

FAMILIES



The Peninsula Community Center offers members a comfortable, friendly environment and top-rated services that will satisfy your entire family. Here at the Center, we strive for excellence in all we do, but we want to go beyond quality service and create community. We want you to feel welcomed and valued at the Center.

OUR VALUES

RELATIONSHIPS: we nurture personal relationships because communities are built one relationship at a time.

ACCOUNTABILITY: we commit to being held to a standard of excellence and ongoing personal improvement.

CHANGE: we trust God to bring about change in the lives of our team members and the people we serve.

EXPONENTIAL: we invest in people with the expectation that they too will invest in others.

COMMUNITY ACTIVITIES

Childcare available during fitness class hours

Baby Pool (ages 0-5)

Treasure Island

Hot Doggest Nights (Fridays)

Watermelon Wednesdays

Holiday parties

PCC Bistro

Lobby Café



peninsula community center

3623 Jefferson Ave.

Redwood City, CA 94062

www.peninsulacommunitycenter.com

650-364-6272

Mail to:

3560 Farm Hill Blvd.

Redwood City, CA 94061

The Community Center is a
ministry of Peninsula Covenant
Church.



WORSHIP GATHERINGS: Sundays

9am: Traditional

10:30am: Contemporary

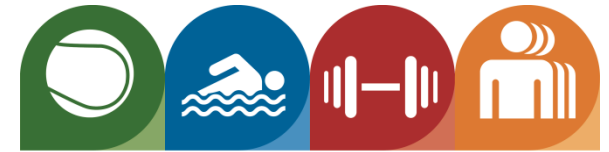
5:30pm: Interactive

CONTACT

650-365-8094

info@peninsulacovenant.com

www.wearepcc.com



peninsula community center



THE MISSION OF THE
PENINSULA
COMMUNITY CENTER
IS TO USE SPORTS TO
BUILD COMMUNITIES
THAT LOVE GOD AND
LOVE OTHERS.

FITNESS



Active participation in our selection of classes will achieve the benefits of cross training. A variety of exercise classes are offered each week that are free for PCC members.

FITNESS CLASSES

- Group Power (BTS)
- Pilates
- Spinning
- Senior Silver Sweat
- Abs XLR8
- Body Blast
- Boot Camp
- Yoga
- Zumba
- Hydropump (aqua)
- Wet Sweat (aqua)

JUNIOR JOCKS AND GO GIRLS

TINY DANCER TAP AND BALLET (ages 3-5-5)

UPWARD BASKETBALL (grades 1-4)

WEIGHT AND CARDIO ROOMS—Our fitness room has equipment to exercise all the major muscle groups of the body. Our equipment includes Cybex, Eagle, & Atlantic machines and free weights. The cardio room is complete with treadmills, Stairmasters, lifecycles, an Ergometer (rower) and Precor Elliptical trainers.

FITNESS ORIENTATION—New PCC members receive a free orientation to the fitness equipment.

PERSONAL TRAINERS—For a fee, personal trainers are available by appointment to design a program to help you achieve your personal fitness goals.

TENNIS



We provide a comprehensive and professionally run program that will greatly enhance your ability and enjoyment of the game of tennis. Both children and adults can benefit from the expertise of the USPTA (United States Professional Tennis Association) certified staff, who approach each program with a commitment to maintain a high level of involvement from all participants.

JUNIOR TENNIS PROGRAM (Sept—June)

- Pee Wee: ages 3-5
- Mighty Mite: ages 6-9
- Hot Shot: ages 10-16
- Future Stars
- Stars
- Tennis Team USTA

JUNIOR TENNIS CAMPS—Full or half day camps offered during the summer for ages 6-18, all skill levels.

ADULT TENNIS PROGRAMS—For all skill levels

- Clinics
- Lessons (private and semi-private)
- USTA Leagues (singles, doubles, and mixed doubles)
- Interclub Tournaments
- Men's and Women's play days
- Social Activities

TENNIS SERVICES

- Pro shop offers balls, racquets, shoes, and accessories
- Demo racquets available (for a fee) to members for trial
- Racquet stringing service

AQUATICS



We offer the most complete, comprehensive, and personalized aquatics program on the Peninsula for people of all ages.

PCC SWIM SCHOOL is dedicated to improve each swimmer's skills by providing safety, fun, and excellent teaching, giving every swimmer a positive swimming experience that lasts a lifetime. Children and adults learn as their confidence and skills are developed.

SEMI-PRIVATE SWIM LESSONS are offered for ages 3 and older. Lessons are tailored to fit your child's needs. Beginning with the basics of swimming to more complex strokes, your child will develop confidence in the water. Lessons are offered in the spring and summer with two children per instructor.

PRIVATE SWIM LESSONS are offered spring through fall by appointment for children and adults of all abilities.

PENINSULA COVENANT AQUATICS SWIM TEAM is a USA swimming program for competitive swimmers ages 6-18. Swimmers are grouped by age; offered year round.

PCA MASTERS is a USA swimming program for all ages and abilities. Masters offers 17 weekly workouts (additional fee applies).