Summer Program Registration is now open!

There are multiple ways to register:

**Online** visit
https://apm.activecommunities.com/cityofsacparksandrec

**Mail**
Completed registration form and fees to:
Registration
4623 T Street, Ste. B
Sacramento, CA 95819

**In Person** at any of our Community Centers!
Please call individual Center for hours of operation and types of payment accepted.

The City of Sacramento Department of Youth, Parks, and Community Enrichment offers three convenient ways to enroll in programs! Registrations are not accepted at program sites and are at a first come, first serve basis. So please login, mail in, or come in and see us to register now.

**Contact Us**

<table>
<thead>
<tr>
<th>General Department Information</th>
<th>916-808-5200</th>
<th>915 I Street, Third Floor Sacramento, CA 95814</th>
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</thead>
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<tr>
<td>Park Permits &amp; Reservations</td>
<td>916-808-6060</td>
<td>4623 T Street, Suite B Sacramento, CA 95819</td>
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</tbody>
</table>

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.

**YPCE Executive Team** | **Parks and Community Enrichment Commission** | **Sacramento Youth Commission**
--- | --- | ---
Mario Lara | Director | Mayoral | Rita Gallardo Good | Mayoral - Kylie Huang |
Shannon Brown | Assistant Director | District 1 | Sumit Mehta | Mayoral - VACANT |
Tony Ullep | Park Maintenance Manager | District 2 | Eugene Loew | Mayoral - Jordan Burkart |
Raymond Costantino | PPDS Manager | District 3 | David Guerrero | District 1: Malaika Nazir |
Jackie Beecham | Community Enrichment Division Manager | District 4 | Kai Hermann | District 1: VACANT |
Monica Bianco | Youth Division Manager | District 5 | Joe Flores | District 2: Vice Chair - Erika Charlotte Galvez |
Raymond Rodriguez | Support Services Manager | District 6 | Victoria Vasquez | District 2-Seat D: VACANT |
 | | | | District 3: VACANT |
 | | | | District 3: VACANT |
 | | | | District 4: Isabelle Kim |
 | | | | District 4: Sarina Rye |
 | | | | District 5: Patrick Hsu |

**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 Jenny Yarrow, jyarrow@cityofsacramento.org, 916-808-6017. 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.
COME OUT & PLAY CLASS, PROGRAMS & EVENTS

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YPCE NEWS

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CAMP SAC

ACCESS LEISURE

ADULT FUN

OLDER ADULT SERVICES

TRIPS & TOURS
YPCE NEWS

Announcing the winners of the Youth Art Expo & Contest!

Sacramento youth shared with the City how they would shape the future of parks and recreation through photos, drawings, videos, and poetry. Their recommendations will be included in the Department of Youth, Parks, & Community Enrichment Parks Master Plan 2040, a guiding document to help Sacramento grow and respond to park and recreation needs over the next 20 years. The final art contest winners were selected by a Youth Advisory and Selection Committee made up of returning Summer at City Hall Youth and volunteering Youth Commissioners. The art pieces below will be receiving the top prize of $300 each. Also, there are 12 honorable mentions that will be receiving $50 each.

To learn more about the Parks Master Plan and see all the wonderful work submitted, please visit:

https://www.cityofsacramento.org/ParksandRec/Parks/Park-Planning-Development/MasterPlan

Samantha, Age 16-18

Tell us a little bit about your submission! What was it inspired by?

North Natomas Community Park - This is a park near my house. Miller Park - Miller park is a park I've grown up with. I remember having birthday parties, baby showers, and sunny days at this park. I don't know what I would do without it— it's my childhood. I go to this park about twice a year. Sadly, with COVID, it has become limited. I would make the park more accessible. I would love for people to get the same enjoyment out of the park as I do.

This has been my favorite park since I was a child. I used to go there roughly once a month with my grandmother when I was a child, but now that COVID has spread and my grandmother has passed away, I don't get to go as often. I'd like to see more accessibility for people with disabilities. The grass here is fairly tough and I'd like to see the park become more accessible to everyone.

What influenced this artwork was the diversity that is shown at parks and the beauty in how open Sacramento parks are to everyone. It's a re-creation of a photograph taken in Miller Park. Activities, like biking and playing on playgrounds, as well as a diverse group of trees to represent Sacramento, "The City of Trees."
Muhammad, Age 14-15

Tell us a little bit about your submission! What was it inspired by?

Though I am not a good artist, I decided to make an original drawing that was not inspired by any specific location, but parks as a whole. I wanted to include the diversity within our parks, those who keep it maintained, and the different activities available. This is why I have two hands creating a tree, to represent diversity and how parks are a direct link to nature. I also included a worker trimming bushes to honor maintenance staff that are often overlooked and underappreciated. There are many different activities, like biking and playing on playgrounds, as well as a diverse group of trees to represent Sacramento, “The City of Trees.”

Alexandra, Age 19-24

Tell us a little bit about your submission! What was it inspired by?

McKinley is a park I used to visit with my grandmother when I was a child, we used to throw bread into the pond or stare at the ducks. I fondly remember the beauty of the trees in the park. It has a special place in my heart. I often go there with my younger siblings. I mainly care for them and wish to give them the same enjoyment out of the park as me. To improve things, I believe we should enlist the help of more people to clean the ponds and keep the park safe from danger. This work of art was inspired by my childhood visits to the McKinley area, and it was created primarily from my fond recollections of the park, the lovely woods, and the crystal blue lake. It depicts the beauty that I discovered as a child in the park, which is what I remember the most. This work of art is made up of recollections of the park as well as photographs shot there.
As we approach the summer of 2021, this is the perfect time to reflect upon how far Youth Division programs have come in the last year – during unprecedented times and under extraordinary circumstances.

Summer 2020 was full of ever-changing public health orders, implementing updated COVID-19 mitigation plans and overall, unknown territory. Programs looked different than they had in the past. What remained the same was the relationships. Staff that program participants had positive relationships with were still there. Staff that parents knew and trusted were still there keeping their children safe. Despite all the challenges and constantly changing public health guidelines, programs ran safely. Participants had fun. They learned new skills. Some even earned paychecks!

Fall 2020 brought us a new school year and distance learning. The continued challenges of distance learning created an opportunity to use CARES funding for a program to support students and families -- Sac CLASS (Childcare Learning and Student Support). To date, this program has served approximately 200 kindergarten through sixth grade students that have been disproportionately impacted by the pandemic in the following school districts: Sacramento City, Twin Rivers, and Robla. This high priority program located at four community centers provides in-person academic support and academic enrichment to families, at no charge. Sac CLASS enabled the reassignment of staff displaced when other programs were halted due to public health orders. Fortunately, several programs were able to fall back into regularly scheduled programming. The 4th “R” program reopened several licensed childcare sites in the Natomas Unified School District, and the Landscape & Learning program employed 108 Youth Aides who kept parks and storm drains cleared of fallen leaves and debris.
Spring typically is a time to plant seeds and prepare for growth. Spring 2021 is no different. Program staff have been busy attending various trainings to sharpen skills and strengthen participant experiences. Approximately 100 department staff have completed Youth Program Quality Assessment training and have implemented quality standards. A cohort of youth development staff are currently attending a Youth Development Institute facilitator training, learning and practicing facilitation techniques while demonstrating their knowledge and skills of the Youth Development Framework for Practice. Upon completion of the series, staff will become Certified YDI Facilitators. Returning youth from the 2020 Summer at Virtual City Hall program are attending a series of workshops preparing them to be skilled mentors for incoming Summer 2021 participants. Lastly, members of the Sacramento Youth Commission will soon be attending a one-day retreat focusing on building skills to be successful commissioners and community leaders.

Programs are also planting seeds for growth this spring. Since Summer 2020, the Prime Time Teen work-readiness training program has graduated 352 young people ages 13-17. Each participant earned $300 for a total youth investment of $105,600! The WIOA (Workforce Innovation & Opportunity Act) work-based learning program is graduating 14 high school seniors who traditionally experience academic and employment barriers. Participants from both programs have continued their learning through virtual programming opportunities and are now job and college ready. This spring also saw the return of Expanded Learning programs to school sites in Robla and Twin Rivers Unified School Districts.

With Summer 2021 right around the corner, and the anticipation of the state fully reopening June 15th, you can expect to see the return of Junior Giants and skate camps at various skate parks throughout Sacramento. The 28th & B Skate & Urban Art Park is currently experiencing park upgrades with Measure U funding and is tentatively rescheduled to reopen August 1st. Also returning this summer are Summer Oasis outdoor camps, 4th “R” in Natomas and Twin Rivers Unified School Districts, Prime Time Teen Virtually Connected, Landscape & Learning, WIOA, and Summer @ Virtual City Hall.

By continuing to deliver programming throughout the pandemic, young people have demonstrated positive outcomes including academic success, increased mental wellness, social and emotional learning, financial literacy, strengthened relationships, and gained leadership skills.

Please check out the Come Out & Play program listings for more detailed information. We hope to see you this summer!
Oki Park Playground Renovation

The Oki Park playground was renovated in April 2021, and the improvements include replacing the existing playground equipment with new children's dinosaur exploration-themed playground equipment, a 4-wheel vehicle, 2-seat seesaw, belt, ADA and tot swings, wood fiber playground surfacing, replacement of the playground access ramp and two tubular steel entry gates, and planting shade trees.

About Oki Park

Oki Park Web Page
2715 Wisseman Drive
14.88 acres

Park Amenities:
Bantam soccer fields - 2
Basketball Court
Restrooms - newly renovated
Baby Changing Stations
Skylights
new fixtures
upgraded lighting
interior paint
Misc. repairs
Open Space (Soccer)

Picnic Areas:
GA1 - 2 tables, 1 small barbeque, accommodates 50
GA2 - gazebo, 6 tables, 2 large barbeques
GA3 - 1 table, 1 small barbeque, accommodates 50

Play Areas:
Children’s Play Area
Sand Area
Tot lot
Water Spraying Area
Swimming and Wading Pool
YPCE NEWS

PARK PLANNING & DEVELOPMENT

Meadows Community Park
In 2021, the 11.2-acre Meadows Community Park opened. Park amenities include group picnic areas, group seating areas, a tot lot playground with fabric shade canopy, walkways, landscaping, irrigation, and open turf areas.

Southside Park
In 2021, the Southside Park Pond Rehabilitation project modified pond equipment, added a security cage/cabinet, an electrical system, and irrigation modifications and landscaping.
YPCE NEWS

PARK PLANNING & DEVELOPMENT

Shasta Park
Shasta Park received street frontage improvements including new irrigation, trees and concrete walk.

Belle Cooledge Park
Belle Cooledge Park received new play area equipment, site furniture, play area ramps, a children’s play stage, and irrigation system modifications.
YPCE NEWS

COMMUNITY CENTERS

Community Centers & Programming Update

COVID-19

Following the State of California’s reopening on June 15, the City’s Department of Youth, Parks, & Community Enrichment (YPCE) will enact a phased reopening of community centers throughout the summer. Meanwhile, YPCE is currently offering multiple pre-registered, in-person options for families and children.

“We are excited that California has removed many of its COVID-19 restrictions, and now YPCE is working to safely reopen our services fully to the public,” said Director of Youth, Parks, & Community Enrichment Mario Lara.

Scheduled programming has already resumed including youth camps, youth classes, and senior fitness. Triple R Adult Day Program has also resumed limited programming at Hart Senior Center, park picnic reservations are available, and the City has opened 14 pools to the public this summer.

Currently, City community centers are not open for public drop-in visits, fitness centers, facility rentals and larger group programs.

“Due to the nature of these programs being geared toward youth who are still required to wear masks and are unvaccinated, and toward seniors who are considered a vulnerable population, we will continue to take extra precautions at community centers for now,” Lara said.

Youth, Parks, & Community Enrichment is also hiring for multiple positions to get more staff back into the community centers in preparation for reopening fully to the public. Those interested in applying should visit governmentjobs.com and search for Recreation Aide, Building Monitor and/or Custodian positions.

“Bear with us as we get more staffing so we can bring additional services back online including fitness centers and facility rentals,” Lara said.

As staffing allows, community center fitness centers are expected to open in mid-July. Reopening community centers and Hart Senior Center to drop-in visitors, rentals, and expanded programming will be reassessed in the fall as summer programming concludes and the impact of the state’s re-opening on COVID-19 transmission is known.

YPCE staff will continue to offer customer service via phone (916-808-6060) and email at screcreation@cityofsacramento.org. Residents may also contact the community centers directly for assistance.

Residents are also encouraged to register for a Come Out and Play Card to sign up for available classes and events, and to stay up-to-date with Youth, Parks, & Community Enrichment news.
YPCE NEWS

Announcing our new Come Out & Play Card

Big News! We have officially launched our FREE Come Out & Play card! It only takes a few minutes to setup and there is something fun for everyone. The Come Out & Play card will work hand in hand with our magazine. If you are interested in exploring activities all around Sacramento, taking classes (in-person and virtual) and registering for seasonal activities like summer camp and aquatics - then the Come Out & Play card will be perfect for you!

Follow the 3 Steps to access your FREE Come Out & Play Card!

1. Visit our website and click ‘Register Here.’
   CityofSacramento.org/ParksandRec

2. Select ‘Sign in/up’ and set up your account.
   Answer all setup questions such as name, age, etc.

3. Verify your account and pick your membership type.
   A confirmation will be sent to your email. Click ‘Activate now’ and select what membership you’d like.
YPCE NEWS

CAMP SACRAMENTO

Let’s look back at Parks and Recreation Month!

This year’s theme for Park and Recreation Month was “Our Park and Recreation Story.” During the month of July, we celebrated memories created through Youth, Parks, and Community Enrichment by highlighting stories of how our communities are stronger and more vibrant because of Parks and Recreation.

"Being in Camp Sac in particular and being a part of the management team for our 100th year is super important to me, as I have a million memories that I can draw from like learning to shoot a bow and arrow here and going on my first hikes here... It’s great that I get to keep building those memories and be a part of creating those memories for other people as well."

- Chad Richardson, Assistant Camp Sacramento Supervisor

"I am taking Water Aerobics classes 6 days a week this summer. That’s 59 classes! The instructors' enthusiasm gives me the energy to complete difficult workouts. I appreciate how the instructors introduce new exercises and offer modifications for some like myself, who may need them. I am definitely feeling the workouts, getting into shape, and love the community I’ve found at the pool!"

- Anonymous

"The Department of Youth, Parks, & Community Enrichment has a Parks Maintenance Employee that began in 1995 as a Youth Aide in the Landscape and Learning Program... Once he finished and was old enough, he started his career as an entry-level park worker. Now he is a lead within Park Maintenance Operations and has worked for the City for over 25 years! He has a great story and is a wonderful example of how our program works."

- L&L Program Supervisor Angelia Manuel
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

GARDENS LISTED ALPHABETICALLY

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. off Power Inn Rd.

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

Fremont
Community Garden
Corner of 14th and Q St.

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

Martin Luther King Jr.
Community Garden
MLK & 12th Ave.

Mirasol Village
Community Garden
701 Pipevine St.

The Mill
Community Garden
401 McClatchy Way

Ninos
Community Garden
Northfield Dr. at Ninos Pwky

OakBrook Park
Community Garden
Soda Way at San Juan Rd.

Sojourner Truth
Community Garden
7365 Gloria Dr.

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 Patomac 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.

Community Gardener John Hunt grew this large pumpkin in his 20 x 20 plot at the Martin Luther King Jr. Community Garden, one of 15 community gardens in the City’s program. The pumpkin was growing at a rate of 35 pounds with a 4" increase in circumference each day at the height of its growing. Its end weight was almost 900 pounds!

Pictured is Will and Sean Campbell, grandsons of Bill Maynard of the City’s Community Garden Program.
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SPR/SUM. 2021

COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS
SPR/SUM. 2021

1. Wild Rose Park Garden
   5200 Kankakee Dr
2. Sparrow Community Garden
   Sparrow Dr. and Natomas Crossing
3. Strauch Park Garden
   Northstead Dr. and Potomac Ave.
4. Zapata Park Garden
   8th St. and C St.
5. J. Neely Johnson Park Garden
   11th St. and F St.
6. Southside Community Garden
   5th St. and W St.
7. Fremont Community Garden
   14th St. and Q St.
8. Elmhurst UCD Med Center Community Garden
   49th St. between 50th and V St.
9. Martin Luther King Garden
   12th Ave. & MLK Blvd.
10. Billy Bean Park Garden
    7400 17th Ave.
11. Camellia Park Garden
    6650 Cougar Dr.
12. Danny Nunn Park Garden
    53rd Ave., off Power Inn Rd.
13. Valley Hi Park Garden
    8185 Center Parkway
14. Niños Parkway Garden
    Northfield Dr. & Niños Pkwy
15. Brooks Tuitt Garden
    19th St. and Q St.
16. Sojourner Truth Park Community Garden
    7365 Gloria Dr.
17. The Mill Community Garden
    401 Mcclatchy Way
18. Blackbird Park Garden
    West of El Centro and south of Del Paso Rd. on Hovanian Dr.
19. Oakbrook Park Garden
    San Juan and Soda Way
20. Meadows Park Garden
    1840 N. Breezy Meadow Dr.
21. Mirasol Village Community Garden
    701 Pipevine St

KEY

CURRENT

COMING SOON

FUTURE
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SPR/SUM. 2021

COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SPR/SUM. 2021

Aquatics

1 Bertha Henschel Wading Pool
2 Cabrillo Pool
3 Clunie Pool
4 Colonial Wading Pool
5 Doyle Pool
6 Glenn Hall Pool
7 McClatchy Pool
8 Oki Pool
9 Pannell Meadowview Community Center Pool
10 Robertson Wading Pool
11 Sim Pool
12 Southside Pool
13 Tahoe Pool
14 William Land Park Wading Pool

Parks

1 28th and B Skate Park at Sutter’s Landing Regional Park
2 Argonaut Park
3 East Portal Park
4 George Sim Park
5 Grant Park
6 Marshall Park
7 Marriott Park
8 McKinley Park & Tennis Courts
9 Regency Park
10 Robla Community Park
11 Roosevelt Park
12 Sacramento Softball Complex
13 Tahoe Park
14 William Land Park
15 Cottonwood Park
16 North Natomas Regional Park

Legend

Parks
Community Centers and Facilities
City Operated Swimming Pools
City Operated Wading Pools
Hello,

Thank you for your interest in reserving a park amenity with the City of Sacramento Youth, Parks, and Community Enrichment Department. On June 15th, the City of Sacramento Youth, Parks, and Community Enrichment Department began issuing park permits without restrictions.

Additional information on the latest County of Sacramento Health Order can be found at: https://www.saccounty.net/COVID-19/Documents/20210729_Sacramento_County_Health_Order.pdf.

At this time public counters remain closed to the public*, however, if you would like to continue with the park permitting process, please complete a Park Application with Covid-19 agreement found here: http://www.cityofsacramento.org/ParksandRec/Permits/Picnics.

Completed applications will be accepted by mail or email at: Sacrecreation@cityofsacramento.org. Payment will be processed with card information over the phone.

Thank you,

Reservations Office
City of Sacramento
Department of Youth, Parks, and Community Enrichment
4623 T Street, Suite B Sacramento, CA 95819
Phone: 916-808-606

*While our public counters remain closed at this time, staff can be reached by phone, Monday – Thursday, 9am – 1pm.
**COLOMA COMMUNITY CENTER**

4623 T St
Sacramento, CA 95819
(916) 808-6060

Hours of Operation:
M-F 9am-8pm
Sa 10am-3pm
(open until 9pm for Leisure Enrichment Classes)

Reservation Office Hours: M-F 9am-4pm

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.

**BELLE COOLEDGE COMMUNITY CENTER**

5699 S. Land Park Dr.
Sacramento, CA 95822
(916) 808-5610

Hours of Operation:
Tu Th F 12am-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.

**SOUTHSIDE CLUBHOUSE**

2051 6th St.
Sacramento, CA 95818

Hours of Operation:
M-W, F 9am-1pm
Tu, Th 2pm-8pm
Sa 9am-1pm
Closed City Holidays

Southside Clubhouse is in one of Sacramento’s oldest neighborhoods. In the heart of Southside Park, the Clubhouse brings together the community to connect with one another, learn new skills, and explore the community. The Clubhouse includes two meeting rooms and a Little Library sponsored by the Southside Park Neighborhood Association. Enjoy a walk around Southside Park to visit the large natural pond, locally designed sculptures, an amphitheater, an inclusive playground, and the Southside Pool.

**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.
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SOUTH NATOMAS COMMUNITY CENTER
2921 Truxel Rd.
Sacramento, CA
95833
(916) 808-1571
Hours of Operation:
M-F 8:30am-8:00pm
Sa 9am-2pm

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.

South Natomas Community Center is located at the front of South Natomas Community Park. We are adjacent to the South Natomas Library and South Natomas Rose Garden. The Center includes a weight room, teen room, computer lab, and meeting rooms available for rental that can accommodate up to 50 guests. We also have a variety of programs and classes to meet your needs.

Joe Mims Jr. Hagginwood Community Center
3271 Marysville Blvd.
Sacramento, CA
95815
(916) 808-6439
Hours of Operation:
M-F 9:00am-8:00pm
Sa 9am-5pm

The Joe Mims Hagginwood Community Center and park are the focal point of the North Area. They provide 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 games 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 all weather, multiuse field.

The Joe Mims Hagginwood Community Center facility can be reserved for community meetings, classes support groups, private events, and more. Fees apply for private rentals $35 to $90 plus, insurance, security and deposits. Rooms can hold up to 200 guests. For more information on reserving a room call (916) 808-6439.

The Grantland Johnson Field is 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 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 at 916-808-6060.

Oak Park Community Center
3425 Martin Luther King, Jr. Blvd.
Sacramento, CA
95817
(916) 808-6151
Hours of Operation:
M-F 10:00am-8:00pm
Sa 9am-3pm

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. On location, is the multipurpose event center with an indoor basketball court. Outdoor features include a playground, lighted basketball court, UC Davis Health Neighborhood Street Soccer Park, and the Rod Rodriguez, Jr. grass soccer field.

George Sim Community Center
6207 Logan St
Sacramento, CA
95824
(916) 808-3761
Hours of Operation:
M-F 9:00am-9:00pm
Sa 10am-2pm

Sam & Bonnie Pannell Community Center
2450 Meadowview Rd
Sacramento, CA
95832
(916) 808-6680
Hours of Operation:
M-F 8:30am-9:00pm
Sa 9am-2pm

The Sam & Bonnie Panell 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.

Joe Mims Hagginwood Community Center
3271 Marysville Blvd.
Sacramento, CA
95815
(916) 808-6439

By order of the Sacramento County Department of Public Health, face coverings shall be worn, regardless of vaccination status, over the mouth and nose, in all indoor public settings, venues, gatherings, and workplaces, such as, but not limited to: offices, retail stores, restaurants and bars, theaters, family entertainment centers, conference centers, and state and local government offices .serving the public.
**Swim Lessons**

Join us in an exciting swim program designed to fit any age group and ability. Our program provides participants with a positive learning experience and teaches lifelong swimming skills as well as sun and water safety information. Lessons utilize components of the American Red Cross and other Learn-to-Swim programs.

**Recreation Swim**

Recreation swim is available for everyone to enjoy a safe and fun experience at the pools. Come join us on the inflatable obstacle courses on select days and make a splash!

**Age:** All ages  
**Fee:** $2 for Children (12 and under) $4 for Adults (18+)

**Lap Swim**

Adult Lap Swim is for swimmers 16+ years old. It is offered at various swimming pools.

*Attention: Lap Swimmer, due to Covid 19 and Sacramento County guidelines we currently permitting 2 swimmers per lane for lap swim at this time. We will be following these guidelines and making updates accordingly.*

**Swim Team**

Swim team offers a Summer of Swim Training and Competition in our Rec Swim League. Swimmers will refine their strokes, learn starts, turns, and work on building endurance and speed. Teams offer multiple practices a week and the opportunity to attend multiple swim meets throughout the season. Prerequisites: Swimmer must be able to swim 25 yards front crawl with face in the water and any breathing pattern. Additionally, swimmers must be able to swim 25 yards of back crawl. The 2021 season has ended. Visit the below web page in June 2022 for information on the next season:

[http://www.cityofsacramento.org/ParksandRec/Recreation/Aquatics](http://www.cityofsacramento.org/ParksandRec/Recreation/Aquatics)

**Water Aerobics**

Looking for a low impact work out designed to burn calories and tone up muscles? Join us for Water Aerobics at one of our participating pools! Prices will vary based on number of days and weeks in each session.

**Age:** All Ages  
**Location:** Clunie Pool, Doyle Pool, Glenn Hall Pool, Meadowview Pool, Tahoe Pool  
**Fee:** Varies
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SWIM LESSONS

Session Dates: Clunie

<table>
<thead>
<tr>
<th>Clunie Swim Lessons M/W</th>
<th>Cost: $38.00</th>
<th>4:30-5:00pm</th>
<th>5:10-5:40pm</th>
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<tr>
<td>For 6 months to 3 years</td>
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<tr>
<td>PreSchool Level 1</td>
<td></td>
<td>17132</td>
<td>17138</td>
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<td>for ages 3, 4, &amp; 5</td>
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<td>17131</td>
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<tr>
<td>for ages 6-12</td>
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<td>for ages 6-12</td>
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<tr>
<td>Teen &amp; Adult Combo</td>
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<tr>
<td>for ages 12+</td>
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Clunie Swim Lessons T/TH

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<td>for ages 3, 4, &amp; 5</td>
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<td>for ages 3, 4, &amp; 5</td>
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<td>School Age Level 1</td>
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<td>for ages 6-12</td>
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<td>School Age Level 2</td>
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<td>for ages 6-12</td>
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<td>for ages 6-12</td>
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<td>Lv 4/5 Combo</td>
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<td>for ages 6-12</td>
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<tr>
<td>for ages 12+</td>
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Parent & Child for 6 months to 3 years old

Parent and Child swim class is for children and their parents focusing on water adjustment, pool safe skills and fun! Join us for a class that teaches parents proper holds, the fundamental of water skills, and builds a base for enjoying the pool.

Preschool Level 1 for Ages 3, 4 & 5

Level 1 is an introductory swim lesson level that focuses on water adaptability skills. Swimmers will work on learning to submerge their face, float on both their front and back with a floatation aid, and work on breath control. Prerequisites: Must be able to follow direction of swim instructor and sit independently on the edge of the pool. No other swim skills are required to take this class.

Preschool Level 2 for Ages 3, 4 & 5

Level 2 is for swimmers who are comfortable in the water. This level focuses on rudimentary swimming skills such as floating independently and working on gaining the ability to swim on their front and back. Prerequisites: Must be able to demonstrate breath control by taking a breath, submerging face under water, coming up for air, taking another breath and repeating 10 times. Must be able to float on front with the aid of a floatation device for 10 seconds while their face is submerged in the water. Must be able to float on back with the aid of a floatation device for 10 seconds while their ears are submerged in water.

School Age Level 1 for Ages 6-12

Level 1 is an introductory swim lesson level that focuses on water adaptability skills. Swimmers will work on learning to submerge their face, float on both their front and back with a floatation aid, and work on breath control. Prerequisites: Must be able to follow direction of swim instructor and sit independently on the edge of the pool. No other swim skills are required to take this class.

School Age Level 2 for Ages 6-12

Level 2 is for swimmers who are comfortable in the water. This level focuses on rudimentary swimming skills such as floating independently and working on gaining the ability to swim on their front and back. Prerequisites: Must be able to demonstrate breath control by taking a breath, submerging face under water, coming up for air, taking another breath and repeating 10 times. Must be able to float on front with the aid of a floatation device for 10 seconds while their face is submerged in the water. Must be able to float on back with the aid of a floatation device for 10 seconds while their ears are submerged in water.

School Age Level 3 for Ages 6-12

Level 3 focuses on teaching children the mechanics of front crawl, backstroke, and elementary backstroke arms. Prerequisites: Must be able to swim independently on their back using any kind of arm and kicking action to propel themselves 5 yards. Must be able to swim independently on their back using any kind of arm and kicking action to propel themselves 5 yards. Must be able to float on their front independently for 10 seconds while their face is submerged in the water.

School Age Level 4 for Ages 6-12

Level 4 and 5 Combo Class for Ages 6-12

Level 4 and 5 Combo Class is for both level 4 and level 5 swimmers. Level 4 focuses on increasing endurance and refining the technique of children and the arm action for elementary backstroke. Additionally, breaststroke kick and elementary backstroke with the whip kick are taught in this level. Prerequisites: Swim 10 yards of crawl with their face in the water using any breathing pattern. Swim 10 yards backstroke with single arm action considered acceptable. Swim 10 yards on back using elementary backstroke arms. Tread water for 20 seconds. Level 5 focuses on refining techniques for the front crawl, backstroke, and elementary backstroke arms. Tread water for 20 seconds. Breaststroke and dolphin kick will also be taught. Prerequisites: Swim 15 yards of front crawl while breathing to the side. Swim 15 yards of backstroke with arms in opposition of each other. Swim 15 yards of elementary backstroke with whip kick. Swim 15 yards of breaststroke kick on front with a kickboard. Tread water 30 seconds.

Teen Ages 12-15

Teen Swimming Level teaches swimming skills for teens and is appropriate for students that have little to no swimming experience as well as students that want to refine their current swimming skills. Prerequisites: No swimming skills are required.

Adult Ages 16+

Adult Swim Level teaches swimming skills for adults and is appropriate for students that have little to no swimming experience as well as students that want to refine their current swimming skills. Prerequisites: No swimming skills are required.

* M/W Session 1 starts on Wednesday, 9/8 due to Labor Day. | **No lessons on Tuesday, 9/7 due to facility maintenance
### Recreation Swim Schedule

<table>
<thead>
<tr>
<th>Pool Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Dates</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cabrillo Pool</td>
<td>1648 65th Ave</td>
<td>916-433-6271</td>
<td>6/20 - 8/22/21</td>
<td>Closed</td>
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<td>1:00-5:00pm</td>
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<td>1:00-5:00pm</td>
<td>Closed</td>
<td>1:00-5:00pm</td>
</tr>
<tr>
<td>Clunie Pool</td>
<td>601 Alhambra Blvd</td>
<td>916-264-5301</td>
<td>6/18 - 9/6/21</td>
<td>Closed*</td>
<td>1:00-5:00pm</td>
<td>1:00-5:00pm</td>
<td>1:00-5:00pm</td>
<td>1:00-6:00pm</td>
<td>1:00-6:00pm</td>
<td>1:00-6:00pm</td>
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<tr>
<td>Doyle Pool</td>
<td>2827 Mendel Way</td>
<td>916-566-6420</td>
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<td>8/23/21-9/6/21</td>
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<td>Glenn Hall Pool</td>
<td>5201 Carlson Dr</td>
<td>916-277-6071</td>
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<td>McClatchy Pool</td>
<td>3500 5th Ave</td>
<td>916-277-6041</td>
<td>6/19 - 8/22/21</td>
<td>1:00-5:00pm</td>
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<tr>
<td>Oki Pool</td>
<td>2715 Wisemann Dr</td>
<td>916-277-6160</td>
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<td>3:00-7:00pm</td>
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<tr>
<td>Pannell-Meadowview Pool</td>
<td>2450 Meadowview Rd</td>
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<td>George Sim Pool</td>
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<td>916-808-3768</td>
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<td>2107 6th Street</td>
<td>916-264-5357</td>
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<td>1:00-5:00pm</td>
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<tr>
<td>Tahoe Pool</td>
<td>3501 59th Street</td>
<td>916-277-6072</td>
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<td>3:00-7:00pm</td>
<td>1:00-5:00pm</td>
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### Wading Pools

<table>
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<tr>
<th>Pool Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Colonial</td>
<td>19th Avenue &amp; 53rd St</td>
<td>916-808-2306</td>
<td>6/19/21 - 8/22/21</td>
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<tr>
<td>Bertha Henschell</td>
<td>160 45th St</td>
<td>916-808-2306</td>
<td>6/20/21 - 8/22/21</td>
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<td>William Land Park</td>
<td>13th Ave &amp; 13th St</td>
<td>916-808-2306</td>
<td>6/19/21 - 8/22/21</td>
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<td>Robertson Park</td>
<td>3525 Norwood Avenue</td>
<td>916-808-2306</td>
<td>6/18/21 - 8/22/21</td>
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COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS
SPR/ SUM. 2021

LAP SWIM

Attention: Lap Swimmer, due to Covid 19 and Sacramento County guidelines we are currently permitting 2 swimmers per lane for lap swim at this time. We will be following these guidelines and making updates accordingly. Adult Lap Swim is for swimmers 16+ years old. It is offered at various swimming pools. Daily admission: $5 (payable at pool).

Southside Pool
6/22-8/22/21
Monday & Wednesday..............11:00am - 7:00pm
Tuesday........................................3:00 - 7:00pm
Saturday & Sunday......................1:00 - 5:00pm
8/23-9/6/21
Monday & Wednesday...............1:00 - 7:00pm
Tuesday........................................3:00 - 7:00pm
Saturday & Sunday......................1:00 - 5:00pm

Clunie Pool
6/18-9/6/21
Tuesday - Thursday...........10:00am - 12:30pm
........................................4:00pm - 7:00pm
Friday.........................................10:00am - 12:30pm
Saturday/Sunday.............10:30am - 12:30pm
Sunday.................................10:30am - 12:30pm
9/7-9/26/21*
Monday – Thursday
7:00 - 9:00am / 12:00 - 1:30pm / 5:30 - 7:00pm
Saturday.................................10:30am - 4:00pm
Sunday.................................1:00 - 4:00pm

9/27-10/30/21*
Monday – Thursday
7:30 - 9:00am / 12:00 - 1:30pm / 5:00 - 6:30pm
Saturday.................................10:30am - 12:00pm

Pannell-Meadowview Pool
6/22-8/22/21
Tuesday – Thursday........10:00am - 11:00am

Tahoe Pool
6/22/21-8/27/21
Tuesday - Thursday........10:00 - 11:00am & 6:45 - 7:45pm
Friday - Sunday.................11:00am - 12:00pm

WATER AEROBICS

*Clunie Pool is closed Tuesday, September 7 for facility maintenance.

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<th>Course</th>
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<th>DAY OF CLASS</th>
<th>TOTAL CLASSES</th>
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<td>7/28-8/25/21</td>
<td>10:00-11:00am</td>
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<tr>
<td>7/28-8/27/21</td>
<td>10:30-11:30am</td>
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<td>Friday</td>
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<td>7/24-8/21/21</td>
<td>11:00am-12:00pm</td>
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<td>Saturdays</td>
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<td>7/25-8/22/21</td>
<td>11:00am-12:00pm</td>
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<td>Sundays</td>
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* Clunie Pool is closed Tuesday, September 7 for facility maintenance
Zumbini

Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance, and educational tools for 45 minutes of can’t stop, won’t stop bonding, learning, and fun! Open to the child and Mom, Dad, Grandma, or any caregivers. There is a $15 material fee collected at first class for Zumbini sing-along book package: complete with book, music app log in, music cd, and story book’s plush character.

Location: Coloma Community Center in the Auditorium

Age: 0-4 Fee: $100.00 Sessions: 6
ACTIVITY# ......WEEKDAY ..DATE RANGE ...TIME
17011........Sat ............ 8/7-9/18.........11:00am - 11:45am
17293........Sat ............ 11/6-12/18......11:00am-11:45am

Dance - Showbiz Classes

Sac Showbiz offers classes in jazz, tap, hip-hop, breakdancing, ballet, tumbling and musical theater. Our dance program provides two biannual dance recitals which feature each and every one of our regular students. 20% discount for 2nd child in the same household. For more information on current class schedules, please contact Showbiz at (916) 722-8225 or visit www.sacshowbiz.com.

Location: Coloma Community Center

(1 class/week)
Age: 2-18 Fee: $50.00 Sessions: 30
ACTIVITY# . WEEKDAY... DATE RANGE ..TIME
17342.........T-Th, Sa..... 10/5-10/28.....5:00pm - 8:00pm
17338.........T-Th, Sa..... 9/2-9/30.........5:00pm - 8:00pm

(2 classes/week)
Age: 2-18 Fee: $90.00 Sessions: 26
ACTIVITY# . WEEKDAY... DATE RANGE ..TIME
17344........T-Th, Sa..... 10/5-10/28.....5:00pm - 8:00pm
17340........T-Th, Sa..... 9/2-9/30.........5:00pm - 8:00pm

Kids R It: Beginning Elementary Ballet, Tap & Jazz

Beginner Elementary Our standardized curriculum program provides students with an ongoing foundation/education of ballet and Tap, with jazz dance introduced at the advanced beginner level. The basics of ballet & Tap, including the 5 positions, Grande & Demi Plies, Bourre turns, Shuffle steps, ball changes, and more are provided.

Location: Belle Cooledge Community Center

Age: 6+ Fee: $60.00 Sessions: 4
ACTIVITY# ......WEEKDAY ..DATE RANGE ..TIME
17290........Th.............. 10/7-10/28.....5:00pm - 6:00pm
17236........Th.............. 9/2-9/30.........5:00pm - 6:00pm
Kids R It: Pre School Ballet, Tap & Jazz

In addition to learning the basics of ballet and tap, which include the 5 ballet positions, ballet terminology, and fundamentals of tap dancing, such as toe & heel drops, front digs, toe backs, brushes, & shuffles, our preschoolers will enjoy fun activities that teach left from right and some creative movement ‘play’ at the end of each class. For additional information call Kids R, It at 331-0554. An annual registration fee of $25/1 student, $40/2 students, or $55/3+ students will be collected at first class. Must register directly with the instructor.

Location: Belle Cooledge Community Center
Age: 2-5 Fee: $60.00 Sessions: 4

ACTIVITY #......WEEKDAY... DATE RANGE ...TIME
17291.............Th.............. 10/7-10/28 .....4:00pm - 5:00pm
17255.............Th.............. 9/2-9/30.........4:00pm - 5:00pm

Kids R It: Pre School Ballet, Tap & Jazz

In addition to learning the basics of ballet and tap, which include the 5 ballet positions, ballet terminology, and fundamentals of tap dancing, such as toe & heel drops, front digs, toe backs, brushes, & shuffles, our preschoolers will enjoy fun activities that teach left from right and some creative movement ‘play’ at the end of each class. For additional information call Kids R, It at 331-0554. An annual registration fee of $25/1 student, $40/2 students, or $55/3+ students will be collected at first class. Must register directly with the instructor.

Location: Belle Cooledge Community Center
Age: 2-5 Fee: $60.00 Sessions: 4

ACTIVITY #......WEEKDAY... DATE RANGE ...TIME
17291.............Th.............. 10/7-10/28 .....4:00pm - 5:00pm
17255.............Th.............. 9/2-9/30.........4:00pm - 5:00pm

MARTIAL ARTS

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.

Location: South Natomas Community Center
Age: 5+ Fee: $55.00 Sessions: 8

ACTIVITY # ......WEEKDAY... DATE RANGE ..TIME
17311..............T, Th.............. 9/7-9/30..........5:30pm-7:30pm
17312..............T, Th.............. 10/5-10/28....5:30pm-7:30pm

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.

Location: Joe Mims, Jr.-Hagginwood Community Center
Age: 5 and up Fee: $30.00 Sessions: 8
Age:13+ Fee: $60.00 Sessions: 9

GYMNASICS

Kids R It: Beginning Elementary Floor Exercise Gymnastics

Floor exercise gymnastics skills will be provided for all ages & ability levels. Receive a challenging curriculum based on individual ability in a fun, safe, supportive & noncompetitive environment, while gymnasts develop flexibility, co-ordination, & strength. Curriculum includes somersaults combinations to headstands, front & back walkovers, cartwheels & dive rolls. Gymnasts included in our annual recital. For Info Call Kids ‘R’ It at 331-0554. An annual material fee of $15/1 student, $25/2 students, or $40/3+ students will be collected at first class meeting.

Location: Belle Cooledge Community Center
Age: 6+ Fee: $60.00 Sessions: 4

ACTIVITY #......WEEKDAY... DATE RANGE ...TIME
17290.............T, Th ........... 9/7-9/30 ........10:00am-11:30am
17291.............T, Th ........... 10/5-10/28 ....10:00am-11:30am

Gymnastics

Kids R It: Beginning Elementary Floor Exercise Gymnastics

Our preschool program is also curriculum based, & includes terminology: ‘tuck’, ‘pike’, & ‘straddle’, front & back somersaults, standing dive rolls, headstands, and assisted ‘foot flips’, as well as exercises to improve and develop balance and upper body strength.

Location: Belle Cooledge Community Center
Age: 2-5 Fee: $60.00 Sessions: 4

ACTIVITY #......WEEKDAY... DATE RANGE ...TIME
17291.............Th.............. 10/7-10/28 .....4:00pm - 5:00pm
17255.............Th.............. 9/2-9/30.........4:00pm - 5:00pm
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SPR/SUM. 2021

COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SPR/SUM. 2021

Northern California Institute of Golf | Fall 2021

Golf for Youth 0-18 Years!

Active Start 0-5 years

- Tots on the Tee / $129.95 (Ages 3-4 years)
  - Aug. 28 - Oct. 9 (Skip Sept. 4)
  - 11:15am-12:15pm

- FUNdamental Movements $149.95
  - Aug. 21 - Oct. 16 (Skip Sept. 4)
  - Time 1: 8:30 - 9:30am
  - Time 2: 10:00-11:00am

Learning to Golf 8-12 years

- FUNdamental Movements $149.95
  - Aug. 21 - Oct. 16 (Skip Sept. 4)
  - Time 1: 8:30 - 9:30am
  - Time 2: 10:00-11:00am

Emerging Competition 11-14 years

- NCIG Initial Athlete Assessment $150/60 min. (50% back for joining monthly program)
  - NCIG TRAIN, COMPETE, REPEAT MONTLY PROGRAM
  - "Golf Training, Redefined"
  - Tier 1: Play to Improve
    - 1 x 1 Hr. Session/1 x Per Week
    - $200 per month
  - Tier 2: Play to Compete
    - 2 x 1.5 Hr. Sessions/2 x Per Week
    - On-Course Play/1 x Per Month
    - $300 per month
  - Tier 3: Road to College
    - 2 x 2 Hr. Sessions/2 x Per Week
    - On-Course Play/2 x Per Month
    - $400 per month

Learning to Compete 15-18 years

- NCIG Initial Athlete Assessment $150/60 min. (50% back for joining monthly program)
  - NCIG TRAIN, COMPETE, REPEAT MONTLY PROGRAM
  - "Golf Training, Redefined"
  - Tier 1: Play to Improve
    - 1 x 1 Hr. Session/1 x Per Week
    - $200 per month
  - Tier 2: Play to Compete
    - 2 x 1.5 Hr. Sessions/2 x Per Week
    - On-Course Play/1 x Per Month
    - $300 per month
  - Tier 3: Road to College
    - 2 x 2 Hr. Sessions/2 x Per Week
    - On-Course Play/2 x Per Month
    - $400 per month

- After School Program $179.95
  - Aug. 17 - Nov. 18
  - Tues - Weds - Thurs
  - Time 1: 3:30 - 4:30pm
  - Time 2: 4:30 - 5:30am

- Little Linker On-Course $209.95
  - Saturdays
  - Sept. 11 - Nov. 06 (Skip Sept. 25)
  - Tee Times Start @1:15pm

NCIG Initial Athlete Assessment $150/60 min. (50% back for joining monthly program)

- Tier 1: Play to Improve
  - 1 x 1 Hr. Session/1 x Per Week
  - $200 per month

- Tier 2: Play to Compete
  - 2 x 1.5 Hr. Sessions/2 x Per Week
  - On-Course Play/1 x Per Month
  - $300 per month

- Tier 3: Road to College
  - 2 x 2 Hr. Sessions/2 x Per Week
  - On-Course Play/2 x Per Month
  - $400 per month

Northern California Institute of Golf | Fall 2021

Haggin Oaks

SPORTS

Golf for Youth 0-18 Years!
Northern California Institute of Golf | Fall 2021

William Land & Bing Maloney

**Active Start**
0-5 years

**Tots on the Tee / $129.95 (Ages 3-4 years)**

- Aug. 28 - Oct. 9
  (Skip Sept. 4)
  11:15am-12:15pm

**FUNdamental Movements 5-9 years**

- Aug. 21 - Oct. 16
  (Skip Sept. 4)
  Time 1: 8:30 - 9:30am
  Time 2: 10:00-11:00am

**Learning to Golf 8-12 years**

- Aug. 21 - Oct. 16
  (Skip Sept. 4)
  Time 1: 8:30 - 9:30am
  Time 2: 10:00-11:00am

**Emerging Competition 11-14 years**

- Aug. 17 - Nov. 18
  Tues - Weds (@WL)
  Thurs (@BM)
  Time 1: 3:30 - 4:30pm
  Time 2: 4:30 - 5:30am
  Rotates between WL & BM

**Learning to Compete 15-18 years**

- Saturdays
  Sept. 11 - Nov. 06
  (Skip Sept. 25)
  Tee Times Start @1:00pm
  Rotates between WL & BM

**Fun Golf**

- Aug. 17 - Nov. 18
  Tues - Weds (@WL)
  Thurs (@BM)
  Time 1: 3:30 - 4:30pm
  Time 2: 4:30 - 5:30am
  Rotates between WL & BM

**After School Program $179.95**

- Aug. 17 - Nov. 18
  Tues - Weds (@WL)
  Thurs (@BM)
  Time 1: 3:30 - 4:30pm
  Time 2: 4:30 - 5:30am

**Little Linker On-Course $209.95**

- Saturdays
  Sept. 11 - Nov. 06
  (Skip Sept. 25)
  Tee Times Start @1:00pm
  Rotates between WL & BM

*Programs take place at William Land Park unless Otherwise stated.

WL  William Land
BM  Bing Maloney
Skyhawks Flag Football Fueled by USA Football

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

Age: At least 5 but less than 8y 11m 4w  Fee: $79.00  Sessions:5
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17355......................F................9/17-10/15 ...3:00pm-4:00pm

Age: At least 5 but less than 8y 11m 4w  Fee: $79.00  Sessions:6
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17356......................F................9/9-9/29 ...12/3...3:00pm-4:00pm

Age: At least 9 but less than 12y 11m 4w  Fee: $79.00  Sessions:5
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17357......................F................9/17-10/15 ...4:15pm-5:15pm

Age: At least 5 but less than 8y 11m 4w  Fee: $79.00  Sessions:6
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17358......................F................9/17-10/15 ...4:15pm-5:15pm

Skyhawks Basketball

This fun, skill-intensive program is designed for beginning to intermediate players. An active 4 weeks of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs.

Age: At least 6 but less than 9y 11m 4w  Fee: $79.00  Sessions:5
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17361......................W...............9/15-10/13 ....5:00pm-6:00pm

Age: At least 6 but less than 9y 11m 4w  Fee: $79.00  Sessions:6
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17362......................W...............10/27-11/10 ...5:00pm-6:00pm

Age: At least 10 but less than 13y 11m 4w  Fee: $79.00  Sessions:5
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17363......................W...............9/15-10/13 ....6:15pm-7:15pm

Age: At least 10 but less than 13y 11m 4w  Fee: $79.00  Sessions:6
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17364......................W...............10/27-12/1 ...6:15pm-7:15pm

Skyhawks 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.

Age: At least 3 but less than 5y 11m  Fee: $79.00  Sessions:5
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17359......................W.........9/15-10/13 ...4:00pm-4:45pm

Age: At least 3 but less than 5y 11m  Fee: $79.00  Sessions:6
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17360......................W.........10/27-12/1 ...4:00pm-4:45pm

Skyhawks Track and Field

The fundamentals of body positioning, stride, proper stretching and cooldown techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events (activities may vary by area).

Age: At least 5 but less than 8y 11m 4w  Fee: $79.00  Sessions:5
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17351......................T.........9/14-10/12 ...3:00pm-4:00pm

Age: At least 5 but less than 8y 11m 4w  Fee: $79.00  Sessions:6
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17352......................T.........10/26-11/30 ...3:00pm-4:00pm

Age: At least 9 but less than 12y 11m 4w  Fee: $79.00  Sessions:5
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17353......................T.........9/14-10/12 ...4:15pm-5:15pm

Age: At least 9 but less than 12y 11m 4w  Fee: $79.00  Sessions:6
ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME
17354......................T.........10/26-11/30 ...4:15pm-5:15pm
### Kidz Love Soccer - Pre-Soccer

Enjoy running and kicking just like the big kids! Have fun and learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. In accordance with current health restrictions kids will be playing at a distance from each other and will not be sharing equipment. Our coaches will bring enough soccer balls for each child to have their own to use. The focus will be more on skills and individual development as a result of the current accommodations. 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.

**Age:** At least 4 but less than 5  
**Fee:** $132.00  
**Sessions:** 16  
**ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME**  
17149...................... Sa ..........9/25-11/13 ..... 10:10am-10:45am

### Kidz Love Soccer - Soccer 1

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 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.

**Age:** At least 5 but less than 7  
**Fee:** $89.00  
**Sessions:** 5  
**ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME**  
17100...................... M .........9/20-10/18 ..... 4:00pm-4:45pm

### Kidz Love Soccer - Soccer 2

A great introduction to competitive soccer, skills and scrimmages teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal-tending. Kids will scrimmage and learn to play together as a team. From defense and midfield to forward and goalie...kids get exposure to playing every position and have a blast doing it. Appropriate for players of varying skill levels. And... best of all, each participant will receive a soccer jersey! Shin guards are required by the second class. All participants will receive a Kidz Love 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.

**Age:** At least 7 but less than 11  
**Fee:** $89.00  
**Sessions:** 5  
**ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME**  
17102...................... F ...........9/24-10/22 ... 5:00pm-5:45pm

### Kidz Love Soccer - Tot Soccer

Chase the ball! Tot-Soccer helps kids learn to be part of a structured group activity without a parent by their side. Realizing this can be difficult for young children, our field-tested, age specific curriculum builds confidence and promotes physical development in a safe, supportive and fun environment. Tot Soccer focuses on helping kids develop their large motor skills through skill demonstrations and entertaining games like Bugs in the House! These games build skill and self-esteem and prepare tots to start running and kicking-just like the big kids! All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting. Please call KLS Status Hotline 30 minutes prior to class for latest information at 1-888-372-5803.

**Age:** At least 3 1/2 but less than 5  
**Fee:** $89.00  
**Sessions:** 5  
**ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME**  
17097...................... M .........9/20-10/18 ..... 4:45pm-5:20pm

### 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.

**Age:** At least 2 but less than 3 1/2  
**Fee:** $89.00  
**Sessions:** 5  
**ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME**  
17094...................... M .........9/20-10/18 ... 5:30pm-6:00pm

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

**Age:** 4 and up  
**Fee:** $40.00  
**Sessions:** 7  
**ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME**  
17193...................... M ............9/20-10/18 ... 5:30pm-6:00pm
MEASURE U MIDDLE SCHOOL CO-ED FLAG FOOTBALL
Participants will learn the fundamental skills and strategies of Flag Football in this FREE, Youth Development based instructional league geared towards youth in 7th/8th grade. Practices will be held 2-3 days each week with game play on Saturdays. League includes player jersey, weekly swag, playoffs and championship. For additional information please contact (916) 808-4927 or sjensen@cityofsacramento.org with additional questions.

MEASURE U ELEMENTARY CO-ED FLAG FOOTBALL
Participants will learn the fundamental skills and strategies of Flag Football in this FREE, Youth Development based instructional league geared towards youth in 4th-6th grade. Practices will be held 2-3 days each week with game play on Saturdays. League includes player jersey, weekly swag, playoffs and championship. For additional information please contact (916) 808-4927 or sjensen@cityofsacramento.org with additional questions.

AT THESE COMMUNITY CENTERS:
George Sim Community Center
Joe Mims, Jr.-Hagginwood Community Center
Oak Park Community Center
Sam & Bonne Pannell Community Center
South Natomas Community Center

28th & B SK8 and Urban Art Park
*PRESENTLY CLOSED due to COVID-19 precautions, please phone for more Information.

... Skaters are invited to ollie and grind our indoor street course of a bowl, quarter pipes, fun boxes, and grind rails. All sessions are supervised. Participants under 18 are required to wear a helmet and provide a signed Registration General Release. If a participant is over 18 and chooses not to wear a helmet, a General Release must be signed. Knee and elbow pads are strongly encouraged but not required. A limited number of helmets and pads are available to rent for $2 per session. Participants are allowed to ride skateboards, scooters and roller skates at the skate park. No bikes allowed. We are located at Sutter’s Landing Regional Park at 28th and B Street (over the railroad tracks).

Age: 5+    Fee: $3.00
Hours: M-F, 4:00pm - 9:00pm
Sat & Sun, 12:00pm - 9:00pm

Winter Camp (4 day camp, $100)
Monday, December 28-31, 2021
Code 15685

For additional information or questions please contact:
28thandbskatepark@cityofsacramento.org
EXPANDED LEARNING
CHILD CARE

4th “R”

The 4th “R” Provides School-Age Child Care for Kindergartners - 6th graders, emphasizing RECREATION! We have onsite 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, and 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. Call (916) 808-6021, for more information, or contact the 4th “R” nearest you.

Sacramento START is a “FREE” Expanded Learning program for Kindergarten through 6th Grade students with a focus on providing academic support and recreational activities in a safe and caring environment.

For registration information please email Sacramento START: Jmarson@cityofsacramento.org or contact your local Robla School campus.

Programs are available at 5 schools in the Robla School District:

- **Taylor Street Elementary School**
  (916) 826-9289
- **Glenwood Elementary School**
  (916) 825-5838
- **Main Avenue Elementary School**
  (916) 825-3528
- **Robla Elementary School**
  (916) 825-5850
- **Bell Avenue Elementary School**
  (916) 255-7955

AMES EXPANDED LEARNING PROGRAM: START

Age: K - 12
Location: Varies
Dates: School Year 2021/22
Time: 2 pm - 6 pm
Fee: FREE

AMES EXPANDED LEARNING PROGRAM: START

Age: K - 12
Location: Varies
Dates: School Year 2021/22
Time: 2 pm - 6 pm
Fee: FREE

AMES AFTER SCHOOL: MIDDLE SCHOOL

Age: 7 - 8 grade
Location: Sam Brannan Middle School
Dates: School Year 2021/22
Time: 1:15 pm - 6 pm
Fee: FREE

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.

For registration information please email Sacramento START: Jmarson@cityofsacramento.org

- **Sam Brannan Middle School**
  (916) 395-5360
LANDSCAPE & LEARNING (L&L)

A work experience program for youth ages 13-17 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 can be picked up at the Belle Cooledge Community Center (5699 S. Land Park Drive) Monday through Friday from 10am-12pm and 1pm-3pm. Youth Aide application deadline: Wednesday, August 4, 2021 – 4:00pm. Applications for 2021 Fall program cycle will be accepted July 1 - August 4, 2021 (4:00PM) For more information, please call (916) 808-8929.

Age: 14-17
Application Pick-up Location: Belle Cooledge CC
Application Pick-up Times: 10am-12pm and 1pm-3pm starting in Dec
Application Deadline: Early January
Program Dates: (Spring) March - May

PRIME TIME TEEN VIRTUALLY CONNECTED

The Prime Time Teen Virtually Connected program is an eight-week virtual workforce readiness and skill development program available for youth 13-17 years of age. The online program places an emphasis on engaging participants in the development of 21st Century workforce readiness skills and the creation of a small group community service project.

Participants engage in interactive online group sessions to gain knowledge, insight, and be more prepared when they are seeking employment within the workforce environment.

Mon/Wed
Time: 4:30 - 6:30pm
Activity#: Date Range
17050.........8/30 - 10/21

Tue/Thur
Time: 4:00 - 6:00pm
Activity#: Date Range
17086.........8/31-10/21

L&L CREW LEADER RECRUITMENT

Crew Leaders mentor & supervise a crew of 5-12 Youth Aides during the Fall 2021 youth employment program. Crew Leaders are assigned a vehicle to transport tools to the worksite. Each L&L Crew Leader is responsible for providing general park maintenance and clean up in city parks while focusing on the positive development of young people. Crew Leaders must be at least 21 years old by time of appointment and have a valid California Driver’s License. For some assignments Crew Leaders must be 25 years old by time of appointment.

For additional information about this employment opportunity please contact L&L Program Supervisor Angelia Manuel at (916) 808- 5611 or amanuel@cityofsacramento.org with additional questions

Age: 21+
Application Deadline: October 22, 2021
Program Dates: (Fall) October 9 - December 18, 2021

All instructional programming will be online via ZOOM and/or Google Classroom. Instructional groups sessions are held twice a week, two hours a day, for eight-weeks at two different times with additional individual assignments given weekly to complete.

To receive the $300 monetary stipend, a participant is required to attend, participate, and complete online instructional programming group sessions, and community service project activities.

Youth must live within the city limits to participate.
WIOA

A strengths-based, paid work experience program, for high school seniors. WIOA partners with local government, private business and the retail industry. Participants with specific barriers (ex: pregnant and/or parenting, foster youth, homeless) receive training in pre-employment skills such as resume writing, employer expectations, service learning, and navigating college campuses. 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. Applications are now being accepted for 21-22 program year. Application pick-up & drop-off Tuesday & Wednesday 9:00am – 4:30pm Belle Cooledge Community Center, 5699 S. Land Park Drive, Sacramento, CA 95822 For more information call our Youth Employment Office (916) 808-6023.

Age: 17-18
Application Pick-up Location: Belle Cooledge CC
Application Pick-up and Drop-off Times: Tuesdays - Wednesdays, 9:00am - 4:30pm
Program Dates: (21-22 Program) September 07, 2021 - June 30, 2022
Hot Spot nights are back and teens are invited to participate at seven different community center sites, which will rotate and host teen special event nights that include indoor/outdoor sports, swim, movie nights, food trucks and giveaways. Events will follow COVID-safe protocols and preregistration is required.

Ages: 13-17 | Cost to Participant: FREE

**Dates:**

**George Sim Community Center**
7:30-9:30pm
Thursday, August 5, 2021
Silent Disco Party
Friday, September 10, 2021
Extreme Craze Fun Fest

**Joe Mims-Hagginwood Community Center**
7:30 pm – 10:30 pm | Thursdays
August 5, 2021
Movie Night
September 2, 2021
Carnival Night

**Oak Park Community Center**
7:00-9:30pm
Thursday, August 5
#extremegames
Friday, September 24
#funfest

**Sam & Bonnie Pannell Community Center**
7:00 - 9:00 pm | Wednesdays
August 18
The Game of Life
September 15
Total Rec Night

**Southside Clubhouse/Park**
7 pm – 9 pm | Thursdays
August 19, 2021
Silent Disco Dance Party

**South Natomas Community Center**
7:00 - 9:00pm | Thursdays
August 5, 2021
SNCC E-sports Tournament
September 23, 2021
SNCC American Ninja Warrior Show Down
Camp Sacramento has been a cherished place for generations of Sacramento Valley residents. From its inception 100 years ago, Camp Sacramento’s historic “return to nature” focus has offered a unique family getaway experience for participants of all ages to reflect, reconnect, and refresh. What has started as an effort to reintroduce and reintegrate urban population back to natural environment, continued through the decades of camp service to unplug, celebrate the natural environment, and enjoy fellowship and comradery of a camp community.

Today, our programs not only offer fun and engaging one-of-a-kind family getaway to unwind, but also offers intentional environmental education and stewardship opportunities.

Situated on about 14 acres of U.S. Forest Service land in the El Dorado National Forest, Camp Sacramento boasts a serene mountain respite at 6,500ft elevation only a short stretch east from City of Sacramento and just 17 miles from the beautiful South Lake Tahoe. With Family Camp spanning the summer months - 8 Mini Sessions & 3 Week-long Sessions, Camp also serves as a center for workshops, conferences, and organized groups.

Camp Sacramento is a part of the City of Sacramento’s Youth, Parks and Community Enrichment department. As such, Camp provides an essential recreational outdoor opportunity for the resident communities and plays a unique role in raising the awareness of parks and recreation.
**Monthly Zoom Activities**

**Age:** 18 & up  
**Location:** Zoom, virtual  
**Fee:** $30  
**Instructor:** Heather Kopf

Access Leisure provides a variety of monthly Zoom opportunities included but not limited to; weekly Get Fit classes, Yoga, Meditation, Art Activities, Group Games, Dance Parties, Holiday Themed Events, Social Hours, and Movie Nights. Activity times, days, and dates vary monthly to provide opportunities for as many individuals as possible. These activities are designed for young adults and adults with intellectual and/or developmental disabilities. Individuals, families, and care providers who are interested in Zoom and in-person activities should email Heather Kopf, Program Coordinator, at hkopf@cityofsacramento.org for calendar and registration information. *Schedule Exceptions: No activities on City Holidays*

**Monthly Paint & Sip**

**Age:** 18 & up  
**Location:** Zoom, virtual  
**Dates:** Varies  
**Fee:** $15  
**Instructor:** Heather Kopf

Join Access Leisure peers and staff for an evening of step by step painting and socializing. Supplies are provided and include a canvas, paintbrushes, acrylic paints, and a non-alcoholic beverage. This activity is designed for young adults and adults with intellectual and/or developmental disabilities. Individuals, families, and care providers who are interested in Zoom and in-person activities should email Heather Everett, Program Coordinator, at hkopf@cityofsacramento.org for calendar and registration information.

**Book Club**

**Age:** 18 & up  
**Location:** Zoom, virtual  
**Dates:** Th, 4 pm  
**Fee:** $10  
**Instructor:** Heather Kopf

This group is great for all abilities. Join staff to listen or to follow along in the designated book. The book club runs weekly until the group has finished the book. In the final meeting, the group will get together on Zoom to watch the movie version of the book and enjoy some social time. Staff will assist with group discussion and content discussion each week. Individuals, families, and care providers who are interested in Zoom and in-person activities should email Heather Everett, Program Coordinator, at hkopf@cityofsacramento.org for calendar and registration information.

**Champion Group**

**Age:**  
**Open to parents/family members of participants**  
**Dates:** 7 pm  
**Fee:** FREE  
**Instructor:** Heather Kopf

Access Leisure staff meets with parents, family members, and care providers once a month to provide opportunities to discuss various topics, provide resources, and teach new skills. Topics are designed to assist with challenging situations and maintaining health and happiness at home. Examples of topics include self-care tips, coping skills, caregiver fatigue, local resources for individuals with disabilities, and more. Individuals, families, and care providers who are interested in Zoom and inperson activities should email Heather Everett, Program Coordinator, at hkopf@cityofsacramento.org for calendar and registration information.

**Limited in-person activities, events, and camps are now available.**

Options include Get Fit Walking Groups which meet at various City of Sacramento Parks (FREE), as well as several fun and safe social and wellness opportunities (fees vary). If you are interested in participating in in-person Access Leisure programs for young adults and adults with intellectual and/or developmental disabilities, please contact Heather at (916) 808-7970 or hkopf@cityofsacramento.org

Visit our website for details: Calendar - City of Sacramento
Power Soccer
Age: All Ages
Location: Zoom, virtual
Dates:Varies
Fee:Varies
Instructor: Kou Yang

Power soccer isn’t just a game. It’s a way of life. For the coaches, athletes, staff, and volunteers, power soccer builds lifelong relationships while offering opportunities to compete against some of the best teams in the world. If you’re the kind of person that wants to dig deep, fight hard, and prove yourself in the heat of competition, power soccer might just be what you’ve been looking for. Power soccer is the only sport played competitively by individuals using power wheelchairs for mobility. The Sac Valley Flames is the power soccer team of the greater Sacramento Region and welcomes players of all abilities. If you are interested and would like more information, contact Kou Yang, Program Coordinator, at kyang2@cityofsacramento.org.

Virtual Adaptive Recreation & Fitness
Age: All Ages
Location:Zoom, virtual
Dates:Varies
Fee:Varies
Instructor: Kou Yang

Access Leisure is providing virtual adaptive recreation and fitness which includes— but may not be limited to—cardio, strength, conditioning, meditation, yoga, and cross-fit training. This program is designed for any person with physical disabilities. We can all participate in physical fitness regardless of age. For more information on this program or the monthly schedule dates, please email Program Coordinator Kou Yang at kyang2@cityofsacramento.org.
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SPR/ SUM.  2021

COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS
SPR/ SUM.  2021

MARTIAL ARTS

Taï Chi 4 U
The practice of Taï Chi has become very popular 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 Taï Chi health journey in a nurturing environment. Yang Family Style Taï Chi hand and weapon forms are offered at all levels. Guang Ping Yang Style Taï Chi may be offered if there is enough interest. Visitors are welcome. For more information, please visit www.sactc4u.com.

Tai Chi 4 U
Location: Coloma Community Center – Sonora Room
Age: 15+ Fee: $40.00 Sessions: 8
ACTIVITY# WEEKDAY DATE RANGE TIME
17314 M, Th 10/4-10/28 9:00am-10:00am

Age: 15+ Fee: $40.00 Sessions: 9
ACTIVITY# WEEKDAY DATE RANGE TIME
17313 M, Th 10/4-10/28 9:00am-10:00am

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).

Tang Soo Do Karate
Location: Didion Gym
Age: 13+ Fee: $60.00 Sessions: 12
ACTIVITY# WEEKDAY DATE RANGE TIME
17350 M, W, Th 10/4-10/28 7:45pm-8:45pm

Age: 13+ Fee: $60.00 Sessions: 12
ACTIVITY# WEEKDAY DATE RANGE TIME
17349 M, W, Th 10/4-10/28 7:45pm-8:45pm

Age: 13+ Fee: $60.00 Sessions: 14
ACTIVITY# WEEKDAY DATE RANGE TIME
17348 M, W, Th 9/1-9/30 7:45pm-8:45pm

DANCE

Zumba Fitness
Zumba is a dance fitness program that provides an exciting atmosphere full of Latin, Hip Hop, and international music. Zumba is fun, effective, easy to do, and promotes the perfect balance of cardio and toning. You can burn anywhere from a few hundred calories to 1000 calories in 1 hour! You’ll have so much fun you’ll forget you’re exercising! If you do not believe us, come see for yourself!
Location: Coloma Community Center

Zumba Fitness
Age: 9+ Fee: $15.00 Sessions: 3
ACTIVITY#. WEEKDAY DATE RANGE TIME
17297 Th 11/4-11/18 6:00pm-6:50pm

Age: 9+ Fee: $20.00 Sessions: 4
ACTIVITY#. WEEKDAY DATE RANGE TIME
17294 T 10/5-10/26 6:00pm-6:50pm

Age: 9+ Fee: $25.00 Sessions: 5
ACTIVITY#. WEEKDAY DATE RANGE TIME
17295 T 11/2-11/30 6:00pm-6:50pm

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.

Scandinavian Dance
Age: 13+ Fee: $48.00 Sessions: 8
ACTIVITY#. WEEKDAY DATE RANGE TIME
17303 M 10/25-12/13 6:45pm-9:00pm

Scandinavian Dance (Drop In)
Location: Coloma Community Center
Age: 13+ Fee: $7.00 Sessions: 1

ACTIVITY#. WEEKDAY DATE RANGE TIME
17272 M 9/13-9/30 6:45pm-9:00pm
17273 M 9/20-9/27 6:45pm-9:00pm
17274 M 9/27-10/4 6:45pm-9:00pm
17275 M 10/4-10/11 6:45pm-9:00pm
17276 M 10/11-10/18 6:45pm-9:00pm
17277 M 10/18-10/25 6:45pm-9:00pm
**Energetic Meditation**

Increase your energy and ability to focus while alleviating stress at the Energetic Meditation class. This class is a 6-week session that is open to 18+. Registration must be completed prior to attending the class. Online or in-person registration is available. There is a $5 supply fee for this class. For more information, please contact: Rick at brujo2030@comcast.net

Location: Southside  
Age: 18+  
Fee: $5.00  
Sessions: 6  
ACTIVITY #. WEEKDAY . DATE RANGE . TIME  
17219...........T..............9/15-9/29.............6:30pm-8:00pm

**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 basic 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.

Location: McKinley Park  
Age: 17+  
Fee: $80.00  
Sessions: 8  
ACTIVITY #. WEEKDAY . DATE RANGE . TIME  
16271..........M,W..........9/13-10/6.............6:30pm-7:30pm

**Pilates at Coloma**

Pilates builds strength and flexibility, which will sculpt your body into a longer, leaner, stronger version of yourself. Pilates focuses a lot on strengthening your core, which helps with spinal stabilization, helping protect your body from back injuries and allowing you to stand taller and stronger. All levels are welcome. The instructor offers modifications. The instructor offers Essential Oils (optional)Bring your own Yoga Mat. If you have any questions, please email: Karengortiz@gmail.com

Location: Coloma Community Center  
Age: 18+  
Fee: $25.00  
Sessions: 4  
ACTIVITY #. WEEKDAY . DATE RANGE . TIME  
17328..........W..........9/13-10/6.............6:30pm-7:30pm  
17329..........W..........9/20-10/7.............6:30pm-7:30pm  
17330..........W..........9/27-10/14.............6:30pm-7:30pm  
17331..........W..........10/4-10/21.............6:30pm-7:30pm  
17332..........W..........10/11-10/28.............6:30pm-7:30pm  
17333..........W..........10/18-11/4.............6:30pm-7:30pm  
17334..........W..........10/25-11/1.............6:30pm-7:30pm  
17335..........W..........11/1-11/8.............6:30pm-7:30pm  
17336..........W..........11/8-11/15.............6:30pm-7:30pm

**Mixed Level Yoga**

Start your Monday, Wednesday, and Friday 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.

Location: South Natomas Community Center  
Age: 18+  
Fee: $35.00  
Sessions: 13  
ACTIVITY #. WEEKDAY . DATE RANGE . TIME  
17346......M, W, F......9/1-9/29..............9:00am-10:00am  
17347......M, W, F......10/1-10/29..............9:00am-10:00am

**Yoga at Coloma**

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. We explore the body’s range of motion with standing postures, twists, backbends, forward folds, and hip openers. Class concludes with Restorative Yoga postures which settle the body and mind. All levels welcome. Instructor offers modifications Instructor offers Essential Oils (optional)Bring your own Yoga Mat. If you have any questions, please email: Karengortiz@gmail.com

Location: Coloma Community Center  
Age: 18+  
Fee: $25.00  
Sessions: 4  
ACTIVITY #. WEEKDAY . DATE RANGE . TIME  
17317......M..............9/6-9/27..............5:30pm-6:30pm  
17333......M..............10/4-10/25..............5:30pm-6:30pm

**Yoga at Coloma (Drop-In)**

Location: Coloma Community Center  
Age: 18+  
Fee: $5.00  
Sessions: 1  
ACTIVITY #. WEEKDAY . DATE RANGE . TIME  
17318......M..............9/1.................5:30pm-6:30pm  
17319......M..............9/8.................5:30pm-6:30pm  
17320......M..............9/15..............5:30pm-6:30pm  
17321......M..............9/22..............5:30pm-6:30pm  
17322......M..............9/29..............5:30pm-6:30pm  
17323......M..............10/6..............5:30pm-6:30pm  
17324......M..............10/13..............5:30pm-6:30pm  
17325......M..............10/20..............5:30pm-6:30pm  
17326......M..............10/27..............5:30pm-6:30pm
**Beginning Dog Obedience**

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.

Location: Tahoe Park

Age: 14+  Fee: $160.00  Sessions: 4

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**Inter/Adv Dog Obedience**

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.

Location: Tahoe Park

Age: 14+  Fee: $80.00  Sessions: 3

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Age: 14+  Fee: $80.00  Sessions: 4

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Beginning Japanese Taiko Drumming Class with Kristy Oshiro

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 4-week session will feature a new taiko song for students to learn, so participants can take the class again and again. No prior experience required; new students of all physical and musical abilities are welcome. All equipment is provided; comfortable clothing and footwear recommended. Inquire about upcoming session registration fees, dates and register in advance at the Center.

Intermediate Japanese Taiko Drumming Class with Kristy Oshiro

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 questions and instructor permission, please contact Kristy Oshiro at kristyoshiro@gmail.com. All equipment is provided; comfortable clothing and footwear recommended. Inquire about upcoming session registration fees, dates and register in advance at the Center.

Beginning Line Dance

Free In-Person Classes Starting August 5th on Thursdays, 8:15 am- 8:45 am

Our Beginning Line Dance class is designed to serve as an introduction to the basic line dancing steps, terminology, and techniques needed to join our lively group of dancers. Participants may then join the 9am class so they can apply what they’ve learned. Register using the link below or call the Hart Center (916) 808-5462.

Registration Link: http://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/13953

Line Dancing

Free In-Person Classes Thursdays from 9am-10am

Come join the lively Line Dancing class on Thursdays! The level of difficulty is the improver level (high beginner) to intermediate level. Both men and women are encouraged to come kick up their heels to a variety of music genres including country, pop, and Latin. Please self-register for the free class using the link below or contact the Hart Center at 916-808-5462.

Registration Link: http://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/13881
PHYSICAL & SOCIAL ACTIVITIES

Qi Gong Meditation And Movement
Mondays from 12am-1pm

Sheng Zhen Qi Gong is a form of gentle Sitting and Standing Movements practiced for thousands of years to exercise joints & muscles which increase core strengthen & balance. The Meditations facilitate a state of wellbeing & oneness with the universe.

The online and in-person class will be led by, Jan Polin, a Beijing certified instructor. All levels are welcome. To register, please call the Hart Center at (916) 808-5462.

Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.*

Strength & Balance

Come join this lively fitness group led by Joe Miguel. Participants will improve their health and fitness while being encouraged to work within their own comfort zone and physical abilities: flexibility and movement, correct breathing, strength training, and regaining balance abilities. Hand weights and dyna-bands for strength building and toning are used. Newcomers are welcome. Participants should bring their own water bottle, hand weights, and bands. Register for the free class below or call the Hart Center at 916-808-5462.

Registration Link: http://apm.activecommunities.com/cityofsacpark-sandrec/Activity_Search/13084

Virtual Beginning Somatic Muscle Release
Tuesdays and Fridays from 12:30pm-1:30pm (ongoing course)

Beginning Somatic Muscle Release is a form of movement designed to reverse the effects of aging. By making our unconscious movement patterns conscious, we can begin to reverse years of stress and trauma held in the body. All movements are gentle and easeful, done lying on a yoga mat or blanket. Come to re-experience the deliciousness of your own natural movement!

Linda Eisenman has studied meditation and yoga for over 30 years, and in 2020 studied Hanna Somatic through the Novato Institute. She is endlessly fascinated with the movement of the human body. Her goal is to see every senior citizen supple and conscious in their movements. Call the Hart Senior Center to register.

Course Registration Fee: Varies Monthly
*Zoom Meeting Link will be provided the day before class.*

Virtual Zumba Toning with Kelly
VIRTUAL ZUMBA TONING WITH KELLY (ON HIATUS)
Tuesdays from 10am-11am (contact the Hart Senior Center for monthly registration link)

This virtual class incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more. Join us on Zoom to discover how easy and fun losing weight, toning your muscles, and getting in shape can be! Beginners are always welcome; this class is for all levels and shapes. Call the Hart Senior Center to register.

Course Registration Fee: $25 for 5 classes
Class instructions for Zoom will be provided to registrants the day before class starts.

CHAIR YOGA with Linda Ching
Mondays and Wednesdays from 1pm-2pm

Gain the benefits of yoga, increase flexibility, strength, and balance, all with the support of a chair. This gentle form of yoga makes it possible for anyone to do. Perfect for those returning or new to yoga, rehabilitating, or with less flexibility and/or balance. Provide your own mat and wear comfortable clothing.

Born and raised in Sacramento, Linda Ching began her conversion from Jazzercise to yoga in 2009. She loves to move and exercise! Practicing yoga has alleviated the problems of high impact exercise and given her more flexibility and balance. Trained as an optometrist, Linda is shifting her focus from eyes to life coaching and teaching yoga. Linda completed her 200-hour teacher training early this year. Community service is a high priority for this 19 gallon blood donor. She also loves to motivate and encourage people to take bold action, whether for fitness or for their lives. Please welcome Linda and join us every Monday and Wednesday at 1 pm for Chair Yoga! To register, call the Hart Senior Center’s at (916) 808-5462.

FEE: Varies Monthly
No-Bake Baking
Have fun making yummy treats at home by subscribing to our monthly No-Bake Baking recipes! Every first Thursday of the month, you will receive an email with a recipe to make and enjoy a delicious treat! To sign up, please email Laura Argueta at Largueta@cityofsacramento.org

Craft n’ Chat Is Back!

Free In-Person Meetings Thursdays at 10am-12pm
Join our crafty participants as they chat while working on projects including sewing, quilting, crochet, weaving, knitting, needle point, drawing, coloring, paper crafts, jewelry, and more. No formal instruction provided. Participants supply their own projects and materials. Come craft and chat with us! Register for class using the link below or call the Hart Center at 916-808-5462.

Registration Link: http://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/13911

Creative Improv Writing Group

Thursdays from 3pm-4:30pm
Creative Improv is writing group that focuses on creative writing using the fine mix of imagination and experience. This type of writing responds to various conceptions of genre, audience, voice, arrangement, and style. This offering prompts its participants to dive into their knowledge about new media literacies, rich rhetorical situations, and the multiple perspectives that are inherent in any writing activity. Come join us in-person or through Zoom on Thursdays to share, explore and build on your creative writing! Materials are provided. Call the Hart Senior Center at 916-808-5462.

Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.*
Registration Link: https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/12581

Folk Art @ Home Series

Bi-Weekly on Fridays through Email Subscription
Want to enjoy creating art in the comfort of your own home? Subscribe to the Folk Art @ Home bi-weekly email subscription. Marie Taylor brings you around the world in her articulated lesson plans! Call Hart Center today to sign up for these free art lessons at 916-808-5462 or self-register below.

Registration Link: https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/11837

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Books With Hart
First Fridays of the Month
10AM-11:30AM
(ongoing course)
Books with Hart discussions are held on the first Fridays of the month, but with a twist: virtual meetings! Please email contact@saclibrary.org for more information on meeting access and to borrow a copy of the book each month.

Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.*

Life History Writing Group
Tuesdays from 10am-12pm (ongoing course)
Interested in stimulating your memory and preserving the tales of your life for generations to come? Join Life History Writing in-person and through Zoom! Members of the class meet to write the stories of their lives. Participants write and share a story each week with the class. Encouragement and constructive advice will be provided to writers. To register, call the Hart Center at 916-808-5462.

Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.*
Registration Link: http://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/12582

Poetry Writing Workshop
Tuesdays 2pm-3:30pm
Join the Poetry Writing Workshop in-person or through Zoom for some poetic inspiration and motivation! The workshop is facilitated by Olga Blu Browne and Joyce Odam. Members are encouraged to share an original poem each week and receive positive comments from others. Call the Hart Senior Center to register for free.

Course Registration Fee: FREE
*Zoom Meeting Link will be provided the day before class.*
Virtual Bingo for Seniors

Thursdays from 11:30pm to 1pm (ongoing course)

Join us on Zoom for a fun afternoon of Bingo while you stay safe at home! Zoom is an audio and video application that works on smart phones, tablets, and computers. Never used Zoom? We will send you everything you need to know after you sign up to play. Winners will receive prizes. To sign up, email Laura Argueta, largueta@cityofsacramento.org.

Course Registration Fee: FREE! *Zoom Meeting Link will be provided the day before class. *

Techconnections (Hart Senior Center)

Need Technology Help? Sheltering at home during the COVID pandemic can make for some very lonely days. Not being able to get out to see family and friends is no fun! During this tough time, many people have learned that technology – smart phones, tablets, and computers – can be a lifesaver. Zoom meetups with friends and family and online art classes, book clubs or bingo can all bring a little joy into a long day at home. The possibilities are endless!

But we all know that technology has its challenges. Perhaps you have had a tough time getting your tech devices to do what you would like them to do. Or maybe you would like to try Zoom but are not sure how to get started. If so, the staff at Ethel Hart Senior Center would like to help! Call Hart Senior Center at 808-5462. Simply tell us what issues with technology you are having, or what you’d like to do with your tech devices at home. We will ask a few basic questions then link you up with a staff person to provide some help over the phone. We look forward to hearing from you!

Course Registration Fee: FREE *Zoom Meeting Link will be provided the day before class. *

TRIPLE–R AT HOME

Fun Online Social Activities and Exercise for People with Dementia

While we are all at home, Triple-R has a safe and fun way to connect with others online. Come experience the camaraderie of Triple-R by participating in our virtual meetups where we play games, laugh, exercise and have fun together. The City of Sacramento's Older Adult Services division operates Triple-R Adult Day Centers which provide socialization, recreation, and personal care for seniors with dementia while their family caregivers take a break or go to work. In response to the COVID-19 pandemic, Triple-R has moved its social activities online, providing both live and “on demand” virtual opportunities for people with dementia.

Live Classes via Zoom

Monday - Friday
11:00am - 12:00pm via Zoom

Fee: First session free after brief orientation, $40 per month, provides access to all sessions. Brought to you in the comfort of your own home! All activities are appropriate for people with dementia. See below for Caregiver Connection activities on Wednesdays and Fridays. For more information on how to participate, please contact Misa Takagi at mtakagi@cityofsacramento.org

Live Classes via Zoom

Monday-Friday
Weekly Wednesdays and Fridays

Time varies depending on activity via Zoom Triple-R recognizes that caregivers are also in need of relaxation. Whether you choose to learn origami, play Bunco, join our Nature Group or just chat with other caregivers at our online Caregiver Café, you are sure to enjoy the company of others and have some fun.

Dementia Education

We are now several months into staying at home due to COVID-19. If you are finding it frustrating to communicate with loved one, need some tips on how to make things easier at home or just want to talk to other people who are in the same situation as you are, we have resources for you!

Caregiver Education

Del Oro Caregiver Resource Center: Joyful Moments Series- starts October 9th

When caring for an older adult, especially one who has a chronic condition or memory impairment, how do you keep them stimulated and keep their spirits up? As the pandemic limits opportunities to go outside of the house, how do you attend to your own well-being as you care for your loved one? In this seven-week series, join activity specialists from the Hummingbird Project as they teach you tips and tricks for engaging your loved one in a variety of hands-on activities that promote socialization, physical and spiritual wellness, and creative expression. Not only will your loved one benefit from these guided sessions, but you will, too! As part of this program, you will receive your own set of Joyful Moments cards with detailed instructions for each activity along with specially curated supplies. Rediscover the joy of being together as you build some beautiful memories.

Sign up now as space is limited: https://tinyurl.com/yyyy2hd4j

Mental Health and Caregiver Respite Resources

Monthly Online Dementia Caregiver Support Group

Support group meetings provide education and emotional support so that caregivers do not feel alone, especially during this unprecedented time. Those providing care for their loved ones with dementia have a wealth of experience to share with each other and can also look to each other for support and advice. During the COVID-19 outbreak, all support group meetings have moved to phone and online check-ins. The monthly support group facilitated by Triple-R Program Coordinator, Chantell Albers, in partnership with the Alzheimer’s Association is now offered by phone. The meeting takes place the second Friday of every month from 11a.m.-12p.m. To register for this free service, please contact Denise Davis at dddavis1@alz.org.

24/7 Alzheimer’s Association Helpline

The Alzheimer’s Association 24/7 Helpline (800-272-3900) is available around the clock, 365 days a year. Through this free service, specialists and master’s-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

Friendship Line California

This is a toll-free line that provides emotional support to older Californians facing loneliness, isolation and anxiety. The number is 1-888-670-1360.

Respite Support

If you need in-home respite, please contact our community partner, Del Oro Caregiver Resource Center at (916) 728-9333 for more information about how you can receive additional help while you are providing care for a loved one at home.
TRIPS & TOURS

SUMMARY

For over twenty years, the City of Sacramento has offered a highly successful recreation adult travel program. Enjoy site-seeing, shopping, dining and entertainment with us. Trips vary from affordable day trips to 10 day excursions. Transportation and accommodation fees are included in the trip cost.

UPCOMING TRIPS IN 2021

OCTOBER

Safari West in Santa Clara - $129

Discover Africa in heart of wine country on this adventure. Arrive in Santa Rosa area to begin the adventure. Go in search of herds of wildebeest, romping rhinos and towering giraffes. From ring-tailed lemurs to dazzling zebras, over 1,000 animals call the 400 acres preserve home. Instead of viewing the animals from the outside of their enclosures, climb aboard the special safari vehicles with a guide and drive among the animals. Walk through the aviary to see many types of colorful birds and stroll along the lakeside to see the shades of red and pink of the flamingos. A delicious BBQ lunch is included.

NOVEMBER

San Francisco Day - $65

Two drop offs - Pier 39, always lots to do like check out the Pier 39 Aquarium, walk the Wharf OR visit Union Square to shop, see the huge Christmas Tree, see what the latest gingerbread masterpiece at the Westin.

MARCH 2022

Ironstone Vineyards - $125

Welcome to this beautiful winery located in the heart of Murphy’s. This trip includes but is not limited to a walking tour through the wine estate, Gold’s museum, and underground cellar, as well as a wine tasting and lunch. This outdoor venue has plenty of room to enjoy a beverage or beverage flight on the outdoor patio and garden areas throughout the estate.

REGISTRATION AND PARTICIPATION

To register for your next getaway, visit
http://www.cityofsacramento.org/ParksandRec/Recreation/Trips-and-Tours
VIRTUAL TOURS AND LIVE CAMS

Aquariums & Zoos
Georgia Aquarium
Reid Park Zoo Live Cams
Seattle Aquarium
Smithsonian's National Zoo

Destination Sites & Art Galleries
Ellis Island
Glacier National Park Webcams
Grand Canyon National Park
Louvre Museum
National Gallery of Art
Van Gogh Museum
Volcanoes National Park (Visual/Audio Tour)
Uffizi Gallery