Summer Program Registration is now open!

There are multiple ways to register:

**Online**
visit [https://apm.activecommunities.com/cityofsacparksandrec](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</th>
<th>Sacramento, CA 95814</th>
</tr>
</thead>
<tbody>
<tr>
<td>Park Permits &amp; Reservations</td>
<td>916-808-6060</td>
<td>4623 T Street, Suite B</td>
<td>Sacramento, CA 95819</td>
</tr>
</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

<table>
<thead>
<tr>
<th>YPCE Executive Team</th>
<th>Parks and Community Enrichment Commission</th>
<th>Sacramento Youth Commission</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mario Lara</td>
<td>Director</td>
<td>Mayor</td>
</tr>
<tr>
<td>Shannon Brown</td>
<td>Assistant Director</td>
<td>Chair Rita Gallardo Good</td>
</tr>
<tr>
<td>VACANT</td>
<td>Park Maintenance Manager</td>
<td>District 1: Sumit Mehta</td>
</tr>
<tr>
<td>Raymond Costantino</td>
<td>PPDS Manager</td>
<td>District 2: VACANT</td>
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<tr>
<td>Jackie Beecham</td>
<td>Community Enrichment Division Manager</td>
<td>District 3: David Guerrero</td>
</tr>
<tr>
<td>Monica Bianco</td>
<td>Youth Division Manager</td>
<td>District 4: Kai Hermann</td>
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<tr>
<td>Raymond Rodriguez</td>
<td>Support Services Manager</td>
<td>District 5: Joe Flores</td>
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<td></td>
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<td>District 6: Victoria Vasquez</td>
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<td>District 7: Vice Chair Devin Lavelle</td>
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<td></td>
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<td>District 8: Jeanine Gaines</td>
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<td></td>
<td></td>
<td>At large Jason Law</td>
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<td></td>
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<td>At large Terri Kletzman</td>
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<td>District 5: Patrick Hsu</td>
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</tbody>
</table>

### Access for All

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

“Like” us on Facebook!
www.facebook.com/YouthParksCommunityEnrichment/
# Table of Contents

**Access Leisure** .......... 36-37  
**Adult Fun** ............... 40-41  
**Aquatics** ................. 20-21  
Program Descriptions .............. 20  
Swim Lessons Descriptions ........ 21  
**Camp Sac** ................. 34-35  
**Community Centers** ........ 18-19  
Belle Cooledge CC ............... 18  
Coloma CC .................... 18  
Evelyn Morre CC ............... 18  
Southside CH .................. 18  
George Sim CC ................. 19  
Joe Mims Jr. Hagginwood CC .... 19  
Oak Park CC .................. 19  
Sam and Bonnie Pannell CC ...... 19  
South Natomas CC ............. 19  
**Community Gardens** ...... 12-13  
**Community Recreation** ... 38-39  
Dog Obedience .................. 38  
Table Tennis ................... 39  
**Parks** ...................... 14-17  
Parks & Facilities Map .......... 14-15  
Parks Permits .................. 16-17  
**Older Adult Services** .... 42-47  
Hart Senior Center Courses ...... 42-46  
Triple – R Adult Day Center ...... 47  
**Trips & Tours** .......... 48-49  
**Youth and Teens** ........ 22-33  
28th & B SK8 Park ................ 25  
Basketball ...................... 24  
Early Learning .................. 22  
Expanded Lerning Childcare ...... 27-28  
4th R & START .................. 27  
Gymnastics ..................... 22  
Martial Arts .................... 22  
Music & Arts .................. 23  
Recreation Explorer Camp ....... 29  
Sports ......................... 24-26  
Afterschool Programs & Day Camps .......... 28-29  
Youth Employment ............. 30-31  
Youth Civic Engagement ........ 32-33  
**YPCE News** ............... 4-11  
Message from the Director .......... 4  
Art Contest Winner ............. 5  
Park Renovations ............... 6-8  
COVID-19 Information .......... 9  
Come Out and Play Card .......... 10  
Parks and Recreation Month ........ 11
A Message from the Director of YPCE, Mario Lara

National Recreation and Park Association (NRPA) research shows that inequitable access to parks remains a barrier to lifesaving benefits and that people are more likely to be park users if they live near one. This reality is true of many communities, not just ours here in the City of Sacramento. In its most recent ranking of the 100 most populated US cities, the Trust for Public Land included Equity as one of the five categories evaluated to determine overall ParkScore index. City of Sacramento ranked 31 out of 100 in the 2021 Trust for Public Land ParkScore ranking. Trust for Public Land information can be accessed here: 2021 ParkScore® Index | The Trust for Public Land (tpl.org)

It is critically important for all of us to remain committed to closing the park equity gaps, and this will continue to be a focus of the Youth, Parks, and Community Enrichment Department (YPCE – pronounced Yip-See). We are currently updating the Parks Master Plan and have conducted numerous surveys and stakeholder meetings to learn what the needs of the community are, and how the community wants and expects us to address equity. We anticipate the adoption of an updated Park Master Plan in the upcoming year; but have already been taking steps to apply the equity lens in everything that we do.

As we approach the end of 2021, it is important to reflect on the work done while keeping equity as a major consideration in all that we do. For example, despite the continuing challenges of a global pandemic, YPCE offered a wide range of both in-person and virtual programming at multiple community centers, school sites, pool facilities, and parks across the city. More scholarship opportunities than ever were made available to ensure that cost wasn’t a barrier, additional sites were added for summer camps; vaccination clinics were conducted in underserved communities in partnership with other entities; all outdoor spaces including over 220 developed parks and an historic cemetery remained open to the public and were maintained on a regular basis. Sports field allocation and park rentals and reservations resumed in alignment with public health orders. Staff also responded to fire emergencies impacting Camp Sacramento as well as weather related emergencies through the opening of warming/dry centers and cooling centers, when they were necessary, to support the unhoused and less fortunate individuals in our community. Many new park spaces were brought online with additional amenities including futsal courts, pickleball courts, heated pools, and a new outdoor fitness center. Many volunteer activities, clean up and tree planting events were conducted giving members of the community an opportunity to participate in and take ownership of their parks.

The YPCE team takes great pride in delivering quality programs and services for people of all ages and abilities. We appreciate your feedback and participation. We look forward to continuing to serve you in 2022.

Mario Lara, Director of Youth, Parks, & Community Enrichment Department
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

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.”

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 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.

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.
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.

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.

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

Airfield Park is a 9.4-acre community park in North Natomas. Phase 1 developed 4.4-acres, with a compass rose central plaza, surrounded by a children’s aeronautical themed playground with an airplane and 60-foot track ride, a large group picnic area with seating for 60, two shade structures, a serving table and a large group grill, table tennis and two cornhole games, individual picnic tables, benches, trash receptacles, a water-efficient irrigation system, open turf areas, drought tolerant landscaping, large shade and seasonal color trees, a drinking fountain, and bike racks.
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.

YPCE staff will continue to offer customer service via phone (916-808-6060) and email at sccrecreation@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.
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!

Click each step for a video tutorial. You can also right click on each to open video in a new tab. If using print friendly version of catalog, Click Here.
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
Community Gardens

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

LET’S GET GROWING... GROW WITH US!

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 Jr.
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 Pkwy

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.*
Parks & Facilities

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

Legend
- Parks
- Community Centers and Facilities
- City Operated Swimming Pools
- City Operated Wading Pools

Community Centers

<table>
<thead>
<tr>
<th>Community Center</th>
<th>Days of Operation</th>
<th>*Hours of Operation</th>
<th>Meeting Rooms</th>
<th>Multi-Purpose Rooms</th>
<th>Warming Kitchen</th>
<th>Auditorium/Stage</th>
<th>Dance Room</th>
<th>Fitness/Weight Room</th>
<th>Senior Meal</th>
<th>Computer Access</th>
<th>Program Registration Site</th>
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<tbody>
<tr>
<td>Belle Coolidge Community Center</td>
<td>Tue, Thu &amp; Fri</td>
<td>12:00 Noon - 5:00 PM</td>
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<td>Coloma Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 4:00 PM</td>
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<tr>
<td>East Portal Clubhouse</td>
<td>Room available for rental</td>
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<tr>
<td>Evelyn Moore Community Center</td>
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<td>George Sim Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 9:00 PM</td>
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<td>Hagginwood Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 8:00 PM</td>
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<td>Oak Park Community Center</td>
<td>Mon-Fri</td>
<td>9:00 AM - 9:00 PM</td>
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<tr>
<td>Sam &amp; Bonnie Pannell Community Center</td>
<td>Mon-Fri</td>
<td>8:30 AM - 9:00 PM</td>
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<tr>
<td>South Natomas Community Center</td>
<td>Mon-Fri</td>
<td>8:30 AM - 9:00 PM</td>
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<tr>
<td>Woodlake Clubhouse</td>
<td>Room and Kitchen available for rental</td>
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<tr>
<td>E.M. Hart Senior Center</td>
<td>Mon-Fri</td>
<td>8:30 AM - 5:00 PM</td>
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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
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: 916-808-6060

*While our public counters remain closed at this time, staff can be reached by phone, Monday – Thursday, 9am – 1pm.
COMING OUT & PLAY  CLASSES, PROGRAMS & EVENTS  COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS  COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

COLOMA COMMUNITY CENTER

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

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

Reservations 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.

SOUTHSIDE CLUBHOUSE

2051 6th St.
Sacramento, CA 95818

Hours of Operation:*
M-W, F 9am-1pm
Tu, Th 2pm-8pm
Sat 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.

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.

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

Winter/Spring 2022

Winter/Spring 
2022
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

SOUTH NATOMAS COMMUNITY CENTER

3271 Marysville Blvd.
Sacramento, CA 95815
(916) 808-6439

Hours of Operation:* M-F 9:00am-8:00pm
Sat 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) fby 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 9:00am-6:00pm

The Oak Park Community Center located in the heart of Oak Park, is a gathering place for people to come together to stretch their recreational horizons, have fun, learn new things and make friends. 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.

SAM & BONNIE PANNELL COMMUNITY CENTER

2450 Meadowview Rd
Sacramento, CA 95832
(916) 808-6680

Hours of Operation:* M-F 9:00am-6:00pm
Sat: Rental Only

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.

GEORGE SIM COMMUNITY CENTER

6207 Logan St
Sacramento, CA 95824
(916) 808-3761

Hours of Operation:* M-F 9:00am-9:00pm
Sat 10am-2pm

Reservation Information
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

2921 Truxel Rd.
Sacramento, CA 95833
(916) 808-1571

Hours of Operation:*
M-F 7:30am-6:00pm
(Now open Fridays!)
Sat: Rentals Only

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
Sat 10am-2pm

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, indoor sporting activities, conference centers, and state and local government offices serving the public.

*please note Hours of Operation above applies to our current COVID state for pre-registered programs only.
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+)

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

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.

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
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 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 front and back. Prerequisites: Must be able to 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 pool. No other swim skills are required to take this class.

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 both their front and back with the aid of a floatation device for 10 seconds while their face is submerged in the water. Must be able to float on both their front and back with the aid of a floatation device for 10 seconds while their face is submerged in the 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 front 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 water.

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 4 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.
 EARLY LEARNING

**Zumbini**

Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance, and educational tools for 45 minutes of 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: Less than 4y 11m  Fee: $100.00  Sessions: 6

ACTIVITY# ......WEEKDAY ..DATE RANGE ...TIME
17907 ..........Sa ..........2/26-4/2.........11:00am-11:45am

**Zumbini (Free)**

Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance and educational tools for 45 minutes of bonding, learning, and fun! Open to the child and Mom, Dad, Grandma, or any caregivers.

Location: Coloma Community Center in the Auditorium

Age: 0-4  Fee: $0.00  Sessions: 1

ACTIVITY# ......WEEKDAY ..DATE RANGE ...TIME
17908 ..........Sa ..........2/19-2/19 .......11:00am-11:45am

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: 13

ACTIVITY NUMBER ...WEEKDAY ...DATE RANGE ...TIME
17439 ......................T,Th ............12/2-12/28 ....5:30pm-7:30pm
17498 ......................M-T,Th .......12/2-12/30 ....6:45pm-8:00pm
17748 ......................M-T,Th ......1/3-1/31 ......6:45pm-8:00pm

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: 7

ACTIVITY NUMBER ...WEEKDAY ...DATE RANGE ...TIME
17439................. ,T,Th..........12/2-12/28 ....5:30pm-7:30pm

Age: 5+  Fee: $55.00  Sessions: 8

ACTIVITY NUMBER ...WEEKDAY ...DATE RANGE ...TIME
17761................... ,T,Th......1/4-1/27 .......5:30pm-7:30pm
17762................... ,T,Th......2/1-2/24 .......5:30pm-7:30pm

Age: 5+  Fee: $55.00  Sessions: 10

ACTIVITY NUMBER ...WEEKDAY ...DATE RANGE ...TIME
17763................... ,T,Th......3/7-3/31 .......5:30pm-7:30pm

**Yang Tai Chi**

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.

Location: Genevieve F. Didion School Gymnasium

Age: 13+  Fee: $60.00  Sessions: 13

ACTIVITY NUMBER... WEEKDAY...DATE RANGE ...TIME
17498.................. M-T,Th ......12/2-12/30 ....6:45pm-8:00pm
17748.................. M-T,Th ......1/3-1/31 ......6:45pm-8:00pm

Age: 13+  Fee: $60.00  Sessions: 12

ACTIVITY NUMBER... WEEKDAY...DATE RANGE ...TIME
17749.................. M-T,Th ......2/1-2/28 ......6:45pm-8:00pm

Age: 13+  Fee: $60.00  Sessions: 14

ACTIVITY NUMBER... WEEKDAY...DATE RANGE ...TIME
17750.................. M-T,Th ......3/1-3/31 ......6:45pm-8:00pm
**Kids R It: Dance: Ballet, Tap, and 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 steps, 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: 2-7 Fee: $60.00 Sessions: 2
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17742.............F.............12/2-12/9..........5:30pm-6:30pm

Age: 2-7 Fee: $60.00 Sessions: 4
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17743.............F.............1/6-1/27..........5:30pm-6:30pm
17792.............F.............2/3-2/24..........5:30pm-6:30pm
17793.............F.............3/3-3/24..........5:30pm-6:30pm

**Kids R It: School Dance**

Introduction to dance curriculum includes, 5 ballet positions, ballet terminology, and the fundamentals. The small classes insure individualized challenging curriculum based on individual ability, in a fun positive environment, while dancers develop coordination, good posture, and body awareness. Classes provide a fun, positive environment. All are invited to perform in our annual recital. For additional information 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: South Natomas Community Center

Age: 3-4 Fee: $60.00 Sessions: 4
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17632.............F.............1/7-1/28..........3:15pm-4:15pm
17794.............F.............2/4-2/25..........3:15pm-4:15pm
17797.............F.............3/4-3/25..........3:15pm-4:15pm

**Kids R It: BegElementary School Dance**

Age: 5-9 Fee: $60.00 Sessions: 4
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17642.............F.............1/7-1/28..........4:15pm-5:15pm
17795.............F.............2/4-2/25..........4:15pm-5:15pm
17798.............F.............3/4-3/25..........4:15pm-5:15pm

**Kids R It: Beg10+ School Dance**

Age: 10-12 Fee: $60.00 Sessions: 4
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17643.............F.............1/7-1/28..........5:15pm-6:15pm
17796.............F.............2/4-2/25..........5:15pm-6:15pm
17799.............F.............3/4-3/25..........5:15pm-6:15pm

**On Stage for Children**

In these OnStage camps participants will explore the entire process of theatre from creating their own characters to setting up for the performance. After learning their lines, they get to design and create the sets and props while breaking from rehearsal. Theatre arts build confidence, support reading skills and inspire imagination. OnStage Holiday Camp is an introduction to what theatre arts is all about and GREAT FUN!!! Location: Coloma Community Center

Age: 5+ Fee: $210.00 Sessions: 4
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17666.............M-Th........12/20-12/23..........1:00pm-5:00pm
17667.............M-Th........12/27-12/30..........1:00pm-5:00pm

**Piano Lessons**

Beginning and intermediate students can learn to play the piano using the Glover Method. Private lessons run 30 minutes and meet once a week. Students should have access to a practice instrument (portable keyboard or organ is okay). Sign-ups are taken on a monthly basis. Class is continuous, and can sign up at any time. Call 808-5641 for an appointment before registering. There will be an additional fee for books once class has started. The course fee of $80 is for 4 lessons with no make-up’s lessons (phone lessons will be given if you call ahead of time). No Class on December 20th and 27th.

Location: Coloma Community Center – Gold Run Room

Age: 6+ Fee: $80.00 Sessions: 4-5
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17765.............M.............1/10-2/7..........1:00pm-6:30pm
17766.............M.............2/14-3/14..........1:00pm-6:30pm
17767.............M.............3/21-4/11..........1:00pm-6:30pm

Age: 6+ Fee: $80.00 Sessions: 4-5
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17768.............W.............1/5-2/2...........1:00pm-6:30pm
17769.............W.............2/9-3/2...........1:00pm-6:30pm
17770.............W.............3/9-3/30..........1:00pm-6:30pm

**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 No Class on December 23rd, 25th, and 30th

**Coloma Community Center (1 class/week)**

Age: 2-18 Fee: $50.00 Sessions: 28
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17732.............T-Th,Sa........12/1-12/30........5:00pm-8:00pm
17816.............T-Th,Sa........1/4-1/29...........5:00pm-3:00pm
17819.............T-Th,Sa........2/1-2/26..........5:00pm-3:00pm
17826.............T-Th,Sa........3/1-3/31..........5:00pm-8:00pm

**Coloma Community Center (2 Classes/week)**

Age: 2-18 Fee: $90.00 Sessions: 30
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17733.............T-Th,Sa........12/1-12/30........5:00pm-8:00pm
17817.............T-Th,Sa........1/4-1/29...........5:00pm-3:00pm
17820.............T-Th,Sa........2/1-2/26..........5:00pm-3:00pm
17827.............T-Th,Sa........3/1-3/31..........5:00pm-8:00pm

**Coloma Community Center (Unlimited/Month)**

Age: 2-18 Fee: $120.00 Sessions: 30
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17734.............T-Th,Sa........12/1-12/30........5:00pm-8:00pm
17818.............T-Th,Sa........1/4-1/29...........5:00pm-3:00pm
17821.............T-Th,Sa........2/1-2/26..........5:00pm-3:00pm
17828.............T-Th,Sa........3/1-3/31..........5:00pm-8:00pm

**South Natomas (1 Class/week)**

Age: 2-18 Fee: $50.00 Sessions: 4
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17822.............M.............12/6-12/27........5:00pm-8:00pm
17824.............M.............2/7-2/28..........5:00pm-8:00pm
17825.............M.............3/7-3/28..........5:00pm-8:00pm

Age: 2-18 Fee: $50.00 Sessions: 5
**ACTIVITY NUMBER...WEEKDAY...DATE RANGE...TIME**
17823.............M.............1/3-1/31..........5:00pm-8:00pm
MEASURE U
FREE CO-ED BASKETBALL
4TH - 6TH GRADE AND 7TH - 8TH GRADE LEAGUES

Basketball is a youth-development based instructional sports league whose focus is on participation, sportsmanship, basic game rules, and fundamental skill development. All players will have the opportunity to learn through both practice and game play.

Included in program: 10-week season with Playoffs & Championships, Player SWAG pack giveaways, Skills competition with awards, Reversible Jersey, Weekly player awards, Lunch/snacks

PRACTICE DAYS AND TIMES FOR EACH LOCATION AND LEAGUE:

**Joe Mims Jr. Hagginwood Community Center**
3271 Marysville Blvd., Sac., CA 95815 | (916) 808-6439
4th-6th Grade - Code #: 17526
Thursday & Friday, 4:00-5:30 pm
7th-8th Grade - Code #: 17525
Thursday and Friday, 4:00-5:30 pm

**George Sim Community Center**
6207 Logan St., Sac., CA 95824 | (916) 808-3761
4th-6th Grade - Code #: 17519
Monday & Wednesday, 3:00-4:30 pm
7th-8th Grade - Code #: 17520
Tuesday & Thursday, 4:00-5:30 pm

**Oak Park Community Center**
3425 MLK Jr. Blvd., Sac., CA 95817 | (916) 808-6151
4th-6th Grade - Code #: 17521
Monday & Wednesday, 4:00-5:00 pm
7th-8th Grade - Code #: 17522
Monday & Wednesday, 5:00-6:00 pm

**Sam & Bonnie Pannell Community Center**
2450 Meadowview Rd., Sac., CA 95832 | (916) 808-6680
4th-6th Grade - Code #: 17523
Monday & Wednesday, 3:00-4:30 pm
7th-8th Grade - Code #: 17524
Tuesday & Thursday, 3:00-4:30 pm

**Sam Brannan ASES* Sam Brannon Middle School**
5301 Elmer Way, Sac., CA 95822 | (916) 384-8114
7th-8th Grade*:
Wednesday & Friday, 3:30-5:00 pm
*Contact site. No online registration for this program.

**South Natomas Community Center**
2921 Truxel Road., Sac., CA 95833 | (916) 808-1571
4th-6th Grade - Code #: 17527
Monday & Wednesday, 3:30-5:00 pm
7th-8th Grade - Code #: 17528
Tuesday & Thursday, 3:30-5:00 pm

GAME DAY INFORMATION FOR ALL LOCATIONS:
4th-6th Grade- Saturdays, 10a-1p
Location: Oak Park Community Center
7th-8th Grade- Saturdays, 10a-1p
Location: George Sim Community Center

REGISTER ONLINE!
*Access online registration by using one of the linked course codes from the list or www.cityofsacramento.org/YPCESignup and type in the listed course code number.
Winter/Spring 2022
COME OUT & PLAY CLASSES, PROGRAMS & EVENTS

28th and B Skate and Urban Art Park

*Reopening Saturday, October 30th with adjusted hours of operations & COVID-19 modifications. Call or email 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. At this time helmet and pad rentals are not available. Individuals must have their own equipment until further notice. Participants are allowed to ride skateboards, scooters and roller skates at the skate park. No motorized equipment or 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: Mon, CLOSED Tu-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 or (916) 494-8724 during operational hours.

SPORTS

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.

Location: TBA
Age: 5-8 Fee: $79.00 Sessions: 5
ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME
17890...............F............1/28-2/25 ......3:00pm-4:00pm
17891...............F............3/11-4/8 ......3:00pm-4:00pm

Age: 9-12 Fee: $79.00 Sessions: 5
ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME
17892...............F............1/28-2/25 ......4:05pm-5:05pm
17893...............F............3/11-4/8 ......4:05pm-5:05pm

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: 5-8 Fee: $79.00 Sessions: 5
ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME
17882...............T............1/25-2/22 ......3:00pm-4:00pm
17883...............T............3/8-4/5 ........3:00pm-4:00pm

Age: 9-12 Fee: $79.00 Sessions: 5
ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME
17884...............T............1/25-2/22 ......4:05pm-5:05pm
17885...............T............3/8-4/5 ........4:05pm-5:05pm

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: 6-12 Fee: $79.00 Sessions: 5
ACTIVITY NUMBER... WEEKDAY...DATE RANGE...TIME
17888...............W............1/26-2/23 ......4:00pm-5:00pm
17889...............W............3/9-4/6 ......4:00pm-5:00pm
Kinder-Kickers Futsal Clinic at Oak Park CC

This program is for any 3- to 5-year-old player who likes to be active. Our program curriculum uses fun games and activities to broadly introduce futsal concepts and team sports. Kinder participants will use their hands as well as their feet to learn these concepts. As this is an introduction to the sport, there is no special skills, knowledge or equipment needed. What to expect: Many parents who register for the first time, are unsure how their child will do in the program. Sometimes our little ones are shy for the first couple of classes. We suggest that parents, siblings, or an adult stick around for the first class, and be willing to jump in to help your little guy or gal if they are feeling particularly shy. It doesn't take long for most participants to feel less anxious about being away from mom or dad. More Program Information - http://www.futsal-factory.com

Location: Oak Park Community Center
Age: 3-5 Fee: $79.00 Sessions: 5
ACTIVITY NUMBER ... WEEKDAY ...... DATE RANGE ...... TIME
17669 ...................... Sa ................... 12/4-1/22 .......... 9:00am-9:45am
17903 ...................... Sa ................... 1/29-2/26 ........ 2:00pm-2:45pm

Juniors Futsal Clinic at Oak Park CC

This program is for any 6 & 7-year-old player. Our Junior's program is a bridge between the more technical work of our Cadets program (for 8 to 13 years old) and the heavily game-focused sessions of our Kinder Kickers program (for 3 to 5 years old). Our curriculum uses fun games and activities to introduce and refine core futsal skills, but more attention is focused on skill development and precision than in our foundational, Kinder Kickers program. These programs are high-energy and encourage your child to challenge themselves to improve their foundational skills. While still considered an introductory session to futsal, no special skills or knowledge are needed. No Class on December 25, January 1, 15 More Program Information - http://www.futsal-factory.com

Location: Oak Park Community Center
Age: 6-7 Fee: $79.00 Sessions: 5
ACTIVITY NUMBER ... WEEKDAY ... DATE RANGE ... TIME
17670 ...................... Sa .............. 12/4-1/22 ...... 9:50am-10:35am
17904 ...................... Sa .............. 1/29-2/26 ...... 2:50pm-3:35pm

Cadets Futsal Clinic (Ages 8-11) at Oak Park CC

This program is for any 8- & 13-year-old player. While incorporating fewer games into sessions than our Junior Skills program, focus is primarily given to skill development and execution. Our curriculum incorporates fun challenges and multi-skill combinations to continually challenge players as they work through a series of exercises that introduce basic to advanced 1v1 foot skills. Focus is also given to increasing proficiency in core skills and correcting bad habits. Players work in an environment where they are encouraged to be creative and to gain confidence in using a variety of skills. This program is intended for all players, from new to futsal to competitive level-players. No Class on December 25, January 1, 15 More Program Information - http://www.futsal-factory.com

Location: Oak Park Community Center
Age: 8-11 Fee: $85.00 Sessions: 5
ACTIVITY NUMBER ... WEEKDAY ... DATE RANGE ... TIME
17671 ...................... Sa .............. 12/4-1/22 ...... 10:50am-11:40am
17905 ...................... Sa .............. 1/29-2/26 ...... 3:50pm-4:40pm

Cadets Futsal Clinic (Ages 11-13) at Oak Park CC

This program is for any 8- & 13-year-old player. While incorporating fewer games into sessions than our Junior Skills program, focus is primarily given to skill development and execution. Our curriculum incorporates fun challenges and multi-skill combinations to continually challenge players as they work through a series of exercises that introduce basic to advanced 1v1 foot skills. Focus is also given to increasing proficiency in core skills and correcting bad habits. Players work in an environment where they are encouraged to be creative and to gain confidence in using a variety of skills. This program is intended for all players, from new to futsal to competitive level-players.

More Program Information - http://www.futsal-factory.com

Location: Oak Park Community Center
Age: 11-13 Fee: $85.00 Sessions: 5
ACTIVITY NUMBER ... WEEKDAY ... DATE RANGE ... TIME
17672 ...................... Sa .............. 12/4-1/22 ...... 11:50am-12:40pm
17906 ...................... Sa .............. 1/29-2/26 ...... 4:45pm-5:35pm
EXPANDED LEARNING AFTERSCHOOL PROGRAM

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.

Alice Birney............... 6251 13th St., Sac. 95831        (916) 433-6318        Lic#343616503
Caleb Greenwood ...... 5457 Carlson Dr., Sac 95819 .......... (916) 277-6185        Lic#340310094
Crocker Riverside...... 2970 Riverside Blvd., Sac 95818 .......... (916) 264-8385        Lic#340310500
Didion........................ 6490 Harmon Dr, Sac 95831 ..... (916) 433-6675        Lic#340311928
Golden Empire............ 9045 Canberra Dr., Sac 95826 ...... (916) 228-3209        Lic#343604770
H. Allen Hight.......... 3200 North Park Dr., Sac 95835 .......... (916) 566-6422        Lic#343615334
Heron.......................... 5151 Banfield Dr., Sac 95835 .......... (916) 566-1520        Lic#343614095
Hollywood Park......... 4915 Harte Way, Sac. 95822 .......... (916) 277-6186        Lic#340310092
Hubert Bancroft......... 2929 Belmar St., Sac. 95826 .......... (916) 277-6100        Lic#340311929
Natomas Park............ 4700 Crest Dr, Sac 95835 .......... (916) 264-1064        Lic#343605744
O.W. Erlewine........... 2441 Stansberry Wy., Sac 95826 .......... (916) 277-6104        Lic#343611930
Paso Verde.............. 5240 PV Scholars Lane, 95835 .... (916) 566-4496        Lic#343623875
Phoebe Hearst........... 1410 60th St., Sac. 95819 .......... (916) 277-3840        Lic#343604900
Pony Express............ 1250 56th Ave.,Sac 95831 .......... (916) 433-6678        Lic#340310095
Regency Park............. 5901 Bridgecross Dr., Sac 95835 .......... (916) 566-3636        Lic#343610711
Sequoia.................. 3333 Rosemont Dr, Sac 95826 .......... (916) 277-6105        Lic#340312840
Sutterville............. 4967 Monterey Wy, Sac 95822 .......... (916) 277-6103        Lic#340310097
Two Rivers............... 3201 West River Dr., Sac 95833 .......... (916) 566-2441        Lic#343606960
Witter Ranch............ 3790 Poppy Hill Wy, Sac 95834 .......... (916) 566-1559        Lic#343610146

ASES EXPANDED LEARNING PROGRAM: START

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:

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

Bell Avenue Elementary School
(916) 255-7955

Glenwood Elementary School
(916) 825-5838

Main Avenue Elementary School
(916) 825-3528

Taylor Street Elementary School
(916) 826-9289

Robla Elementary School
(916) 825-5850

ASES 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
Tiny Tots

**William Land Tiny Tots**

1400 13th Avenue, Sacramento, CA. (916) 264-5211
tinytotlandpark@yahoo.com.

Students wear masks at all times, unless they are actively drinking.

Classes are for students 3-5 years old. All students must be fully potty trained.

**Dates** .................................................. **Times** ................................. **Fees**
Monday-Thursday ................................ 8:00-10:00 ...................... $275
Monday-Thursday ................................ 1:00-3:00 ...................... $275
Monday and Wednesday ... 10:30-12:30 .......... $175
Tuesday and Thursday ...... 10:30-12:30 ...... $175

**Natomas Tiny Tots**

Natomas Community Center
2921 Truxel Rd, Sacramento, CA 95833 (916) 808-1578

Open Enrollment

Individualized learning program for children ages 3-5 years old. Call for more information.

**Rec Express**

**George Sim Community Center**

George Sim Community Center is starting our Spring programming! With social distancing in mind, we will be doing various activities to keep the youth engaged and active. The program will be closed on all School and City Holidays. This program is for ages 6-12

**Age:** 6-12  **Fee:** $0.00  **Sessions:** 200

**Activity Number... Weekday...Date Range...Time**
17674...........................................M-F.............1/10-5/27 ...........2:30pm-6:00pm

**Joe Mims, Jr. - Hagginwood Community Center**

Rec Express is an eclectic blend of fun, excitement, and education! Mentors will facilitate an array of STEAM based activities. Science, Technology, Engineering, Arts and Math will guide our youth into the exciting world of discovery. Youth will be able to learn while playing fun games, building creative art projects, cooking with "Foodie Fridays", engaging in healthy online social interactions and MORE! This FREE program will be limited to a first come, first serve basis and registration is REQUIRED!

**Age:** 6-12  **Fee:** $0.00  **Sessions:** 95

**Activity Number... Weekday...Date Range...Time**
17673.................................M-F.............1/3-5/13 ...........3:00pm-6:00pm

**South Natomas Community Center**

This after school program is for youth ages 6 to 12 years old. Participants will enjoy a variety of fun activities such as arts and crafts, games, STEAM activities and outside play. South Natomas Community Center's program observes Natomas Unified School District's traditional school calendar and therefore, we will be closed whenever there is a non-school day. Masks will be required to attend this program. A valid photo ID will be required to pick up your child.

**Age:** 6-12  **Fee:** $0.00  **Sessions:** 192

**Activity Number... Weekday...Date Range...Time**
17652.................................M-F.............1/3-5/26 ...........2:30pm-6:00pm

**Southside Clubhouse**

Rec Express is a recreational after school program for youth ages 6 - 12. Staff will facilitate various activities including creating art projects, making STEAM projects, engaging in fun activities, and focusing on social emotional learning. This program is free for all participants. Registration is required prior to attending program.

**Age:** 6-12  **Fee:** $0.00  **Sessions:** 100

**Activity Number... Weekday...Date Range...Time**
18154.................................M-F.............1/10-5/27 ...........3:00pm-6:00p

**Oak Park Community Center**

Come join our Rec Express youth after school program here at Oak Park Community Center! We provide a fun and safe environment for our youth. We also provide homework help, supper, and more!

**Age:** 6-12  **Fee:** $0.00  **Sessions:** 89

**Activity Number... Weekday...Date Range...Time**
17740.................................M-F.............1/10-5/13 ...........2:30pm-6:00p

**Pannell Meadowview Community Center**

Our program provides Educational and Recreational services for ages 6-12yrs. From 3:00pm-5:00pm, M-F.

**Age:** 6-12  **Fee:** $0.00  **Sessions:** 252

**Activity Number... Weekday...Date Range...Time**
17691.................................M-F.............1/18-5/13 ........3:00pm-5:00p
Teen Scene

Joe Mims, Jr. - Hagginwood Community Center
Participants engaging in various activities at Mims Hagginwood Community Center. This program is more geared towards teens and young adults.

Age: 13-17  Fee: $0.00  Sessions: 10
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
18541..........................M.............1/10-3/14 .......3:00pm-6:00pm

George Sim Community Center
George Sim Community Center is starting our Spring programming! With social distancing in mind, we will be doing various activities to keep the teens engaged and active. Program will be closed on any School or City holiday. This program is for ages 13-17.

Age: 13-17  Fee: $0.00  Sessions: 100
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
17675..........................M-F.............1/10-5/27 .......3:30pm-6:30pm

Oak Park Community Center
This 3-hour program is for teens ages 12 through 17. Participants will enjoy a variety of exciting activities including games, crafts, team building and sports.

Age: 13-17  Fee: $0.00  Sessions: 89
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
17741..........................M-F.............1/10-5/13 .......3:00pm-6:00pm

Pannell Meadowview Community Center
This 3-hour program is for teens ages 12-17. Participants will enjoy an array of exciting activities including games, crafts, drama, science, and sports! Due to COVID-19, space is limited. Participants will be in small groups and county and state guidelines will be followed.

Age: 13-17  Fee: $0.00  Sessions: 84
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
17676..........................M-F.............1/18-5/13 .......3:30pm-6:30pm

South Natomas Community Center
This after school program is for Teens ages 13 to 17 years old. Participants will enjoy a variety of exciting activities including games, crafts, team building and sports. South Natomas Community Center’s program observes Natomas Unified School District’s traditional school calendar and therefore, we will be closed whenever there is a non-school day. Masks will be required to attend this program. A valid photo ID will be required and preregistration is required.

Age: 13-17  Fee: $0.00  Sessions: 96
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
17582..........................M-F.............1/3-5/26 .......3:00pm-6:00pm

Southside Clubhouse
Teen Scene is officially at Southside Clubhouse. Teen Scene will get to discover new experiences during our Teen Late night event while engaging with their fellow youth. This program is free for all participants. Registration is required prior to attending program.

Age: 13-17  Fee: $0.00  Sessions: 100
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
18161..........................M-F.............1/10-5/27 .......3:00pm-6:00pm

George Sim Community Center
Hot Spot nights are back and teens are invited to participate at several 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. Join us at the George Sim Community Center for these special events. Events will follow COVID-safe procedures and preregistration is required.

Age: 13-17  Fee: $0.00  Sessions: 1
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
18543..........................Th.............1/13-1/13 .......6:00pm-10:00pm

Pannell Meadowview Hot Spots Remix
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. Join us at the Sam Pannell Community Center for these special events: Events will follow COVID-safe procedures and preregistration is required.

Age: 13-17  Fee: $0.00  Sessions: 1
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
18543..........................Th.............1/13-1/13 .......6:00pm-10:00pm

March Madness / E-Sports Tournament
Age: 13-17  Fee: $0.00  Sessions: 3
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
17696..........................F.............2/11-2/11 .......6:30pm-8:30pm
17709..........................F.............4/8-4/8 .......6:30pm-8:30pm
17710..........................F.............5/13-5/13 .......6:30pm-8:30pm
17711/17713 ..........F.............6/10-6/10 .......6:30pm-8:30pm

Southside Clubhouse Hot Spot Remix - Apr 2022
Southside Clubhouse is now a part of the Hot Spot Remix Series. This program is more geared towards teens and young adults. This program is free for all participants.

Age: 13-17  Fee: $0.00  Sessions: 3
ACTIVITY NUMBER...WEEKDAY...DATE RANGE ...TIME
18164..........................F.............2/25-2/25 .......7:00pm-9:00pm
18165..........................F.............3/3-3/3 .......7:00pm-9:00pm
18166..........................F.............4/29-4/29 .......7:00pm-9:00pm
YOUTH EMPLOYMENT

LANDSCAPE & LEARNING (L&L)

A work experience program for youth ages 14-17 years who reside within the city limits of the city of Sacramento and are eligible for a work permit. Youth work directly in community parks and green spaces weeding, pruning and providing general clean up and landscape maintenance. All youth participating in this program receive specialized training. Youth are selected through an application and interview process. Youth Aide Online Application (Opens 12/1/21): http://portal.cityofsacramento.org/HR. For more information, please call (916) 808-8929.

Age: 14-17
Application Pick-up Location: Belle Cooledge CC
Application Pick-up Times: M-F starting December 1, 2021
Application Deadline: Friday, January 7, 2022 at 4:00pm
Program Dates: March 5 - May 29

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+
Applications Available: December 10, 2021
Weekly Interviews: Starting January 2022
Program Dates: Spring (March 5 - May 29)
PRIME TIME TEEN VIRTUALLY CONNECTED

The Prime Time Teen program is an eight-week workforce readiness and skill development program available for youth 13-17 years of age. The 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, as well as providing financial literacy, communication, leadership and professional etiquette. Participants meeting program goals receive a $300 stipend upon program completion. **Youth must live within the city limits to participate.**

**Age:** 13-17
**Days and Times:** Tuesdays & Thursdays 4:30 pm - 6:30 pm
**Program Dates:** January 25, 2022 - March 17, 2022
**Activity:** 17909

**Age:** 13-17
**Days and Times:** Mondays & Wednesdays 4:30 pm - 6:30 pm
**Program Dates:** January 24, 2022 - March 16, 2022
**Activity:** 17832

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:** January 3, 2022 - June 30, 2022
**Days and Times:** Tuesdays 4pm - 6pm
YOUTH CIVIC ENGAGEMENT

Summer @ City Hall is Back!
This program is an exciting way to learn about how to become more active in your community, local government processes, and is an opportunity to present to the City Mayor and City Council.

What to Expect?
• Open to high school juniors and seniors
• 6 week learning program
• Life Skills training
• Service-Learning projects
• High School credits or Community Service hours
• Monetary stipend

Don’t miss out!
Registration opens March 4th - April 15, 2022.

Visit our Summer @ City Hall web page for more information.
We Need Your Voice!
Calling All Youth Citywide (Ages 14-22)!
Join The Conversation!

Attend our 2022 SYC Meetings!
Meetings will be on the first Monday of the Month @ 6:00pm
(except holidays)
(unless otherwise noted-all meetings subject to quorum)

Meeting Dates:
• February 7, 2022 - DISCUSSION ABOUT THE NEW "AGGIE SQUARE"
• March 7, 2022
• April 4, 2022 May 2, 2022 June 6, 2022

For additional information about the Sacramento Youth Division (SYC), please email sacyouthcomm@cityofsacramento.org

Zoom Virtual Meeting Link: https://cityofsacramentoorg.zoom.us/i/98977272218?pwd=dHNON1pGbvFMSVVOZU58L2EOTmk5Zz09
Please Note: All meetings currently held 6:00 pm-8:00 pm, virtually (on zoom) due to covid guidelines until further notice.

• View archived City Council meetings

For additional information, please email sacyouthcomm@cityofsacramento.org or follow us on social media @SacYouthCom.
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.
ACCESS LEISURE

Monthly Zoom Activities
Age: 18 & up
Location: Zoom, virtual
Fee: Varies
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: Hart Senior Center
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
Open to parents/family members of participants
Dates: Varies
Fee: FREE
Instructor: Heather Kopf

In-Person Events blurb: Options include Get Fit Walking Groups which meet at various City of Sacramento Parks (FREE), game nights, Bingo, special events, day camps, residential camps, and social/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: www.cityofsacramento.org/ParksandRec/Recreation/Access-Leisure/Calendar

In-Person Events
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

Visit our website for details: www.cityofsacramento.org/ParksandRec/Recreation/Access-Leisure/Calendar
Power Soccer

Age: 10 & up
Location: River Cats Independence Field
Dates: S, Varies
Fee: $15
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.
BEGINNING DOG OBEDIENCE

**Beginning Dog Obedience by Alan & Renee Miller**

Designed to help you learn to communicate with your dog. Traditional exercises including heeling, auto sit, sit stay, down, down stay and come when called. Dog must be at least 4 months old. Bring dog to all four classes. Additional time will be scheduled for pets with special problems. Location: Tahoe Park.

**Age:** 14+  **Fee:** $160.00  **Sessions:** 4

**ACTIVITY # | WEEKDAY | DATE RANGE | TIME**
--- | --- | --- | ---
17178 | T | 12/14-1/4 | 6:00pm-7:00pm
17867 | T | 1/11-2/1 | 6:00pm-7:00pm
17868 | T | 2/15-3/8 | 6:00pm-7:00pm
17869 | T | 3/15-4/5 | 6:00pm-7:00pm
17182 | W | 12/15-1/5 | 7:00pm-8:00pm
17870 | W | 1/12-2/2 | 7:00pm-8:00pm
17871 | W | 2/16-3/9 | 7:00pm-8:00pm
17872 | W | 3/16-4/6 | 7:00pm-8:00pm
17185 | Th | 12/16-1/6 | 11:00am-12:00pm
17873 | Th | 1/13-2/3 | 11:00am-12:00pm
17874 | Th | 2/17-3/10 | 11:00am-12:00pm
17875 | Th | 3/17-4/7 | 11:00am-12:00pm

INTER/ADV DOG OBEDIENCE

**Inter/Adv Dog Obedience by Alan & Renee Miller**

This class is designed for those who wish to compete their dogs. We prepare for AKC Obedience Trial Work CD-CDX-UD. Class will cover heeling, recall, delayed retrieving, signal work, jumping and scent discriminations. All dogs must have competed a basic dog obedience class to attend.

**Location:** Tahoe Park

**Age:** 14+  **Fee:** $80.00  **Sessions:** 4

**ACTIVITY # | WEEKDAY | DATE RANGE | TIME**
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17197 | T | 12/14-1/4 | 7:00pm-8:00pm
17876 | T | 1/11-2/1 | 7:00pm-8:00pm
17877 | T | 2/15-3/8 | 7:00pm-8:00pm
17878 | T | 3/15-4/5 | 7:00pm-8:00pm
17200 | Th | 12/16-1/6 | 10:00am-11:00am
17879 | Th | 1/13-2/3 | 10:00am-11:00am
17880 | Th | 2/17-3/10 | 10:00am-11:00am
17881 | Th | 3/17-4/7 | 10:00am-11:00am
Table Tennis at George Sim CC (Dec Play Pass)
Must arrive by 6:40pm if attending a Monday night Round Robin or text James 916-308-3209 if running late or any questions.
Location: George Sim Gym
No play on: 12/18, 12/20, 12/25.
Age: 7+  Fee: $25.00  Sessions: 20

ACTIVITY NUMBER... WEEKDAY ...DATE RANGE ...TIME
17668........................M, Sa ..........12/4-12/27 ....1:30pm-9:15pm

Table Tennis at George Sim CC (Jan Play Pass)
Must arrive by 6:40pm if attending a Monday night Round Robin or text James 916-308-3209 if running late or any questions.
Location: George Sim Gym
No Play on: 1/1, 1/8, 1/29
Age: 7+  Fee: $35.00  Sessions: 28

ACTIVITY NUMBER... WEEKDAY ...DATE RANGE ...TIME
17683........................M, Sa .........1/3-1/31 ......6:30pm-9:15pm

Table Tennis at George Sim (Open Play)
Enjoy 3-4 matches of similar level! Practice, Doubles, or Match Play from 1:30pm-4:30pm. Text James 916-308-3209 if running late.
Location: George Sim Community Center Gym
Age: 7+  Fee: $6.00  Sessions: 1

ACTIVITY NUMBER... WEEKDAY ...DATE RANGE ...TIME
17681........................Sa ..............12/4-12/4 ......1:30pm-4:30pm
17684........................Sa ..............12/11-12/11 .1:30pm-4:30pm
17700........................Sa ..............1/15-1/15 .....1:30pm-4:30pm
17701........................Sa ..............1/22-1/22 ...1:30pm-4:30pm

Table Tennis at George Sim (Round Robin)
Enjoy 3-4 matches of similar level! Arrive by 6:40pm or text James 916-308-3209 if running late.
Location: George Sim Community Center Gym
Age: 7+  Fee: $6.00  Sessions: 1

ACTIVITY NUMBER... WEEKDAY ...DATE RANGE ...TIME
17682........................M..............12/6-12/6 .......6:30pm-9:15pm
17685........................M..............12/13-12/13 ...6:30pm-9:15pm
17686........................M..............12/27-12/27 ...6:30pm-9:15pm
17687........................M..............1/3-1/3 ......6:30pm-9:15pm
17703........................M..............1/10-1/10 ......6:30pm-9:15pm
17704........................M..............1/17-1/17 .......6:30pm-9:15pm
17705........................M..............1/24-1/24 ......6:30pm-9:15pm
ADULT FUN

COMMUNITY CENTERS

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.

Location: Coloma Community Center
Age: 13+  Fee: $48.00  Sessions: 8
ACTIVITY # ... WEEKDAY ... DATE RANGE ... TIME
17304...... M ................. 12/20-2/28 ....... 6:45pm-9:00pm

Scandinavian Dance Drop-in
Age: 13+  Fee: $7.00  Sessions: 1
ACTIVITY NUMBER ...WEEKDAY ........ DATE RANGE .. TIME
17617 ..............M ............... 12/6-12/6 ....... 6:45pm-9:00pm
17618 ..............M ............... 12/13-12/13 ..... 6:45pm-9:00pm
17772 ..............M ............... 12/20-12/20 ...... 6:45pm-9:00pm
17773 ..............M ............... 12/27-12/27 ...... 6:45pm-9:00pm
17774 ..............M ............... 1/3-1/3 ........... 6:45pm-9:00pm
17775 ..............M ............... 1/10-1/10 ...... 6:45pm-9:00pm
17776 ..............M ............... 1/17-1/17 ...... 6:45pm-9:00pm
17777 ..............M ............... 1/24-1/24 ...... 6:45pm-9:00pm
17778 ..............M ............... 1/31-1/31 ...... 6:45pm-9:00pm
17779 ..............M ............... 2/7-2/7 .......... 6:45pm-9:00pm
17780 ..............M ............... 2/14-2/14 ...... 6:45pm-9:00pm
17781 ..............M ............... 2/21-2/21 ...... 6:45pm-9:00pm
17782 ..............M ............... 2/28-2/28 ...... 6:45pm-9:00pm

DANCE

Zumba Fitness

Zumba is a dance fitness program that provides an exciting party 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
Age: 9+  Fee: $10.00  Sessions: 2
ACTIVITY # ... WEEKDAY ... DATE RANGE .. TIME
17608 ........... T .............. 12/7-12/14 ... 6:00pm-6:50pm

Age: 9+  Fee: $15.00  Sessions: 3
ACTIVITY NUMBER ...WEEKDAY ...... DATE RANGE .. TIME
17609 ..............Th .............. 12/2-12/16 .... 6:00pm-6:50pm

Age: 9+  Fee: $20.00  Sessions: 4
ACTIVITY NUMBER ...WEEKDAY ...DATE RANGE ...TIME
17755 ..............T ............... 1/1-1/25 ...... 6:00pm-6:50pm
17758 ..............Th .............. 1/6-1/27 ...... 6:00pm-6:50pm
17756 ..............T ............... 1/22-1/22 ...... 6:00pm-6:50pm
17759 ..............Th .............. 2/3-2/24 ...... 6:00pm-6:50pm

Age: 9+  Fee: $25.00  Sessions: 5
ACTIVITY NUMBER ...WEEKDAY ...DATE RANGE ...TIME
17757 ..............T ............... 3/1-3/29 ...... 6:00pm-6:50pm
17760 ..............Th .............. 3/3-3/31 ...... 6:00pm-6:50pm

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: 7
ACTIVITY #......WEEKDAY ...DATE RANGE .......TIME
17219 .............T ............ 10/19-11/23 ....... 7:00pm-8:30pm

FITNESS

HIGH Fitness

Come and check out a new fitness format here in Sacramento. High fitness is a High Intensity Interval Training (HIIT) aerobics class that takes traditional and modern easy to follow moves choreographed to music from all genres and decades. No equipment needed. This class can be tailored to all fitness levels. You can take the impact HIGH or low. High Fitness provides a positive and uplifting environment where we all grow and develop physically and mentally. Come make new friends and burn up to 600 calories per class!

Location: Belle Cooledge Community Center
Age: 11+  Fee: $30.00  Sessions: 12
ACTIVITY NUMBER ...WEEKDAY ...DATE RANGE ...TIME
17836 ..............T, Th ........... 1/4-2/10 ........7:00pm-8:00pm
**HIGH Fitness (Continued)**

**HIGH Fitness Drop-in**

Location: Belle Cooledge Community Center  
Age: 11+  Fee: $4.00  Sessions: 1

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**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

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**Tai Chi 4 U**

The practice of Tai 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 Tai Chi health journey in a nurturing environment. Yang Family Style Tai Chi hand and weapon forms are offered to all levels. Guan Ping Yang Style Tai Chi may be offered if there is enough interest. Visitors are welcome. For more information, please visit www.sactc4u.com.

Location: Coloma Community Center – Sonora Room  
Age: 15+  Fee: $40.00  Sessions: 8

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**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: Coloma Community Center – Sonora Room  
Age: 5+  Fee: $30.00  Sessions: 7-10

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**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). No Class on November 17th and 25th.

Location: Didion Gym  
Age: 13+  Fee: $60.00  Sessions: 10

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**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

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**PHYSICAL & SOCIAL ACTIVITIES**

**915 27th Street**  
Sacramento, CA  95816  
(916) 808-5462  

**Hours Of Operation:**  
M – F 8:00am – 5:00pm  
Sa 9:30am – 1:00pm  
Su 12:30pm – 3:30pm

**TAI CHI In-Person Classes**

Mondays & Wednesdays from 10:30am -11:30am

Join Tai Chi on Mondays and Wednesdays. We would like to welcome back instructor Sabi- tre Rodriguez and participants to experience this low impact form of ancient Chinese exercise. Tai Chi combines slow movements with relaxation for a gentle and accessible form of exercise. Newcomers welcome! Register by calling the Hart Center at (916) 808-5462.

**Fee:** Varies Monthly

**Books with Hart**

First Friday 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.*

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**Beginning Japanese Taiko**

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**

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.

**Gentle Vinyasa Yoga**

Mondays and Fridays, 1:30pm - 2:30pm

Practice the basic, fundamental yoga poses to align, strengthen, and promote flexibility in the body. It emphasizes on simplicity, repetition, and ease of movement. Join the new class offering led by instructor Autumn. Bring a yoga mat, towel, some water, and your own unique energy! Beginners are always welcome. Class fee varies month to month. Call for fees: 916-808-5462

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**Beginning Line Dance**

FREE, Thursdays, 8:15am - 8:45am  
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, 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

**Taking Off Pounds Sensible**

Thursdays: 9am-10am, Starting January 10th  
Taking Off Pounds Sensibly (TOPS) is a local weight loss chapter affiliated with the national group TOPS. The program offers a supportive and educational approach to seeking and maintaining a healthy weight through weekly meetings, healthy eating, and exercise. All sizes and weights welcome! Call the Hart Center to register for free!
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 strength & 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 band. Register for the free class below or call the Hart Center at 916-808-5462.

Registration Link: http://apm.activecommunities.com/cityofsacpark-sandrec/Activity_Searc/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 easyful, 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 Center for 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

Neighborhood Walk
New walking groups for those who are 50+ years will meet to walk for healthy living in your neighborhood! Join your neighbors for a walk led by older adult services staff. Please meet at the front of the building. Locations and meeting times are below:
• George Sim Community Center- Tuesdays and Thursdays at 9am
• Oak Park Community Center- Tuesdays and Thursdays at 9:30am
• Sam & Bonnie Pannell Community Center- Mon, Wed, Fri at 9am
• South Natomas Community Center- Tuesdays and Thursdays at 9am

FEE: FREE

Social Ping Pong
Tuesdays 12:30-2p and Thursdays, 10:30-2p
Have fun and get your heart pumping with FREE ping pong! Ping pong, also called table tennis, is one of the widely played sports of the world. Our social ping pong is a fun way to strengthen your hand-eye coordination. Drop in to watch the game and play. We are a non-competitive, fun group; all levels are welcome!

HYBRID Qi Gong Movement and Meditation
Mondays, Noon-1p
Jan Polin teaches this FREE Sheng Zhen Wuji Yuan Gong, a form of gentle moving and non-moving meditations that are designed to bring you into a state of harmonious well-being. These healing exercises are done while seated.

Strength and Balance
Mondays, Wednesdays, and Fridays from 9am-9:45am
Come join this lively FREE 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. To register, all the Hart Center at 916-808-5462.
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

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.*

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 to register for free.

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/cityofsacpark-sandrec/Activity_Search/11837

Life History Writing Group

Tuesdays from 10:30am-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/cityofsacpark-sandrec/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 at 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.*

Stretch & Flexibility

Mon, Wed, Fri 10am - 11pm

Coach Charles is back for Stretch and Flexibility! Join us 3 days a week at Oak Park Community Center FREE classes. For more information, please call (916) 808-6151.
FREE Manitos
*Wednesdays, 10:15a-1:15p*
¿Hablas español? Join Manitos, a social group open to older adults who speak Spanish. The group is conducted entirely in Spanish and features games, food, songs, exercise, and more. Educational seminars and other presentations are scheduled frequently. The Manitos group occasionally holds its weekly gathering at a local restaurant or takes day trips. For more information, contact Clara Chapala at (916) 361-9026 or Liberato Correa-Ramos at (787) 587-1366

Handbuilt Studio Ceramics Class
*Thursdays 1pm - 3pm*
Join us weekly at Oak Park Community Center for Ceramics Class for ages 50 and up! Clay will be provided by Oak Park. To register in advance and for more information, please call (916) 808-6151.

HART SUPPORTIVE SERVICES

**Free Meal Boxes**
*Tuesdays from 12:30PM - 1:30PM*
Although the All Seasons Café is currently closed, Meals on Wheels by ACC will be distributing meal boxes on Tuesdays at the Hart Center for those who are 60 years or older. Qualifying participants will receive a shelf stable box with a week’s worth of microwavable meals. New participants will need to complete an application to reserve a box. For more information contact Meals on Wheels at (916) 444-9533.

**Pickup by walking or driving to the front drive-through. No sit-in services.**

**CALFRESH HELP FROM RIVER CITY FOOD BANK**
Seniors living on a fixed Social Security and/or pension benefit may qualify for calfresh. This national program, (previously known as “SNAP”, previously food stamps) can provide access to basic, nutritious food by issuing an EBT card that is swiped just like an ATM card. A representative from the River City Food Bank can submit a referral form on your behalf upon request. Following the referral, River City Food Bank staff will contact you to provide more information about calfresh, pre-screen you for eligibility and provide one-on-one help with the application.

You may visit River City Food Bank at 1800 28th Street (between R and S streets), Sacramento, CA 95816 between 11:30am - 3:00pm or by appointment or call (916) 233-4075 for more information. Free!

**SENIOR LEGAL HOTLINE**
Individual Client Consultation Appointments.
The Senior Legal Hotline legal advocates will meet with California residents age 60 and over for a consultation on a variety of legal issues. To schedule a phone consultation, please call 916-376-8915. Free!

**SAVE THE DATE ANNUAL EVENTS**

**OUR LIFE STORIES CONFERENCE**
SAVE THE DATE FOR OUR NEXT VIRTUAL OUR LIFE STORIES CONFERENCE ON APRIL 30TH, 2022!
Visit www.ourlifestories.org for more information!

**SPORTS FOR LIFE! SOCCER TOURNAMENT**
The 50+ Wellness Program’s Sports for Life! Series provides Sacramento and beyond athletes age 50 and above an opportunity to continue playing and competing in the sport they love. Mark your calendars! The Annual Sports for Life! Soccer Tournament will be held Saturday, April 23rd and Sunday, April 24th at the Cherry Island Soccer Complex. View more information: Sports for Life! Soccer Tournament.
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/yyg2hd4j

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 davis1@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 & PARTICIPATION
To register for your next getaway, visit http://www.cityofsacramento.org/ParksandRec/Recreation/Trips-and-Tours
VIRTUAL TOURS & 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