COME OUT AND PLAY

FALL INTO WINTER | OCTOBER 2017 - MARCH 2018
7TH ANNUAL
CITY OF SACRAMENTO
VETERANS DAY PARADE

SATURDAY, NOVEMBER 11, 2017
PARADE STARTS AT 11:00 AM

CAPITOL MALL
BETWEEN 3RD AND 9TH STREETS

For more information, please call (916) 808-6789
or email yriedlinger@cityofsacramento.org

City of SACRAMENTO
Neighborhood Services Division
TABLE OF CONTENTS

DIRECTOR’S LETTER .................................. 4
AQUATICS ............................................. 5-6
TINY TOT TIME ....................................... 7
4TH R .................................................. 8
START ............................................... 9
AFTER SCHOOL PROGRAMS. ...................... 10
SKATE PARK W/SKATE CAMP .................... 10
YOUTH EMPLOYMENT ................................. 11
MUSIC AND DRAMA ................................ 12
DANCE ............................................... 13-14
MARTIAL ARTS ...................................... 15-16
SPORTS AND FITNESS ............................... 17
ACCESS LEISURE .................................... 18
ADULT SPORTS ....................................... 19
TENNIS ............................................... 20
GOLF ............................................... 21-23
ADULT FUN & FITNESS ............................. 24-26
DOG TRAINING ....................................... 26
OLDER ADULT SERVICES ............................ 27-29
COMMUNITY ADULT SERVICES .................. 30
REG FORM .......................................... 31
TRIPS AND TOURS .................................. 32

DEPARTMENT OF PARKS & RECREATION

Staff
Chris Conlin  Director
Shannon Brown  Operations Manager
Eugene Loew  Parks Maintenance Manager
Sylvia Fort  Recreation Manager
Kriztina Palone  Neighborhood Services Manager

Parks and Recreation Commission
Rita Good - Mayoral
Jag Bains - District 1
Fatima Malik - District 2
David Guerrero - District 3
Julie Murphy - District 4
Joe Flores - District 5
Tyler Aguilar - District 6
Shane Singh - District 7
Chinua Rhodes - District 8
David Heitstuman - At Large
Vacant - At Large
Chris Conlin, Director
Department of Parks and Recreation

Contact Us
General Department Information ........................ 916-808-5200
915 1 Street, Third Floor, Sacramento, CA 95814
http://www.cityofsacramento.org/ParksandRec

Park Permits and Facility Rentals ........................ 916-808-6060
4623 T Street, Suite B, Sacramento, CA 95819
sacrec@cityofsacramento.org
http://www.cityofsacramento.org/ParksandRec/Permits

“Like” us on Facebook!
www.facebook.com/sacparks

Seasonal Program Directory
This publication is the seasonal program directory of the Department of Parks and Recreation. 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.

ACCESS FOR ALL
The City of Sacramento Parks and Recreation Department 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.
Where did the Summer go! Our kids are back in school and it's already time to start thinking about the holidays. Please make your Parks and Recreation a part of your Fall and Winter plans. While the weather cools there are a wealth of programs, classes and events to enjoy. As always, we encourage you to find something different and new to try in our latest catalogue.

You may notice that we are increasing many of our youth programs specifically to create more productive opportunities for out of school hours. The internship programs we launched last summer were very popular, but they do not end with the coming of Fall. Look for the Landscape and Learning program continuing throughout the year.

A new opportunity is The First Tee program managed in partnership with Morton Golf at our public golf courses. This is a program that builds strong character along with steady strokes.

We also invite you to explore our 226 Parks, 10 community centers and over 60 miles of bike trails. These are ours to enjoy as neighborhood treasures and hubs of activity. Hope to see you out there.

Time to Come Out and Play!

Chris Conlin
Director
Parks and Recreation

Cover Art: Local Artist Keith Bachmann

Keith Bachmann’s paintings convey mood and movement with use of vibrant colors, rich textures, and varied perspectives. His award-winning work has shown in various venues across the Sacramento Region including art galleries; public buildings; and the KVIE Art Auction, where he won “Best in Show” and the “Curator Award.” Keith studied under artists such as Greg Kondos, Fred Dalkey, and Darrell Forney as well as having benefited from the advice of Wayne Thiebaud. Visitors to Coloma Community Center may take pleasure from his paintings, which are often displayed in the hallway gallery.
The lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Successful completion of the program includes certification in Lifeguarding, First Aid, and CPR/AED.

**Prerequisites**
Candidates must:
1. Be at least 15 years old on or before the final scheduled session of the course.
2. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates 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.
3. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards. Swim goggles are not allowed. Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface. Exit the water without using a ladder or steps.

**American Red Cross Lifeguard Training**

**Looking for a great summer job?**
Look for lifeguard, sr. lifeguard, assistant manager and pool manager postings to go up by January. Trainings are available and should be completed before the summer. See our website for more information.

[https://www.cityofsacramento.org/ParksandRec/Recreation/Aquatics](https://www.cityofsacramento.org/ParksandRec/Recreation/Aquatics)
DOGGIE DIP DAY

Friendly dogs can join us for a swim in the Pannell Meadowview pool!

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.

Cost is $5 per dog and up to two owners. Additional spectators are $2 each.

Saturday, October 28 & Sunday, October 29
10am-2pm

Register online for course #175573
Come learn, play, and grow with our Tiny Tot Time program!

Tiny Tot Time is a recreation program for preschool-aged children. Activities include indoor & 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. There is a $30.00 non-refundable fee for all Tiny Tot Time locations.

**Coloma Community Center**
4623 T Street, 277-6066
Director: Becky Castro

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<thead>
<tr>
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<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>M/W/F</td>
<td>9:00-11:30am</td>
<td>$195/mo</td>
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<td>M/W/F</td>
<td>12:00-2:30pm</td>
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<tr>
<td>T/TH</td>
<td>9:00-11:30am</td>
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**McKinley Park**
33rd and H Street, 448-4273
Director: Grace Mattox

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<tr>
<td>M/W/F</td>
<td>9:00am-12:00pm</td>
<td>$195/mo</td>
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<tr>
<td>T/Th</td>
<td>9:00-11:30am</td>
<td>$155/mo</td>
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<tr>
<td>Arts, Crafts, and More</td>
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<tr>
<td>Tues</td>
<td>12:00-2:00pm</td>
<td>$120/mo</td>
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<td>Mommy/Daddy and Me</td>
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<td>M/W</td>
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**S. Natomas Community Center**
2921 Truxel Road, 808-1578
Director: Ashley Ramsey

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<tr>
<td>M/W/F</td>
<td>(Full Day) 9am-1pm</td>
<td>$300/mo</td>
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**EDGE (TK Program)**

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<td>11:30am-2:00pm</td>
<td>$210/mo</td>
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<tr>
<td>T/W/Th</td>
<td>10:00am-2:00pm (Full Day)</td>
<td>$375/mo</td>
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**William Land Park**
1400 13th Ave., 264-5211
Director: Rachael Hinrichsen

Both M/W/F classes have $10 material fee per month
Both T/Th Classes have $5 material fee per month

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<td>9:15-11:30am</td>
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<tr>
<td>T/Th</td>
<td>12:00-2:15pm</td>
<td>$150/mo</td>
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</table>
Monday-Friday / 7:00 am-6:00 pm
12 months a year

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.

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!

Visit us at:

www.4thRchildcare.com

The 4th “R” is a licensed program with the State of California.
License # 340311930
Sacramento START IS A “FREE” AFTERSCHOOL PROGRAM for Kindergarten through 6th Grade students with a focus on providing academic support and recreational activities in a safe and caring environment. Programs are available at five schools in the Robla Unified School District. To ensure consistency in learning, students attend Sacramento START at least three hours a day, five days a week during the school year. For registration information please call the START administrative office at (916) 808-6089.

NOW HIRING FOR RECREATION AIDE
Recreation Aide staff will provide school-site assistance - for groups of up to 20 elementary school students - with focus on homework, Academic Intervention Support, Educational Enrichment, and Recreation & Physical Activity by providing a variety of age-appropriate activities.
Monday - Friday
Morning Program: 6:00 - 9:00am
Afternoon Program: 1:00 - 6:30 pm (times may vary by site)
Pay Rate: $11.57 per hour
Application Process - Please submit a Recreation Aide application by following the link below:
https://www.governmentjobs.com/careers/saccity
MIDDLE SCHOOL PROGRAMS
PASSAGES/ASES AFTER SCHOOL
Middle school students will have an opportunity to strengthen social skills, improve confidence, problem solving and decision making abilities, elevate physical and academic performance, and most of all, meet new friends and have fun! Participants will engage in a variety of exciting and challenging activities such as academic enrichment, sports, visual and performing arts, robotics, multi-cultural activities, life skills education, special events, trips and much more! Participants must attend schools where program is being offered. Program operates from school dismissal until 6pm. Daily attendance is expected; however, allowances can be made for excused absences. This ongoing program is free.
*Times/dates/locations subject to change*
Sam Brannan MS
5301 Elmer Way, Sacramento, 95822
(916) 384-8114
Edward Harris MS
8691 Power Inn Rd, Elk Grove, 95624
(916) 873-6404

CREATIVE ARTS PROGRAM: AGES 3-6YRS
South Natomas Community Center
A weekly, 90-minute interactive program of independent and collaborative activities exploring all art media. Artists will express their creativity and take risks in a safe, encouraging environment that builds self-esteem, self expression, and stimulates imagination. Artists will have a great time as they are engaged in movement, art, singing, and folklore stories.
Location: TBA
Fee: Monthly Pass $32 Weekly drop in rate $12 / Non Refundable Annual Fee $5
For more information call 916-808-1578

MIDDLE SCHOOL SPORTS
(FUNDED THROUGH MEASURE U)

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.
Ages: Middle School Students, 6th- 8th grade
Program Dates: 9/16 – 11/18 M-F practice Sat games
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.
Ages: Middle School Students, 6th- 8th grade
Program Dates: 1/13 - 3/10 M-F practice Sat games
Program Locations: Mims/Hagginwood CC, Oak Park CC, Pannell-Meadowview CC, George Sim CC, South Natomas CC

YOUTH
SK8 CAMP
Camps are open to all skill levels and for youth ages 5-18 years. Experienced skate instructors and 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 region and acquire some tricks at the same time. Fee includes skate instruction, snack, and t-shirt. All participants under 18 years of age are required to wear helmets.
Instructor: TBA
Location: Sutter’s Landing Regional Park at 28th/B Skatepark
Fee: $120
176321  9:30am-1pm  1/2-1/5 Tu-F

http://www.cityofsacramento.org/parksandrecreation/recreation/skateboard.htm
Youth Employment Programs

The following programs are paid work experiences for young people. If you are interested in these programs, you must apply and go through the selection process.

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

**WORKFORCE INNOVATION & OPPORTUNITY ACT (WIOA) YOUTH SERVICES –**
partners with local government, private business, hospitality, and retail industries to deliver a strengths-based youth employment program. Participants receive training in pre-employment skills such as resume writing, employer expectations, service learning, and navigating college campuses. After training is complete, participants are placed in a paid work experience. Applicants must live within the city limits of Sacramento, be between the ages of 16-18, be on track to graduate high school by December 2018, 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 Dr. For more information, please call 808-6023.

**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 $200 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 808-8929.

*Fall Prime Time Teen will be September 25-November 15.*

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Address</th>
<th>Zip Code</th>
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<tbody>
<tr>
<td>T/Th</td>
<td>4:00-7:00pm</td>
<td>Mims/Hagginwood CC</td>
<td>3271 Marysville Blvd., Sacramento 95815</td>
<td></td>
</tr>
<tr>
<td>M/W</td>
<td>4:30-7:30pm</td>
<td>George Sim CC</td>
<td>6207 Logan St., Sacramento 95824</td>
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</table>
NEW STAR CHILDREN’S MUSICAL THEATRE: “PETER PAN, A NEW MUSICAL”

New Star announces auditions, October 5th from 4:30-7:30 for Boys and Girls ages 6-17 for this creative and hilarious adaptation of the well-known story of “Peter Pan”, featuring all of the beloved characters!

All who audition will be cast in a role with lines. Classes will include instruction in singing, dancing and acting. No experience is necessary! Rehearsals will culminate in a full scale musical production with costumes, sets, lights, props and sound. New Star believes that “Every child deserves to be in the spotlight”.

Ages: 6-17yrs
Instructor: Kayla Hendry/New Star
Location: Coloma CC
Fee: $295
174994 4:30-7:30pm 10/5-3/1 Th-F

NEW STAR CHILDREN’S JUNIOR THEATRE MUSICAL WORKSHOP: “PETER PAN, A NEW MUSICAL”

We are proud to offer a program for Junior actors and actresses, ages 4-6 years of age. No experience is needed, and no audition required for Juniors. Juniors will be given their own small roles in our production. Juniors will attend 1 1/2 hours weekly and rehearse with the older cast. $50 Material fee. Costumes not included.

Ages: 4-6yrs
Instructor: Kayla Hendry/New Star
Location: Coloma CC
Fee: $195
174995 4:30-6pm 10/12-3/1 Th

ON STAGE FOR CHILDREN

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. Playing theatre games, practicing lines, exploring the basics of theatre arts prepares them for the performance. It is wonderful to see the children confidently perform their creation for family and friends on the final day of classes.

Ages: 5-11yrs
Location: Coloma CC
Instructor: Cynthia Speakman
Fee: $165
176173 3:30-5:30pm 9/18-11/6 M
176174 3:30-5:30pm 1/22-3/12 M

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 with sign ups at any time.

Call 808-5641 for an appointment before registering.
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: 13yrs+
Instructor: Barry Moore
Location: Coloma CC
Fee: $48

176423 7-9pm 9/11-10/30 M
176424 7-9pm 11/6-12/18 M
176425 7-9pm 1/8-2/19 M
176450 7-9pm 2/26-4/16 M

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 Foxtrot, Waltz, Cha Cha, Salsa, Night Club Two Step and many more. Partners not required.

All Ages
Instructor: Eddie Lovato
Location: B. Cooledge CC
Fee: $25

176723 8-9pm 10/3-10/31 Tu
176724 8-9pm 11/7-11/28 Tu
176725 8-9pm 12/5-12/26 Tu
176726 8-9pm 1/2-1/30 Tu
176727 8-9pm 2/6-2/27 Tu
176728 8-9pm 3/6-3/27 Tu
176729 8-9pm 10/5-10/26 Th
176730 8-9pm 11/2-11/30 Th
176731 8-9pm 12/7-12/28 Th
176732 8-9pm 1/4-1/25 Th
176733 8-9pm 2/1-2/22 Th
176734 8-9pm 3/1-3/29 Th
176735 7:30-8:30pm 10/6-10/27 F
176736 7:30-8:30pm 11/3-11/17 F
176737 7:30-8:30pm 12/1-12/22 F
176738 7:30-8:30pm 1/5-1/26 F
176739 7:30-8:30pm 2/2-2/23 F
176740 7:30-8:30pm 3/2-3/30 F

JOANNA’S KIDS R IT

Fee: $42 Class Fee / $32 2nd class or student / $27 3rd class or student
Pre-registration required
Call 331-0554 for more information.

Location: S. Natomas CC

Pre School Dance: Ballet, Tap & Jazz
11:00am-12:00pm Tue Ages: 2-5
2:40-3:40pm Fri Ages: 2-5
12:15-1:15pm Sat Ages: 2-5

Ballet, Tap & Jazz
12:00-1:00pm Tue Ages: 5+
3:40-4:40pm Fri Ages: 7-10
6:00-7:00pm Fri Ages: 2-5
1:30-2:30pm Sat Ages: 6+
4:40-5:40pm Fri Ages: 12+

Inter/Adv Ballet, Tap, Jazz
3:30-4:30pm Mon Instructor Placement
4:30-5:30pm Mon Instructor Placement
2:30-3:30pm Sat Instructor Placement

Preschool Gymnastics
3:40-4:30pm Fri Ages: 2-5

Floor Exercise Gymnastics
3:40-4:00pm Fri Ages: 2-5
4:40-5:40pm Fri Ages: 5+
5:40-6:40pm Fri Instructor Placement
11:00am-12:00pm Sat Ages: 5+

Advanced Social Ballroom available for those who have completed the beginner/inter class - check with instructor for more details!
**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:** 18yrs+

**Instructor:** Win Robinson

**Location:** Coloma CC

**Fee:** $24

- **176523**  6:30-9pm  10/4-10/25  W
- **176524**  6:30-9pm  11/1-11/29  W
- **176525**  6:30-9pm  12/6-12/27  W
- **176526**  6:30-9pm  1/3-1/31  W
- **176527**  6:30-9pm  2/7-2/28  W
- **176528**  6:30-9pm  3/7-3/28  W

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**BELLY DANCING WITH SELAYMA**

Tone up with isolations and undulations while learning the oldest dance style known! Taught in a noncompetitive atmosphere, Belly Dancing can help increase your awareness of self and your self-confidence. Wear comfortable clothes. Props and performance opportunities will be discussed at first class.

**Age:** 16yrs+

**Instructor:** Selayma Anan

**Location:** Coloma CC

**Fee:** $45 / Drop In Fee: $15

**Level I**

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<td>176628</td>
<td>6:30-7:30pm</td>
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**Level II/Baptism by Fire!**

Baptism by Fire! is the troupe directed by Selayma Anan. Styles of performances range from traditional Turkish to Rak-a-Belly fusion! If you are interested in performing with Baptism by Fire!, please register for the Level I class, to discuss with Selayma.

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**SHOWBIZ PRODUCTIONS**

Sacramento Showbiz offers classes in jazz, tap, hip-hop, breakdancing, ballet, tumbling, and musical theater. All regular students will participate in a bi-annual dance recital. Schedule is subject to change at any time.

Before you sign up, please call 722-8225 or visit www.sacshowbiz.com

**Fee:** $40 one class per week (per month)/$80 two classes per week (per month)/$99 unlimited classes

**Location:** Coloma CC

**Monday**

- 5:00-6:00pm  Little Jazz/ Acrobats
- 6:00-7:00pm  Hip Hop I
- 7:00-8:00pm  Tap I

**Tuesday**

- 5:00-6:00pm  Intro to Ballet
- 6:00-7:00pm  Musical Theater
- 7:00-8:00pm  Tap II

**Thursday**

- 5:00-6:00pm  Ballet & Acrobats
- 6:00-7:00pm  Tap II
- 7:00-8:00pm  Tap III

**Saturday**

- 10:00-11:00am Pre-School Tap/Hip Hop
- 11:00-12:00pm Hip Hop I
- 12:00-1:00pm Little Jazz
- 12:00-1:00pm Hip Hop I

**Location:** S. Natomas CC

**Tuesday**

- 5:00-6:00pm  Tap/Hip Hop I&II
- 6:00-7:00pm  Hip Hop I
- 7:00-8:00pm  Hip Hop II&III

**Wednesday**

- 4:00-5:00pm  Pre-School Tap/ Hip Hop
- 5:00-6:00pm  Hip Hop I&II
- 7:00-8:00pm  Jazz
AUTHENTIC YANG TAI CHI

Comes from the Yang style of Tai Chi Quan, adopted signature techniques from the Chen, Wu and Sun style as well combining the different features of each of these four styles. It is a form in order to standardize and meet the needs of international Wushu competitions by the Chinese Association.

All Ages
Instructor: Xiaohong Wu
Location: Pannell/Mdvw CC
Fee: $55

HEALTHY TAI CHI & CHI KUNG EXERCISE

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

All Ages
Instructor: Xiaohong Wu
Location: South Natomas CC
Fee: $20

HEALTHY TAI CHI & CHI KUNG BEGINNING

Tai Chi class for beginners.

All Ages
Instructor: Xiaohong Wu
Location: Pannell/Mdvw CC
Fee: $20

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. (Physically challenged encouraged).

Instructor: Rabon Tadena
Location: Genevieve Didion ES
Fee: $60 Standard / $140 Family Rate 3+

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<th>Ages: 7-13 yrs</th>
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KARATE FOR KIDS

This program teaches your child the traditional values and skills of the martial arts in a fun, safe, and friendly environment. When your child uses the discipline of karate to conquer his/her fears, you will be amazed at the power he/she has to transfer that discipline to all areas of his/her life. Watch as your child increases in confidence, energy, and spirit. Questions, call 916-678-0565 or visit www.ZenMartial.com

Instructor: Mike Oliver
Fee: $129

CHIBI & ME (AGES 3 - 4)

Monday 10:30a - 11:30a

TINY TIGERS (AGES 4 - 5)

Mon/Wed 4:50p - 5:20p
Tue/Thu 5:30p - 6:00p
Fri 4:50p - 5:20p
Sat 10:00a - 10:30a

LITTLE DRAGONS (AGES 6-7)

Mon/Wed 5:30p - 6:00p
Tue/Thu 4:30p - 5:30p
Fri 5:30p - 6:00p
Sat 10:30a - 11:00a

JUNIORS (AGES 8-10)

Mon/Wed 3:30p - 4:40p
Tue/Thu 5:10p - 6:00p
Sat 11:00a - 12:00p

YOUNG ADULTS (AGES 11-14)

Mon/Wed 6:10p - 7:00p
Sat 11:10a - 12:00p

MARTIAL ARTS FOR ADULTS

ADULTS (AGES 15+)

Mon/Wed 7:10p - 8:00p
Tue/Thu 6:10p - 7:00p
Sat 11:10a - 12:00p
TAE KWON DO

Join us for a journey of self-discovery! Tae Kwon Do develops confidence, discipline, and decisiveness while promoting a healthy lifestyle. This class is open to ages five and up, and parents are welcome to participate. Wear comfortable clothing without metallic buckles or snaps. Uniforms are available for purchase.

Ages: 5yrs+
Instructor: Daniel Moore
Location: B. Cooledge CC
Fee: $30

Beginner
176093 6-7pm 10/3-10/31  Tu
176094 6-7pm 11/7-11/28  Tu
176097 6-7pm 12/5-12/26  Tu
176098 6-7pm 1/2-1/30  Th
176099 6-7pm 2/6-2/27  Th
176100 6-7pm 3/6-3/27  Th

Intermediate
177178 6-8pm 10/5-10/26  Th
177179 6-8pm 11/2-11/30  Th
177180 6-8pm 12/7-12/28  Th
177181 6-8pm 1/4-1/25  Th
177182 6-8pm 2/1-2/22  Th
177183 6-8pm 3/1-3/29  Th

Sparring Class available** Sparring is a key component of any martial art development, especially as the student progresses into the intermediate/advanced phase of training. It allows us to implement our training in a practical, controlled manner and adapt the techniques we've practiced into a style of fighting that is unique to each individual.

Sparring is available to all students enrolled in either the Beginner or Intermediate course. Please note you MUST be enrolled in one of the core classes in order to participate in the Sparring class.

Thursday’s 7-8pm

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.

Ages: 17yrs+
Location: Coloma CC
Fee: $60

176200 7-8:30pm 10/2-10/30  M/W/Th
176201 7-8:30pm 11/1-11/30  M/W/Th
176202 7-8:30pm 12/4-12/28  M/W/Th
176203 7-8:30pm 1/3-1/31  M/W/Th
176573 7-8:30pm 2/1-2/28  M/W/Th
176574 7-8:30pm 3/1-3/29  M/W/Th

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.

Ages: 5yrs+
Instructor: George Bonilla
Location: Mims/Hagginwood CC
Fee: $30

176575 10-11:30am 10/3-10/31  Tu/Th
176576 10-11:30am 11/2-11/30  Tu/Th
176577 10-11:30am 12/5-12/28  Tu/Th
176578 10-11:30am 1/2-1/30  Tu/Th
176579 10-11:30am 2/1-2/27  Tu/Th
176580 10-11:30am 3/1-3/29  Tu/Th

TAI CHI 4 U

The practice of Tai Chi has become very popular as a way to achieve physical and mental health. Recent studies have found that long term practice shows favorable effects on enhancing balance, flexibility and cardiovascular fitness. Come and join us on a Tai Chi health journey in a nurturing environment. Yang Family Style Tai Chi hand and weapon forms are offered to all levels. Guang Ping Yang Style Tai Chi may be offered if there is enough interest. Visitors are welcome. For more information, please visit my website at www.sactc4u.com.

Ages: 15yrs+
Instructor: Denny Fong
Location: B. Cooledge CC
Fee: $35

176581 7-9pm 10/3-10/31  Tu
176582 7-9pm 11/7-11/28  Tu
176583 7-9pm 12/5-12/26  Tu
176584 7-9pm 1/2-1/30  Tu
176585 7-9pm 2/6-2/27  Tu
176586 7-9pm 3/6-3/27  Tu
SPORTS

SAC-REC TABLE TENNIS

Come try this fun and strategic sport commonly known as Ping Pong, and you will be hooked onto some great recreation and an exhilarating aerobic workout. On Friday nights, play 3-4 others of similar skill in our round robin format on one of our ten tables. Check in no later than 7:15pm. Wear athletic shoes. Loaner paddles and balls are available. Punch cards MUST be purchased in advance. Fee: $30 covers any 6 nights of play.

All Ages
Instructor: James Therriault
Location: Genevieve Didion ES
Fee: $30

174726 7-9:30pm 11/17-12/22 F
176197 7-9:30pm 12/29-1/2 F
176198 7-9:30pm 2/9-3/16 F
176199 7-9:30pm 3/23-4/27 F

TABLE TENNIS

Sac-Rec

This fun, skill-intensive program is designed for beginning to intermediate players. An active 8 weeks of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs. No Class November 25.

Ages: 6-12yrs
Instructor: Skyhawks Sports, Inc
Location: Genevieve Didion ES
Fee: $89

174726 5:00-6:00pm 10/21-12/02 Sa

KIDZ LOVE SOCCER

Taught in a recreational setting for children to learn and play. Children experience soccer fun in a safe, noncompetitive environment. All participants will receive a soccer jersey! Shin guards are required by the second class. Please call KLS Status Hotline 30 minutes prior to class for latest information at 1-888-372-5803.

All Ages
Instructor: Kidz Love Soccer
Location: William Land Regional Park
Fee: $79

174873 9-9:30am 9-15-11/10 F 3.5-5yrs
175396 9-9:30am 1/19-3/9 F $97

LOCATION: W. Portal Park

175397 9-9:30am 1/19-3/9 F $97

LOCATION: Cottonwood Park

175398 9-9:30am 1/19-3/9 F $97

LOCATION: William Land Regional Park

174873 9-9:30am 9-15-11/10 F $107
175396 9-9:30am 1/19-3/9 F $97

LOCATION: E. Portal Park

174874 9-9:30am 9/23-11/18 Sa $107
174875 11:40-12:10pm 9/23-11/18 Sa $107
175397 9-9:30am 1/20-3/10 Sa $97
175398 11:40am-12:10pm 1/20-3/10 Sa $97

LOCATION: Cottonwood Park

174879 5:30-6pm 9/23-11/18 M $66
175395 5:30-6pm 2/26-3/26 M $66

KIDZ LOVE SOCCER-MOMMY/DADDY AND 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 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! Please call KLS Status Hotline 30 minutes prior to class for latest information 1-888-372-5803.

Ages: 2-3.5yrs
Instructor: Kidz Love Soccer
Location: William Land Regional Park
 Fee: $79

174873 9-9:30am 9-15-11/10 F $107
175396 9-9:30am 1/19-3/9 F $97

LOCATION: W. Portal Park

175397 9-9:30am 1/19-3/9 F $97

LOCATION: Cottonwood Park

175398 9-9:30am 1/19-3/9 F $97

LOCATION: William Land Regional Park

174873 9-9:30am 9-15-11/10 F $107
175396 9-9:30am 1/19-3/9 F $97

LOCATION: E. Portal Park

174874 9-9:30am 9/23-11/18 Sa $107
174875 11:40-12:10pm 9/23-11/18 Sa $107
175397 9-9:30am 1/20-3/10 Sa $97
175398 11:40am-12:10pm 1/20-3/10 Sa $97

LOCATION: Cottonwood Park

174879 5:30-6pm 9/23-11/18 M $66
175395 5:30-6pm 2/26-3/26 M $66

SOUTH NATOMAS COMMUNITY CENTER CHILDREN’S ART PROGRAM

Low-cost art program for children in ages 7-12. Learn about the many expressions of art through a fun program.

Ages: 7-12yrs
Location: South Natomas CC
Fee: $5

168273 3-4:30pm 11/2-4/5 Th

SKYHAWKS BASKETBALL CLINIC

This fun, skill-intensive program is designed for beginning to intermediate players. An active 8 weeks of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs. No Class November 25.

Ages: 6-12yrs
Instructor: Skyhawks Sports, Inc
Location: Genevieve Didion ES
Fee: $89

174726 5:00-6:00pm 10/21-12/02 Sa

SKYHAWKS HOOPSTER TOTS

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. No Class November 25.

Ages: 3-5yrs
Instructor: Skyhawks Sports, Inc
Location: Genevieve Didion ES
Fee: $79

174724 3:00-3:45pm 10/21-12/02 Sa
SPORTS

Access Leisure provides recreational activities for people with intellectual and developmental 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.

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.

SPECIAL EVENTS:
Dances, local sporting events, casino trip, Seasonal events, Apple Hill trip, and more.

For information about Paralympic Sport Sacramento, camps, sports, leisure, children’s programs and veterans programs contact Jenny Yarrow at 916-808-6017 or jyarrow@cityofsacramento.org.

RIVER CATS INDEPENDENCE FIELD – FALL GAMES –
Fall games will be taking a break for this Fall season 2017. We hope to see you all in the Spring of 2018.

WHEELCHAIR BASKETBALL
Capital Cagers and Access Leisure Wheelchair Basketball practices; Tuesday and Thursday evenings from 6:30-9pm; Practices start in August and will run through June 2018. Contact cagers@comcast.net or Jenny Yarrow at jyarrow@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. Fall program starts in October with several scheduled practices each month until June.
Time: 11am-3pm
Location: CSUS Gym Yosemite 183
Contact: Jenny Yarrow at jyarrow@cityofsacramento.org

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 usually scheduled for Wednesdays 6-8:30pm. The Sierra Storm quad rugby team practice is on scheduled Saturdays.
Location: TBA for Fall Season.
Contact: Rick Mason rmason@cityofsacramento.org or Jenny Yarrow jyarrow@cityofsacramento.org

PARALYMPIC SPORT 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 Annie Desalernos at adesalernos@cityofsacramento.org or 916-808-3809

CAMP C.O.O.L. 2018
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 and snowboarding from the skilled staff of the Achieve Tahoe Program at Alpine Meadows. Dates TBA.
Contact Jenny Yarrow at jyarrow@cityofsacramento.org

S.N.O.W. CAMP 2018
Supporting New Opportunities through 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 LUNCH & CINEMA
Registration Fee is $8.00. This is a community activity open to older teens and adults with intellectual, developmental and/or physical disabilities. Location for this event will be at UA Market Square Theaters, Arden Faire Mall in Sacramento. Registrants must bring at least $10.00 for the movie and if you plan to have lunch, at least $10.00 for lunch. (Suggest bringing a total of $20.00.)
Location: Arden Faire Mall
Fee: $8 Pre Registration Fee
174924 10:30am-3:15pm 10/7 Sa 10yrs+
174926 10:30am-3:15pm 12/2 Sa 15yrs+
174927 10:30am-3:15pm 1/6 Sa 15yrs+
174928 10:30am-3pm 2/3 Sa 15yrs+

ACCESS LEISURE VIDEO PIZZA
Registration Fee is $8.00. Video Pizza is a social program open to older teens and adults with intellectual, developmental and/or physical disabilities. We will see the latest release and have some pizza too. Limited to 70 people.
Location: E. Hart Senior Ctr
Fee: $8 Pre Registration Fee
174941 6:30-8:45pm 2/5 M 10yrs+
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 www.teamsideline.com/sacramento for schedules and up-to-date information.

Three Seasons of Adult Softball Leagues at the Sacramento Softball Complex!
Spring leagues begin in March • Summer leagues begin in May/June • Fall leagues begin August/September

Men and Co-Ed Team Softball Leagues
The Sacramento Softball Complex offers an excellent recreation opportunity for adults in the City of Sacramento ranging from ages 18 years and older. The emphasis is placed on healthy competition in a recreational atmosphere. Our goal is that the participants have fun, show good sportsmanship and meet new friends. We also have a playground for the children and a café that serves drinks, candy and food.

Sand Volleyball
The Sacramento Softball Complex has four sand volleyball courts that are available to rent for recreational play and leagues. Please contact the Sacramento Softball Complex for more details.

Contact: Allis Calhoun at the Sacramento Softball Complex at 808-6087 or Email: acalhoun@cityofsacramento.org

Basketball
We will be offering some drop in Basketball days this winter, and starting new basketball Leagues in spring at George Sim Community Center. Visit our website at www.teamsideline.com/sacramento for schedules and up-to-date information.

Contact: Rich Semenza for information regarding recreational City wide leagues for co-ed, men and women’s teams.

Phone: (916) 808-6087
e-mail: rsemenza@cityofsacramento.org

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

ADULT SPORTS REGISTRATION
How to Register for Adult Sports League and Programs:
Online: www.cityofsacramento.org/ParksandRec/Recreation
Walk-in: Community centers have limited days and times they are open, please call first.

- Coloma Community Center
  4623 T St, 9:00am-4:00pm • M-F • 808-6060

- S. Natomas CC
  2921 Truxel Rd • 8:30am-8:00pm
  M-Th, Sat • 10:00am-3:00pm • 808-1571

- Panell Meadowview CC
  2450 Meadowview Rd • 8:30am-4:30pm
  Mon/Wed/Thu/Fri • 808-6680

No payments can be taken at the Softball complex, sport fields, or gyms.
YOUTH AND ADULT LESSONS WITH TENNIS INSTRUCTOR, KENNETH SELBY

Tennis Pro Ken Selby has been teaching tennis classes at McKinley Park since 1990. He has taught tennis to over 1000 youth and adults. His classes are currently offered at the McKinley Park tennis courts. Please furnish your own tennis racquet. Tennis balls are provided. For more information, please call Ken Selby at (916) 264-8353.

ADULT TENNIS

Ages: 17+
Location: McKinley Park
Fee: $64

BEGINNING
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.

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FAMILY FUN TENNIS

Ages: 8+
Location: McKinley Park
Fee: $32 per member

For family members of different ages and skill levels to learn tennis together. Learn basic stroke mechanics through drills and games to share with your family members.

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JUNIOR TENNIS

Ages: 8-16
Location: McKinley Park
Fee: $60

BEGINNING
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.

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ADVANCED BEGINNING
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 basic strokes, court movement, footwork, proper body mechanics and consistency in strokes through drills.

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INTERMEDIATE/ADVANCED
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.

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PRIVATE TENNIS LESSONS WITH KENNETH SELBY

All Ages
Sign-ups are taken on a continuous basis. 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. Call Ken at (916) 264-8353 for an appointment before registering.

Fee: $40 Private Lesson / $50 Semi-Private (2-3 players) / $60 (4-6 players)

INTERMEDIATE/ADVANCED
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.

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PEE-WEE JUNIOR TENNIS

Ages: 4-7
Location: McKinley Park
Fee: $32

LEVEL I
Through eye-hand activities and games, children can develop a foundation for the basic skills of tennis. Class introduces handling a racquet, seeing balls bounce and having the two actions come together. Fun is the focus and parent participation is encouraged.

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LEVEL II
Designed for the student who has successfully completed Pee-Wee Level I and wants to learn more fundamentals and mechanics of tennis.

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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) 808-2283
www.bingmaloney.com

**William Land Golf Course**
1701 Sutterville Road
(916) 451-6240
www.williamlandgc.com

**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!

**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.
WEIGHTLY CLASSES

TOTS ON THE TEE
(AGES 3-4)
Fee: $89.95
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.

- Bing Maloney - Sundays
  - August 27 – October 15 11am-12pm
  *Skip September 3 & 24

- Haggin Oaks - Saturdays
  - August 26 – October 14 11am-12pm
  *Skip September 2 & 23

- William Land - Saturdays
  - August 26 – October 14 11am-12pm
  *Skip September 2 & 23

FUNDAMENTAL MOVEMENT
(AGES 5-12)
Fee: $109.95
The Fundamental Movement class is designed for children ages 5-12. We offer three sessions throughout the year on Saturday mornings from 9:00-10:30am. 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.

- Bing Maloney, Haggin Oaks & William Land – Saturdays:
  - August 19 – October 28 9-10:30am
  *Skip September 2 & 23

Entering into the program at any time is allowed. Dates for 2018 will be published at each facility (Bing Maloney, Haggin Oaks and William Land) by December 2017.

HIGH SCHOOL PREP CLASS*
(AGES 13-17)
Fee: $129.95
The High School Prep Class is geared toward those participants who are interested in improving and possibly playing for their high school team. All facets of the game will be worked on in a station based set-up all the while learning more about The First Tee. There will be an opportunity to play 9 holes on golf course toward the end of the class session.

*This class includes one day of play

- Bing Maloney - Saturdays
  - August 19 – October 28 9-10:30am
  *Skip September 2 & 23

- Haggin Oaks - Saturdays
  - August 19 – October 28 2-3:30pm
  *Skip September 2 & 23

- William Land - Saturdays
  - August 19 – October 28 2-3:30pm
  *Skip September 2 & 23

Entering into the program at any time is allowed. Dates for 2018 will be published at each facility (Bing Maloney, Haggin Oaks and William Land) by December 2017.

Golf in the City
YEAR ROUND AFTER SCHOOL PROGRAM
(AGES 5-17)

Fee: $249.95
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 that are critical to becoming an athlete 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 – Wednesday & Thursday
• August 16 – December 14  4-5:30pm
  *Skip Thanksgiving week

Haggin Oaks – Tuesday, Wednesday & Thursday
• August 15 – December 14  4-5:30pm
  *Skip Thanksgiving week

William Land – Tuesday, Wednesday & Thursday
• August 15 – December 14  4-5:30pm
  *Skip Thanksgiving week

Entering into the program at any time is allowed. Dates for 2018 will be published at each facility (Bing Maloney, Haggin Oaks and William Land) by December 2017.

FREE GIRLS GOLF CLINICS*
(Ages 9-17)

These FREE girls golf clinics are offered to introduce the game to young ladies who were considering getting involved. Coaches from three of The First Tee of Greater Sacramento program locations will be present, so that the girls will have a better understanding as to how classes are run at each of the following facilities: Haggin Oaks Golf Complex, Bing Maloney Golf Course and William Land Golf Course.

Clinics give the participants the opportunity to meet coaches, ask questions and become more comfortable at the course.

*Dates for 2018 will be published at each facility by December 2017.

FREE Workshops are for parents/guardians only.

The purpose is to better define the step-by-step process in which a junior should experience and how adults can best support their development at all ages.

This is highly recommended for all parents/guardians.

Dates: October 19, 2017   November 30, 2017

Dates for 2018 will be published at each facility (Bing Maloney, Haggin Oaks, and William Land) by December 2017.

All workshops are from 6 -7:30pm
Location: Mel Rapton Honda Conference Room, Fulton Avenue
ADULT FUN AND FITNESS

SAM & BONNIE PANNELL COMMUNITY CENTER JAMMIN’ GYM

Ages: 16yrs+
Location: Pannel Meadowview CC
Fee: $3

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SOUTH NATOMAS COMMUNITY CENTER EXERCISE ROOM

Optimize the experience of living and come join our Fitness Room. Enjoy a good workout and meet new people, please be sure to wear proper workout attire and don’t forget to bring a towel.
**Registration is taken from the last week of previous month to the final Wednesday of each month. Fees are not prorated.**

Ages: 18yrs+
Location: South Natomas CC
Fee: $10

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POETRY APPRECIATION WITH MARIE TAYLOR

Poetry combines the beauty of words with the rhythm of music and at its best expresses the highest and the deepest thoughts and feelings of human kind. Our Poetry Appreciation Series will explore the experiences that define a life lived fully and expressed by people throughout the world and over the centuries. Some of the topics will be love poetry, poetry by women, nature poetry, spiritual poetry, world poetry and haiku. The class will include poetry readings and discussion.

Ages: 50yrs+
Instructor: Marie Taylor
Location: E. Hart Senior Ctr
Fee: $6

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PMCC EXERCISE RM

Optimize the experience of living and come join our Exercise Room. Enjoy a good workout and meet new people, please be sure to wear proper workout attire and don’t forget to bring a towel.

Ages: 16yrs+
Location: Pannel Meadowview CC
Fee: $10

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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.

Ages: 18yrs+
Instructor: Ofer Levy
Location: South Natomas CC
Fee: $20 for 4 classes or $5 per class.

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EmBody Yoga with JoShanna Giannini

Drop in for a yoga session! We have classes for children & adults on Monday, Wednesday, Friday, and Saturday!

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<td>Youth of Promise</td>
<td>Ages: 8-12</td>
<td>M/W at 5 pm!</td>
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<td>Youth of Promise Teens</td>
<td>Ages: 13-18 yrs</td>
<td>M/W at 6 pm!</td>
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<td>Yoga Sculpt</td>
<td>F at 6 pm, S at 1 pm!</td>
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<tr>
<td>Restorative Yoga</td>
<td>F at 7 pm!</td>
<td>$5 drop in fee</td>
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<tr>
<td>Mat Pilates</td>
<td>S at 2 pm!</td>
<td>$5 drop in fee</td>
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All classes held at the Oak Park Community Center
Call 916-808-6060 for more information!
**TAI CHI FOR SENIORS**

This low impact form of ancient Chinese exercise emphasizes balance, strengthening and relaxation. Beginners welcome!

**Ages:** 50yrs+

**Instructors:** Sabitri Rodriguez

**Location:** E. Hart Senior Ctr

**Fee:** $25

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**BELLYBOLLYBALLET**

Perfect for beginners! Combining bellydance, bollywood, and ballet with traditional and contemporary rhythms, we will incorporate movement from our eyes to our toes! Develop a graceful dancers posture; feel longer, leaner, and energized. Fundamental techniques for each dance style will be introduced and layered together to create simple yet beautiful choreography. Wear comfortable clothes and come barefoot or ballet slippers are ok.

**All Ages**

**Instructor:** Tiffany Bernhardt

**Location:** Coloma CC

**Fee:** $60 / Drop In: $12

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**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.

**Ages:** 12yrs+

**Time:** 6:45- 7:45 PM

**Day:** Tuesday

**Location:** Coloma CC

**Instructor:** Theresa McGarry

**Fee:** $5 Drop in

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**Ikenobo Ikebana Class**

This 18+ beginners level class provides an introduction to ikebana, the art of Japanese flower arranging. Using both traditional and contemporary styles, students will learn essential principles and techniques of ikebana and create their own arrangement each class. Kenzan (Pin frog), Ikebana scissors, and Ikebana vase are required to bring each class. If you don’t have these items, they can be purchased for $60 from the instructor (cash only).

**Instructor Chieko Hirai-Brim | Belle Cooledge | Cost: $160/month (4 classes) | Tuesdays 12 pm – 1:30 pm**
SENIOR DANCE AND FITNESS

If you like to dance, then you will love this class! It’s low-impact, non-competitive and FUN! We start each class with stretches, followed by strengthening with light weights and balance work; emphasizing our developing a strong upper-body and core. Then we move into some dance cardio using short choreographies, pulling dance movement from various genres and closing out with a nice cool down. Please bring a mat or towel, water bottle and wear comfortable shoes. If you don’t have weights, we will discuss options at first class.

Walk-Ins welcome...First class is Free!
Ages: 50yrs+
Location: Coloma CC
Instructor: Selayma Anan
Fee: $35

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ADVENTURES IN ART

WITH MARIE TAYLOR

Class format: We’ll begin with a lecture on the artist or movement followed by a 60 minute open studio experiment where students create their own art work in the famous artist’s style.
Ages: 50yrs+
Instructor: Marie Taylor
Location: E. Hart Senior Ctr
Fee: $50

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SAW & BONNIE PANNELL COMMUNITY CENTER ADULT & SENIOR CERAMICS

Get involved in the fun craft of ceramics. Make things for home and for gifts as well as meet new friends from your community.
Ages: 18yrs+
Location: Pannell/Mdvw CC
Fee: $2

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DOG OBEDIENCE

BEGINNING DOG OBEDIENCE

WITH ALAN AND 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. Additional time will be scheduled for pets with special problems.
Ages: 14 yrs + human, 4 months + dog
Instructor: Alan & Renee Miller
Location: Tahoe Park
Fee: $160

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INTERMEDIATE/ADVANCED DOG OBEDIENCE

WITH ALAN AND 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.
Ages: 14 yrs + human, 4 months + dog
Instructor: Alan & Renee Miller
Location: Tahoe Park
Fee: $80

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<td>175440</td>
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Sam & Bonnie Pannell Community Center Adult & Senior Ceramics
**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.

**Ages: 50yrs+**
**Instructor: Pat Shaw**
**Location: E. Hart Senior Ctr**

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<td>$30/5 PCC</td>
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Fee: $30/5 Punch Card

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**ACTIVE YOGA FOR SENIORS**

Come join our mixed-level yoga class and increase your strength and flexibility, improve balance, and enhance your ability to relax and release stress. This class includes standing poses and mat work and offers plenty of instruction for newcomers as well as enough challenge for long-time practitioners. We’ll learn to modify poses to suit your needs and limitations so you can find your own personal zone of comfort and challenge. Bring a yoga mat, towel, some water and your own unique energy! Beginners always welcome.

**Ages: 50yrs+**
**Instructor: Laura Santigian**
**Location: E. Hart Senior Ctr**

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<td>175762</td>
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Fee: $35/5 Punch Card

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**ZUMBA TONING FOR SENIORS**

This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more. Come on out and discover how easy and fun losing weight, toning your muscles and getting in shape can be. You don’t need to be a professional dancer to enjoy Zumba, beginners are welcome. This class is for all levels and shapes.

**Ages: 50yrs+**
**Instructor: Kelly Pineda**
**Location: E. Hart Senior Ctr**

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Fee: $25/5 Punch Card

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**BEGINNING JAPANESE TAIKO DRUMMING**

Led by professional taiko artist and teacher, Kristy Oshiro. Each session will cover basic technique and rhythms as well as a 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.

**Ages: 50yrs+**
**Instructor: Kristy Oshiro**
**Location: E. Hart Senior Ctr**

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Fee: $40

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**INTERMEDIATE JAPANESE 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.

**Ages: 50yrs+**
**Instructor: Kristy Oshiro**
**Location: E. Hart Senior Ctr**

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Fee: $30
STRETCHING AND STRENGTHENING

Improve muscular 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.

Ages: 50yrs+
Location: East Portal Clubhouse
Fee: $39

170254  7:45-8:30am  10/2-10/30  M/W
170255  7:45-8:30am  11/6-11/29  M/W
170256  7:45-8:30am  12/4-12/27  M/W
170257  7:45-8:30am  1/1-1/31  M/W
170258  7:45-8:30am  2/5-2/28  M/W
175743  7:45-8:30am  3/5-3/28  M/W

No class: 12/25, 1/1, 3/26

Fee: $55

170260  8:45-9:30am  10/2-10/30  M/W/F
170261  8:45-9:30am  11/6-11/29  M/W/F
170262  8:45-9:30am  12/4-12/29  M/W/F
170263  8:45-9:30am  1/1-1/31  M/W/F
170264  8:45-9:30am  2/2-2/28  M/W/F
175744  8:45-9:30am  3/2-3/30  M/W/F

No class: 12/25, 1/1, 3/26

Fee: $40/5 Punch Card

RAJA YOGA

This ongoing class offered for the health, flexibility, balance and conscious relaxation of participants. Included in each class is proper breathing techniques, balance training and safety for seniors at home. The yoga is offered through variety levels to help all students reach their goals. The class is fun and practical for the 50 plus group. The facility is clean and secure for a positive class environment. Join and make friends while protecting and maintaining your good health for years to come.

Ages: 50yrs+
Instructor: Craig Gahlbeck
Location: East Portal Clubhouse

170066  12:30-2pm  10/2-10/30  M
170067  12:30-2pm  11/6-11/27  M
170068  12:30-2pm  12/4-12/25  M
170069  12:30-2pm  1/1-1/29  M
170070  12:30-2pm  2/5-2/26  M
175742  12:30-2pm  3/5-3/26  M

No class: 12/25, 1/1, 3/26

Fee: $80/10 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.

Ages: 50yrs+
Instructor: Peggy Edgerly
Location: South Natomas CC
Fee: $20

170216  10:30-11:30am  10/2-10/30  M/W
170217  10:30-11:30am  11/6-11/29  M/W
170218  10:30-11:30am  12/4-12/27  M/W
170219  10:30-11:30am  1/1-1/31  M/W
170220  10:30-11:30am  2/5-2/28  M/W
175750  10:30-11:30am  3/5-3/28  M/W

No class: 12/25, 1/1, 3/26
Optimize the Experience of Aging!

Older Adult Services enhances the lives of Sacramento’s adults ages 50 and above. Our enrichment classes, fitness activities, summer camps, social services and many other offerings help you optimize the experience of aging. It’s all here waiting for you!

**TechConnections**

A comprehensive technology literacy program designed for Sacramento’s seniors.

Visit the TechConnections page, Older Adult Services website: http://portal.cityofsacramento.org/ParksandRec/Recreation/older-adult-services

Call: (916) 808-5462

The world of modern technology is ever changing. Let TechConnections help you stay in touch with friends and family, access information and use apps and programs to bridge the digital divide! Classes for beginners and intermediate users age 50+ include Computer Basics, Introduction to Windows 8.1, iPad/iOS Basics, Introduction to the Internet and E-mail Basics, Introduction to Excel, Introduction to Word, Facebook and many others.

**Singers with Hart**

Whether you’ve enjoyed singing with a group in the past or have simply always wanted to sing, Singers with Hart is an exciting opportunity. Singing provides an abundance of benefits for older adults, including increased lung capacity, improved posture and balance, enhanced brain function, camaraderie and the thrill of performing for an audience. Contact Hart Senior Center at (916) 808-5462 for information on upcoming sessions.

Ages: 50yrs+
Location: E. Hart Senior Ctr
Instructors: Christiana Quick-Cleveland (Choral Director), and Nan cy Balenza no (Accompanist)
Fee: $25

**TRIPLE-R ADULT DAY PROGRAM**

Visit: www.TripleR.org

The Triple-R Adult Day Program is for seniors with dementia that provides a safe and enriching environment that promotes independence, dignity and respect, while their family caregivers get a much needed break. The program makes it possible for participants to continue living in the comforts of home and for family caregivers to continue with their careers. Triple-R is also uniquely prepared to face the challenges experienced by those suffering from dementia, including wandering, anxiety, incontinence and mood swings. Contact one of our sites for more information or to schedule a visit:

Midtown Center • (916) 808-8375
Monday-Friday • 7:30 a.m. – 6:00 p.m.

Greenhaven Center • (916) 808-4003
Mon/Tues/Thurs • 7:30 a.m. – 6:00 p.m.
Weds/Fri 9:00a.m. – 2p.m.

North Sacramento Center • (916) 808-6475
(Early stage memory loss program)
Mon/Tues/Thurs • 9:00 a.m. – 3:30 p.m.
Looking for a premier location for your event?

The City of Sacramento Department of Parks and Recreation has a wide array of community centers available for intimate meetings or large events.

Contact your local community center TODAY to plan your upcoming event!

www.cityofsacramento.org/parksandrecreation

<table>
<thead>
<tr>
<th>Community Center</th>
<th>Days of Operation</th>
<th>*Hours of Operation</th>
<th>Meeting Rooms</th>
<th>Multi Purpose Room</th>
<th>Warming Kitchen</th>
<th>Auditorium / Stage</th>
<th>Dance Room</th>
<th>Fitness / Weight Room</th>
<th>Senior Meal</th>
<th>Computer Access Program</th>
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<tr>
<td>Belle Coolidge Community Center</td>
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<tr>
<td>East Portal Clubhouse</td>
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<td>Pannell/Meadowview Community Center</td>
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The City of Sacramento Department of Parks and Recreation announces four ways to enroll in programs!
Registration is simple and fast. Registrations are NOT accepted at program sites.

INTERNET
www.cityofsacramento.org/parksandrec

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

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

### Payer Information
- **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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### 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 aforementioned. 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 cancelled 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 not 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:**
- **Cash:** $
**Trips & Tours**

Get Away for the Day!

**Christmas Shopping in San Francisco**
Course Code: 171826
December 9, 2017
Cost: $55
Deadline: November 9, 2017

**Chinese New Year Parade - NEW**
Course Code: 176123
February 10, 2018
Cost: $95
Deadline: January 2, 2018

**Eleven Roses Ranch - NEW**
Course Code: 176207
April 21, 2018
Cost: $105
Deadline: March 15, 2018

**Ferry over the Bay**
Course Code: 176223
May 19, 2018
Cost: $73
Deadline: April 20, 2018

**Clydesdales, Friesians, and Mustangs - NEW**
Course Code: 176873
June 2018
Cost: $67
Deadline: May 01, 2018

**Gilded Ages in San Francisco - NEW**
Course Code: 176229
July 21, 2018
Cost: $ TBD
Deadline: June 21, 2018

**Champagne Brunch at Cliff House**
Course Code: 176206
August 19, 2018
Cost: $119
Deadline: July 16, 2018

**Apple Hill**
Course Code: 176224
September 26, 2018
Cost: $65
Deadline: August 24, 2018

**Ironstone Vineyards**
Course Code: 176225
October 30, 2018
Cost: $108
Deadline: September 27, 2018

**Holiday Shopping in San Francisco**
Course Code: 176226
November 17, 2018
Cost: $59
Deadline: November 1, 2018

**Victorian Christmas in Nevada City**
Course Code: 176228
December 16, 2018
Cost: $49
Deadline: November 19, 2018

For trip details, please visit: [www.cityofsacramento.org/tours](http://www.cityofsacramento.org/tours)