Want to register for a program?
Registration starts 8:00AM Tuesday, September 3, 2019

There are multiple ways to register:

- **Online**
  
  [https://apm.activecommunities.com/cityofsacparksandrec](https://apm.activecommunities.com/cityofsacparksandrec)

- **In Person**
  
  Coloma Community Center
  4623 T Street • (916) 808-6060

  S. Natomas Community Center
  2921 Truxel Road • (916) 808-1571

  Sam & Bonnie Pannell Community Center
  2450 Meadowview Road • (916) 808-6680

  Please call individual Center for hours of operation.

- **Mail**
  
  completed registration form on page 63 and fees to:

  Registration
  4623 T Street, Ste. B
  Sacramento, CA 95819

This publication is the seasonal program directory of the Department of Youth, Parks, and Community Enrichment. Although this publication was prepared on the basis of the best information available at the time, all information including locations, dates, times, fees, etc. are subject to change without notice.

### Contact Us

<table>
<thead>
<tr>
<th>General Department Information</th>
<th>916-808-5200</th>
<th>915 I Street, Third Floor</th>
<th>Sacramento, CA 95814</th>
</tr>
</thead>
<tbody>
<tr>
<td>Park Permits &amp; Reservations</td>
<td>916-808-6060</td>
<td>4623 T Street, Suite B</td>
<td>Sacramento, CA 95819</td>
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<td></td>
<td></td>
<td><a href="mailto:sacrecreation@cityofsacramento.org">sacrecreation@cityofsacramento.org</a></td>
<td><a href="http://www.cityofsacramento.org/YPCE/Permits">www.cityofsacramento.org/YPCE/Permits</a></td>
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### YPCE Executive Team

<table>
<thead>
<tr>
<th>Mario Lara</th>
<th>Director</th>
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<tbody>
<tr>
<td>Shannon Brown</td>
<td>Deputy Director</td>
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<tr>
<td>Tony Ulep</td>
<td>Interim Park Maintenance Manager</td>
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<tr>
<td>Raymond Costantino</td>
<td>PPDS Manager</td>
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### Parks and Community Enrichment Commission

<table>
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<tr>
<th>District 1</th>
<th>Sumiti Mehta</th>
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<tr>
<td>District 2</td>
<td>Fatima Malik</td>
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<tr>
<td>District 3</td>
<td>David Guerrero</td>
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<td>District 4</td>
<td>Julie Murphy</td>
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<td>District 5</td>
<td>Joe Flores</td>
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<td>District 6</td>
<td>Tyler Aguilar</td>
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<td>District 7</td>
<td>Devin Lavelle</td>
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<td>District 8</td>
<td>Chinua Rhodes</td>
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<tr>
<td>Mayor Asst.</td>
<td>Rita Gallardo Good</td>
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<tr>
<td>At large</td>
<td>Jason Law</td>
</tr>
<tr>
<td>At large</td>
<td>Terri Kletzman</td>
</tr>
</tbody>
</table>

### Access for All

The City of Sacramento Department of Youth, Parks, and Community Enrichment believes that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. We welcome people with disabilities into our recreation programs through specialized programs and inclusion opportunities. We will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination of programs, services, and activities for individuals with disabilities. In order to best accommodate your individual needs we ask that you let us know of any accommodations needed at the time of registration and/or at least 48 hours in advance of a program.

For further information on accommodation requests contact Annie Desalernos, adesaler@cityofsacramento.org, 916-808-3809. 711 California Relay Service (which is also capable of handling TTY calls) is also available. The 711 service is available for those calling from within California.

“Like” us on Facebook!

[www.facebook.com/YouthParksCommunityEnrichment/](http://www.facebook.com/YouthParksCommunityEnrichment/)
COME OUT & PLAY ALL FALL!

TABLE OF CONTENTS

Access Leisure .............................. 33-34
   Residential Camp Programs .......... 34
   Social Programs ...................... 33
   Sports ................................ 34
   Veteran Programs ..................... 33

Adult Fun and Fitness .......... 35-40
   Dance & Music ........................ 35
   Dog Obedience ....................... 37
   Movement & Fitness ................. 36
   Rowing ................................ 39
   Softball ................................ 40
   Tennis ................................ 38

Aquatics ................................. 18
   Lifeguard Training ................. 18
   Special Events ...................... 18

Community Centers ........ 11-15
   Belle Cooledge CC .................... 12
   Coloma CC ................................ 11
   Evelyn Moore CC ..................... 12
   George Sim CC ....................... 13
   Joe Mims Jr. Hagginwood CC ....... 14
   Oak Park CC .......................... 15
   Sam and Bonnie Pannell CC ....... 13
   South Natomas CC ................. 15
   Southside Clubhouse ............... 13

Older Adult Services ....... 41-44
   Movement ............................ 41
   Hart Senior Center ................. 43
   Triple – R Adult Day Center ....... 44

Registration Form ................. 47
Parks Map ................................. 16-17
Trips and Tours ....................... 45-46

Youth and Teens ................. 19-32
   Early Learning ...................... 19
   Expanded Learning - ASES .... 20
   Expanded Learning - Child Care 20
   Basketball .......................... 29
   Dance & Gymnastics ............... 23
   Golf .................................. 25-27
   Hot Spot ............................. 21
   Martial Arts ........................ 24
   Middle School Sports .......... 22
   Music & Drama .................... 22
   Skate Parks ......................... 21
   Soccer ................................ 28
   Tennis ................................ 30
   Youth Civic Engagement ........ 31
   Youth Employment ............... 32

YPCE News ......................... 4-10
   Camp Sacramento .................... 7
   Community Enrichment Division . 5-6
   Community Gardens .............. 8
   Park Maintenance Division ....... 7
   Park Planning & Development Services . 9-10
   Youth Division ..................... 4

"Like" us on Facebook!
www.facebook.com/YouthParksCommunityEnrichment/
Youth Division

Every summer, young people across Sacramento look for ways to stay busy and engaged in their communities while they are out of school. The Youth Division had a busy summer offering programs for thousands of young people across Sacramento from summer camps and expanded learning programs to work-based learning and workforce readiness.

The Expanded Learning Section offered a variety of summer programming for youth in grades TK-6. Summer Oasis, an outdoor summer camp, was held at four of our city’s most popular parks including Regency Park, East Portal Park, Marriot Park, and William Land Park. Almost 400 participants enjoyed activities, games and crafts while making new friends and staying active. YPCE also offered Kids Kamp programs at various community center locations, serving hundreds of youth all summer long.

The 4th “R”, the city’s licensed child care program, offered “STEAM in ‘19” at all 19 our locations across Sacramento serving over 2,500 students in grades TK-6. Program is run year round, Monday – Friday from 7am-6pm and offers before and after school care and program during school breaks.

The Youth Employment section offers work-based learning programs for young people who are interested in gaining employment. Prime Time Teen, a work readiness program for young people between the ages of 13-17, was offered at the following locations: Joe Mims Jr. Hagginwood Community Center, Sam & Bonnie Pannell Community Center, Oak Park Community Center and the Southside Clubhouse. Approximately 150 participants completed 48 hours of readiness training which focuses on the essential skills young people need to be successful. In addition, each participant created and implemented a youth-led community service project and received a $300 stipend at the conclusion of the program. Sacramento now has 150 better prepared young people ready for the workforce!

The Landscape & Learning Youth Employment Program (L&L), a work-based learning program, employed 85 young people between the ages of 14-17 this summer. Each participant gained employment skills in landscape maintenance, employer expectations, teamwork, communication, safety, customer service and time management. The L&L crews worked citywide providing general landscape and clean-up in approximately 100 parks this summer!

It was a great summer and while we love summer time, we’re excited about our fall programs as well. Check out the Youth and Teens section of the Come out and Play Catalog for all of our offerings.
Community Enrichment Division

Triple-R moves into a new era

Recreation is for everybody! In that spirit, the department created Triple-R, our program for older adults with dementia. Each day at Triple-R, older men and women gather together to enjoy one another’s company, perhaps sing along to a favorite song, enjoy old hobbies or try their hand at a new one, laugh and joke with each other – and stay safe. In the meantime, family caregivers get a needed break or head off to work knowing a loved-one is in good hands.

This past summer Triple-R moved into a new era when it opened a large new site at South Hills Shopping Center on S. Land Park Drive. Easily accessible for residents from throughout south Sacramento, the new center is open Monday-Friday, 7:30 a.m. to 6 p.m. for the convenience of working caregivers.

The 1960’s era shopping center serving as Triple-R’s new home gives off a fun, retro vibe perfectly suited to the light-hearted atmosphere at Triple-R. The completely renovated and warmly decorated new space sitting just a couple of doors down from the U.S. post office is an inviting place to spend the day.

Other Triple-R sites are located at Hart Senior Center in Midtown and at Woodlake School in North Sacramento.

Triple-R is an Adult Day Care program, licensed by the state of California. Our highly trained staff are adept at communicating with and providing personal care for people with early through late stage dementia.

Do you know someone who could use a day or two a week (or more!) at Triple-R? Go to www.TripleR.org for more information.
Community Enrichment Division

Community Centers is all about T.E.A.M.

The Experiences and Memories, or T.E.A.M. is our Community Centers motto and inspiration to provide the most unique and engaging recreational and lifelong learning opportunities for youth, teens, seniors, families, and communities. In the spirit of T.E.A.M., this summer’s highlights included Community Appreciation events, new educational excursions for youth such as to Safari West in Sonoma, a Seniors Pool Party, a brand new STEM Club in partnership with Square Root Academy, an Inaugural Flashback Friday Teen Unity Event at the Sacramento Softball Complex, and new and renovated outdoor sports courts, all in addition to our wildly popular summer youth and teen programming and camps. For the fall, visitors and participants can expect new programming including textile arts & sewing classes, enhanced Seniors programs and excursions, and community celebrations and events, as well as spruced up facilities with new furniture, equipment, and amenities for the community to enjoy.

Teens from 5 community centers came together for an Old School party at the Sacramento Softball Complex. #Flashback Friday was created to give teens from communities all over the city a night to come together and put their phones down and just have some good old fashion fun. Teens were treated to inflatable sport games, bumper ball soccer, kickball and volleyball under the lighted fields and courts. Other actives included a photo booth, and a line dance flashmob. Participation by the teens was quite impressive with all the events going on, and of course when the food came out, there was no stopping them. The night ended with a raffle and gift bag of ol’ school candy.
Community Enrichment Division

Camp Sacramento

Camp Sacramento kicked off 2019 with TONS of snow, and an exciting season ahead as the department welcomed a new Camp Manager, Thomas Semeta, all the way from Boston, Massachusetts. Now, a note from Thomas:

"It is with great excitement that I’ve enjoyed this season as the new camp manager at Camp Sacramento this summer. After 20 years of East Coast summer camp experience, this has been an exhilarating opportunity to embark on something new, exciting, and different. And it has been that and more! We’ve had a fantastic season with over 2,000 campers joining us at Camp Sacramento this summer. We had lots of fun in archery, tie-dyeing, hiking, fishing, making various crafts, singing camp songs, eating s’mores, and many more activities for campers of all ages.

As much fun as we’ve had this summer, we’re looking forward to our next one, a very special celebration. Camp Sacramento will be turning 100 years old next summer of 2020!!! And with that, we are very excited as we put all the ideas together and start planning the most epic of all of our seasons yet – A Centennial Celebration!"

Thank you, Thomas and team, for an eventful and exciting camp season! For more information on Camp Sacramento, please visit our website at http://www.cityofsacramento.org/ParksandRec/Recreation/Camp-Sac.

Park Maintenance Division

The Park Maintenance Division had a very busy summer! We hope you had a chance to visit one of our 228 parks that includes some of our specialty parks such as off-leash dog parks, community gardens, and skate parks. Over 130 park maintenance staff members work every day to maintain our parks, and we’d like to send a huge thank you to our staff and volunteers for their continuous dedication and commitment to keeping our parks beautiful all year long.

Speaking of dedicated staff, the Park Maintenance Division is wishing farewell to Roger Brown as he prepares for retirement. Roger has been with the City of Sacramento for over 37 years. He started in Tree Maintenance in 1981, then was a Park Maintenance Worker I in 1984, promoted to Park Maintenance Worker II in 1994, was a mower operator for 15 years during the time, and then was promoted to Park Supervisor in 2015. When we asked Roger what he will miss the most after he retires, he said working on projects with the crews and “watching their eyes light up” when the project is complete and seeing how proud they are of their work. In retirement, Roger is looking forward to spending time with family and traveling to see different family members that live in different states. He also looks forward to “sleeping in” a little bit.

A huge THANK YOU to Roger for almost 40 years of dedicated service to the City of Sacramento and best of luck in retirement!
Community Gardens

Let’s Get Growing...Grow with Us!
The City of Sacramento offers gardening space for growing vegetables, flowers, and herbs. The gardens provide opportunities for all ages, gardening levels and abilities. For more information visit us at

www.cityofsacramento.org/ParksandRec/Parks/Specialty-Parks/Community-Gardens

Contact: Bill Maynard
Community Garden Program Coordinator
808-4943 or email wmaynard@cityofsacramento.org

Community Gardens

Billy Bean Park
Community Garden
7400 17th Ave

BlackBird Park
Community Garden
3765 Hovnanian Dr

Brooks Truitt
Community Garden
19th and Q St

Camellia Park
Community Garden
6650 Cougar Dr

Danny Nunn Park
Community Garden
Located off Power Inn Rd on 53rd Ave just west of the park

Elmhurst-UCD Med Center
Community Garden
49th Street—Between 50th St and V St

Fremont Community Garden
On the corner of 14th and Q St

J. Neely Johnson Park
Community Garden
Located at 11th and F St

Martin Luther King
Community Garden
MLK & 12th Ave

The Mill Community Garden
Located McClatchy Way off 5th St

Ninos Community Garden
Northfield Dr at Ninos Pkwy

OakBrook Park
Community Garden
Located Soda Way at San Juan Rd

Sojourner Truth
Community Garden
Robie Waters Library

Southside Community Garden
Located at 5th and W St

Sparrow Community Garden
Sparrow Drive and Natomas Crossing

Strauch Park
Community Garden
Located at Northstead Dr at Potomac Ave

Valley Hi Park
Community Garden
8185 Center Pkwy

Wild Rose Park
Community Garden
5200 Kankakee Dr

Zapata Park
Community Garden
8th and E St
YPCE's Park Planning and Development Services Division plans, develops, and maintains neighborhood, community, and regional parks in Sacramento. During 2018-2019, the City made improvements to several parks throughout the City. Improvements in 2019 included the relocation of dog parks at North Natomas Regional Park, playground renovations at Woodlake Park, a renovated skate bowl at Sutter’s Landing Skate Park, tennis court renovations at Nielsen Park, and new master plans for Olympians Park and Cove Park. Find out more information about each of these park projects below.

**North Natomas Regional Park - Dog Parks**
The existing small and large dog parks at North Natomas Regional Park were recently relocated to 2501 New Market Drive. Both the large and small dog parks have drinking fountains, wash faucets, and fabric shade canopies. Dog owners and dogs will enjoy a water play zone and dog fitness equipment in the new Agility Zone located in the southeast corner of the park. Other improvements at the park include concrete benches, trash receptables, an automatic irrigation system, and open turf.

**Woodlake Park Playground Renovation**
Woodlake Park is located in North Sacramento at 500 Arden Way. The existing tot lot and adventure area playground at this park were replaced with new equipment and swings in May 2019. The new playground has wood fiber surfacing, a drinking fountain, benches and tables. Other amenities at this park include an amphitheater, a softball field, a lighted tennis court, and the Woodlake Clubhouse.

**Sutter’s Landing Skate Park**
Phase 2 of the Sutter’s Landing Skate Park Project is complete, and the park is now open. This District 3 project consisted of resurfacing of the existing skate bowl which has been closed for more than a year, resurfacing the hump ramp and resurfacing additional skate elements within the skate park. Skaters can ride scooters and roller skates at the park which is located at 28th and B Streets.

**Nielsen Park Playground & Tennis Renovation**
Playground renovations are finished at this 10.08-acre park. Nielsen Park was reopened in spring 2019, and improvements include a new tot lot and adventure area playground, a shade canopy, resurfaced tennis and basketball courts, and a drinking fountain.
Park Planning and Development Services

Park projects continued below.

Master Plans

Cove Park
Cove Park will be a new 1.9-acre park within the Cove residential neighborhood development in South Natomas. The park will have a tot lot, a group picnic area, a bicycle rack, open turf play area, a half basketball court, and stormwater/bioretention planters.

Olympians Park
Olympians Park is a 4-acre neighborhood park with a community-serving neighborhood center. The park is a component of The Mill at Broadway development in the Land Park area of Sacramento. The master plan will have a 0.24-mile bike trail/jogging loop, an amphitheater, dog park, playground, and open turf.
Coloma Community Center is a beautiful two-story, tile-roofed brick building that was converted from the old Coloma Elementary School. The building has five meeting rooms, one dance room, and a full performance auditorium with stage for various activities. The Coloma Community Center can host intimate meetings of 25 persons or accommodate large events.

RESERVATION INFORMATION
Looking for a premier location for your event? Look no further. Call (916) 808-6060 for details.

Shuffleboard Club:
Do you like fun, social, active groups? Then this is the group for you. The Shuffleboard club is all those things and more. Welcome to anyone one at any skill level!
Every Wednesday from 9:00am-12:00pm
$12 a year club fee
Free lessons for beginners
Come out and join in on the fun or call (916) 933-1571 for more info!
BELLE COOLEDGE COMMUNITY CENTER

5699 S Land Park Dr
Sacramento, CA 95822
Hours of Operation: Tu Th F 12-5pm

The Belle Cooledge Community Center offers several classes, workshops and programs to meet your leisure needs. Learn something new, improve a skill, meet new people, or enjoy friendly competition. Classes include Multi-Level Aerobics, Youth Dance and Gymnastics, Tai Chi, and Ballroom Dance.

EVELYN MOORE COMMUNITY CENTER

1402 Dickson St
Sacramento CA 95822
(916) 808-5610
Hours Of Operation: Call for details

Reservation Information
Evelyn Moore Community Center is a quaint, one-room activity building suitable for small parties, gatherings or meetings. Call (916) 808-6060 for details.

Programs
The Evelyn Moore Community Center offers several classes, workshops and programs to meet your leisure needs. Learn something new, improve a skill, meet new people, or enjoy friendly competition.

SAM & BONNIE PANNELL COMMUNITY CENTER

2450 Meadowview Rd
Sacramento, CA 95832
(916) 808-6680
Hours of Operation M W Th F 8:30am-9pm
Sa 9am-12nn
Closed on Tu Su

The Sam & Bonnie Pannell Community Center is situated on a 12-acre site, which includes an aquatic center, outdoor basketball courts, baseball diamond and a fully accessible sports field–River Cats Independence Field. The Center includes a weight room, teen room, computer lab, and meeting rooms, also a large multipurpose room with a warming kitchen. Rooms for rent range in capacity and size and can accommodate events of many types. The center offers a selection of programs and classes for all ages and interests.

Youth/Teen Programs

Rec-Create (6-12 yrs of age) offers a variety of recreational activities, homework time, games, sports, field trips and a snack.

Teen Scene (13-17 yrs of age) offers a safe place to hang out in our “Basement” while having fun socializing, skill building, sports, air hockey, video games and field trips.

Community Access
This free program includes basketball, dancing, games food, plus much more. Ages 6-16 can register for this program which takes places on W 6-8:30pm.

D8 HotSpot
This Teen program is held on the First Friday of the month and includes Break Dancing, Basketball, Teen Basement, Games and Food. You must register for this program. The time is 7:00pm – 10:30pm.

Older Adult
The All Seasons Café serves lunch to those 60 and over with a reservation made the day ahead. Lunch is served at 11:45am. (meals are served through Meals on Wheels) The Café also has activities before and after lunch with guest speakers, entertainment and special events. The café opens at 10:30am MWTThF.

Lao Family Senior Gathering
Join the group for socializing, snacks and participate in a variety of activities at the community center. F 8:30am-12:00nn.

National Council of Negro Women
3rd Sa

Friends of Allensworth
Various F
GEORGE SIM COMMUNITY CENTER

6207 Logan St
Sacramento, CA 95824
(916) 808-3761
Hours Of Operation: M–F 10am–8pm

Rec Express
Afterschool enrichment program for youth ages 6–12. Structured homework time (2:30pm), indoor & outdoor recreational activities, life skills workshops and much more. M–F 2:30pm – 5:30pm Free

Teen Squad
Come out and KICK IT! Ages 12-17 yrs. old (6th grade +) are invited to join in the fun. Indoor & outdoor play, arts & crafts, board games, sport tournaments, health & fitness information, cooking workshops, guest speakers, video game challenges and much more! Tu W Th 5:00pm – 7:30pm Free

Merit Program
Youth driven community action team. Workshops: life skills, career & education development, special event and community service planning. This program is open to high school seniors in need of community service credit required for graduation. Begins February 4. Free

Spike Nite
Indoor volleyball program for year-round enthusiasts, ages 13+. All participants must have completed registration form on file. Tu 5:00pm – 8:00pm Free

D6 Hot Spot
Late Nite Friday program for teens ages 13-19 enjoy indoor basketball, volleyball, dance, recreational activities and much more. All participants must have completed registration form on file. F 7:00pm - 11:00pm Free
January 4 11 25 February 1 8 22 March 1 8 15 22 April 5 12 19 26 May 3 10 17 June 7 14

District 6 Youth Advisory Council
Be a part of an active youth body that supports the efforts of the community as well as the council district. For more information: (916) 808-2688 cursey@cityofsacramento.org Check out: CityOfSacVAC.org 2nd W 3:30pm – 5:30pm

Hmong Social Group
Chaw Kajsiab: An inclusive socialization group for Hmong seniors 55+. Join us weekly for fun activities, interact with others, monthly outings, potluck, and get connected to available resources in your local community. Sponsored by El Hogar Community Services, Inc./SeniorLink Th 12:30pm – 2:00pm Free

Community Special Events
Celebrating 10 Years Sa Sept 21
Annual Dr. Seuss Literacy event (Book Fair & Fun) Sa February 23
Community Clean Up sponsored by District 6 Sa March 9
Annual Community Egg-stravaganza Sa April 20
A.G.E.N.A. (Avondale/ Glen Elder Neighborhood Association) 2nd W of each month 6:00pm

South East Village Neighborhood Association
bi-monthly 2nd W 6:00pm

Wellness Programs
Vinyasa yoga class Sa 10:00am Cost: Free, waiver required, under 18 ok with parent permission.

Technology
Laptop Computers and wifi available during open hours. (no printing or copying services available) Sign in at front desk.

Youth and Teen Programs
Southside Clubhouse Kids Kamp will return for Summer 2020. Check our website for updates.
The Joe Mims Hagginwood Community Center located in the north area of Sacramento. Our facility and park are the focal point of the North Area which provides two buildings for programs and rentals. The main community center has two meeting rooms, front office, lobby space, outdoor patio, and a breezeway leading to the historic building. The historic building has a large auditorium & stage, a warming kitchen and two game rooms for youth and teens. The Hagginwood Park has beautiful shade trees, a playground for kids, basketball courts, large grassy areas, picnic areas and The Grantland Johnson field.

The Grantland Johnson Field was named in honor of Grantland Johnson, a native of Del Paso Heights who served his community in multiple elected positions. The field features synthetic turf and sports field lights. It meets FIFA standards of measurement, sizing up at 60.96m (200ft) by 91.44m (300ft). The field also features regulation soccer goals, nets, perimeter fencing, and onsite restrooms. To reserve this field call Coloma Community Center (916) 808-6060.

Rec Express and Teen Unity
Youth (age 6-12) and Teens (age 12-15) can join us afterschool in a program geared toward youth who want to socialize in a safe fun positive environment. Work on their homework, eat snacks and jump into some fun by playing pool, ping pong, table games, active games & sports. Create art projects, join in with drama, music, field trips and fun that the youth plan.
M Tu Th, F 3:00pm – 6:00pm  W 1:00pm – 4:00pm Free

D2 Hot Spot for Teens
For teens who want to enjoy a safe place to play indoor and outdoor sports. Music, fitness, dance, eating, table games and much more. Teens create their fun with the help of some cool rec staff. Coming Soon. 6:00pm – 10:00pm Every 4th F. Check dates.

Older Adult/Senior Programs
Meals On Wheels (MOW) features the All Season’s Cafe for Seniors over 60
Seniors can come and enjoy a nutritious hot lunch. This program is for seniors who want to meet new friends, socialize with other seniors from the community, keep their mind sharp and learn about nutrition & other senior related topics from guest presenters. MOW offers this service for seniors over 60 years of age. Donations accepted but not required. Stop by our front office for a registration form.
TuWTh 11:30am – 12:30/1:00pm

Other Adult Senior programs needs you to become a volunteer for our programs. Looking for teachers so we can provide Pilates, Zumba, Chair Yoga, Yoga, Active Aging and more classes for senior/adults. Other suggestions we need your ideas (916) 808-6439.

Community Support Groups
Counseling and Anger Management  F 1:30/2:00 – 4:00pm
Grandparents Support Group  2nd and 4th M 10:00am – 12:00nn
NA Support Group with ARANA  1st F 6:00pm
AA Support Group Meeting  Th 6:00pm – 7:30pm
Church Of Christ  Su 11:00am – 3:00pm

Fall Festival Monster Mash
Free event for the community. Goblins and Ghouls of all ages can enjoy food, scares, resource information, art, movies, games, dancing, prizes and more.
M October 28  5:00pm – 7:00pm

Mims Making Memories
All program participants will treat you to a holiday show filled with dancing, skits, songs and more. Dinner served to participants and their guests.
W December 11  5:00pm – 7:00pm
The Oak Park Community Center located in the heart of Oak Park, is a gathering place for people to come together to stretch their recreational horizons, have fun, learn new things and make friends.

Street Soccer USA
Located on the community center’s campus is a new outdoor soccer court. Pick-up games are available for youth and adults. Give us a call for a more detailed schedule.

Rec Express & Teen Scene Afterschool Programs
The Rec Express program is offered to youth ages 6 to 12 years old. Our Teen Scene program is for young adults aged 13 to 17 years old. We offer recreation, group games, sports, arts and crafts, homework help and so much more!

OAK PARK COMMUNITY CENTER
3425 Martin Luther King Jr. Blvd
Sacramento 95817
(916) 808-6151
Hours of Operation:
M-F 10am-8pm
S 9am-3pm

SOUTH NATOMAS COMMUNITY CENTER
2921 Truxel Blvd.
Sacramento, CA 95833
(916) 808-1571
Hours of Operation:
M-Th 8:30am-8pm
Sa 10am-3pm

Pump It Up!
Whether you are trying to lose weight, gain muscle or stay fit, we have the equipment for you!
Our FREE wellness room has treadmills, ellipticals, free weights and more! Must be 18+ and register.

Senior Social
We host a Senior Social for our community members fifty years older or older. We offer Bingo, games, activities, and different themes. Come check it out every 2nd Tu 11:00am - 1:00pm

Coffee Social - Come enjoy warm coffee and pastries with friends. Get updated on community events and enjoy a nice game or 2. Free 1st and 3rd Tu 10:00am

Senior Social Luncheon - Join your friends and neighbors for lunch, and fun & games. Sign up at the Front Counter. 2nd Tu 10:00am

Rec Express After School Program
Ages 6-12 come hang out with us after school, Mon – Thursday 3:00pm – 5:30pm. We do homework, games, arts and crafts, cooking and more! Make new friends and have fun. Register in person at SNCC Free M-Th 3:00pm – 5:30pm

Teen Squad
SNCC is the place to be! The Lounge is a safe place to hang out after school. We do homework, outdoor games, field trips, crafts, and group activities. We also have pool, foos ball, video games and more. The program is open to youth in grades 6th and up. Free M-Th 3:00pm – 6:00pm

Computer Lab
Our computer lab offers 10 workstations for the community’s usage free of charge. The computers have Microsoft Office, internet access, and other programs. Staff are available to answer questions and troubleshoot if necessary. The City does not offer printing or copying services at this location. Free. M – Th 1 – 5 pm Sa 10:00am – 3:00pm

Wellness Room
This room is equipped with Nautilus-type machines for weight lifting and several cardio machines. The Wellness Room is open to participants 16 yrs. and up (under 18 parent waiver required). Please be sure to wear proper workout attire and footwear, and don’t forget a towel! Pre-registration is required. Free M-Th 8:30am – 8pm, Sa 10:00am – 3:00pm

Older Adult Programs
Our Older Adult programs offer a variety of interesting activities for adults that wish to stay active. Mark your calendar and join us for a great time. You will meet your neighbors, get involved with your community, and make new relationships.

OAK PARK COMMUNITY CENTER
3425 Martin Luther King Jr. Blvd
Sacramento 95817
(916) 808-6151
Hours of Operation:
M-Th 8:30am-8pm
S 9am-3pm

Pump It Up!
Whether you are trying to lose weight, gain muscle or stay fit, we have the equipment for you!
Our FREE wellness room has treadmills, ellipticals, free weights and more! Must be 18+ and register.

Senior Social
We host a Senior Social for our community members fifty years older or older. We offer Bingo, games, activities, and different themes. Come check it out every 2nd Tu 11:00am - 1:00pm

Coffee Social - Come enjoy warm coffee and pastries with friends. Get updated on community events and enjoy a nice game or 2. Free 1st and 3rd Tu 10:00am

Senior Social Luncheon - Join your friends and neighbors for lunch, and fun & games. Sign up at the Front Counter. 2nd Tu 10:00am

Rec Express After School Program
Ages 6-12 come hang out with us after school, Mon – Thursday 3:00pm – 5:30pm. We do homework, games, arts and crafts, cooking and more! Make new friends and have fun. Register in person at SNCC Free M-Th 3:00pm – 5:30pm

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Wellness Room
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Older Adult Programs
Our Older Adult programs offer a variety of interesting activities for adults that wish to stay active. Mark your calendar and join us for a great time. You will meet your neighbors, get involved with your community, and make new relationships.
Find skate parks near you in the Youth and Teen section, page 21
Legend

- School Hot Spots
- Triple- R Sites
- Parks
- Community Centers and Facilities
- 4th"R" Sites
- City Boundary
Lifeguard Training
This American Red Cross Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Participants will learn how to provide professional-level care for breathing and cardiac emergencies, injuries, sudden illnesses and water emergencies until emergency medical services (EMS) personnel take over. Successful completion of the program includes a certification in American Red Cross Lifeguarding, First Aid and CPR/AED.

Prerequisites:
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only the legs with hands placed under your armpits.
- Complete a timed event within 1 minute, 40 seconds.
- Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed.
- Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on your back and return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

Age: 15 and up
Location: Pannell Meadowview Pool
Fee: $185 ($150 may be reimbursed to persons who pass this course, apply to and work for the City of Sacramento Aquatics section and successfully complete the 2019 season.)

10643 9:00am - 5:00pm 2/1 - 2/22 Sa

Floating Pumpkin Patch
Come join us for this fun event and pick out one of the pumpkins bobbing in our pool. We'll be playing games, decorating, and having fun! Normal pool rules apply. Participants are required to wear swimming attire. Non-swimmers must be accompanied by an adult within an arm's reach in the water.

Fee: $5
Location: Pannell Meadowview Pool
10645 10:00am - 2:00pm 10/27 Su
10644 10:00am - 2:00pm 10/26 Sa

Doggy Dip Days!
Owners are invited to bring their favorite pups out for a dip in the pool, enjoy treats, participate in pet contests and more as our facility "goes to the dogs." Dogs must be licensed and vaccinated, and owners must be prepared for clean-up duty. Lifeguards will be on site during this dogs-only swimming event.

Fee: $5 per dog and up to two owners. Additional spectators are $2 each.
Location: Pannell Meadowview Swimming Pool
10645 10:00am - 2:00pm 10/27 Su
10644 10:00am - 2:00pm 10/26 Sa

Looking for a great summer job?
Look for Lifeguard, Sr. Lifeguard, Assistant Pool Manager and Pool Manager postings to be up by January. Pay starts at $15/hour. Trainings are available and should be completed before the summer.
See our website for more information.

https://www.cityofsacramento.org/ParksandRec/Recreation/Aquatics
There is a $30 annual registration fee for all Tiny Tot Time locations.

Tiny Tot Time - Coloma Community Center
Instructor – Rebecca Castro
M, W, F .......... 9:00-11:30am .......... $195/mo
10679  10/2 – 10/30
10680  11/4 – 11/27
10681  12/2 – 12/27
10682  1/3 – 1/31
10683  2/3 – 2/28
10684  3/2 – 3/30
Tu, Th ............ 9:00-11:30am .......... $170/mo
10673  10/1 – 10/31
10674  11/5 – 11/26
10675  12/3 – 12/19
10676  1/2 – 1/30
10677  2/4 – 2/27
10678  3/3 – 3/31

Tiny Tot Time - Land Park
Instructor – Rachael Hinrichsen
Both M, W, F classes have $10 material fee per month
Both T, Th Classes have $5 material fee per month
M, W, F .......... 8:45-11:30am .......... $185/mo
10734  10/2 – 10/30
10735  11/1 – 11/27
10736  12/2 – 12/20
10737  1/3 – 1/31
10738  2/3 – 2/28
10739  3/2 – 3/30
M, W, F .......... 12:00-2:45pm .......... $175/mo
10740  10/2 – 10/30
10741  11/1 – 11/27
10742  12/2 – 12/20
10743  1/3 – 1/31
10744  2/3 – 2/28
10745  3/2 – 3/30
Tu, Th ............ 9:15-11:30am .......... $155/mo
10746  10/1 – 10/31
10747  11/5 – 11/26
10748  12/3 – 12/19
10749  1/7 – 1/30
10750  2/4 – 2/27
10751  3/3 – 3/31
Tu, Th ............ 2:00-2:15pm .......... $155/mo
10752  10/1 – 10/31
10753  11/5 – 11/26
10754  12/3 – 12/19
10755  1/7 – 1/30
10756  2/4 – 2/27
10757  3/3 – 3/31

Tiny Tot Time is a recreation program for preschool-aged children. Activities include indoor and outdoor games, arts & crafts, music, stories, and field trips.

For information on how to enroll your child, please contact the site of your choice directly.

Come learn, play, and grow with our Tiny Tot Time program!
Tiny Tot Time – McKinley Park  
Instructor – Miss Grace  
M, W, F ............ 9:00am-12:00pm ............ $195/mo  
10801 10/2 – 10/30  
10802 11/1 – 11/27  
10803 12/2 – 12/20  
10804 1/3 – 1/31  
10805 2/3 – 2/28  
10806 3/2 – 3/30  
Tu, Th ............ 9:00-11:30am .............. $155/mo  
10807 10/1 – 10/31  
10808 11/5 – 11/26  
10809 12/3 – 12/19  
10810 1/7 – 1/30  
10811 2/4 – 2/27  
10812 3/3 – 3/31  

Tiny Tot Time - S. Natomas Community Center  
Instructor – Ashley Ramsey  
M, W, F ............ 9:00-11:30am ............ $195/mo  
10883 10/2 – 10/30  
10884 11/1 – 11/27  
10885 12/2 – 12/12  
10886 1/3 – 1/31  
10887 2/3 – 2/28  
10888 3/2 – 3/30  
Tu, Th ............ 9:00-11:30am .............. $170/mo  
10889 10/1 – 10/31  
10890 11/5 – 11/26  
10891 12/2 – 12/27  
10892 1/3 – 1/31  
10893 2/3 – 2/28  
10894 3/2 – 3/30  

Arts, Crafts, and More  
Tu ............ 2:00-2:00pm .............. $120/mo  
10813 10/1 – 10/29  
10814 11/5 – 11/26  
10815 12/3 – 12/17  
10816 1/7 – 1/28  
10817 2/4 – 2/25  
10818 3/3 – 3/31  

Mommy/Daddy and Me  
M, W ............ 12:00-1:30pm ............ $85/mo  
10819 10/2 – 10/30  
10820 11/4 – 11/27  
10821 12/2 – 12/18  
10822 1/6 – 1/29  
10823 2/4 – 2/26  
10824 3/2 – 3/30  

EXPANDED LEARNING - ASkses  
PAS sage/ASES After School  
The Passages / ASES (Teen Services) programs provides a Youth Development based program designed for middle school children. The program allows the students the opportunity to develop enthusiasm for enrichment and recreation through participation in a variety of exciting, challenging activities such as academic enrichment, sports, visual and performing arts, science and technology, service learning, cooking, multi-cultural activities, life skills education, special events and trips.  
Ages: 7 – 8th Graders  
Location: Sam Brannan Middle School  
2:00pm – 6:00pm  M – F  

Sacramento START  
START is a “FREE” expanded learning program for Kindergartners through sixth grade students with a focus on providing academic support and recreational activities in a safe and caring environment. To ensure consistency in learning, students attend Sacramento START at least three hours a day, five days a week during the school year. Programs are available at 5 schools in the Robla School District:  
For registration information please call Sacramento START (916) 808-6089  
• Bell Avenue Elementary School  
• Main Avenue Elementary School  
• Glenwood Elementary School  
• Taylor Street Elementary School  
• Robla Elementary School  

4th “R”  
The 4th “R” provides School-Age Child Care for Kindergartners – 6th graders, emphasizing RECREATION! We have on-site locations at many elementary schools in the Sacramento area. We provide before and after school care during the school year, including winter and spring break, and a full day program during the SUMMER!  
The 4th “R” is a recreation program that fosters learning through fun. Your child will have opportunities to engage in arts & crafts, cooking, sports & games, science & more. Your child will have many unique and interesting experiences at the 4th “R”. We love what we do, and we are here for you!  
The 4th “R” is a licensed program with the State of California. License # 340311930  
Call (916) 808-6021, for more information, or contact the 4th “R” nearest you  
Alice Birney .................... (916) 433-6318  
Caleb Greenwood ............. (916) 277-6185  
Crocker Riverside ............. (916) 268-8385  
Didion ......................... (916) 433-6675  
Golden Empire ................. (916) 228-3209  
H. Allen Hight ................... (916) 566-6422  
Heron ............................ (916) 566-1520  
Hollywood Park ............... (916) 277-6186  
Hubert Bancroft ............. (916) 277-6100  
Natomas Park ................... (916) 264-1064  
O.W. Erlewine ................. (916) 277-6104  
Paso Verde ....................... (916) 566-4496  
Phoebe Hearst ................... (916) 277-3840  
Pony Express ................... (916) 433-6678  
Regency Park .................... (916) 566-3636  
Sequoia ......................... (916) 277-6105  
Sutterville ....................... (916) 277-6103  
Two Rivers ....................... (916) 566-2441  
Witter Ranch ..................... (916) 566-1559
Hot Spot
School Site Hot Spot Program was created by the Youth, Parks and Community Enrichment Department, in partnership with Sacramento City Unified School District and Twin Rivers Unified School District to offer youth, ages 13 to 19, a place to engage in with their peers in a safe and fun environment while engaging in basketball. This environment encourages self-expression and links youth to mentors, opportunities and resources in their community. Registered participants also have the opportunity to participate in the annual basketball 3 on 3 tournament.

The following is the School Site Hot Spot Program sites and dates for the Fall Season:

D2 Hagginwood Community Center
Hot Spot Program:
- September 20
- October 18
- November 15
- December 20

D1/D3 Rio Tierra Jr. High Hot Spot Program:
- September 27
- October 4, 11, 25
- November 8, 22
- December 6

D7 School of Engineering and Sciences
Hot Spot Program:
- September 13
- October 11, 25
- November 8, 22
- December 13, 20

Indoor Skate Park
Skaters are invited to ollie and grind our indoor street course of quarter pipes, fun boxes and grind rails. Participants under the age of 18 are required to wear a protective helmet. A registration form is required to be on file for all skaters regardless of age. If under the age of 18 a parent/guardian is required to complete the registration form. A number of protective helmets are available to rent daily for $2 per day.

The Skate Park is also to rent for youth birthday parties. Rentals are available on Saturday and Sunday 10:00am-12:00pm for $100 for up to 10 youth with additional youth $10.

For more information please call the Skate Park during operating hours at (916) 494-8724 or email 28thandbskatepark@cityofsacramento.org at any time.

SKATE PARK RULES
In order to ensure safety at our skate parks, all skatepark users must follow these rules:
The Sacramento City Code requires all skateboard riders and skaters to wear helmets, elbow pads and kneepads while riding at this facility. Any person failing to do so will be subject to citation pursuant to Sacramento City Code (Section 12.72.120).

SK8 Camp
Camps are open to all skill levels and for youth ages 5-18 years old. Experienced skate instructor staff will be teaching basic skateboard fundamentals as well as more technical skills for advanced skaters. This is a great opportunity for the youth of Sacramento to meet other skaters from the regions and acquire some tricks at the same time.

Fee includes skate instruction, daily snacks, and t-shirt. All SK8 Camp participants are required to wear helmets.

Age: 5 – 18
Location: 28th & B Skate Park
Park Fee: $100
10:00am – 1:00pm 12/30 – 1/03  M – F*

*There is no Skate Camp on Weds., 1/1

Skate Parks

<table>
<thead>
<tr>
<th>Skate Park</th>
<th>Address</th>
</tr>
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<tbody>
<tr>
<td>Baer Skate Park</td>
<td>7851 35th Ave, East Broadway</td>
</tr>
<tr>
<td>Granite Skate Park</td>
<td>8200 Ramona Ave, East Broadway</td>
</tr>
<tr>
<td>McClatchy Skate Park</td>
<td>3500 5th Ave, East Broadway</td>
</tr>
<tr>
<td>Orchard Skate Park</td>
<td>2936 West River Dr, South Natomas</td>
</tr>
<tr>
<td>Regency Community Skate Park</td>
<td>5500 Honor Pkwy, North Natomas</td>
</tr>
<tr>
<td>Reichmuth Skate Park</td>
<td>6135 Gloria Dr, Pocket Area</td>
</tr>
<tr>
<td>Robertson Skate Park</td>
<td>3525 Norwood Ave, North Sacramento</td>
</tr>
<tr>
<td>Robia Community Skate Park</td>
<td>625 Bell Ave, North Sacramento</td>
</tr>
<tr>
<td>Shasta Community Park Skate</td>
<td>7407 Shasta Ave, South Sacramento</td>
</tr>
<tr>
<td>Tanzanite Skate Park</td>
<td>2220 Tanzanite Ave, North Natomas</td>
</tr>
<tr>
<td>Warren Skate Park</td>
<td>7420 Vandenberg Dr, East Broadway</td>
</tr>
<tr>
<td>Wild Rose Skate Park</td>
<td>5200 Kankakee Dr, North Natomas</td>
</tr>
<tr>
<td>Winner’s Circle Skate Park</td>
<td>2415 Evergreen St, North Sacramento</td>
</tr>
<tr>
<td>Winner’s Circle Skate Park</td>
<td>2415 Evergreen St, North Sacramento</td>
</tr>
<tr>
<td>28th &amp; B Street Skate Park</td>
<td>20 28th St, Sacramento</td>
</tr>
</tbody>
</table>

*under reconstruction

FALL/ WIN
19-20

COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS
MIDDLE SCHOOL SPORTS

Flag Football
Boys and girls in grades 6th, 7th, and 8th will learn the fundamental skills and strategies of flag football in this co-ed instructional league. Practices will be held 2 – 3 days each week and games will be on Saturdays. For more information, please visit your local community center for site specific practice days or contact the sports coordinator Scott Jensen at (916) 808-6657 or sjensen@cityofsacramento.org.

Program Dates: Jan. 11 – Mar. 28 M-F Practice with Saturday games 9:00am – 2:00pm
Program Locations: Mims/Hagginwood CC, Oak Park CC, Pannell-Meadowview CC, George Sim CC, South Natomas CC

Basketball
Boys and girls in grades 6th, 7th, and 8th will learn the fundamental skills and strategies of basketball in this co-ed instructional league. Practices will be held 2 – 3 days each week and games will be on Saturdays. For more information, please visit your local community center for site specific practice days or contact the sports coordinator Scott Jensen at (916) 808-6657 or sjensen@cityofsacramento.org.

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Program Locations: Mims/Hagginwood CC, Oak Park CC, Pannell-Meadowview CC, George Sim CC, South Natomas CC

Jr. Giants Baseball
Junior Giants is a non-competitive baseball program open to all boys and girls ages 5-14. Players will learn the fundamentals of the game in a safe, fun, and positive environment. Participants will receive a shirt, hat and all necessary equipment needed to play. All games are played on Saturdays. Each team will also have one scheduled practice during the week. Practice days and times will be selected by the coach prior to the season. Registration will open during the spring in the month of April. Program dates are June-August 2020.
Age: 5 - 14
Locations: Robla Community Park- 625 Bell Ave, Sacramento, CA 95838
William Land Regional Park- 3800 W. Land Park Dr, Sacramento, CA 95822
George Sim Park- 6207 Logan St, Sacramento, CA 95824
Fee: Free

OnStage Theatre Arts
Have a child with an active imagination and a need to shine? OnStage theatre arts classes provide a place for imagination, confidence building and teamwork while improving reading and verbal skills. Students create characters from a box full of costumes, then collaborate to create a story which becomes the play that they will rehearse for the rest of the session. Young actors learn to support each other in the story and work as an ensemble as they also create set and prop pieces. Playing theatre games, practicing lines, exploring the basics of theatre arts prepares them for the performance and develops an appreciation of the many facets of theatre. It is wonderful to see the children confidently perform their creation for family and friends on the final day of classes.
Age: 5-10
Location: Coloma CC
Instructor: TBD
Fee: $210
Please inquire about future classes by calling (916) 808-7205.

Sac Show Biz
Learn a variety of dance including Hip Hop, Tap, Ballet and Jazz while building self confidence, body awareness and having fun. We have classes for children starting at 2.5 and ranging up to 18. Classes are offered for all ages and experience. Please call 209-405-5616 for more information.
Age: 2+
Instructor: Koren Hasenkamp and Rocco Kline
Fee: $40/month 1 class per week
$80/month 2 classes per week
$99/month Unlimited classes per week

Location: Natomas CC
5:00pm – 6:00pm Beginning Tap Tu
6:00pm – 7:00pm Adv Tap Th
7:00pm – 8:00pm Hip Hop I Tu
5:00pm – 6:00pm Hip Hop I W
6:00pm – 7:00pm Adv Hip Hop W
7:00pm – 8:00pm Jazz W

Location: Coloma CC
6:00pm – 7:00pm Beg Tap M
6:00pm – 7:00pm Ballet II 8+ Tu
6:00pm – 7:00pm Tap I B Tu
5:00pm – 6:00pm Ballet Ages 4-7 Th
6:00pm – 7:00pm Hip Hop Th
6:00pm – 7:00pm Adv Tap Th
7:00pm – 8:00pm Adv Hip Hop Th
10:00am – 11:00am Tap/Hip Hop Ages 2-4 Sa
11:00am – 12:00pm Tap/Hip Hop Ages 4-7 Sa
12:15pm – 1:00pm Jazz Ages 6-10 Sa
1:00pm – 3:00pm Competition Classes Sa

Piano Lessons
Beginning and intermediate students can learn to play the piano using the Glover Method. Private lessons run 30 minutes and meet once a week. Students should have access to a practice instrument (portable keyboard or organ is okay).
Sign-ups are taken on a monthly basis. Class is continuous and can sign up at any time. Call 808-5641 for an appointment before registering.
There will be an additional fee for books once class has started.
Age: 6+
Location: Coloma CC
Instructor: Dianne Siagian
Fee: $80 for 4 classes
Private lessons are 30 mins long M

Find more Teen classes and activities in the Adult Fun & Fitness section, pages 35-40 and in the Community Centers section, pages 11-15
DANCE & GYMNASTICS

Joanna’s Kids “R” It Dance and Gymnastics
Fee: $42 Class Fee / $35 2nd class or student / $30 3rd class or student
Pre-registration required. Call 916-331-0554 for more information.

Joanna’s Kids “R” It has been providing quality programs at affordable prices throughout the Sacramento area for 34 years. Programs in both dance and gymnastics are standardized and curriculum based. All of our programs are for 1 hour each week.

Coordination, good posture, strength, flexibility & body awareness are all benefits of dance and gymnastics. We will take the students as far as they want to go.

Parents are welcome to drop in at anytime and are invited to observe any of our classes prior to enrolling. There are no clothing requirements/uniforms other than “appropriate”. Ballet and tap shoes are recommended but not mandatory until the 2nd month.

Multiple discounts are available and ALL of our students are invited to participate in our annual recital as well as other community based events throughout the year. Annual registration fees are PER STUDENT and NOT per class.

For more information about our staff, curriculum and Kids “R” It visit our website at joannaksidrit.com. Email jokidsrit@aol.com or phone our office at 916-331-0554 (office hours are Mon-Th 9 am – 12noon)

South Natomas Community Center -
Dance - Ballet Tap & Jazz
Pre School Dance -
Tuesdays at 11:15am - Ages 2-5
Tuesday 12:15- Ages 5-6
Fridays 2:40 pm- Ages 2-4
Fridays at 6pm- Ages 2-6
Saturdays 11am- Ages 2-5

Beginning Elem -
Mondays 4:30pm Ages 6-9
Saturday 2:30- Ages 6-9
Fridays 3:40pm - 6-9yrs

Advanced Beginner
Saturday 1:30- Ages 10 +
Fridays 4:40pm - Ages 10 +

Intermediate- Instructor Placement
Mondays 5:30pm- All Ballet -
Tuesdays 3:45pm -
Saturday 2:30 -

Belle Cooledge Community Center -
Dance - Ballet Tap & Jazz
Pre School Dance -
Thursdays 3:30pm - Ages 2-6
Thursdays 5:30pm - Ages 2-6
Beginning Elem -
Thursdays 4:30 - Ages 7 +

Floor Exercise Gymnastics –

Pre School Gymnastics -
Thursdays 2:30pm - Ages 2-5

Beginning Elem -
Thursdays at 3:30pm - Ages 6 +

Advanced Beginner/Intermediate/Instructor Placement
Thursdays 4:30pm -

Mindful Me
Mindfulness Class with tips and tricks to help even the youngest child live a more meaningful and mindful life. Encourages Growth Mindset, Self-Regulation, Self-Awareness, and Community Impact, Reflection/ Guided Meditation using Yoga Poses, Games and Positive Affirmations. Please wear comfortable clothing and bring a mat! Extra Mats are available on first come first serve basis!

Age: 8-14
Location: Sam & Bonnie Pannell Meadowview CC
Instructor: JoShanna Giannini
Fee: $30/month

10722 9:15am - 10:00am 10/5 - 10/26 Sa
10723 9:15am - 10:00am 11/2 - 11/30 Sa
10724 9:15am - 10:00am 12/7 - 12/28 Sa
10725 9:15am - 10:00am 1/4 - 1/25 Sa
10726 9:15am - 10:00am 2/1 - 2/29 Sa
10727 9:15am - 10:00am 3/7 - 3/28 Sa

Baton Twirling
Learn basic baton twirling and dance techniques at this four-week clinic taught by a two-time World Baton Twirling Champion. Children will improve their coordination, rhythm and dance moves. You may purchase a baton for $25 from the instructor on the first day of class. Please visit www.revolutiontwirlclub.com to learn more about the class and Twirl Club.

Age: 4+
Location: Coloma CC
Instructor: Kellie Perleman
Fee: $40

10834 3:45pm - 4:30pm 10/1 - 10/29 Tu
10835 3:45pm - 4:30pm 11/5 - 11/26 Tu
10836 3:45pm - 4:30pm 12/3 - 12/17 Tu
10837 3:45pm - 4:30pm 1/7 - 1/28 Tu
10838 3:45pm- 4:30pm 2/4 - 2/25 Tu
10839 3:45pm- 4:30pm 3/3 - 3/31 Tu

Intermediate

10840 5:30pm - 6:30pm 10/1- 10/29 Tu
10841 5:30pm - 6:30pm 11/5 - 11/26 Tu
10842 5:30pm - 6:30pm 12/3 - 12/17 Tu
10843 5:30pm - 6:30pm 1/7 - 1/28 Tu
10844 5:30pm- 6:30pm 2/4 - 2/25 Tu
10845 5:30pm- 6:30pm 3/3 - 3/31 Tu

Advanced

10846 4:30pm - 5:30pm 10/1 - 10/29 Tu
10847 4:30pm - 5:30pm 11/5 - 11/26 Tu
10848 4:30pm - 5:30pm 12/3 - 12/17 Tu
10849 4:30pm - 5:30pm 1/7 - 1/28 Tu
10850 4:30pm- 5:30pm 2/4 - 2/25 Tu
10851 4:30pm- 5:30pm 3/3 - 3/31 Tu
**MARTIAL ARTS**

**Yang Tai Chi**

George Bonilla is a senior student of wushu master Xiaohong Wu, and a teacher within the Tong Xin Tai Chi Association. Tai Chi is an internal martial art which uses the body's own energy to protect and heal itself. It is taught in slow, highly effective movements which are accessible to many different people and ages.

Age: 5+

Location: Hagginwood CC

Instructor: George Bonilla

Fee: $30

9593 10:00am - 11:30am 4/1 - 4/30 Tu, Th
9564 10:00am - 11:30am 5/1 - 5/3 Tu, Th
9595 10:00am - 11:30am 6/1 - 6/30 Tu, Th
9596 10:00am - 11:30am 7/1 - 7/31 Tu, Th
9597 10:00am - 11:30am 8/1 - 8/31 Tu, Th
9598 10:00am - 11:30am 9/1 - 9/30 Tu, Th

Ages: 4-5

10685 5:30pm - 6:00pm 10/3 - 10/31 M/Th
10686 5:30pm - 6:00pm 11/4 - 11/28 M/Th
10687 5:30pm - 6:00pm 12/2 - 12/30 M/Th
10688 5:30pm - 6:00pm 1/2 - 1/30 M/Th
10689 5:30pm - 6:00pm 2/3 - 3/27 M/Th
10690 5:30pm - 6:00pm 3/2-3/30 M/Th

**Tang Soo Do Karate**

This Korean and Chinese martial art is offered to men, women and children. Through traditional training, students will learn stances, strikes, kicks, blocks, traditional forms and self-defense techniques. Students will also learn and demonstrate the discipline, respect, etiquette and terminology that this 'classical' martial art requires. Persons with physical disabilities are encouraged to join.

Location: Genevieve Didion gym

Instructor: Rabon Tadena

Fee: $60 individual/family rate 3+ $140

Ages: 7-13

10901 6:45pm - 7:45 pm 10/2 - 10/31 M, W, Th
10902 6:45pm - 7:45 pm 11/4 - 11/27 M, W, Th
10903 6:45pm - 7:45 pm 12/2 - 12/19 M, W, Th
10904 6:45pm - 7:45 pm 1/2 - 1/30 M, W, Th
10905 6:45pm - 7:45 pm 2/3 - 2/27 M, W, Th
10906 6:45pm - 7:45 pm 3/2 - 3/31 M, W, Th

Ages: 6+

10907 7:45pm - 8:45pm 10/2 - 10/31 M, W, Th
10908 7:45pm - 8:45pm 11/4 - 11/27 M, W, Th
10909 7:45pm - 8:45pm 12/2 - 12/19 M, W, Th
10910 7:45pm - 8:45pm 1/2 - 1/30 M, W, Th
10911 7:45pm - 8:45pm 2/3 - 2/27 M, W, Th
10912 7:45pm - 8:45pm 3/2 - 3/31 M, W, Th

**Dragon Fire Martial Arts**

Join us for a fun-filled hour of martial arts. You will be learning a variety of martial arts such as Tae Kwon Do, Yudo, Jiu Jitsu, and our Street Defense program. Martial Arts will help you build self-confidence, fight obesity, control stress, and increase leadership skills. Beginning and advanced students welcome. Material fee of $48 due to instructor for uniform.

Age: 4+

Location: South Natomas CC

Instructor: Hagginwood CC

Fee: George Bonilla

Ages: 4-5

10691 6:00pm - 6:45pm 10/3 - 10/31 M, Th
10692 6:00pm - 6:45pm 11/4 - 11/28 M, Th
10693 6:00pm - 6:45pm 12/2 - 12/30 M, Th
10694 6:00pm - 6:45pm 1/2 - 1/30 M, Th
10695 6:00pm - 6:45pm 2/3 - 3/27 M, Th
10696 6:00pm - 6:45pm 3/2-3/30 M, Th

Ages: Advanced 6+

10697 6:45pm - 7:30pm 10/3 - 10/31 M, Th
10698 6:45pm - 7:30pm 11/4 - 11/28 M, Th
10699 6:45pm - 7:30pm 12/2 - 12/30 M, Th
10700 6:45pm - 7:30pm 1/2 - 1/30 M, Th
10701 6:45pm - 7:30pm 2/3 - 3/27 M, Th
10702 6:45pm - 7:30pm 3/2-3/30 M, Th
The 14 Components of an Athletic Golfer

- Visualization
- Awareness
- Core Values
- Catching
- Push/Pull
- Throwing
- Striking
- Core Strength
- Rotation
- Kicking
- Locomotion
- Balance
- Jumping
- Agility

Golf Program Registration

Golf programs offered by our nonprofit partner The First Tee of Greater Sacramento are available at three City of Sacramento golf courses.

For registration or questions, please call or visit:

**Haggin Oaks Golf Complex**
3645 Fulton Avenue
(916) 808-2531
www.hagginoaks.com

**Bing Maloney Golf Course**
6801 Freeport Boulevard
(916) 808-2531
www.bingmaloney.com

**William Land Golf Course**
1701 Sutterville Road
(916) 808-2531
www.williamlandgc.com

**KIDS PLAY FREE!**

Kids can now play golf for FREE at William Land and Bing Maloney Golf Courses!!!

Effective in 2017, junior golfers (under age 18) can play golf at no charge at the City’s 9-hole golf courses in William Land Park and at Bing Maloney Golf Complex.

**WHAT IS THE FIRST TEE?**

The mission of The First Tee of Greater Sacramento is to impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf. The First Tee experience includes improving golf skills, understanding our core values, life skill development, having fun, being in a safe physical environment, learning a game of a lifetime and playing a sport that the family can play together!
**WEEKLY GOLF GLASSES**

**Tots on the Tee (ages 3-4)**
Fee: $99.95

**Six-week program**
Tots on the Tee is a junior golf program designed for children ages 3 and 4. Participants will be introduced to the basic concepts of the game, athletic movements to enhance hand and eye coordination development and The First Tee Core Values.

**Haggin Oaks - Saturdays**
Sep. 7 – Oct. 19
11:00am – 12:00pm

**William Land - Saturdays**
Sep. 7 – Oct. 19
11:00am – 12:00pm

**Tots on the Course (ages 4-6)**
Fee: $89.95

**Four-week program**
This class is recommended for children who have taken one session of Tots on the Tee. The coaching staff transforms the Learning Center into a 3-hole loop and children are taught the very basics of how to play more than one golf hole. They learn where to start the hole, where to stand when someone else is hitting and the overall flow of a golf hole.

**Haggin Oaks - Wednesdays**
Jul. 31 – Aug. 21
6:00pm – 7:00pm

**William Land - Thursdays**
Aug. 1 – Aug. 22
6:00pm – 7:00pm

**Year Round Morning Program (ages 7+)**
Fee: $189.95

The Year Round Morning Program is very similar to the Year Round After School Program, however the time of this class offers more options for our homeschool and charter school participants. It is a station based class that allows children to learn golf and athletic at their own pace, while still enjoying their time at the facility (skip Thanksgiving week).

**Bing Maloney, Haggin Oaks** - Tuesday and Thursday
Aug. 20 – Dec. 12
10:30am - 12:00pm

**Year Round After School Program (ages 7+)**
Fee: $269.95
Weekly Drop-In $24.95

The Year Round After School Program is a class in which not only participants work on all facets of their golf game, learn the life skills of The First Tee, but also develop many athletic skills and movements which are critical in becoming an athelte and a more coordinated golfer. This program is special, in that children can come to the course and participate in class for up to three days a week! Whether a child is a beginner or intermediate golfer, stations are set up in a manner in which all skill levels can practice at their ability.

**Bing Maloney (Wed.), Haggin Oaks (Tues. thru Thurs.), William Land (Tues. & Thurs.)**
Aug. 20 – Dec. 12
4:00pm – 5:30pm
Skip Thanksgiving Week

**FUNdamental Movement (ages 5-10)**
Fee: $124.95

The FUNdamental Movement class is designed for children ages 5-10. We offer three sessions throughout the year on Saturday mornings from 9:00 a.m.-10:30 a.m. Participants will experience The First Tee Nine Core Values™ and LifeSkills, the fundamentals of the golf game, as well as develop athletic skills that are not only beneficial to their golf game, but more importantly their overall health. The participant to coach ratio is 5 to 1 or less.

**Haggin Oaks, William Land - Saturdays**
Aug. 17 – Oct. 19
9:00am – 10:30am
Skip Aug. 31 & Sep. 28

**Play to Your Par (ages 10-16)**
Fee: $329.95

This class is a combination of specific practice and scheduled playing times. The goal of this program it to introduce participants ages 10+ to the concept of keeping their stats, understanding their stats, developing a plan for improvement and applying that plan during the on course sessions.

**Haggin Oaks, Bing Maloney** - Saturdays
Aug. 20 – Dec. 14
1:00pm – 3:00pm
Skip Sep. 8 & Nov. 30

**Adults…we have programs for you too!**
- New2Golf
- FLEX Clinics
- Practice Makes Perfect
- Women’s Mentor League
- Private Golf Lesson (group or individual)

*For information at Bing Maloney GC, Haggin Oaks GC or William Land GC, please call our Concierge Desk at 916-808-2531.

**Women’s Mentor League**
Come join the FUN on Wednesday mornings, Thursday evenings or Friday mornings to gain a better understanding of how to play golf!
Our mentors will help with etiquette, pace of play, rules and much more. For information, please contact Linda Reid at lreid@hagginoaks.com or 916-952-2111.
New2Golf
Haggin Oaks & Bing Maloney
Fee: $39.95
The New2Golf program is designed to introduce brand new golfers to the FUNdamentals of golf. This program removes any barriers from keeping a potential golfer from joining this great sport. Participants are introduced to the golf facility, etiquette, rules, booking tee times, how golf is played, club selection and basic simple instruction so the participant feels comfortable moving forward in the game. All equipment will be provided for use during class if a participant does not have any.

FLEX Clinic
Haggin Oaks & Bing Maloney
Fee: one clinic for $25 or five for $99
The two things golfers are interested in: lowering their scores and having flexibility to choose when lessons are taken to achieve lower scores. There are twelve unique topics available in this series, so all golfers have multiple options to specifically fit their needs. Whether you want to register for one or many of the sessions, you have the ability to find the date and time which works for your schedule and game!

Practice Makes Perfect
Haggin Oaks
Fee: $15 for one class, $89.95 for once a week @ 7 weeks or $149.95 unlimited
This program is all about improvement in a fun, social environment, while creating consistency in your practice habits by attending each week. Coaches Joe and Ed utilize their many years of experience to create weekly topics to help you understand how to personally enjoy the game more, while you lower your scores.
Mommy/Daddy & Me Soccer

The fun happens on the field, so don’t just watch from the sidelines! Here is your chance to join in your toddler’s introduction to the world’s most popular sport. You’ll participate in fun, age appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. All kids receive a soccer jersey!

Age: at least 2 but less than 3 ½ years

Location: Cottonwood Park
Fee: $67
10918 9/23 – 10/21 5:30pm – 6:00pm M
10919 2/24 – 3/23 5:30pm – 6:00pm M

Location: William Land Park – Doc Oliver Field
Fee: $108
10921 9/27 – 11/22 9:00am – 9:30am F
Fee: $98
10922 1/24 – 3/13 9:00am – 9:30am F

Location: East Portal Park
Fee: $108
10923 9/28 – 11/23 9:00am – 9:30am Sa
Fee: $98
10924 1/24 – 3/13 9:00am – 9:30am Sa

Tot/Pre-Soccer

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game while building self-esteem. Children learn to follow instructions in a nurturing, age appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: at least 3 ½ but less than 5 years

Location: Cottonwood Park
Fee: $67
10916 9/23 – 10/21 4:45pm – 5:20pm M
10917 2/24 – 3/23 4:45pm – 5:20pm M

Location: William Land Park – Doc Oliver Field
Fee: $108
10926 9/27 – 11/22 9:40am – 10:15am F
Fee: $98
10927 1/24 – 3/13 9:40am – 10:15am F

Location: East Portal Park
Fee: $108
10933 9/28 – 11/23 9:40am – 10:10am Sa
Fee: $98
10934 1/18 – 3/7 9:40am – 10:10am Sa

Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: at least 5 but less than 7 years

Location: Cottonwood Park
Fee: $67
10914 9/23 – 10/21 4:00pm – 4:45pm M
10915 2/24 – 3/23 4:00pm – 4:45pm M

Location: William Land Park – Doc Oliver Field
Fee: $108
10928 9/27 – 11/22 4:15pm – 5:00pm F
Fee: $98
10929 1/24 – 3/13 4:00pm – 4:45pm F

Location: East Portal Park
Fee: $108
10937 9/28 – 11/23 10:45am – 11:30am Sa
Fee: $98
10938 1/18 – 3/7 10:45am – 11:30am Sa

Soccer 2: Skillz & Scrimmages

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world’s most popular game! All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: at least 7 but less than 11 years

Location: William Land Park – Doc Oliver Field
Fee: $67
10920 9/27 – 10/25 5:00pm – 5:45pm F
Fee: $98
10930 1/24 – 3/13 4:45pm – 5:30pm F

Minimum/Maximum Class Size:

Mommy/Daddy: 6 min – 20 max
Tot/Pre-soccer: 6 min – 24 max
Soccer 1: 6 min – 24 max
Soccer 2: 8 min – 24 max

Kidz Love Soccer class status hotline (888) 372-5803. To receive cancellation notifications on your smartphone, download the free Kidz Love Soccer app.
Hoopster Tots:
Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

Location: Genevieve Didion Elementary Gym
Fee: $59.00
Ages: 3 – 4
10969 9/6 – 9/27 4:30pm – 5:15pm F
10970 10/4 – 10/25 4:30pm – 5:15pm F
10971 11/1 – 11/22 4:30pm – 5:15pm F
10972 1/10 – 1/31 4:30pm – 5:15pm F
10973 2/7 – 2/28 2:30pm – 3:15pm Sa
10974 3/7 – 3/28

Basketball Clinic:
This fun, skill-intensive program is designed for beginning to intermediate players. An active four weeks of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs.

Location: Genevieve Didion Elementary Gym
Fee: $59.00
Ages: 7 – 9
10981 9/7 – 9/28 4:30pm – 5:30pm Sa
10982 10/5 – 10/26 4:30pm – 5:30pm Sa
10983 11/2 – 11/23 4:30pm – 5:30pm Sa
10984 1/11 – 2/1 4:30pm – 5:30pm Sa
10985 2/8 – 2/29 4:30pm – 5:30pm Sa
10986 3/7 – 3/29

Ages: 10 – 12
10987 9/7 – 9/28 5:45pm – 6:45pm Sa
10988 10/5 – 10/26 5:45pm – 6:45pm Sa
10989 11/2 – 11/23 5:45pm – 6:45pm Sa
10990 1/11 – 2/1 5:45pm – 6:45pm Sa
10991 2/8 – 2/29 5:45pm – 6:45pm Sa
10992 3/7 – 3/29 5:45pm – 6:45pm Sa

Skaters & BMX riders:
You must be wearing the appropriate safety gear in your photo for it to qualify. The Sacramento City Code requires helmets, elbow pads, and kneepads at its facilities.

Do you wish to be featured in our upcoming catalog?
Send a photo of yourself or loved one participating in a City program, enjoying a City park, pool, or visiting a City-operated community center—it may qualify for publication in our next Come Out & Play Sacramento catalog. Bonus points for photos involving program participation!

Directions:
Email your print-quality photo (300 dpi) to karmstrong@cityofsacramento.org. Please identify the person(s) in the photo, yourself or family member. Please confirm you are the parent or guardian of any child appearing in your photo submission.

Deadline: To be considered for the Spring/Summer 2020 Catalog, please submit photos by Friday, 1-10-20 at 5:00 p.m. However, we will be accepting photos on an ongoing basis for future catalogs.

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10985 2/8 – 2/29 4:30pm – 5:30pm Sa
10986 3/7 – 3/29

Ages: 10 – 12
10987 9/7 – 9/28 5:45pm – 6:45pm Sa
10988 10/5 – 10/26 5:45pm – 6:45pm Sa
10989 11/2 – 11/23 5:45pm – 6:45pm Sa
10990 1/11 – 2/1 5:45pm – 6:45pm Sa
10991 2/8 – 2/29 5:45pm – 6:45pm Sa
10992 3/7 – 3/29 5:45pm – 6:45pm Sa
Family Fun Tennis
A new approach to family members of different ages and skill levels, together at the same time. Introduction of basic stroke mechanics through drills and games to share with your family members, as well as meeting others. Please bring your own tennis rackets. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: 8 and up
Location: McKinley Park
Instructor: Ken Selby
Fee: $40 per member

Junior Intermediate/Advanced Tennis
Designed for the student who knows tennis basics or has successfully completed Junior Beginning Tennis. Class time will be spent on review of strokes and proper body mechanics. Consistency and repetition will be emphasized and practiced. Please bring your own tennis racket. We will furnish the tennis balls. For more information call 916-264-8353.
Age: At least 8 but less than 16
Location: McKinley Park
Instructor: Ken Selby
Fee: $64

Pee-Wee Junior Tennis I
Designed for the student who has little or no knowledge of the game of tennis and would like to learn. Students will learn the basic mechanics of strokes, scoring and tennis etiquette. Please bring your tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: At least 8 but less than 16
Location: McKinley Park
Instructor: Ken Selby
Fee: $64

Pee-Wee Junior Tennis II
Designed for the student who has successfully completed Pee-Wee I Tennis and who are looking to learn more fundamentals and mechanics of tennis. Tennis balls are provided and racquets available upon request. For more information please call 916-264-8353.
Age: At least 4 but less than 7
Location: McKinley Park
Instructor: Ken Selby
Fee: $40

Private Tennis Lessons with Ken Selby
Sign-ups are taken on a continuous basis. Call Ken Selby at 916-264-8353 for an appointment before registering. Lessons offered as Private (1 player), Semi-Private (2-3 players), Small Groups (4-6 players). Private lessons are held at McKinley Park Tennis Courts.
Age: 4 and up
Location: McKinley Park
Instructor: Ken Selby
Fee: $40 Private Lesson
$50 Semi-Private (2-3 Players)
$60 (4-6 Players)

*Depending on the weather and the student registration it may be necessary to cancel all the classes for December
Summer @ City Hall (S@CH)
The Summer @ City Hall (S@CH) program is a six-week summer program for current Sophomore and Junior high school students. The program is beginning its 9th year with more than 580 students graduating from the program. Under the Youth Division Civic Engagement section, this program has an underlying goal to expose students to the tools and skill set needed to be more civically engaged in their community to bring a youth voice to real city/neighborhood issues. Important components of the program include daily instructional classroom activities, access to ‘Life Skills’ workshops and a 42-hour internship assignment with a local governmental agency or organization. Class activities include a structured advocacy project (Project City Hall) and a Service Learning Project.

Age: Current Sophomores & Juniors ONLY
Location: New City Hall
915 I Street, Sacramento, CA 95814
Instructor: Maria Vides-Medal, (916) 808-6162 or mvmedal@cityofsacramento.org
Fee: Online applications available 3/7 - 4/17, 2020
8:30am – 12:00pm 6/15 – 7/28 M-F
*Assigned internship in the afternoons

Sacramento Youth Commission (SYC)
The Sacramento Youth Commission (SYC) comprised of appointed youth community members was established June 15, 1993 as an advisory body to the City of Sacramento City Council. The mission of the SYC is to protect, preserve, enhance and advance the quality of life for Sacramento youth by advising the City Council and the public on issues relating to youth policies, programs, and opportunities. Sacramento Youth Commission meetings are an opportunity to have your voice heard on youth matters & issues affecting young people throughout the communities in Sacramento. Be part of the movement to bring the youth voice to the forefront by participating in the monthly SYC meetings. We look forward to seeing you at the next meeting!

Ages 19-22 at the time of appointment
Location: New City Hall - Council Chamber 1st Floor
915 I Street, Sacramento, CA 95814
Instructor: DeWayne Ewing Jr., (916) 808-6530 or dewing@cityofsacramento.org
Fee: None
6:00pm – 8:00pm 10/7 – 12/2
First Monday of every month
*All meetings are subject to quorum

Sacramento Youth Commission (SYC) - New City Hall
City of SACRAMENTO SUMMER @ CITY HALL
COME OUT & PLAY CLASSES, PROGRAMS & EVENTS
FALL/WIN 19-20

Sacramento Youth Commission (SYC)
The Sacramento Youth Commission (SYC) was created in 1993 as an advisory body to the City Council Neighborhood and Public Safety Issues Committee but in 1997 a resolution was adopted calling for the SYC to be an advisory body to the full City Council. Effective June 1, 2019, Ordinance 2019-0010 codified the establishment of the SYC as an advisory body and subjects SYC to the same requirements as other City boards and commissions therefor establishing the Sacramento Youth Commission as the official youth voice in the City of Sacramento

The SYC meetings provide an opportunity to have your voice heard on YOUTH matters, concerns, & issues affecting young people throughout communities in Sacramento. Be part of the movement to bring the YOUTH voice to the forefront by participating in the monthly SYC meetings. We look forward to seeing you at the next meeting!
Workforce Innovation & Opportunity Act (WIOA)
A strengths-based, paid work experience program, for high school seniors. WIOA partners with local government, private business, hospitality and the retail industry. Participants receive training in preemployment skills such as resume writing, employer expectations, service learning, and career exploration. The WIOA program works closely with schools and provides supportive services to students in need. Supportive services may include transportation assistance, tutoring, and counseling center referrals. Applicants must live in the City of Sacramento, be between the ages of 16-18, be on track to graduate high school, be eligible for a work permit and meet eligibility requirements. Spaces are limited. Youth are selected through an application and interview process. Applications are available at the Belle Cooledge CC - 5699 S. Land Park Drive.
For more information, please call 916-808-6036.

Landscape & Learning (L&L)
For young people ages 14-17 years who reside within the city limits of the city of Sacramento and are eligible for a work permit. Crews work directly in community parks and green spaces weeding, pruning and providing general clean up and landscape maintenance. All young people participating in this program receive specialized training. Participants are selected through an application and interview process.
Applications are available during specific application periods at the Belle Cooledge CC - 5699 S. Land Park Drive. Spaces are limited.
To find out when the next open application period is, please call 916-808-8929.

Prime Time Teen
Provides fun, interactive work readiness training for young people between the ages of 13-17. Participants gain skills in job searching, resume development, completing job applications, interviewing, financial literacy, communication, leadership and community service. All participants who meet attendance goals and participate in a youth-led community service project will receive a $300 stipend. (Participants must have a signed copy of their social security card on file to receive stipend). Program is free. Spaces are limited. For more information, please call 916-808-6023.

<table>
<thead>
<tr>
<th>Fall Programs</th>
<th>Winter Programs</th>
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<tbody>
<tr>
<td>George Sim CC</td>
<td>Oak Park CC</td>
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<tr>
<td>10499 4:30pm - 7:30pm</td>
<td>10500 4:30pm - 7:30pm</td>
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<tr>
<td>09/23 - 11/14 M, W</td>
<td>2/3 - 3/26 M, W</td>
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<tr>
<td>Joe Mims Jr. Hagginwood CC</td>
<td>South Natomas CC</td>
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<td>10498 4:00pm - 7:00pm</td>
<td>10501 4:00pm - 7:00pm</td>
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<td>09/24 - 11/14 Tu, Th</td>
<td>2/4 - 3/26 Tu, Th</td>
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Youth Job & Resource Fair
Please join us for the 2020 Youth Job & Resource Fair scheduled for Saturday, March 21st at New City Hall from 10:00am-1:00pm. This annual event continues to be a kick-off to the recruitment of summer staffing positions and programs within the Department of Youth, Parks, & Community Enrichment including but not limited to Landscape & Learning, Summer @ City Hall, Aquatics Lifeguards & Cashiers, Summer Oasis, Community Center programs and the Sacramento Youth Commission.
Age: 16 – 24
Saturday, March 21, 2020
Location: New City Hall (915 I St, Sac, 95814). 10:00 am – 1:00pm
Wheelchair Quad Rugby
Wheelchair or Quad Rugby is a fast-paced and competitive sport for individuals with physical disabilities that affect all four extremities. Players use special “Rugby Wheelchairs” to play the sport. These chairs are very maneuverable and can take a hit or two. Rugby players must be able to push their own wheelchairs. Introduction and practices are scheduled for
Age: 16 and up
Location: Rosa Parks Middle School, 2250 68th Ave, Sacramento
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: $80
6:00pm – 9:00pm Sep. 2019 – Jun. 2020

Wheelchair Basketball
Capital Cagers and Access Leisure Wheelchair Basketball practices; Tuesday and Thursday evenings from 6:30pm – 9:00pm; Practices start in September and will run through June 2019.
Contact: Kou Yang at kyang2@cityofsacramento.org or (916)808-6045

Warrior Heart
Warrior Heart uses mindfulness and movement techniques to provide Meditation, Yoga and Tai Chi for individuals facing mild to challenging neurological impairments who are young at heart and want to experience the benefits of a greater sense of balance, increased stamina and improved overall health. Maximize the quality of your life! Come enjoy both YOGA and TAI CHI taught by instructors who adapt the exercises to meet your individual needs. Walkers and wheelchairs are welcome. You can participate while seated, standing or lying on the floor.
Class consists of meditation, Yoga, stretching, purposeful movement and Tai Chi. Each of these activities will bring you an enhanced awareness of the interconnectedness of your mind, body and spirit. Students and teachers create a safe and comfortable environment for you to learn and explore your own progress.
Instructors: Jennifer Sadugor, Robert Nakashima and Sandra Sylvester, PhD.
When: Thursdays from 9:30am to Noon (Wear comfortable clothing)
Where: Coloma Community Center, Sonora Room 4623 T Street Sacramento, CA 95819
Cost: $30 per month
Next session begins September 2019
September 2019: 5, 12, 19, 26
October 2019: 3, 10, 17, 24, 31
November 2019: 7, 14, 21
December 2019: 5, 12,
January 2020: 2, 9, 16, 23, 30
February 2020: 6, 13, 20, 27
March 2020: 5, 12, 19, 26
More information: jennifer@YogaSolution.net

SOCIAL RECREATION PROGRAMS
Access Leisure provides recreational activities for people with intellectual, developmental and or physical disabilities.

To receive the monthly calendar by email, please email jyarrow@cityofsacramento.org.
To print a monthly calendar of events, visit http://www.cityofsacramento.org/ParksandRec/Recreation/Special-Needs/Calendar
**Special Events**
Dances, local sporting events, casino trip, seasonal events, Apple Hill trip, and more!
Contact Jenny Yarrow at jyarrow@cityofsacramento.org or (916)808-6017

**Adaptive Sports and Paralympic Sport Club - Sacramento**
Paralympic sport Sacramento is seeking injured, ill, or wounded veterans or active duty military members with physical or visual disabilities to participate in both Paralympic sports and recreational sport programs.
Contact: Kou Yang at kyang2@cityofsacramento.org

**Goalball**
Goalball is a challenging team sport developed for people who are blind or visually impaired. It promotes exercise, team spirit, community involvement and social interaction.
Age: Youth – Adults
Location: CSU Sacramento
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: $60
10:00am – 3:30pm Oct. 2019 – Jun. 2020

**Camp C.O.O.L 2019**
Camp challenge ourselves through outdoor leisure is a two-day-one-night residential camp for young adults aged 10 – 25 with physical disabilities. Camp C.O.O.L consists of an exciting two-days of downhill snow ski lessons from the skilled staff of the Achieve Tahoe Program at Alpine Meadows.
Dates: TBA
Contact: Jenny Yarrow at jyarrow@cityofsacramento.org

**MONTHLY EVENTS**
Look for a few NEW Social Events coming this FALL in addition to Lunch & Cinema, video-pizza night, evening socials, crafts, Art, cooking and community events.
Contact Jenny Yarrow at jyarrow@cityofsacramento.org or 916-808-6017

**S.N.O.W Camp 2019**
Supporting new opportunities though winter sports is a two-day-one-night residential camp for young adults and adults age 15 and older with intellectual and or developmental disabilities. This camp consists of an exciting two-days of downhill snow ski lessons and snowboarding from the skilled staff of the Achieve Tahoe Program at Alpine Meadows.
Dates: TBA
Contact: Jenny Yarrow at jyarrow@cityofsacramento.org

**ACCESS LEISURE STAFF**
**PROGRAM SUPERVISOR:** Jenny Yarrow 916-808-6017 jyarrow@cityofsacramento.org
**PROGRAM COORDINATOR:** Kou Yang, CTRS 916-808-6045 kyang2@cityofsacramento.org
**Volunteer Information:** For volunteer opportunities for all programs.
Michelle Tabarango 916-808-1205 mtabarango@cityofsacramento.org

Paralympic Sport Sacramento Club, for children, youth, adults, with physical disabilities, and wounded, injured or ill veterans.
Beginning/Intermediate Ballroom Dance

This class will give you confidence on the dance floor and in everyday life. Students will learn lead and follow along with popular dances such as the Fox trot, Waltz, Cha Cha, Salsa, Night Club Two Step and many more. Partners not required.

Age: 12+
Location: Belle Cooledge CC
Instructor: Eddie Lovato
Fee: $25

Advanced Social Ballroom Dance

Advanced Ballroom dance instruction for those who have completed Beginning/Intermediate Ballroom dance or with instructor’s approval. Dances will include Fox Trot, Waltz, Swing, Cha Cha and many more.

Partners not required.
Age: all ages
Location: Belle Cooledge CC
Instructor: Eddie Lovato
Fee: $15

Healthy Tai Chi & Chi Kung Exercise

Description: Low impact exercise helps improve balance and reduce risk of falls.

Age: 6+
Instructor: Sabibre Rodriguez
Location: South Natomas CC
Fee: $20
**Authentic Yang Taichi**

Authentic Yang’s Taijiquan Advance class and basic class are mixed. The teacher is trained from the Yang Taiji family in China. We will learn through authentic yang tai chi, tai chi sword, sword, fan, and push hands training. Cultivating the most basic tai chi internal benefits for health, self defense and thereby improving the quality of health.

Age: 6+
Location: Sam & Bonnie Pannell CC
Instructor: Elizabeth Bourrage
Fee: $20/month or $5/drop-in

**Line Dancing with Liz**

Dancing to Pop, R&B/Soul, and Jazz music, this line dance class will teach you to actually move your body, improve your balance, help you find the beat, teach you basic footwork, improve your confidence, provide you with a dance outlet whether you have a partner or not, and provide you a way to practice. A fun way to get your healthy aerobic exercise.

Age: 17+
Location: Sam and Bonnie Pannell CC
Instructor: Elizabeth Bourrage
Fee: $20/month or $5/drop-in

**International Choreographed Ballroom Dance**

Choreographed ballroom dancing is many rhythms including Waltz, Foxtrot, Tango, Jive, West Coast Swing, Paso Doble, Rumba, Cha Cha, Slow Two-Step, Bolero and others. This class is ONLY for advanced level Roundalab Phase 4,5 and 6 dancers.

Age: 18+
Location: Coloma CC
Instructor: Win Robinson
Fee: $24

**Mixed Level Yoga**

Start your Monday and Wednesday mornings with a yoga practice designed to increase strength and flexibility, improve balance, and enhance the ability to relax. A mixed level class with optional modifications for poses to help you find your own personal zones of comfort and challenge. Beginners welcome.

Age: 18+
Location: South Natomas CC
Instructor: Ofer Levy
Fee: $35/month or $6/drop-in

**Multi–Level Aerobics**

Multi-Level Aerobics is a professionally designed aerobic dance/exercise program choreographed to 80’s retro music that provides training for both aerobic and muscular fitness. Bring a mat or towel for the floor routines.

Age: 13+
Location: Belle Cooledge CC
Instructor: Janis Paular
Fee: $30

*Classes are Tu, Th, and Sa*
Tu/Th 6:00pm – 7:00pm
Sa 7:30am – 8:30am

**Music and Motion**

Description: Exercise for Seniors with music using a combination of Yoga, Zumba, TaiChi, and some sitting exercises. NO dress requirements.

Age: 40+
Location: Belle Cooledge CC
Instructor: Rowena Alberto
Fee: $20/month or $5/drop-in

Schedule Exceptions: all major holidays

**Qigong for Ease and Vitality**

Introduction to Radiant Heart Qigong. This flowing, mindful movement is simple and easy to learn. It integrates movement with meditation and cultivates the body’s vital energy. Brings ease and well-being and improves balance from the inside out. Does not require special clothes, space, or equipment. All levels are welcome!

Age: 17+
Location: Coloma CC
Instructor: Martine Shelley
Fee: $30

**Scandinavian Dance**

Many people around the U.S. enjoy the enchanting movement and music of the traditional folk dances of the Scandinavian countries (Denmark, Finland, Greenland, Iceland, Norway, Sweden, & the Faroe Islands). Although these dances originated in specific geographic areas populated by specific ethnic groups, today they are enjoyed by people of diverse ethnic groups, and there is no expectation that one’s ancestors came from Scandinavia. All that is required is an appreciation of the beautiful and moving music and dance from this part of the world.

Age: 13+
Location: Coloma CC
Instructor: Barry Moore
Fee: $48/course or $7/drop-in

1041 6:45pm – 9:00pm 9/30 – 11/18 M
10825 6:45pm – 9:00pm 11/25-1/27 M
10826 6:45pm – 9:00pm 2/3 – 3/23 M

**Tai Chi & Qi Gong for Adults**

Enjoy slow, low impact exercise that both strengthens your body and energizes the mind and spirit. Learn movements of the Original Yang Tai Chi form and Sin Tien Wu Ji Chi Kung exercises as taught by Grandmaster David Chin. Class includes push hand practice, applications, and more. No special equipment or uniform required. For any questions, please contact instructor Henry Gardiner at 916-502-3117.

Age: 17+
Location: Coloma CC
Instructor: Henry Gardiner
Fee: $60

10716 7:00pm – 8:00pm 10/2 – 10/31 M, W, Th
10717 7:00pm – 8:00pm 11/4 – 11/27 M, W, Th
10718 7:00pm – 8:00pm 12/2 – 12/19 M, W, Th
10719 7:00pm – 8:00pm 1/1 – 1/30 M, W, Th
10720 7:00pm – 8:00pm 2/3 – 2/27 M, W, Th
10721 7:00pm – 8:00pm 3/2 – 3/30 M, W, Th

**Qigong for Ease and Vitality**

Introduction to Radiant Heart Qigong. This flowing, mindful movement is simple and easy to learn. It integrates movement with meditation and cultivates the body’s vital energy. Brings ease and well-being and improves balance from the inside out. Does not require special clothes, space, or equipment. All levels are welcome!

Age: 17+
Location: Coloma CC
Instructor: Martine Shelley
Fee: $30

11079 6:00pm – 7:00pm 10/1 – 10/29 Tu

**Schedule Exceptions:**
All major holidays
Tai Chi 4 U
Come and join us on a Tai Chi health journey in a nurturing environment. Yang Family style Tai Chi hand and weapon forms, as taught by the 6th generation Master Yang Jun whose family founded this style bearing their name, are offered to all interested practitioners or individuals.
Age: 15+
Location: Belle Coolidge CC
Instructor: Denny Fong
Fee: $35

Basic Singing
While it may be true that “everyone can sing”, not everyone feels that they know how. This class will provide a supportive environment to enable the release of the voice into tuneful singing. We will explore pathways to the singing voice through group exercises, games, “tone play” and simple songs. Engage in the process of learning and self-discovery.
Age: 16 years to Unlimited
Location: Coloma CC, Jamestown Room
Instructor: Christiana Quick-Cleveland
Fee: $75

Beginning Dog Obedience with Alan & Renee Miller
Designed to help you learn to communicate with your dog. Traditional exercises including heeling, auto sit, sit stay, down, down-stay and come when called. Dog must be at least 4 months old. Bring dog to all four classes.
Age: 14 yrs & Up
Fee: $160.00
Location: Tahoe Park
10941: 6:00pm – 7:00pm
10942: 6:00pm – 7:00pm
10943: 6:00pm – 7:00pm
10944: 6:00pm – 7:00pm
10945: 6:00pm – 7:00pm
10946: 6:00pm – 7:00pm

Intermediate/Advanced Dog Obedience with Alan & Renee Miller
This class is designed for those who wish to compete their dogs. We prepare for AKC Obedience Trial Work CD-CDX-UD. Class will cover heeling, recall, delayed retrieving, signal work, jumping and scent discriminations. All dogs must have competed a basic dog obedience class to attend.
Age: 14yrs & Up
Fee: $80.00
Location: Tahoe Park
10958: 7:00pm – 8:00pm
10959: 7:00pm – 8:00pm
10960: 7:00pm – 8:00pm
10961: 7:00pm – 8:00pm
10962: 7:00pm – 8:00pm
10963: 7:00pm – 8:00pm

Journey to You
A day-trip journaling workshop designed to introduce the writer to their inner-self mechanisms, motivations, and actions. It is a non-judgmental jump into the pool of one’s own substance, to emerge at the end of this all-day self-streaming experience - exhilarated, inspired, confident, and writing of this all-day self-streaming experience - exhilarated, inspired, confident, and writing from the great well of being within. Course has a One-time material fee of $15.00
Age: 18+
Location: Coloma CC
Instructor: Gail Betty
Fee: $30/per course
11126: 9:00am - 5:00pm
11127: 9:00am - 5:00pm
11128: 9:00am - 5:00pm
11129: 9:00am - 5:00pm
11130: 9:00am - 5:00pm

Zumba with Theresa
Take the ‘work’ out of ‘workout’! An exciting dance party full of Latin and international music. Class participants at any level can start Zumba right away. It’s fun and effective, using interval training, combining fast and slow rhythms for an aerobic workout.
Age: 12+
Location: Coloma CC
Instructor: Theresa McGarry
Fee: $5/class
6:45pm – 7:45pm every Tuesday

Breathe Yoga
Hatha inspired class for All Bodies and everybody, designed for you to go at your own pace within the community!!! Mindfulness Practices, Healthy Functional Movements (Modifications, Options and Props available), & Guided Relaxation will be offered. Please wear comfortable clothing, bring water, and a mat!! Extras mats are available on a first come first serve basis!!!
Age: 18+
Location: Sam and Bonnie Pannell CC
Instructor: JoShanna Giannini
Fee: $35/month
10728: 10:15am – 11:30am
10729: 10:15am – 11:30am
10730: 10:15am – 11:30am
10731: 10:15am – 11:30am
10732: 10:15am – 11:30am
10733: 10:15am – 11:30am
The City of Sacramento is seeking applications for Enrichment Instructors from independent contractors.

Qualified persons may submit one copy of the application packet in a sealed envelope, to the attention of Julia Root at the following address:
Department of Youth, Parks, and Community Enrichment
4623 T Street, Suite B
Sacramento, CA 95819

Applications can be picked up in person at Coloma Community Center or found at https://www.cityofsacramento.org/ParksandRec/Recreation/LeisureEnrichment
Questions? Email or call Julia at JRRoot@cityofsacramento.org or (916) 808-7205

Adult Advanced Beginning Tennis
Designed for students who know tennis basics and/or have successfully completed Adult Beginning Tennis. Class time will be devoted to the review of the five basics strokes, court movement, footwork, proper body mechanics and consistency in strokes through drills. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: 17 and up
Location: McKinley Park
Fee: $72

10993 6:30pm - 7:25pm 10/7 - 10/23 M, W
10994 6:30pm - 7:25pm 11/11 - 11/27 M, W
10995 6:30pm - 7:25pm 12/2 - 12/18 M, W
10996 6:30pm - 7:25pm 2/3 - 2/26 M, W
10997 6:30pm - 7:25pm 3/2 - 3/25 M, W
10998 6:30pm - 7:25pm 3/30 - 4/22 M, W

Adult Beginning Tennis
Designed for students who have little or no knowledge of the game of tennis and would like to learn! Students will learn the mechanics of five basic strokes, scoring and tennis etiquette. Please bring your own racket. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: 17 and up
Location: McKinley Park
Fee: $72

10999 5:30pm - 6:25pm 10/7 - 10/23 M, W
11000 5:30pm - 6:25pm 11/11 - 11/27 M, W
11001 5:30pm - 6:25pm 12/2 - 12/18 M, W
11002 5:30pm - 6:25pm 2/3 - 2/26 M, W
11003 5:30pm - 6:25pm 3/2 - 3/25 M, W
11004 5:30pm - 6:25pm 3/30 - 4/22 M, W

11005 11:00pm - 12:30pm 10/5 - 10/19 Sa
11006 11:00pm - 12:30pm 11/9 - 11/23* Sa
11007 11:00pm - 12:30pm 12/7 - 12/21* Sa
11008 11:00pm - 12:30pm 2/1 - 2/22 Sa
11009 11:00pm - 2:30pm 2/29 - 3/21 Sa
11010 11:00pm - 12:30pm 3/28 - 4/18 Sa

*Depending on the weather and the student registration it may be necessary to cancel all the classes for December

Adult Intermediate/Advanced Tennis
Consistency is a must in this class. Players must be able to maintain continuous rallies from all positions of the court. Specialty shots will be taught such as drop shots, types of serves, slice and topspin. Please bring your own racket. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: 17 and up
Location: McKinley Park
Fee: $72

11011 6:30pm - 7:25pm 10/7 - 10/23 M, W
11012 6:30pm - 7:25pm 11/11 - 11/27 M, W
11013 6:30pm - 7:25pm 12/2 - 12/18 M, W
11014 7:30pm - 8:25pm 2/3 - 2/26 M, W
11015 7:30pm - 8:25pm 3/2 - 3/25 M, W
11016 7:30pm - 8:25pm 3/30 - 4/22 M, W

Private Tennis Lessons
Sign-ups are taken on a continuous basis.
Call Ken Selby at 916-264-8353 for an appointment before registering. Lessons offered as Private (1 player), Semi-Private (2-3 players), Small Groups (4-6 players). Private lessons are held at McKinley Park Tennis Courts.
Age: 4 and up
Location: McKinley Park
Fee:
$40 Private Lesson
$50 Semi-Private (2-3 Players)
$60 (4-6 Players)
On-going basis year round

The City of Sacramento is seeking applications for Enrichment Instructors from independent contractors.
**PRIVATE TENNIS LESSONS**

**WITH COACH COLE**

LESSONS OFFERED AS:
- PRIVATE (1 PLAYER)
- SEMI-PRIVATE (2 PLAYERS)
- PRIVATE GROUPS (3-6 PLAYERS)

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**PRIVATE LESSONS**  
(1 COACH/1 STUDENT)  
Play more in a private setting! Choose this option if you are a beginner. During private lessons you will learn the fundamentals of footwork, fitness, strokes, and strategy. Private lessons will also improve more experienced players. Learn to build on your foundation and improve your current skill level. Each customized lesson is designed specifically to meet your needs and goals.  
$70 for 1 hour  
$260 for 4 hours / that’s only $65 per hour  
$480 for 8 hours / that’s only $60 per hour

**SEMI-PRIVATE LESSONS**  
(1 COACH/2 STUDENTS)  
$110 for 1 hour / that’s only $55 each  
$400 for 4 hours / that’s only $200 each (hourly breakdown $50 each)  
$720 for 8 hours / that’s only $360 each (hourly breakdown $45 each)

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**PRIVATE GROUP LESSONS**  
Join or create your own group lesson. Each lesson is theme based composed of drills and games. Play cooperatively and competitively while challenging yourself and teammates to be the best you can be! Those looking for the social component of tennis should enroll in group lessons. This cost effective choice will improve your game while making lasting friends.  
1 coach/3 students $460 each  
1 coach/4 students $345 each  
1 coach/5 students $276 each  
1 coach/6 students $230 each

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Sign-ups are taken on a continuous basis.  
Call Coach Cole at 503-330-5638 for an appointment before registering. Private lessons are held at North Natomas Community Park.  
Fee: Visit tenniswithcole.com for rates

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**NEW YEAR’S ROWsolution**

1-Month Adult Indoor Rowing Class  
Learn how to row & start getting into great shape with this low-impact, all-body, highly cardio and strength training workout.  
Training Jan 1-29, 2020 $150  
Practices 5:15-7am M, W and 6-8am Sat  
Includes two days on the water!  
Find out more and register at https://www.rivercityrowing.org/masters-rowing  
Email Coach Ericsson at ed@rivercityrowing.org

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**NEW YEAR’S ROWsolution**

**Jan Special**  
$150  
1 mo
The adult programming offered by the City of Sacramento is more than an opportunity to get out and exercise, it is also a great chance to have fun with friends and meet new people. Adult softball is offered throughout the year. Put together a team and sign up today!

Visit our website at http://www.teamsideline.com/sacramento for schedules and up-to-date information.

**Adult Softball Recreational Leagues City Wide 3 seasons**
Spring league begins in March
Summer leagues begin May/June
Fall leagues begin August/September

**Contact:** Rich Semenza or Allis Calhoun for information regarding recreational City wide leagues for co-ed, men and women’s teams.
Phone: (916) 808-6087
e-mail: rsemenza@cityofsacramento.org or acalhoun@cityofsacramento.org

**Customized Leagues**
Let the Adult Sports staff customize a softball, or sand volleyball league for you and your group at any of our facilities. Contact the adult sports staff for details. Field space is limited.

**Sand Volleyball**
The Sacramento Softball Complex has four sand volleyball courts that are available for rent and for recreational play. Please contact the Sacramento Softball Complex for more details. (916) 808-6087

**How to Register for Adult Sports League and Programs:**

Online: www.parksandreconline.cityofsacramento.org
Walk-in: Community centers have limited days and times they are open, please call first.

No payments can be taken at the Softball complex, sport fields, or gyms.

**Coloma CC**, 4623 T St, 9:00am – 4:00pm, M-F, (916) 808-6060
**S. Natomas CC**, 2921 Truxel Rd, 8:30am – 8:00pm, M-Th, Sat 11:00am – 3pm, (916) 808-1571
**Pannell Meadowview CC**, 2450 Meadowview Rd, 8:30am – 5:00pm, M, W, Th, F, (916) 808-6680.
Active Yoga
Come join instructor Laura Santigian in our mixed-level Adaptive Yoga class to increase your strength and flexibility, improve balance, and enhance your ability to relax and release stress. This class includes standing poses, mat work, and offers plenty of instruction for newcomers, as well as, enough challenge for long-time practitioners. You will learn to modify poses that will suit your needs and limitations so you can find your own personal zone of comfort and challenge. Bring a yoga mat, towel, water, and your own unique energy! Beginners are always welcome!
Age: 50+
Location: The Hart Center
Instructor: Laura Santigian
Fee: Punch Card: 5 classes $35.00; 10 classes $70.00

Chair Yoga
This gentle form of yoga makes it possible for anyone to do. Gain the benefits yoga offers, increase flexibility, strength and balance all with the support of a chair. A great starting point for those returning or new to yoga, rehabilitating, or with less flexibility and/or balance. Please provide your own mat and wear comfortable clothing.
Age: 50+
Location: The Hart Center
Instructor: Pat Shaw
Fee: Punch Card: 5 classes $35.00; 10 classes $70.00

Raja Yoga
Yoga classes for active older adults. The classes include postures for flexibility, balance training, proper breathing skills and general health. Yoga-ism is offered through a variety of levels to help all students achieve their goals.
Age: 50+
Location: East Portal Clubhouse
Instructor: Craig Gahlbeck
Fee: $50/5 Punch Card $100/10 Punch Card

Exercise, Energize, Enjoy!
Designed for older adults, beginner to advanced. Increase strength, flexibility and improve balance using a variety of techniques and equipment.
Age: 50+
Location: South Natomas CC
Instructor: Peggy Edgerly
Fee: $30/10 Punch Card

Find more classes and activities near you in the Hart Senior Center section, page 43-44 and the Community Centers section, pages 11-15
Stretching and Strengthening
Improve muscle strength by working all the body’s major muscle groups using resistance bands, hand weights and medicine balls. This class will help improve your posture, joint mobility, balance and flexibility. The class also provides opportunities to improve mental sharpness, increase your social network, make new friends and build confidence for a more active lifestyle. 
Age: 50+
Location: East Portal Clubhouse
Instructor: Valerie Miller
7:45am – 8:40am 10/2 – 10/30 M, W, F $45
8:45am – 9:40am 10/2 – 10/30 M, W, F $65
9:45am – 10:40am 10/2 – 10/30 M, W, F $65

Tai Chi for Seniors
A low impact form of ancient exercise that emphasizes balance, strengthening and relaxation. Beginners welcome!
Age: 50+
Location: The Hart Center
Instructor: Sabire Rodriguez
Fee: $25/5 Punch Card
10583 10:30am – 11:30am 10/7 – 10/28 M
10584 10:30am – 11:30am 11/4 – 11/25 M
10585 10:30am – 11:30am 12/2 – 12/16 M
10586 10:30am – 11:30am 1/6 – 1/27 M
10587 10:30am – 11:30am 2/3 – 2/24 M
10589 10:30am – 11:30am 3/2 – 3/30 M

Singers with HART
Whether you love to sing because you always have, or yearn to sing because you never had the opportunity, Singers with HART may be a unique possibility for you. Formed in 2014, this initiative is now a community of singers developing the ability to sing in harmony, who offer the fruits of their efforts in a culminating performance at the conclusion of each rehearsal block. No audition is required. The only pre-requisites are the desire to sing in harmony in a group, and the desire and ability to learn new skills. Rehearsals are weekly on Fridays, 10:30 to Noon.
Age: 50+
Location: The Hart Center
Instructor: Christiana Quick-Cleveland
Fee: Varies
Holiday Sing-Along Block: Registration closes October 23, 2019.
Fall Concert Block: Registration closes on August 7th. Contact Hart Senior Center at 916-808-5462 for more information.

Poetry Appreciation Series
If you’ve always loved poetry or have just been curious to learn more about it, come to Poetry Appreciation! To prepare for the monthly sessions, Marie explores poetry books for common themes, then carefully selects poems and curate’s curriculum for each class. Students gather to read and share the poetry in a relaxed, open setting. There is no need to be intimidated; there will be no test, this course is simply to explore and enjoy literary works with others. 
Age: 50+
Location: The Hart Center
Instructor: Marie Taylor
Fee: $5
10518 1:00pm – 2:30pm 10/25 F
10519 1:00pm – 2:30pm 11/22 F
10520 1:00pm – 2:30pm 1/24 F
1:00pm – 2:30pm 2/28 F
1:00pm – 2:30pm 3/27 F

Beginning Taiko Drumming
Led by professional taiko artist and teacher, Kristy Oshiro. This class covers basic techniques and rhythms as well as little history and Japanese language. Each session will feature a new taiko song for students to learn, so, you can take the class again and again. No experience is necessary, new students of all physical and musical abilities are welcome. All equipment is provided; please wear comfortable clothing and footwear.
Age: 50+
Location: The Hart Center
Instructor: Kristy Oshiro
Fee: Varies
10524 3:45pm – 4:45pm 10/7 – 10/28 M
10525 3:45pm – 4:45pm 11/4 – 11/25 M
10526 3:45pm – 4:45pm 12/2 – 12/18 M
10527 3:45pm – 4:45pm 1/6 – 1/27 M $30.00
10528 3:45pm – 4:45pm 2/3 – 2/24 M $30.00
10529 3:45pm – 4:45pm 3/2 – 3/30 M $50.00

Intermediate Taiko Drumming
Led by professional taiko artist and teacher, Kristy Oshiro. This class covers intermediate level taiko techniques, rhythms, and songs. You must have taken at least one 4 week beginning taiko class and have the instructor’s permission to sign up for this class. All equipment is provided; please wear comfortable clothing and footwear.
Age: 50+
Location: The Hart Center
Instructor: Kristy Oshiro
Fee: Varies
10531 3:45pm – 4:45pm 10/2 – 10/30 W
10532 3:45pm – 4:45pm 11/6 – 11/27 W
10533 3:45pm – 4:45pm 12/4 – 12/18 W
10534 3:45pm – 4:45pm 1/8 – 1/29 W $40.00
10535 3:45pm – 4:45pm 2/5 – 2/19 W $20.00
10536 3:45pm – 4:45pm 3/4 – 3/25 W $40.00

COMES OUT & PLAY CLASSES, PROGRAMS & EVENTS
FALL/ WIN 19-20
**Arts**

**Weaving Lessons**  An introduction to terminology, looms, equipment, and weaving techniques. Each student works on a project of their own under the teacher’s instruction. Contact Hart Senior Center about upcoming sessions and materials. For more info please call (916) 808-5462.

Fee: $30/6 Classes

10/7 – 3/30  1:00pm – 4:00pm  M

**Craft ‘n Chat**  Join our crafty participants as they work on individual projects including sewing, quilting, rochet, weaving, knitting, needle point, drawing, coloring, paper crafts, jewelry, and more. No formal instruction provided. Participants supply their own projects and materials.

Th 10:00am – 12:00noon

**Intermediate Open Ceramics Lab**  The Ceramics Lab is open to people with an intermediate level of ceramics knowledge. Pour using molds, clean green ware, glaze, hand build and fire. An outdoors pottery wheel is available for use when weather permits. Space limited.

Fee: $10/month

8:00am - 12:30pm  10/3 - 03/26  Th

**Poetry Appreciation Series**  If you’ve always loved poetry or just been curious to learn more about it, come to Poetry Appreciation! Contact Hart Senior Center at 916-808-5462 about upcoming sessions and poetry selections.

4th Friday of every month  1:00pm – 2:30pm  Free

**Poetry Writing Group**  Join the group for some poetic inspiration and motivation! Meetings provide a workshop sharing of poetry information and discussion, followed by readings and positive commentary on each person’s poem.

1:00pm – 3:00pm  W  Free

**Books with Hart**  Facilitated by a Sacramento Public Library librarian. Check out the monthly book selection at Hart Senior Center ahead of time and then come discuss it with others in this lively group of book lovers.

First Friday of every month  10:00am – 11:30am  Free

**Multi-Genre Writing Group**  Multi-genre writing is a fine mix of imagination and experience. This type of writing responds to various conceptions of genre, audience, voice, arrangement and style. The class offering will prompt participants to tap into their knowledge about new media literacies, rich rhetorical situation, and the multiple perspectives that are inherent in any writing activity. Come join us Thursdays to share, explore and build on your creative writing! Materials are provided.

2:00pm – 3:30pm  Th  Free

**Great Books Discussion Group**  Discuss a selected text from a variety of classic and modern works. Most excerpts have a common philosophical thread which the group identifies as “social aspects of civilization.” Drop ins are welcome.

4th M  10:00am – 12:00noon  Free

**Life History Writing**  Interested in stimulating your memory and preserving the tales of your life for generations to come? Prompts are provided and methods of writing stories are demonstrated. Students write and share a story each week with the class.

9:00am – 12:00noon  Tu  Free

**Games**

**Duplicate Bridge**  Expert players provide direction and guidance; scoring is ongoing. A partner is required for this game. If you’d like to play and do not have a partner, contact Hart Senior Center in advance at (916) 808-5462.

12:00noon – 4:00pm  M  Free

**Pinochle**  Experience the joy of playing pinochle here at Hart! Beginning and experienced players welcome for single and double deck games.

10/3 – 3/26  10:00am – 1:00pm  Th  Free

10/2 – 3/30  12:30pm – 3:00pm  Su  Free
Progressive (Social) Bridge Join other participants in playing a friendly game of bridge. A partner is not required.
9:00am - 12:00noon W Free
1:00pm - 4:00pm F Free
9:30am - 1:00pm Sa Free

Movement

Ballroom Dance Come join the fun and meet people at this large social dance with a variety music styles provided by a DJ.
1:30pm - 4:30pm Th Free

Beginning Line Dancing “Step – by – step” introduction to basic line dancing to prepare people to participate with the weekly Line Dancing group at Hart Senior Center.
8:15am - 8:45am Th Free

Belly Dancing for Seniors Belly dancing is a great way to exercise and have fun at the same time. This 5-week course includes a brief history of the art and instruction Classical Egyptian, American Tribal and Spanish Gypsy dance. Contact Hart Senior Center at (916)808-5462 about upcoming sessions.
2:30pm-3:30pm F Fee: $15

Line Dancing Join our lively group of line dancers! Kick up your heels to a variety of music genres including country, pop, and Latin.
9:00am - 10:00am Th Free

Strength and Balance Join this lively, large fitness group led by volunteer Joe Miguel. Work on flexibility and movement, correct breathing, strength training, and regaining good balance. Hand weights and dyna-bands provided.
9:00am - 9:45am M, W, F Free

Social Ping Pong Have fun and get your heart pumping with ping pong! All levels welcome at this non-competitive, fun activity.
12:30pm - 4:30pm Tu, Th Free

Technology

TechConnections Wide range of classes including Beginning Computers, Facebook, Internet & Email, Smart phones, Apps, and one-on-one tutorials. Contact Hart Senior Center at 916-808-5462 to inquire about upcoming sessions.

All Seasons Café Meals on Wheels by ACC serves lunch Monday through Friday to people ages 60+ for a suggested donation of $3.00 or $6.00 guest meal. Games and socializing begin at 10:30am; lunch is served at 11:30.

Support Group for Caregivers of Adults with Memory Loss
Are you a caregiver for someone who has memory loss or dementia? This monthly support group offers education, peer support, an opportunity to learn new caregiving strategies, and encouragement to express your feelings about being a caregiver in our supportive environment. Does your family member need care while you attend? Respite care is available at the Triple-R; make arrangements in advance by phoning 916-808-8375.

Offered in partnership with the Alzheimer’s Association of Northern California.
Instructor: Chantell Albers
3:00pm - 4:00pm F Free
*Second Friday of every month

Caring for the Caregiver Workshop Series
This educational workshop series for family members caring for an older relative cover a range of issues presented by Sacramento based experts. Workshop topics include caregiver Burnout: Warning Signs and Resources; Legal Planning for an Older Adult; Care and Housing Options; Complicated Family Dynamics; Dealing with Difficult Dementia Behaviors; as well as others to be announced. Call 916-808-1591 for information and schedule.

Age: Adults
Location: The Hart Center
Instructor: Stephanie Wilson
3:00pm - 4:00pm Every Friday Free
COME OUT & PLAY   CLASSES, PROGRAMS & EVENTS
FALL/ WIN
1
9-20

Apple Hill
Wednesday, Sept. 23, 2020
BBQ chicken meal and slice of High Hill Ranch Apple Pie topped with ice cream.
There will be stops at several ranches in the area: Arts & crafts booths, wine tasting, homemade candy.
Course Code: 11113 / Cost: $65 Registration Deadline: TBD
*All 3 Pick-up Locations

Red & White Fleet - SF Bay
Saturday, Aug. 15, 2020
Golden Gate to Bay Bridge San Francisco Bay Cruise and Pier 39!
Course Code: 11112 / Cost: $105 Registration Deadline: 07/02/20
*All 3 Pick-up Locations

Holiday Time in San Francisco
Saturday, Dec. 5, 2020
Holiday Shopping/Browsing Pier 39 or Union Square. Visit the Westin at Union Square for its gingerbread house.
Course Code: 11116 / Cost: TBD Registration Deadline: TBD
*All 3 Pick-up Locations

Great Italian Festival & Silver Legacy Casino
Saturday, Oct. 10, 2020
Grape stomp, farmers market, wine walk, Bocce Ball, and more! Included: $10.00 casino credit from the Silver Legacy and $5.00 Food Coupon.
Course Code: 11114 / Cost: $65 Registration Deadline: 09/08/20
*All 3 Pick-up Locations

Historic Potomac Cruise
Saturday, June 6, 2020
Narrated Cruise on FDR’s “Floating White House,” Alameda, Treasure Island, and lighthouses of SF Bay; Box lunch with Coffee, Tea and Water.
Course Code: 11110 / Cost: $118 Registration Deadline: 05/01/20
*2 Pick-up Locations:
Black Bear Diner and Belle Cooledge

Travel Fair
Linda Bevins of Trips & Tours and Jay Fehan of Collette will discuss our upcoming day and extended trips.

Tuesday September 17, 2019
12:30pm - 2:00pm
Hart Senior Center
Cypress Room

Saturday November 9, 2019
10:30am - 11:30am
South Natomas Community Center
Conference Room

Sunday November 9, 2019
12:00pm – 2:00pm
Belle Cooledge Community Center
Crocker Room

Saturday November 9, 2019
2:45pm - 4:45pm
Coloma Community Center
Auditorium

*Pick-up Location Addresses:
• Black Bear Diner
Parking Lot near the diner
1830 Arden Way
• Belle Cooledge Library
5600 S Land Park Drive
• So. Natomas Community Center
2921 Truxel Road

Trips & Tours
4623 T Street, Suite B
Sacramento, CA 95819
(916) 808-7205
www.cityofsacramento.org/tours
**Extended Trips**

with Trips & Tours and Collette

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**Mackinac Island**
**July 26-July 3, 2020**
$3399.00 (discounted price)

- Private vineyard tour and wine tasting on the Leelanau Peninsula
- Guided tour of the city of Charlevoix including the “mushroom” houses
- Ferry Ride to Mackinac Island
- Two nights at the historic Victorian-era Grand Hotel
- Horse Drawn Carriage on Mackinac Island
- Frankenmuth, a town of German heritage
- Bronner’s - The Largest Christmas Store
- Henry Ford Museum
- Tour historic Greenfield Village
- Escorted tour of Chicago

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**The Azores**
**Small Group Tour**
**August 14 - 23, 2020**
$3999.00 (discounted price)

- Sao Miguel, the largest of nine volcanic islands
- Tour Ponta Delgada, capital city of the Azores
- Off-road adventure on Green Island to the mirror lakes of Sete Cidades and the crater. Optional Tour: Swim with dolphins or whale watching
- Furnas - Terra Nostra Botanical Garden/Geothermal waters
- Island of Terceira. Travel from the rim of a crater to the “Beach of Victory”
- Guided tour of the streets of Angra do Heroism, swim in volcanic pools or visit lava fields
- Faial, the “Blue Island”
- Morro Cheese factory
- Capelinhos Volcano Interpretive Center
- Ferry to Pico, island known for its lava fields and vineyards
- Lava stone houses - 2 nights overlooking ocean
- Pico Vineyards and Pico Wine Museum
- The Whaling Museum

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**Heritage of America**
**September 6 - 14, 2020**
$2999.00 (discounted price)

- Join the Tour of Philadelphia, “Birthplace of a New Nation”
- Two nights in Gettysburg
- Museum of the American Civil War, its galleries, and the Cylorama
- President Eisenhower’s National Historic Site or walking tour of Gettysburg
- Historic community of Harpers Ferry
- Travel Skyline Drive to Charlottesville through Shenandoah National Park along the Blue Mountains
- Monticello, the home of Thomas Jefferson
- Two nights in Williamsburg
- Colonial Williamsburg / costumed reenactors
- Yorktown battlefields and museums
- Two nights in Washington DC
- Arlington National Cemetery
- Washington; choice of Smithsonian museums
- Day of Touring - World War 2 Memorial, Vietnam Veterans Memorial, Korean War Memorial, and visit to Mount Vernon - home of George Washington

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**Niagara Falls to New York City**
**October 2-9, 2020**
$3699.00 (discounted price)

- Three nights in Niagara Falls
- Guided tour of Buffalo
- Cruise on Erie Canal
- Maid of the Mist Niagara Falls cruise
- Historic Sonneberg Gardens and Mansion
- Admission to National Baseball Hall of Fame
- Visit the Brewery Ommegang, famous for its classic Belgian ales
- Guided tour of the United States Military Academy at West Point
- Two nights in New York City

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**French Riviera**
$2999.00 (discounted price)

- Single hotel stay - entire trip
- Day in Nice with welcome dinner (French cuisine)
- Tour of Nice including antique market and visit to the Cathedral of Sainte Reparate
- Marc Chagall Museum or Matisse Museum
- Grasse: hands-on workshop and tour of Fragonard Perfume

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Day in St. Tropez with choice of visit to the market or a boat cruise
- Choice of day in Nice or guided tour to Aix-en-Provence, Paul Cezanne’s workshop
- Cannes historical walking tour. Learn about the the nearby Lerins Islands
- See iconic red carpet featured at Cannes Film Festival
- Provencal Market in the ancient port town of Antibes, favorite of Picasso and F. Scott Fitzgerald
- Historic St. Paul de Vence, mountaintop medieval village
- Eze, hilltop medieval village in the Alps
- Villa Ephrussi de Rothchild
- Tour the town of Monaco including the Place desArmes, Avenue des Beaux Arts & Monaco Cathedral
- Changing of the guards at Monaco Palace
- Casino of Monaco

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Trips & Tours 4623 T Street, Suite B Sacramento, CA 95819 | (916) 808-7205 | www.cityofsacramento.org/tours
The City of Sacramento Department of Youth, Parks and Community Enrichment offers three ways to enroll in programs! Registration is simple and fast. Registrations are NOT accepted at program sites.

INTERNET
https://apm.activecommunities.com/cityofsacparksandrec

MAIL
completed registration form and fees to:
Registration • 4623 T Street, Ste. B
Sacramento, CA 95819

COMES AND SEE US
Coloma Community Center • 4623 T Street • (916) 808-6060
S. Natomas Community Center • 2921 Truxel Road • (916) 808-1571
Sam & Bonnie Pannell Community Center
2450 Meadowview Road • (916) 808-6680
Please call individual Center for hours of operation.

Payer Information
☐ Yes, I have moved and my new address is below:

-Payer's Name: -Home Phone:
-Address: -State: -Zip:

Email address:

-Participant Name: ☐ Male ☐ Female -Grade: -Age:

Parent/Guardian Name: -Emergency Phone:

Course Registration

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<tr>
<th>Course #</th>
<th>Activity Name</th>
<th>Location</th>
<th>Time</th>
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Hold Harmless Agreement for Participation in City of Sacramento Programs

Hold Harmless Agreement: I understand that serious accidents occasionally occur during recreation programs. Knowing the risk and in consideration of being permitted to participate in City of Sacramento recreation programs, I agree to assume all risks connected therewith. I agree to release and discharge in advance the City of Sacramento, its officers, employees and agents from any and all liability for personal injury, shall remain in effect until revoked in writing. I also assume full responsibility for the above child’s behavior and agree to pay for all damages to property or person caused by the aforesaid. If a participant’s behavior interferes with the program, I will be contacted. Further disciplinary problems may result in expulsion from the program.

Refunds/Cancellations/Transfer: The City of Sacramento reserves the right to cancel, combine or divide courses; to change the time, date or place of courses; to change the instructor; and to make other changes which become necessary to ensure a quality experience for the participants. Participants will be notified if the course is filled or canceled. Our staff will assist you in selecting another activity, registering for another course or receiving a refund. If insufficient enrollment causes an activity to be canceled or in the event that the staff must cancel a course for which you have registered, we will contact you and offer you an option of transferring to another session or receiving a full refund check by mail in 3 weeks. No requests for refunds or transfers will be accepted after an activity has started, except in case of the participant’s illness, supported by written documentation from the family physician. If you cancel or request a transfer prior to the start of the activity a $5 processing fee per participant, per course will be assessed.

Permission for Medical Treatment: In case of an accident or injury, I authorize a staff member of the City of Sacramento to call the 911 emergency number. I give my consent to any medical treatment felt necessary by an attending physician for the physical well being of the child mentioned above. I further understand that the responding medical emergency team will provide emergency treatment as they deem necessary for the safety and protection of my child at my expense.

Consent to Photograph, Film or Tape: I agree to have photographs, films, videotapes or tape recordings taken of me or minor child registered under my signature while participating in the City of Sacramento programs. I permit these photographs, films or tapes to be released to be used in publications, promotional materials, web site, and for other public information purposes by the City of Sacramento. If I do no consent staff leading the program for which I am registered must be informed of and record my non-consent.

Privacy Statement: The information provide is accessible only by Recreation staff. Course coordinators and instructors will receive only the name, current age, address, and phone numbers of participants. Email addresses will only be used for Department correspondence related to your registration, program promotions, and upcoming events. Your information will not be shared with other agencies, departments, businesses or individuals except as required by law.

Signature
Parent/Adult Signature:

Date:

Payment Information

Amount Due: Entered by:

Check or Money Order#: Cash: $
Friendly dogs can join us for a swim in the Pannell Meadowview pool!

Details and registration info for both our fall Aquatics events are on page 18.

Come join us in October for this fun event and pick out your floating pumpkin in time for fall!