11:30 a.m. - 12:15 p.m. Argentine tango, advanced (55+) 1 - 4 p.m. Drop-downs are welcome. Description of the FREE view Join the low impact version of Argentine Tango. This dance consists of a variety of styles that developed in different regions and eras. It was popular in the United States by Vernon and Irene Castle, and in 1915 was being danced throughout Europe. Pickleball (Open game for all ages) 12:30 - 15:30 .m. Free. See description A fun and easy paddle sport, a cross between tennis, badminton and table tennis. Volleyball - Girls in sports - Beg. (ages 7-9) 4 - 5 p.m. Theatre-Mini Players 5-6) 4:30 - 5:30 p.m. Zumba (family) 5:30 - 6:30 p.m. - Drop-in only, FREE YOGA - Soft Hatha (18+) 6:45 - 7:45 p.m. Yoga view description is an ancient practice used for the development of strength and balance between mind and body. These classes will build your knowledge ability in addition to teaching fundamental postures that will increase their flexibility, improve muscle tone, and improve coordination. Please bring your own mat. Drop-ins welcome Eureka Valley, Richmond.m.m and Upper Noe Recreation Centers for a \$10/class charge. Open gym: 9:30 a.m. - 3:30 p.m. * Free Auditorium Game: 1 - 5:30 p.m. * Intermediate Pilates (18+) 9:30 - 10:30 a.m. see Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance and coordination without adding muscle volume. In addition, Pilates increases circulation and helps sculpt the body and strengthen the core of the body or powerhouse (torso). People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health. 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(from 10 to 14 years) 4 - 5:30 p.m. Drop-in volleyball (18 + advanced only) 6 - 8:30 p.m. - Free karaoke for adults (18 + only) 6:30 - 8:30 p.m.m. - Description of the FREE view the previous one was The Voice or American Idol, karaoke was king. Come, join us while singing your favorite songs. Instructor: Chris Sequeira Saturdays [center open from 9 a.m. to 17 .m.] Open gym: No gym hours open * Free Auditorium Play: 12 - 4:30 p.m.m * [weather varies depending on rentals] Yoga - Vinyasa (18 + all levels) 9:15 - 10:15 a.m. - see description Yoga is an ancient practice used for the development of strength and balance between mind and body. These classes will build their knowledge and skills, in addition to teaching fundamental postures that will increase their flexibility, improve muscle tone, and improve coordination. Please bring your own mat. Drop-ins welcome Eureka Valley, Richmond and Upper Noe Recreation Centers for a \$10/.m fee. Zumba (family) 10:30 - 11:30 a.m. - Children only, FREE Sundays [closed center; only outside] *The hours are to change. back to top