COME OUT & PLAY
YPCE CLASSES, PROGRAMS, AND EVENTS

Parks Make Life Better!

SPRING INTO SUMMER | APRIL - SEPTEMBER 2020
Want to register for a program?
Registration starts 8:00AM Monday, March 2, 2020

There are multiple ways to register:

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

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

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

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

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!

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

**Contact Us**

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

<table>
<thead>
<tr>
<th>Mario Lara</th>
<th>Director</th>
<th>District 1</th>
<th>Sumiti Mehta</th>
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<tbody>
<tr>
<td>Shannon Brown</td>
<td>Assistant Director</td>
<td>District 2</td>
<td>Fatima Malik</td>
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<tr>
<td>Tony Ulep</td>
<td>Interim Park Maintenance Manager</td>
<td>District 3</td>
<td>David Guerrero</td>
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<tr>
<td>Raymond Costantino</td>
<td>PPDS Manager</td>
<td>District 4</td>
<td>Julie Murphy</td>
</tr>
<tr>
<td>Jackie Beecham</td>
<td>Community Enrichment Division Manager</td>
<td>District 5</td>
<td>Joe Flores</td>
</tr>
<tr>
<td>Camille Wise</td>
<td>Youth Division Manager</td>
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**Parks and Community Enrichment Commission**

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<thead>
<tr>
<th>District 6</th>
<th>Tyler Aguilar</th>
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<tr>
<td>District 7</td>
<td>Devin Lavelle</td>
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<tr>
<td>District 8</td>
<td>Chinua Rhodes</td>
</tr>
<tr>
<td>Mayor Asst.</td>
<td>Rita Gallardo Good</td>
</tr>
<tr>
<td>At large</td>
<td>Jason Law</td>
</tr>
<tr>
<td>At large</td>
<td>Terri Kletzman</td>
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**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/](http://www.facebook.com/YouthParksCommunityEnrichment/)
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Aquatics

Splash into summer with the City of Sacramento’s Aquatics Section!

We currently operate twelve pools and four wading pools in the Sacramento area that provide an array of programming, so you’re sure to find an activity that ‘suits’ your needs!

You can learn to swim with our comprehensive swim lesson program for all ages; Already a swimming all-star? Join one of our five swim teams! We also offer water fitness classes such as lap swimming and water aerobics to assist you in reaching your fitness goals. Also, hop on in to one of our Special Events such as our Summer Kick Off, Egg Hunt, Family Nights, and more! Regardless of the activity, there will be plenty of excitement at our pools this summer that offer a great way to beat the heat.

Are you looking for a great summer job? We’re hiring a variety of aquatics positions for the summer season. Register for a lifeguard class or our lifeguard workshop and scholarship program to get the skills and certifications needed to join the aquatics team. Apply online now at https://www.cityofsacramento.org/HR/Career-Opportunities
Camp Sacramento

Relax, Explore, Connect ... A Lifetime of Memories!

Camp Sacramento is turning 100!!! Established in 1920, Camp will be celebrating 100 years of service this summer. Our “Decades” theme this season gives us a unique opportunity to celebrate the multitude of camper generations and people that have impacted camp throughout all these years and made it what it is today – a place for a lifetime of memories!

A lot of exciting activities and special events are in the works to mark such a special anniversary. We will celebrate the decades of fun, exploration, and community through camp dances, variety shows, crafts, carnivals, socials, and a very special “Centennial Celebration” on Sunday, August 2nd, 2020. The “Centennial Celebration” is an opportunity for us to connect and recognize past and present campers and people who impacted camp throughout the years, as well as celebrate the rich and unique history of Camp. With a special Centennial Commemoration ceremony in the works, this will truly be a celebration to remember!

Be sure to stay tuned at www.cityofsacramento.org/ParksandRec/Recreation/Camp-Sac for upcoming events, details, and camp info.

See you at Camp!!!

CAMP SACRAMENTO: FAMILY CAMP 2020

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<tr>
<td>Mini 1</td>
<td>June 14-17</td>
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<td>June 29- July 4</td>
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<td>Mini 5</td>
<td>July 5-8</td>
<td>Centennial Celebration</td>
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Community Centers

Thanks to Measure U support, city operated Community Centers are expanding operating hours and program offerings to better serve our neighborhoods. Throughout 2020, centers will be expanding youth programming opportunities for youth of all ages, including an expansion of our Friday Night Hot Spots programs. We’re also excited to continue collaborating with our community partners to provide meaningful experiences for residents of all ages. For example, the city is partnering with local artists for the Artists in Residency program to bring a variety of art programs to our community centers in the Spring of 2020. Detailed program offerings and expanded hours of operation can be found in the Community Center section.

Youth, Parks, & Community Enrichment will be enhancing the activity registration and facility reservation process with additional Community Centers accepting credit card payments. Starting January 2, 2020, the George Sim, Hagginwood, and Oak Park Community Centers will start accepting credit card payments for activity registration and facility reservations. The Coloma, Pannell, and South Natomas Community Centers will remain full pay point locations and accept all forms of payment. Visit your local community center to book now!

To celebrate this expansion, each center will be hosting Community Events. These events are free to the public.

**Sam and Bonnie Pannell Community Center**
Tuesday, March 17, 2020
5:00pm – 8:00pm

**George Sim Community Center**
Tuesday, April 1, 2020
6:00pm – 8:00pm

**Hagginwood Community Center**
Saturday, March 7, 2020
10:00am – 2:00pm

**Oak Park Community Center**
Thursday, April 9, 2020
11:00am – 2:00pm

**South Natomas Community Center**
Saturday, April 4, 2020
10:00am – 2:00pm

**Southside Clubhouse**
May 2020
(Time and Date TBD)
Community Gardens

Let’s Get Growing...Grow with Us!

The City of Sacramento offers gardening space for growing vegetables, flowers, and herbs. The gardens provide opportunities for all ages, gardening levels and abilities.

For more information visit us at

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

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

Community Gardener John Hunt grew this large pumpkin in his 20x20 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 and 4” increase in circumference each day at the height of it growing. The end weight was almost 900 pounds!

Pictured is Will and Sean Campbell (grandsons of Bill Maynard of the City’s Community Garden Program)
Join the Fun & Excitement of the Junior Giants!

Established in Sacramento in 2005, the City of Sacramento YPCE Youth Division coordinated Junior Giants League is a collaborative effort with the San Francisco Giants Community Fund non-profit that provides a free, non-competitive and co-ed baseball/softball program for youth 5-13 years of age. The program is geared towards beginners with an underlying goal to learn the fundamentals and rules of the game.

The coaches are parents or community members that volunteer their time to support the program. Score is not kept, games are self-officiated, and the program centers around player success rather than the final score. Each team member is provided the necessary equipment to play in the league which includes a glove, team shirt and a baseball hat.

Junior Giants is more than just the game of baseball or softball but where a player’s participation in the league offers several distinct components within the season that further enriches the experience. Players are exposed to the Junior Giants Four Bases of Character Development: Confidence, Integrity, Leadership and Teamwork, as well as the importance of Health, Education and Bullying Prevention. These important life skills lessons are tools that each youth can continue to use when the season is over.

Timothy R., Volunteer Coach (10 yrs.), George Sim League Minors Division: “This organization brings Christmas in June for so many young children. The look on their face when you give them a new glove; the excitement in their eyes and bright smiles that shine from ear to ear. The laughter and cheer you hear from the field when they get their first hit or catch their first fly ball. The dreams and hopes they make come true for players and parents.”

Davion C., Player (11 yrs. old), Land Park League Majors Division: “I love playing Junior Giants! I have played for 5 years and met a lot of new friends. I like baseball, but I like the swag and weekly lessons just as much. This is the best program ever!”

Kayla H., Volunteer Coach (2 yrs.), Robla Park League T-Ball Division: “I grew up without a lot of money....my parents could not afford gloves and other equipment needed to play baseball. Sacramento Junior Giants does a great job at making sure every player has the equipment that is needed to play so that any child can try baseball or softball if they want to!”

The Junior Giants Baseball & Softball program is an opportunity for the entire family to enjoy a taste of baseball or softball that provides life learning lessons. Look at page 37 for more information about the upcoming 2020 season with registration opening in early April and the season beginning in June.
If It Rains Outside Come to the Indoor 28th & B Skate and Urban Art Park

The indoor 28th & B Skate and Urban Art Park invites skaters to ollie and grind the street course of quarter pipes, fun boxes and grind rails. If you are a scooter, roller blade or roller skate enthusiast you too are welcome to join in the fun. The park is open to all ages with a spectator area available to view the action.

Nicholas S., Skateboarder: “28th & B is the perfect place to skate, rain or shine. It’s ranges from those who are just beginning to those who are trying to master their craft. The park has obstacles for everyone and has one of the best laid-back vibes I’ve ever experienced. I like to think as 28th & B as my home.”

Alec B., Skateboarder: “I feel comfortable here at the Skate Park because it has a personal and customized vibe to it. Everything here at the park was built by skateboarders and it’s for us.”

Michael C., Skateboarder: “I think this Skate Park is a good place for all types of skaters from beginners to advanced riders and from street to transition riders. It’s got a little bit of everything going on. It’s especially amazing that it’s indoor so that when it rains skaters have somewhere to go out of the rain.”

Seasonal week-long SK8 Camps are offered to youth 5-18 years of age conducted by experienced skater staff. These camps provide daily skill development activities along with a social atmosphere to meet others interested in refining their skateboarding fundamentals.

If you are interested in learning more about the 28th & B Skate and Urban Art park call (916) 494-8724 during open hours Monday-Friday 4-9pm along with Sat. & Sun. 12-9pm. Staff will be is happy to help you. Check out page 39 for more information.
Flag Football

The City of Sacramento YPCE Youth Division – Youth Sport, Fitness, & Wellness Unit recently concluded the Fall 2019 Measure U Flag Football season. For the last three months, the flag football turf at Argonaut Park adjacent to Evelyn Moore CC has been torn apart by the intense action of the teams.

The league provides a co-ed flag football opportunity with an atmosphere filled with fun and positive energy for the participants in grades 4th thru 8th. Players represent Oak Park CC, Hagginwood CC, South Natomas CC, George Sim CC and the Sam & Bonnie Pannell CC along with Sam Brannen Middle School ASES program.

The emphasis of the league is placed on the players participation, fundamental skill development and teamwork. During the season teams participate in a variety of league activities including regular league games, an individual/team Skills Competition and an end-of-the-season playoff tournament.

For more information about programming offered by the Youth, Sports, Fitness, & Wellness Unit which includes information about next year’s Fall 2020 Flag Football League feel free to contact Kevin Calhoun at kcalhoun@cityofsacramento.org or (916) 808-6085.
The Youth, Parks, and Community Enrichment Department (YPCE) is using the current 2005-2010 Parks and Recreation Master Plan as a guiding policy document for its park and recreation services. However, the Master Plan needs an update to reflect the City’s growth and need for new parks and recreation services, YPCE’s reorganization with a new Youth Development Division, and the new vision and guiding principles created through the Citywide Strategic Plan of 2018. In this effort, YPCE and the consultant will create strong outreach, engagement, and representation of the diversity of the City; guidance for park maintenance and deferred maintenance responsibilities; and will coordinate with the City’s General Plan Update and Climate Action Plan. There will be multiple ways for the public to be involved, and it is your input that helps make this a successful Master Plan for the next decade. Please be on the lookout for updates and how you can engage.

During Fiscal Year 2019-2020, YPCE improved several existing parks and added four new parks to the City. New master plans were completed for Meadows Park, Airfield Park and Ray Eames Park. Restroom facilities at Garcia Bend Park, Stanford Park, Sutter’s Landing Park, Tahoe Park and Oki Park are being renovated. Additionally, Cesar Chavez Plaza and Roosevelt Park are getting new restrooms. Find out more information about these park projects below.

**Army Depot Park ▼**
Sacramento State University in collaboration with the City, recently installed two new Triple-A baseball fields, a concession stand, a restroom building, bleachers, a batting cage, bull pens, and a parking lot at Elder Creek and Florin Perkins Road. The project was constructed by Sacramento State University to replace the McAuliffe Fields. The new fields will primarily be used by the Men’s Senior Baseball League and East Sacramento Babe Ruth Baseball League.

**Sojourner Truth Community Garden ▲**
Sojourner Truth Park is in the Pocket area of Sacramento at 7365 Gloria Drive. Improvements consist of grading, drainage, irrigation, landscaping, concrete walkways, parking lot improvements, and asphalt paving. The park has received wood garden planters, two picnic tables, a prefabricated shed, a pedestrian gate, four ADA planter boxes, and 28 standard garden plots.

**Sutter Park ▼**
Sutter Park is a 0.575-acre neighborhood park in the new Sutter Memorial development in East Sacramento. Sutter Park has the following amenities: 1) a perimeter walking trail/sidewalk, 2) a bocce ball court, 3) a multi-use trellis area that includes picnic tables and a stage area, 4) a recessed lawn area surrounded by shade trees with built in seating, 5) a secure tot lot designed for 2-5 year old children, 6) landscaping including hedge rows and roses, 7) a drinking fountain, trash receptacles, and bike parking, 8) adjacent parking areas with pavement, and 9) garden seating with public art displays.
Oakbrook Park

Oakbrook Park is located in South Natomas at 3341 Soda Way. Phase 1 improvements for this park include the following: grading, drainage, irrigation, landscaping, and concrete walkways. Also included is a children’s playground, a picnic area with a shade structure, two half basketball courts, a lawn volleyball court and open turf area. Phase 1 developed 4.8 acres of parkland.

Barandas Dog Park

Barandas Dog Park is a new 1-acre large dog park and 0.25-acre small dog park in South Natomas. It has decomposed granite and mulch, accessible concrete paths, concrete bench seating, shade structures, drought tolerant canopy shade trees and low water-use accent trees. The park also has chain link fencing with double gate entries and drinking fountains with dog bowls.

Ali Youssefi Square Sign Project

Ali Youssefi Square was recently named in memory of Ali Reza Youssefi, a proud Sacramentan of Iranian heritage, who led many of Sacramento’s recent housing revitalization projects in the Central City. The new memorial at Ali Youssefi Square showcases a 10-foot tall artistic monument sign that illuminates Ali’s favorite colors and astrological constellations.

Shasta Playground

Shasta Park is located at 7400 Imagination Parkway. Improvements to this park’s playground consisted of resurfacing, adding dolphin and seahorse spring riders, and wood fiber surfacing within the playground. The playground includes bark mulch, concrete split rail fencing repairs, and a fabric replacement for the shade umbrella.
Master Plans

**Airfield Park Master Plan**

Airfield Park is a 9.4-acre neighborhood park in North Natomas in the Natomas Field development. Phase 1 of park construction will include development of 5 acres of parkland, and will include the following amenities: 1) an adventure area and tot lot playground, 2) a central plaza area, 3) a group picnic area, 4) individual picnic tables, and 5) two Cornhole games, and 6) an outdoor ping pong table. The master plan also includes concrete walkways, an open space turf area, low water-use irrigation and landscaping with large canopy shade trees, evergreen screening trees and ornamental flowering trees, site furnishings, and a drinking fountain.

**Ray Eames Park Master Plan**

Ray Eames Park is a 6.5-acre joint-use detention basin/neighborhood park in the Land Park area within the Crocker Village development. The proposed Park Master Plan includes the following amenities: 1) an adventure area playground and adjacent turf area for free play, 2) small group picnic area with a shade structure and three tables plus a grill, 3) a seat wall with brick veneer, 4) concrete walkways, and 5) a 3-acre open space turf area within the detention basin for field play. The master plan also includes low water-use irrigation and landscaping with large canopy shade trees, evergreen screening trees and ornamental flowering trees, site furnishings, a drinking fountain, bicycle parking, and bollard lighting.

**Meadows Park Master Plan**

Meadows Park is located in North Natomas. Phase 1 will include development of walkways, turf, low water use landscaping, a tot lot and a group picnic area with a shade structure. Meadows Park will have water efficient landscaping and on-street parking with 70 spaces. Phase 1 construction of the 11.2-acre community park is expected to be completed in Fall 2020. Future phases will include an adventure play area, two lighted tennis courts, two half basketball courts, a decomposed granite jogging path, a restroom, public art, a dog park and a community garden.

Park Maintenance

Winter is behind us and spring is looking great, especially if you are into gardening. As spring approaches, if you like to garden, the City of Sacramento has 16 Community Gardens throughout the city and depending on location, gardening plots are available to rent.

The City of Sacramento also has an Adopt a Plot program at the Old City Cemetery located at 1000 Broadway for planting and maintaining annual plants. The Old City Cemetery also has other activities that you might be interested in. The Old City Cemetery serves as an outdoor museum where you can even take a tour conducted the first Saturday of the month from February to November at 10:00 AM. There are 217 parks available to include 13 dog parks for your use. Have a great spring and summer.
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 Office Hours: M–F 9am-4pm

Coloma Community Center

BELLE COOLEIDGE COMMUNITY CENTER

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.

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.
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.

**Adult Programs**

**Wellness Room:** This room is equipped with Nautilus-type machines for weightlifting and several cardio machines. The Wellness Room is open to participants 16 yrs. and up (under 18 parent waivers required). Please be sure to wear proper workout attire and footwear, and don’t forget a towel!

- M – F 8:30am – 7:45pm
- Sa 9:00am – 3:45pm

**Stitching and Crafts Workshop:** Everyone is welcome to attend this free workshop. Bring your own knitting, crocheting, quilting, or sewing project to this group of experienced crafters. You can socialize and get help with techniques for any projects you have in mind.

- Th 10:00am – 12:00pm FREE

**Wellness Programs**

- **Wellness Room:** Open to participants 16 yrs. and up (under 18 parent waivers required). Please be sure to wear proper workout attire and footwear, and don’t forget a towel!

**Older Adult Programs**

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

**Coffee Social:** Come enjoy warm coffee and pastries with friends. Get updated on community events and enjoy a nice game or 2. FREE

- 1st and 3rd Tu monthly, 10 am BINGO 1st Tu every month
- Call 916-808-1571 for monthly updates to activities for seniors: field trips, classes, activities, and more.

**Senior Social Luncheon:** Join your friends and neighbors for lunch, and fun & games. Sign up at the Front Counter.

- 2nd Tu of each month, 10:00am

**Walking Club:** The group gathers in the lobby of the South Natomas Community Center twice per week and walks for 45 mins to an hour around the neighborhood. Go at your own pace. It’s a great way to start the day!

- Tu, Th call to confirm start time, changes seasonally 8:30 or 9:00 am

**Yoga:** Vinyasa yoga class

- Sa 10:00am Cost: Free, waiver required, under 18 ok with parent permission.

**Computer Lab**

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

**Youth and Teen Programs**

**Southside Clubhouse Kids Kamp Summer 2020**

- M – F 10:00am – 4:00pm 6/22 – 8/14
- Registration begins May 22

**Prime Time Teen**

Teens will have fun in an interactive work readiness training geared for ages 13 – 17. Teens can earn $300 stipend once the course is completed. See Youth Employment page for more info. FREE

- Tu, Th 2:00pm – 5:00pm 6/16 – 8/6

**Wellness Programs**

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

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

- M – F 3:00pm – 6:00pm Spring Session 4/1 – 5/15

**Computer Lab:** Our computer lab offers 10 workstations for the community’s usage free of charge. The computers have Microsoft Office, internet access, and other programs. Staff are available to answer questions and troubleshoot if necessary. The City does not offer printing or copying services at this location. Cost: FREE

- M – F 1:00pm – 7:00pm
- Sa 12:00pm – 3:45pm

**Super Saturday:** Want something to do on the weekend? Parents can register their youth to hang at the Community Center and do some cool stuff. We have arts and crafts, games, cooking, sports, music, and more.

- Call 916-808-1571 for specific dates
- Sa 10:00am – 2:00pm monthly

**Teens can register to hang out and game, chill, listen to music, play sports, and dance. We have video games, music, food and more. Registration with parent signature is required.**

- Call 916-808-1571 for specific dates
- Certain Fridays each month 7:00pm – 10:00pm.
The Sam & Bonnie Pannell Community Center is situated on a 12-acre site, which includes an aquatic center, outdoor basketball courts, baseball diamond and a fully accessible sports field – River Cats Independence Field. The Center includes a weight room, teen room, computer lab, and meeting rooms, also a large multipurpose room with a warming kitchen. Rooms for rent range in capacity and size and can accommodate events of many types. The center offers a selection of programs and classes for all ages and interests.

**Youth/Teen Programs**

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

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

**Sports**—both the youth and teens participate in a variety of sports (flag football, basketball, soccer, etc.) throughout the year, and compete against other community centers.

**Community Access:** This free program includes basketball, dancing, games food, plus much more. Ages 6 – 16 can register for this program which takes places on Wed. from 6:00pm – 8:30pm.

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

**Older Adult**

**All Seasons Café:** The All Seasons Café serves lunch to those 60 and over with a reservation made the day ahead. Lunch is served at 11:45am. (meals are served through Meals on Wheels) The Café also has activities before and after lunch with guest speakers, entertainment and special events. The café opens at 10:30am, Mon., Wed., Fri., from 9:00am – 1:00pm.

**Lao Family Senior Gathering:** Join the group on Fridays from 8:30am – 12:00pm for socializing, snacks and participate in a variety of activities at the community center.

**Duplicate Bridge:** The Sacramento Diamonds Duplicate Bridge Club is always looking for new players and they are willing to teach you. Come in and play a few rounds. Bridge takes place on Mon., from 9:30am – 3:30pm.

**Bid Whist Card Game:** Bid whist is a partnership trick-taking variant of the classic card game whist. As indicated by the name, bid whist adds a bidding element to the game that is not present in classic whist. Come play on Wed. & Fri. from 12:30pm – 4:30pm.

**Open Aerobics:** Please fill free to come work out with a fun and friendly group to videos as it will get you moving towards better health. Wear tennis shoes and comfortable clothes. Work outs are on Mon., Wed. and Fri., from 10:30am – 11:30am.

**Senior Computer Lab:** Volunteer staff can help you with internet questions, help set up emails, and sometimes can help with cell phone questions. The lab is open on Thursdays & Fridays from 10:00am – 12:00pm.

**Adults**

**Exercise Room:** This is a co-ed facility for ages 16 and up. Registration form, workout attire and a towel are required to participate in this program. Our equipment includes treadmills, stational bicycles, weight machines and free weights. Free

**Walking Club:** This is a free walking club open to the public. Come join us for 30 – 45 minute neighborhood walk to benefit your health. The group meets and signs in at the Center lobby. We also have indoor walking during the same time period. Join the walkers on Mondays, Wednesdays & Fridays at 8:30am.

**Non-Violent Floor Hockey:** This is a co-ed open gym type floor hockey offered to ages 20 and older. They meet Monday nights from 7:00pm – 9:00pm and the cost is $7 per night. For more information contact: sacramentofloorhockey.com.

**Jammin Gym:** Open Gym Basketball is offered on Thursdays from 6:00pm – 9:00pm. Participants must be over 16 yrs. of age, and there is no charge. Limited space.

**Futsal (indoor soccer):** Open Gym Futsal is offered on Tuesdays from 6:00pm – 9:00pm. Participants must be over 16 yrs. of age. Futsal is a form of indoor soccer (5 v 5) played with touchline boundaries and without walls. The game is made to refine and maintain skills. The ball used is smaller and heavier than a normal ball. There is no charge and a limited space.

**Community Support Groups**

**Meadowview Neighborhood Association**

**Sacramento Addiction Council**

1st Thursday of each month

**Narcotics Anonymous**

Every Thursday at 7:30pm

**National Council of Negro Women**

3rd Saturday of each month
Youth and Teen Programs

Rec Express
Rec Express is a FREE structured school year program that offers on-site excitement, homework assistance, special event days, board games, arts and crafts, sports, theme days and more - all while making new friends!!

Program dates and time: M – F 2:15pm – 5:00pm
Jan. 13 – May 29, 2020

Teen Squad Program
This FREE structured program will be a great learning experience for teens 6-8th grade. Teens will participate in a variety of activities which include: Large Group Games, Sports, Crafts, Hip Hop Dance / Break Dancing Classes, Sewing Sessions, Life Skills, Community Service Projects, Work Readiness Workshops, Guest Speakers, Field Trips, Movie Nights and more. The Teen Squad Program is designed to keep teens active and engaged in their Community Center as well as their community, while offering enrichment classes to enhance their lives.

M – Th 4:00pm – 7:30pm Jan. 13 – May 29

Spike Nite: indoor volleyball program for year-round enthusiasts, ages 13+ *All participants must have completed registration form on file
Tu 6:00 – 8:00pm Jan. – May / Sep. – Dec.

D6 HOT SPOT: Late Nite Friday program for teens ages 13-19 enjoy indoor basketball, volleyball, dance, recreational activities and much more. *All participants must have completed registration form on file
F 7:00 – 11:00pm Jan. 10 – Jun. 12

Activities For Active Seniors
S.W.A.G = Seniors with Active Goals: Don’t sit at home doing nothing, when you can be here doing EVERYTHING! Examples of activities: Cards (various games), Board games, Dominoes, Theme days, Potlucks, Off-site outings, and much more!

Fit and Fun Flex: Stay fit and have fun enjoying aerobics.
M W F 10am – 11am

Cool Down Walk: enjoy the jog / walk trail along the perimeter of the park
M W F 11:15am weather permitting, FREE

Social Experience: where every day is different
M W F 11:30am-2pm

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

Fitness

Fitness Center: Come and enjoy the Fitness Center: has treadmills, stair steppers, cardiovascular and weightlifting equipment that will provide participants a chance to tone, firm, stretch, flex, and lift to enhance and strengthen body muscles. Great for those interested in healthier lifestyles. Open during all business regular hours.
16+ M – F 9:00am – 9:00pm No cost

Heart and Sole: The physical benefits of walking are well documented, let’s keep the heart pumping while being social by taking a stroll through some greenery and soaking in a bit of fresh air and sunlight.
50+ M – F 9:00am – 10:00 am No cost

Jammin’ Gym: Indoor Open Gym basketball program for adults
18+ Su 4:00pm – 7:00pm

Events

Celebrate the Life of Dr. Seuss! Annual Literacy Event celebrating the life and works of Dr. Seuss
Saturday February 29, 2020 11:00am – 3:00pm No cost.

Travelocity - Seeking to encourage the curiosity for travel with a night of exploration and adventure! Discover and develop a passion for travelling by experiencing some of what other cultures have to offer! Explore various cultural traditions by “travelling” around our event center and seek a world outside of your own!
All Ages Wednesday April 1, 2020 6:00pm – 8:00pm No cost.

Annual EGGstravaganza! Community egg hunt! Come take a photo with the Easter Bunny! Win fun prizes in our raffle! 3 participating age groups:
Toddler 5-8 yrs 9-12 yrs.
Saturday April 11, 2020 11:00am – 4:00pm No cost
The Joe Mims Hagginwood Community Center located in the north area of Sacramento. Our facility and park are the focal point of the North Area which provides two buildings for programs and rentals. The main community center has two meeting rooms, front office, lobby space, outdoor patio and a breezeway leading to the historic building. The historic building has a large auditorium & stage, a warming kitchen and two game rooms for youth and teens. The Hagginwood Park has beautiful shade trees, a playground for kids, basketball courts, large grassy areas, picnic areas and The Grantland Johnson 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 measurement, sizing up at 60.96m (200ft) by 91.44m (300ft). The field also features regulation soccer goals, nets, perimeter fencing, and onsite restrooms. To reserve this field call Coloma Community Center 916 808- 6060.

Youth/Teen Programs

Rec Express
Course# 12471 and Teen Squad Course# 12472 Jan to May
Youth (6-11) and Teens (11-15) can join us afterschool. Work on their homework, eat snacks and jump into some fun by playing pool, ping pong, table games, active games & sports. Create art projects, join in with drama and music. Some field trips and fun that the youth help plan. This afterschool program is geared toward youth who want to socialize in a safe fun positive environment. Space is limited. Register at the front office. Free

M, Tu, Th, F 3:00pm – 6:00 pm
W 1:00pm – 4:00pm

Afterschool Sports
Jan to May
Youth 4-8th grades can join us for seasonal afterschool and Saturday play. Low impact recreational leagues include Basketball, Football and you name it. Each season offers a different fun way to get fit, learn a sport, participate in skills, drills, teamwork, challenges & league play. Free

Tu, Th 3:00pm – 5:00pm Some Saturdays time vary.

Family Programs: Monthly Family Nites are offered within the afterschool program. Families can enjoy a themed evening of fun and food as they bond with their family, neighbors, volunteers and staff. Dates vary - watch for flyers. Your input is important please call us if you have a great idea you want to share.

Older Adult/Senior Programs

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

Tu, W, Th 11:30am – 12:30pm/1:00pm

Senior Progressive Bingo: Seniors can hang out while sipping coffee, eating snacks and playing BINGO. The more you attend and win the better chance you have to win the monthly Grand Prize. Free

1st and 3rd W 11:00am
2nd and 4th Tu 12:30pm

Senior Link: Seniors can participate in weekly senior activities such and karaoke, arts, scrap booking, table games and more. The choice is yours! Must register with El Hogar/Senior Link. More info call 916 956-0935

W 1:00pm – 2:30pm  (Exclude the 4th Month)

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

Community Support Groups

Counseling and Anger Management
Fridays 1:30pm/2:00pm – 4:00pm

Grandparents Support Group
2nd and 4th Monday of the Month 10:00am – 12:00pm

NA support Group with ARANA
1st Friday of the Month 6:00pm

AA Support Group Meeting
Thursdays 6:00pm – 7:30pm

Church of Christ
Sundays 11:00am – 3:00pm
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.

**Afterschool Programs**

**Rec Express** program is offered to youth 1st – 6th grades
M – F 2:00pm – 5:00pm

**Teen Scene** program is for young adults 7th – 11th grades
M – F 4:30pm – 7:00pm

The free afterschool program is geared toward youth who want to socialize in a safe fun positive environment. We offer recreation, group games, sports, arts and crafts, foosball, air hockey, pool, snacks, homework help, field trips and so much more! Get Creative and learn something new! For youth and teens ages 6-18

**Afterschool Sports:** Youth 4 – 8th grades can join us for seasonal afterschool and Saturday play. Low impact instructional and recreational leagues offered each season. A different fun way to get fit, learn a sport, participate in skills, drills, teamwork, challenges & league play. Free

Girls soccer and basketball clinics – Call us for the schedule.

**Arts**

**Ceramics**
Th 3:30pm – 5:00pm

**Art Adventures**
F 3:30pm – 5:00pm

**Wellness Programs**

**Pump It Up!** Whether you are trying to lose weight, gain muscle or stay fit, we have the equipment for you! Our free co-ed wellness room includes treadmills, ellipticals, stationary bicycles, free weights and more! Must be 18+ and register. Registration form, workout attire and a towel are required to participate in this program.
M – F 10:00am – 7:45pm
Sa 9:00am – 2:30pm

**Jammin’ Gym:** Open gym basketball is offered for adults 18+.
Bring your friends for pickup games in the indoor gym!
Th 5:30pm – 7:45pm

**Futsal:** A fun indoor soccer game with a different kind of ball.
M 5:30pm – 7:00pm.

**Street Soccer USA:** Located behind the community center is the UC Davis Health Neighborhood Street Soccer Park. Pick-up games are available for youth and adults on the lighted court. Give us a call for a more detailed schedule of programming.

**Retro & Active 50+**

**Strength and Fitness:** Come and increase your freedom of movement. If you are new to exercise, have been out of it for some time or just want to exercise with people your own age, consider our 50+ fitness class. We work at your pace.
Tu, F 10:30am. No cost

**Senior Social:** We host a monthly Senior Social for our community members fifty years older or older. We offer Bingo, games, activities, and different themes. Come out and enjoy a good time and get lots of information at our monthly senior socials.
Every 2nd Tu 11:00am – 1:00pm  No cost.

**Pinch it Ceramics:** Come and get your hands dirty and join our class. Any skill level is welcomed.
Th 1:00pm – 3:00pm. No cost.
### Park, Pool, and Community Center Map

**Aquatics**
- 1 Bertha Henschel Wading Pool
- 2 Cabrillo Pool
- 3 Clunie Pool
- 4 Colonial Wading Pool
- 5 Doyle Pool
- 6 Glenn Hall Pool
- 7 Johnston Pool
- 8 Mangan Pool
- 9 McClatchy Pool
- 10 Natomas High School Pool
- 11 Oki Pool
- 12 Pannell Meadowview Pool
- 13 Robertson Wading Pool
- 14 George Sim Pool
- 15 Southside Pool
- 16 Tahoe Park Pool
- 17 William Land Park Wading Pool

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

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**Community Centers**

<table>
<thead>
<tr>
<th>Community Centers</th>
<th>Days of Operation</th>
<th>Hours of Operation</th>
<th>Meeting Rooms</th>
<th>Multi Purpose Room</th>
<th>Warming Room</th>
<th>Microwave</th>
<th>Aud/Video</th>
<th>Dance Room</th>
<th>Five &amp; Weight Room</th>
<th>Senior Meal</th>
<th>Computer Access</th>
<th>Program Registration Site</th>
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<tbody>
<tr>
<td>Belle Cottridge Community Center</td>
<td>Tue, Thu &amp; Fri</td>
<td>12:00 Noon - 5:00 PM</td>
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<tr>
<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>Mon-Fri</td>
<td>Room available for rental</td>
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<td>Evelyn Moore Community Center</td>
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<td>George Sim Community Center</td>
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<td>Joe Mims, Jr. Hagginwood Community Center</td>
<td>Mon-Fri</td>
<td>Sat</td>
<td>9:00 AM - 5:00 PM, 9:00 AM - 12 PM</td>
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<td>Oak Park Community Center</td>
<td>Mon-Fri</td>
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<tr>
<td>Sam &amp; Bonnie Pannell Community Center</td>
<td>Mon-Fri</td>
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<td>Mon-Fri</td>
<td>Sat</td>
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<td>Woodlake Clubhouse</td>
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<td>E.M. Hart Senior Center</td>
<td>Mon-Fri</td>
<td>Sat, Sun</td>
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Find skate parks near you in the Youth and Teen section, page 39
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 (17 and under) $4 for Adults (18+)

Summer Kick Off
Come join us on June 12th for $1-dollar admission at all pools. Come kick off the Summer right with a relaxing and fun time at the pools. Recreation swim will be from 1 – 5 p.m. on this day at all pools. We look forward to your visit and the beginning of our summer recreation swim season!
Age: All ages
Fee: $1

Family Nights
$2 admissions on these recreational swim times! Bring your entire family and join us for an evening swim! Time and dates vary depending on the pool, please check the website for more information. Family nights are held on Mondays or Fridays.
Age: All ages
Fee: $2

Underwater Egg Hunt
Ready? Set? Hunt! Join us at our Underwater Egg Hunt at Meadowview Pool! The hunt will be held on Saturday, April 11th from 12pm - 2pm. Doors open at 12pm and the egg hunt will begin at 12:15pm. Stick around for open swim until 2pm! Admission is $2 for both participants and spectators. All non-swimmers must always be accompanied by an adult and be within arm’s reach.
Age: All Ages
Location: Meadowview Pool
Fee: $2

Pool Rentals
Private pool rentals are available. Rental rates vary based on the type of pool, features, and the group size. Please contact the Aquatics office for details about pools and their availability. Reservations for all pools can be made in person at the Coloma Community Center Aquatics Office and must be completed two weeks in advance of rental date.
Age: All ages
Location: Various Locations
Fees: Varies
## CITY OF SACRAMENTO COMMUNITY POOLS
**RECREATION SWIM HOURS**

<table>
<thead>
<tr>
<th>Pool Name</th>
<th>Address</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>CABRILLO POOL</td>
<td>1648 65th Avenue 916-433-6271</td>
<td>916-433-6271</td>
</tr>
<tr>
<td>CLUNIE POOL</td>
<td>601 Alhambra Boulevard 916-264-5301</td>
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<tr>
<td>DOYLE POOL</td>
<td>2827 Mendel Way 916-566-6420</td>
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<td>HALL POOL</td>
<td>5201 Carlson Drive 916-277-6071</td>
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<td>JOHNSTON POOL</td>
<td>231 Eleanor Avenue 916-566-6420</td>
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<td>MANGAN POOL</td>
<td>2140 34th Avenue 916-433-6272</td>
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<td>MCCLATCHY POOL</td>
<td>3500 5th Avenue 916-277-6041</td>
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<td>NATOMAS HS POOL</td>
<td>3301 Fong Ranch Road 916-566-3644</td>
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<td>OKI POOL</td>
<td>2715 Wissemann Drive 916-277-6160</td>
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<tr>
<td>PANNEL MEADOWVIEW POOL</td>
<td>2450 Meadowview Road 916-808-6622</td>
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<td>SIM POOL</td>
<td>6207 Logan Way 916-808-3768</td>
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<td>SOUTHSIDE POOL</td>
<td>2107 6th Street 916-264-5357</td>
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<td>TAHOE POOL</td>
<td>3501 59th Street 916-277-6072</td>
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### Sacramento Pool Entrance Fees:
- $2 for Children (17 & under)
- $4 for Adults (18+)
- *Family nights are $2 for all ages!*
- **Summer Kick off is $1 for everyone!**

### Aquatic Program Site
- **Family nights!**
- **Summer Kick Off Day!**

<table>
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<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>7/2-7/6</td>
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</tbody>
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**COMMENTS:**
- Closed on Thanksgiving Day.
- Closed on New Year’s Day.
- Closed on Memorial Day.
- Closed on Labor Day.
- Closed on Independence Day.
- Closed on Christmas Day.
- Closed on Veterans Day.

**NOTICE:**
- The times and days may change without notice due to weather or maintenance issues.
- Please check the website for the most up-to-date information.

---

**City of Sacramento Community Pools**

**Swim Hours:**
- **Monday:** 12:00 - 4:00PM
- **Tuesday:** 12:00 - 4:00PM
- **Wednesday:** 12:00 - 4:00PM
- **Thursday:** 12:00 - 4:00PM
- **Friday:** 1:00 - 5:00PM
- **Saturday:** 1:00 - 5:00PM
- **Sunday:** 1:00 - 5:00PM

**Contact Information:**
- City of Sacramento Community Pools
- **Location:** 916-277-6072

---

**Aquatic Program Site:**
- **Family nights!**
- **Summer Kick Off Day!**

---

**Swim Times:**
- **Closed:** 1:00 - 5:00PM
- **Closed:** 1:00 - 5:00PM
- **Closed:** 1:00 - 5:00PM
- **Closed:** 1:00 - 5:00PM
- **Closed:** 1:00 - 5:00PM
- **Closed:** 1:00 - 5:00PM
- **Closed:** 1:00 - 5:00PM

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**Sacramento Pool Entrance Fees:**
- $2 for Children (17 & under)
- $4 for Adults (18+)
- *Family nights are $2 for all ages!*
- **Summer Kick off is $1 for everyone!**
## City of Sacramento Wading Pools

### Recreational Swim Hours

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<th></th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Saturday</th>
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### Summer Kick Off Day!

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**Sacramento Wading Pools are Free to the Public**

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**Come Out & Play**

**SPG/Summer 2020**
Lap Swim

Lap swim is the perfect way to work out while enjoying our outdoor pools. Lap swim time is offered at Clunie, Southside, Pannell Meadowview, and Tahoe Pools. Participants must be able to swim continuously and observe circle swim etiquette. Purchase a lap pack of 20 admissions for $50 at your local pool or pay a one time drop-in fee of $5 at the door.

Age: All ages
Location: Clunie Pool, Southside Pool, Tahoe Pool, Meadowview Pool
Fee: $5

<table>
<thead>
<tr>
<th>Time Dates</th>
<th>Day of the Week</th>
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<tr>
<td>11:00am - 12:45pm</td>
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<td>4:00pm - 7:00pm</td>
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<td>10:00am - 12:45pm</td>
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Southside

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Tahoe

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Meadowview

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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, Mangan Pool, Meadowview Pool, Tahoe Pool
Fee: Varies

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<td>Sa</td>
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<tr>
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Meadowview

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Natomas

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Tahoe

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* No class on the 4th of July
**SWIM LESSON CLASS DESCRIPTIONS**

**Parent & Child for 6 months to 3 years old**
Parent and Child swim class is for children and their parents focusing on water adjustment, pool safe skills and fun! Join us for a class that teaches parents proper holds, the fundamental of water skills, and builds a base for enjoying the pool.

**Preschool Level 1 for Ages 3, 4 & 5**
Level 1 is an introductory swim lesson level that focuses on water adaptability skills. Swimmers will work on learning to submerge their face, float on both their front and back with a floatation aid, and work on breath control. Prerequisites: Must be able to follow direction of swim instructor and sit independently on the edge of the pool. No other swim skills are required to take this class.

**Preschool Level 2 for Ages 3, 4 & 5**
Level 2 is for swimmers who are comfortable in the water. This level focuses on rudimentary swimming skills such as floating independently and working on gaining the ability to swim on their front and back. Prerequisites: Must be able to demonstrate breath control by taking a breath, submerging face under water, coming up for air, taking another breath and repeating 10 times. Must be able to float on front with the aid of a floatation device for 10 seconds while their face is submerged in the water. Must be able to float on back with the aid of a floatation device for 10 seconds while their ears are submerged in water.

**Level 2 for Ages 6-12**
Level 2 is for swimmers who are comfortable in the water. This level focuses on rudimentary swimming skills such as floating independently and working on gaining the ability to swim on their front and back. Prerequisites: Must be able to demonstrate breath control by taking a breath, submerging face under water, coming up for air, taking another breath and repeating 10 times. Must be able to float on front with the aid of a floatation device for 10 seconds while their face is submerged in the water. Must be able to float on back with the aid of a floatation device for 10 seconds while their ears are submerged in water.

**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 the water.

**Level 4 for Ages 6-12**
Level 4 focuses on increasing endurance and refining the technique of children who can already swim front crawl, backstroke, 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 front crawl with their face in the water using any breathing pattern. Swim 10 yards backstroke with single arm action considered acceptable. Swim 10 yards on back using elementary backstroke arms. Tread water for 20 seconds.

**Level 5 for Ages 6-12**
Level 5 focuses on refining techniques for the front crawl, backstroke, and elementary backstroke. 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.

**Intro to Competitive Swimming for Ages 6-17**
Intro to Competitive Swimming Class is for the aspiring competitive swimmer. With a focus on endurance and swimming longer distances for the competitive strokes, this level is designed to get swimmers ready to participate on swim team. Additionally, students will learn about practice sets, racing, starts and turns. Prerequisites: Swim 15 yards of front crawl. Swim 15 yards of backstroke. Must be able to float on their front independently for 10 seconds while their face is submerged in the water.

**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.
**Adult Beginner Ages 16+**
Adult Beginner Swimming level teaches basic swimming skills and is designed for students that have little to no swimming experience. This class will work on being comfortable in the water, breath control, floating and swimming independently. Prerequisites: No swimming skills are required.

**Adult Intermediate / Advanced Ages 16+**
Adult Intermediate and Advanced swimming level is for adults who are comfortable swimming and teaches and refines front crawl, backstroke and other swimming skills. Prerequisites: Swim 10 yards front crawl with their face in the water utilizing any breathing pattern. Swim 10 yards on back.

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**FREE SWIM LESSONS**

**Free Swim Lessons**
Join us for a portion of our swim instructor training where our instructors get experience teaching kids and you get free swim lessons! Free swim lessons will take place from June 2nd to June 4th at Doyle Pool and June 16th to June 18th at Meadowview Pool, Clunie Pool and Tahoe Pool. Sign up early limited space available.

**Age:** All ages  
**Location:** Doyle Pool, Meadowview Pool, Tahoe Pool, Clunie Pool  
**Fee:** Free

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**DOYLE POOL 6/2 - 6/4**

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**CLUNIE POOL 6/16 - 6/18**

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All sessions are T, W, & Th
## CLUNIE POOL WEEKDAY SWIM LESSONS

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## DOYLE POOL
### WEEKDAY SWIM LESSONS

All sessions are T, W, & Th (2 Weeks)

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### Intro to Competitive Swimming

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### TAHOE POOL WEEKDAY SWIM LESSONS

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All sessions are Sa (3 Weeks)

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**SUNDAY MINI LESSONS**

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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.

Fee: $99

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<th>Oki Manta Rays AM</th>
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<tr>
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<tr>
<th>Hall River Rats PM*</th>
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<th>Time</th>
<th>Day of Week</th>
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<tr>
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<td>6:00 pm - 7:00 pm</td>
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*Glenn Hall - Mondays 7:15pm - 8:15pm  **Oki Fridays 7:15pm - 8:15pm
Lifeguard Training

This American Red Cross Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Participants will learn how to provide professional-level care for breathing and cardiac emergencies, injuries, sudden illnesses and water emergencies until emergency medical services (EMS) personnel take over. Successful completion of the program includes a certification in American Red Cross Lifeguarding, First Aid and CPR/AED.

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

Age: 15 and up
Fee: $185 ($150 may be reimbursed to persons who pass this course, apply to and work for the City of Sacramento)

Free Lifeguard Workshop and Lifeguard Scholarship Day

Interested in becoming a lifeguard? Curious about the swim skills needed to take the lifeguard course? Bring a swimsuit and join us for a free workshop where our instructors will be teaching skills to help you succeed in our lifeguard classes. You can try the class prerequisites and learn about our lifeguard employment opportunities.

Following the water workshop, qualifying participants interested in working for the city as a lifeguard can apply for a scholarship to get a free lifeguarding class. Aquatic staff will be conducting scholarship interviews and participants can complete the application form.

Age: 15+
Location: Meadowview Pool
Fee: Free
11629 10:00am – 2:00pm March 14th Sa
11623 10:00am – 2:00pm April 4th Sa

Junior Lifeguard Program

Junior Lifeguard Program is a week-long program that provides a foundation of lifeguarding, helping youth make a smooth transition to our American Red Cross Lifeguard course. Each camp covers the same essential core material of lifeguarding, but also places an additional emphasis on different sets of skills depending on the week attended. Enroll in one, two, or all six camps and start building lifeguard skills.

Items to bring: Swim goggles, proper swimming attire, towel, lunch, sunscreen, notepad/paper, and pen/pencil.

Age: 13 - 15
Location: Natomas High School Pool
Fee: $39
Tiny Tot Time is a recreation program for preschool-aged children. Activities include indoor and outdoor games, arts & crafts, music, stories, and field trips.

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

**Tiny Tot Time**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Instructor</th>
<th>Contact</th>
<th>Tu/Th 9:00-11:30am</th>
<th>M/W/F 9:00-11:30am</th>
<th>M/W/F 12:00-2:30pm</th>
<th>Tu/Th 12:00-2:15pm</th>
<th>9/1-9/29 Cost</th>
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<tbody>
<tr>
<td>Coloma Community Center</td>
<td>12611</td>
<td>Rebecca Castro</td>
<td>(916)227-6066</td>
<td>$170/mo</td>
<td>$155/mo</td>
<td>$170/mo</td>
<td>$150/mo</td>
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<tr>
<td>McKinley Park</td>
<td>12612</td>
<td>Grace Mattox</td>
<td>(916)448-4273</td>
<td>Tu/Th 12:00-2:00pm</td>
<td>$160/mo</td>
<td>$160/mo</td>
<td>$150/mo</td>
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<tr>
<td>S. Natomas Community Center</td>
<td>12613</td>
<td>Becky Castro</td>
<td>(916)227-6066</td>
<td>Tu/Th 12:00-2:00pm</td>
<td>$160/mo</td>
<td>$160/mo</td>
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<tr>
<td>William Land Park</td>
<td>12614</td>
<td>Rachael Hinrichsen</td>
<td>(916)227-6066</td>
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<td>$160/mo</td>
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Tiny Tot Time locations.

There is a $30 annual registration fee for all Tiny Tot Time locations.
EXPANDED LEARNING - ASSES

PASSage/ASES After School

The Passages / ASES (Teen Services) program provides a Youth Development based program designed for middle school children. The program allows the students the opportunity to develop enthusiasm for enrichment and recreation through participation in a variety of exciting, challenging, activities such as academic enrichment, sports, visual and performing arts, science and technology, service learning, cooking, multi-cultural activities, life skills education, special events and trips.

Ages: 7 – 8th Graders
Location: Sam Brannan Middle School
2:00pm – 6:00pm M – F
Jan 2020 – Jul 2021

Sacramento START

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

• Taylor Street Elementary School
• Glenwood Elementary School
• Main Avenue Elementary School
• Robla Elementary School
• Bell Avenue Elementary School

EXPANDED LEARNING - CHILD CARE

4th “R”

The 4th “R” provides School-Age Child Care for Kindergartners – 6th graders, emphasizing RECREATION! We have on-site locations at many elementary schools in the Sacramento area. We provide before and after school care during the school year, including winter and spring break, and a full day program during the SUMMER!

The 4th “R” is a recreation program that fosters learning through fun. Your child will have opportunities to engage in arts & crafts, cooking, sports & games, science & more. Your child will have many unique and interesting experiences at the 4th “R”. We love what we do, and we are here for you!

The 4th “R” is a licensed program with the State of California. 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
Diddion 6490 Harmon Dr., Sac. 95831 (916) 433-6675 Lic# 343611928
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# 343611929
Natomas Park 4700 Crest Dr., Sac. 95835 (916) 264-1064 Lic# 343605744
O.W. Erlewine 2441 Stansberry Wy., Sac 95826 (916) 277-6104 Lic# 343610930
Paso Verde 3800 Del Paso Rd., Sac. 95835 (916) 566-4496 Lic# 343621995
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# 343612840
Sutterville 4967 Monterey Wy., Sac. 95822 (916) 277-6103 Lic# 343610097
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
Summer Oasis

Enjoy the fresh outdoors at one of our popular city parks. Hang out with your friends while participating in a variety of activities including crafts, sports, physical fitness, and games. A minimum of 75 participants are needed to operate program.

Registration begins March 2nd. Program is for 1st - 6th graders. Please make sure to enter grade when registering. NO program on July 3rd.

Campers should bring lunch/snack, water and sunscreen. Camps will be offered in two sessions.

Please register for both sessions of camp if you would like your child to attend all 8 weeks.

For more information please call (916) 808-6657 or sjensen@cityofsacramento.org

Age: 1st – 6th grades
Location: East Portal Park, Marriot Park, North Natomas Regional Park, and William Land Park
Fee: $95
Schedule Exceptions: No class on July 3rd

Junior Giants

Junior Giants baseball is a non-competitive baseball and softball program open to all boys and girls ages 5-13. Players will learn the fundamentals of the game in a safe, fun and positive environment. Participants will receive a shirt, hat and all necessary equipment needed to play. All games are played on Saturdays. Each team will also have one scheduled practice during the week. Practice days and times will be selected by the coach prior to the season. Registration opens April 1st. All registration is done online, please visit http://gojrgiants.org/ to find your desired league location. For further information; please contact the sports coordinator, Scott Jensen, at (916) 808-6657 or sjensen@cityofsacramento.org

Registration: April 1 - May 29, 2020
Start and End Date(s): May 30 – August 15, 2020
Day(s) of the Week:
- Practice: Day TBD
- Game Day: Saturday
Time(s):
- Practice: Time TBD
- Games: 9am-1pm

Location(s):
- North Area League - Robla Community Park- 625 Bell Ave, Sacramento, CA 95838
- Central Area League -William Land Regional Park- 3800 W. Land Park Dr, Sacramento, CA 95822
- South Area League - George Sim Park- 6207 Logan St, Sacramento, CA 95824

Age of Participants: 5-13 years of age

Afterschool Sports

4th-6th grade gals and guys learn the fundamental skills and strategies of flag football in this co-ed instructional league. Practices will be held 2-3 days each week and games will be on Saturdays. For more information please call or visit your local community center site for specific practice days or contact the sports coordinator Kevin Calhoun at 916-808-6085 or kcalhou@cityofsacramento.org.

Instructor: Community Center coach
Fee: Free
Dates: TBD

North Area Locations:
- S. Natomas Regional Park - 2921 Truxel Rd 808-1571
- Mims/Hagginwood CC - 3271 Marysville Blvd 808-6439

South Area Locations:
- Pannell CC - 2450 Meadowview Rd 808-6680
- Oak Park CC - 3425 Martin Luther King Jr. Blvd 808-6151
- George Sim CC - 6207 Logan St 808-3761

H@ck the Park

H@ck the Park (HtP Fest) transforms a local park into a tech wonderland for all ages! In partnership with the City of Sacramento, Square Root Academy has curated a STEM-tastic experience for the whole family celebrating the culture, innovation, and community! With interactive experiences from dozens of partners, HtP Fest explores the wonderful world of STEM with tons hands on experiences. This festival was engineered for fun and you definitely don’t want to miss out!

Location: North Laguna Park
Date: Saturday June 13
**Lego® Robotics AdventureBots**

It's time for a new adventure! Join us for a fun week of building working Lego models to create adventure robots. Choose between a sky diving plane, ski boat, race car or a hang glider! Use the intuitive WeDo platform to program the models and bring your creations to life! With a colorful, drag-and-drop interface being used alongside child-friendly themes, this class is bound to excite children who will bring everyday Legos® to life by exploring and adding new technology! (Please note: IntelliBricks will provide all LEGO® and touch screen computers for the camp. Children cannot take home any of their creations or LEGO® products). LEGO® group of companies does not sponsor, authorize or endorse any of our programs.

**Introduction to Digital Drawing and Design**

Does your child love to draw? Take drawing skills to the next level by integrating technology. We use Wacom Tablets and touch screen laptops for each student. Students are not paired up for this class so artists can have total control over their digital drawing creations. Working with a digital canvas and toolset also inspires unique artwork while building muscle memory and hand eye coordination. Art students will better understand and walk away with the following:

- Discovering the advantages of digital drawing and painting composition.
- Comparing the differences between traditional methods of art creation vs. digital compositions.
- Understanding creative design terms such as pixelation, vector-based drawing.
- Integrating elements of traditional into a digital art such as: Line, Shape, Form, Texture, Value, and Space.
- Understanding positive and negative drawing in a digital workspace.
- Researching how integrating layers come together to create multi-perspective scenes.

Artwork will be emailed end of the camp. IntelliBricks will provide laptops, Wacom Tablets and all necessary supplies for the camp.

**Lego Robotics Hero Helper Bots**

Our lives would be much more difficult without the use machines that help our communities! Join us for an exciting week where we will build working models of machines like garbage trucks, snowplows, sea cleaners, flood gates, and more. Students will then use the new Lego® Robotics WeDo 2.0 built on the next generation science standards using blue tooth technology! Children will build motorized Lego® models with this sophisticated technology and also learn how their robots communicate with the environment using a variety of sensors. Children will learn programming in an intuitive way – allowing students to bring their creations to life while sharpening computational thinking skills. (Please note: IntelliBricks will provide all LEGO® and touch screen computers for the camp. Children cannot take home any of their creations or LEGO® products). LEGO® group of companies does not sponsor, authorize or endorse any of our programs.

**Dash Public Speaking**

Public speaking can be scary, but with some practice, tricks, and preparation, it can instead be a thrilling form of self-expression! While we go through the process of writing a thoughtful speech with fluid organization, we learn the steps of effective memorization and work on the actor-like performance aspects of public speaking. The end result: a student who is confident in their self, their ideas, and their speaking abilities. By the end of the course, students will have a handbook full of tips, tricks, and lessons that they can use to keep improving independently, so the learning process continues as long as you want! After our DASH public speaking course for young learners premiered last year, we were greeted with calls for more! This year, we are back with even more focus on what you asked for - speaking, speaking, and speaking! Whether you joined us last year or you are new to the program, we are excited to welcome you to the group, and eager to help your student become their most confident self.

In this course, we cover:

- The foundational ideas behind writing that both clearly conveys ideas and is entertaining
- The foundational skills behind speaking in front of an audience with confidence and showmanship

**JavaScript Coding and Electronics**

Partnering with the now nationally renowned local startup PodPi, we have created a curriculum that teaches students about Java-Script coding and applies that knowledge to student-designed, real-world projects. Using Java-Script with an Arduino board, students are able to build their first simple circuits and code them to accomplish a variety of tasks. Replacing ordinary lesson plans with an exciting series of adventures on the Island of PodPi, students are engaged in solving real problems, performing critical thinking tasks, and participating in hands-on lessons with reduced screen time. IntelliBricks will provide all supplies. No coding experience is necessary. (Please note: IntelliBricks will provide all supplies and touch screen computers for the camp. Children cannot take home any of their creations. Materials are available for purchase if interested.)

**Dash Public Speaking**

Public speaking can be scary, but with some practice, tricks, and preparation, it can instead be a thrilling form of self-expression! While we go through the process of writing a thoughtful speech with fluid organization, we learn the steps of effective memorization and work on the actor-like performance aspects of public speaking. The end result: a student who is confident in their self, their ideas, and their speaking abilities. By the end of the course, students will have a handbook full of tips, tricks, and lessons that they can use to keep improving independently, so the learning process continues as long as you want! After our DASH public speaking course for young learners premiered last year, we were greeted with calls for more! This year, we are back with even more focus on what you asked for - speaking, speaking, and speaking! Whether you joined us last year or you are new to the program, we are excited to welcome you to the group, and eager to help your student become their most confident self.

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Indoor Skate Park

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

All ages

Location: 20 - 28th & B Skate Park
Sa, Su 12:00pm - 9:00pm
M - F 4:00pm - 9:00pm

BIRTHDAY PARTIES RENTAL

28th and B Street Park is available for Birthday Parties. Book your Birthday Party Reservation today!

Time: Weekends between 10am-12pm
Cost: $10 per child ($100 minimum)

For more information, please call skate park Coordinator, Zakiyah Brazil, during park hours at (916) 494-8724 or Zbrazil@cityofsacramento.org

Come check us out at “The B” Skate Park... Stay Rolling!

SK8 Camp

Camps are open to all skill levels and for youth ages 5-15 years. Experienced skate instructors and staff will be teaching basic skateboard fundamentals as well as more technical skills for advanced skaters. This is a great opportunity for the youth of Sacramento to meet other skaters from the region and acquire some tricks at the same time. Fee includes skate instruction, snack, water bottle, and t-shirt. All participants under 18 years of age are required to wear helmets.

Location: 20 - 28th & B Skate Park
Fee: $120

13228 10:00am - 1:00pm 4/6 - 4/10 M - F
13229 10:00am - 1:00pm 6/15 - 6/19 M - F
13230 10:00am - 1:00pm 7/13 - 7/17 M - F
13231 10:00am - 1:00pm 8/3 - 8/7 M - F

OUTDOOR SKATE PARK RULES

In order to ensure safety at our skate parks, all skatepark users must follow these rules:

The Sacramento City Code requires all skateboard riders and skaters to wear helmets, elbow pads and kneepads while riding at this facility. Any person failing to do so will be subject to citation pursuant to Sacramento City Code (Section 12.72.120).

The City of Sacramento is seeking applications for Enrichment Instructors from independent contractors.

Qualified persons may submit one copy of the application packet in a sealed envelope, to the attention of Julia Root at the following address:

Department of Youth, Parks, and Community Enrichment
4623 T Street, Suite B
Sacramento, CA 95819

Applications can be picked up in person at Coloma Community Center or found at https://www.cityofsacramento.org/ParksandRec/Recreation/LeisureEnrichment

Questions? Email or call Julia at JRRoot@cityofsacramento.org or (916) 808-7205

Outdoor Skate Parks

Baer Skate Park
7851 35th Ave, East Broadway

Granite Skate Park
8200 Ramona Ave, East Broadway

McClatchy Skate Park
3500 5th Ave, East Broadway

Regency Community Skate Park
5500 Honor Pkwy, North Natomas

Reichmuth Skate Park
6135 Gloria Dr, Pocket Area

Robertson Skate Park
3525 Norwood Ave, North Sacramento

Robla Community Skate Park
625 Bell Ave, North Sacramento

Shasta Community Park Skate Park
7407 Shasta Ave, South Sacramento

Tanzanite Skate Park
2220 Tanzanite Ave, North Natomas

Warren Skate Park
7420 Vandenberg Dr, East Broadway

Wild Rose Skate Park
5200 Kankakee Dr, North Natomas

Winner’s Circle Skate Park
2415 Evergreen St, North Sacramento
**Sac Show Biz**

Learn a variety of dance including Hip Hop, Tap, Ballet and Jazz while building self-confidence, body awareness and having fun. We have classes for children starting at 2.5 and ranging up to 18. Classes are offered for all ages and experience. Please call 209-405-5616 for more information.

Age: 2+
Instructor: Koren Hasenkamp and Rocco Kline
Fee: $40/month 1 class per week
$80/month 2 classes per week
$99/month Unlimited classes per week

**OnStage Theatre Arts**

Have a child with an active imagination and a need to shine? OnStage theatre arts classes provide a place for imagination, confidence building and teamwork while improving reading and verbal skills. Students create characters from a box full of costumes, then collaborate to create a story which becomes the play that they will rehearse for the rest of the session. Young actors learn to support each other in the story and work as an ensemble as they also create set and prop pieces. Playing theatre games, practicing lines, exploring the basics of theatre arts prepares them for the performance and develops an appreciation of the many facets of theatre. It is wonderful to see the children confidently perform their creation for family and friends on the final day of classes.

Age: 5 – 10
Location: Coloma CC
Instructor: Cynthia Speakman
Fee: $210

**Introduction to Drawing and Watercolor**

Students will increase their visual literacy through demonstrations, art history lectures, and direct observations. Starting with the basics of drawing, students will work on still life geometric shapes to study values to portray from in space, and later will be introduced to wet media through ink studies and the watercolor. This course is for beginning and intermediate skill levels.

There is an additional $10.00 material fee.

Age: 8 – 14
Location: Coloma CC
Instructor: Oscar Romero
Fee: $135

Find more Teen classes and activities in the Adult Fun & Fitness section, pages 56-63 and in the Community Centers section, pages 14-19
DANCE & GYMNASICS

Baton Twirling

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

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

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Joanna’s Kids “R” It Dance and Gymnastics

Fee: $42 Class Fee / $35 2nd class or student / $30 3rd class or student
Pre-registration required and an annual registration fee of $25 for 1 Student $40 for 2 Students $55 for 3+ Students
Call 916-331-0554 for more information.

Joanna’s Kids “R” It has been providing quality programs at affordable prices throughout the Sacramento area for 35 years. Programs in both dance and gymnastics are standardized and curriculum based. All our programs are for 1 hour each week.

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

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

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

For more information about our staff, curriculum and Kids “R” It visit our website at joannaskidsrit.com. Email jokidsrit@aol.com or phone our office at 916-331-0554 (office hours are Mon – Th 9:00 am – 12noon)

Location: South Natomas CC

Dance - Ballet, Tap & Jazz

Pre School Dance
Tuesdays at 11:15am – Ages 2-5
Tuesdays at 12:15pm – Ages 5-6
Fridays at 2:40pm – Ages 2-4
Fridays at 6:00pm – Ages 4-6
Saturdays at 11:00am – Ages 2-5

Beginning Elementary
Mondays at 4:30pm – Ages 6-9
Saturdays at 12:15pm – Ages 6-9
Fridays at 3:40pm – Ages 6-9

Advanced Beginner
Fridays at 5:40pm

Intermediate - Instructor Placement
Thursdays at 4:30pm

Floor Exercise Gymnastics

Pre School Gym
Fridays at 3:40pm – Ages 2-5

Beginning Elementary
Thursdays at 4:30pm – Ages 6+
Saturdays at 11:00am – Ages 6+

Advanced Beginner - Instructor Placement
Thursdays at 4:30pm

Location: Belle Coolidge CC

Dance - Ballet, Tap & Jazz

Pre School Dance
Thursdays at 3:30pm – Ages 2-6
Thursdays at 5:30pm – Ages 2-6

Beginning Elementary
Thursdays at 4:30pm – Ages 7+

Floor Exercise Gymnastics

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

Beginning Elementary
Thursdays at 3:30pm – Ages 6+

Advanced Beginner/Intermediate/Instructor Placement
Thursdays at 4:30pm
**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.

**Age: 4+**
**Location:** South Natomas CC
**Instructor:** Fee: $55 individual/$90 family (2 or more immediate family)

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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. Persons with physical disabilities are encouraged to join.

**Location:** Genevieve Didion Gym
**Instructor:** Rabon Tadena
**Fee:** $60 individual/family rate 3+ $140

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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.

**Age: 5+**
**Location:** Hagginwood CC
**Instructor:** George Bonilla
**Fee:** $30

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### Ages: 13+

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Golf Program Registration

Golf programs offered by Morton Golf are available at three City of Sacramento golf courses.

For registration or questions, please call or visit:

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

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

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

**WHAT IS THE FIRST TEE?**

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

**KIDS PLAY FREE!**

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

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

Tots on the Tee (ages 3-4)
Tots on the Tee is a junior golf program designed for children ages 3 and 4. Participants will be introduced to the basic concepts of the game, athletic movements to enhance hand and eye coordination development and The First Tee Core Values.
Fee: $109.95
Location: Haggin Oaks - Saturdays
March 28 - May 16  11am - 12pm  Skip April 11 & 25
Location: William Land - Saturdays
March 28 - May 16  4pm - 5pm  Skip April 11 & 25

Tots on the Course (ages 4-6)
This class is recommended for children who have taken one session of Tots on the Tee. The coaching staff utilizes the 3-hole loop on the Academy Holes and children are taught the very basics of how to play more than one golf hole at a time. They learn where to start the hole, where to stand when someone else is hitting and the overall flow of a golf hole.
Fee: $99.95
Location: Haggin Oaks - Wednesdays
April 29 – May 20  6:00pm – 7:00pm
June 3 – June 24  6:00pm – 7:00pm
Aug. 12 – Sept. 20  6:00pm – 7:00pm

Year Round Morning Program (ages 7+)
The Year Round Morning Program is very similar to the Year Round After School Program, however the time of this class offers more options for our homeschool and charter school participants. It is a station based class which allows children to learn golf and athletic skills at their own pace, while still enjoying their time at the facility. Participants are encouraged and welcome to attend class at both properties!
Fee: $189.95
Locations: Haggin Oaks - Tuesdays,
Bing Maloney - Thursdays
Feb. 18 – May 21  10:30am – 12:00pm

Year Round After School Program (ages 7+)
The Year Round After School Program is a class in which not only participants work on all facets of their golf game, learn the life skills of The First Tee, but also develop many athletic skills and movements which are critical in becoming an athlete and a more coordinated golfer. This program is special, in that children can come to the course and participate in class for up to four days a week! Whether a child is a beginner or intermediate golfer, stations are set up in a manner in which all skill levels can practice at their ability.
Fee: One Day p/week $169.95
Two Days p/week $209.95
Unlimited $299.95
Weekly Drop-In $29.95

Locations: Bing Maloney (Mon.), Haggin Oaks (Tues. & Weds.), William Land (Thurs.)
Feb. 17 – May 21  4:00pm – 5:30pm

FUNdamental Movement (ages 5-10)
The FUNdamental Movement class is designed for children ages 5-10. Participants will experience The First Tee Nine Core Values™ and LifeSkills, the fundamentals of the golf game, as well as develop athletic skills that are not only beneficial to their golf game, but more importantly their overall health. The participant to coach ratio is 5 to 1 or less.
Fee: $129.95
Location: Haggin Oaks - Saturdays
March 14 – May 16  9am – 10:30am  Skip April 11 & 25
June 6 – Aug 1  9am – 10:30am  Skip July 4

Location: William Land - Saturdays
March 14 – May 16  11am – 12:30pm  Skip April 11 & 25
June 6 – Aug 1  11am – 12:30pm  Skip July 4

Summer Camp (ages 5-18)
Families now have many options in regard to participation dates in the summer camp program. If a child wants to attend four days during the summer months, they are welcome to, they do not have to be in the same week. All age groups will arrive and depart at the same time; however they will be split into age/ability appropriate groups.
1 Day Fee: $64.95
4 Day Fee: $239.95
16 Day Fee: $799.95
All Summer Fee: $1,399.95
All camps are from 8:30am to 1:00pm.
Locations: Haggin Oaks - Monday-Thursday,
Bing Maloney - Wednesday & Thursday,
William Land - Monday & Tuesday
June - August  Skip July 6-9

Little/Junior Linkers (ages 7-18)
This is an on-course, developmental, skill-building based program. Each week participants will be exposed to a tournament-like setting, learning to track key on-course statistics for improvement, keeping their score (with the help of a coach), learning and experiencing important rules and pace of play strategies. Participants play from yardages which are age and developmentally appropriate in order to build confidence and scoring capabilities.
Fee: $209.95
Locations: Bing Maloney & William Land - Tuesday
Spring: March 14-May 16 (skip April 11 & April 25)
*Please note the Spring session will rotate play between Bing Maloney, Haggin Oaks and William Land.
Summer: June 13-August 8 (skip July 4)
New2Golf

This program removes any barriers keeping a potential golfer from joining this great sport; participants are introduced to a golf facility, etiquette, rules, booking tee times, how golf is played, selection of equipment, and basic, simple instruction to put the golfer on the path to improved play.

30 & 3: NEW for 2020!!

This class offers the chance for golfers to experience a 30 minute group lesson, followed by 3 holes on our Academy Course. Our goal is to offer quality coaching, but also prepare golfers for the course!

FLEX Clinics

The two things golfers are interested in: lowering their scores and having the flexibility to choose when lessons are taken to achieve lower scores. There are many unique topics available in this series, so all golfers have multiple options to specifically fit their needs.

Practice Makes Perfect

This program is all about improvement in a fun, social environment while creating consistency in your practice habits by attending each week.

Women’s Mentor League

Come join the FUN on Wednesday mornings, Thursday evenings or Friday mornings to gain a better understanding of how to play golf! Our mentors will help with etiquette, pace of play, rules and much more. For information, please contact Linda Reid at lreid@hagginoaks.com or 916-952-2111.

Private Golf Lesson (group or individual)

Meet with one of our many established golf professionals to schedule a time for a game assessment session at which time you can review your goals and desires with the game. Whether you would like to spend 30 minutes, 1 hour or an extended amount of time on the course, we have the plan for you!

For more information in regard to junior, adaptive or adult programs at Bing Maloney GC, Haggin Oaks GC or William Land GC, please call our Golf Concierge Desk at 916-808-2531.
SOCCER

KIDZ LOVE SOCCER

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

Age: at least 2 but less than 3 ½ years
Location: Cottonwood Park
Fee: $79
12568  4/20 – 5/18  5:30pm – 6:00pm  M
12569  7/13 – 8/10  5:30pm – 6:00pm  M
Location: William Land Park – Doc Oliver Field
Fee: $79
12570  4/3 – 5/1  9:00am – 9:30am  F
12571  5/29 – 6/26  9:00am – 9:30am  F
12572  7/24 – 8/21  9:00am – 9:30am  F
Location: East Portal Park
Fee: $79
12573  4/4 – 5/2  9:00am – 9:30am  Sa
12574  4/4 – 5/2  11:40am – 12:10pm  Sa
12575  5/30 – 6/27  9:00am – 9:30am  Sa
12576  5/30 – 6/27  11:40am – 12:10pm  Sa
12577  7/25 – 8/22  9:00am – 9:00am  Sa
12578  7/25 – 8/22  11:40am – 12:10pm  Sa

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

Age: at least 3 ½ but less than 5 years
Location: Cottonwood Park
Fee: $79
12579  4/20 – 5/18  4:45pm – 5:20pm  M
12580  7/13 – 8/10  4:45pm – 5:20pm  M
Location: William Land Park – Doc Oliver Field
Fee: $79
12581  4/3 – 5/1  9:40am – 10:15am  F
12582  4/3 – 5/1  3:40pm – 4:15pm  F
12583  5/29 – 6/26  9:40am – 10:15am  F
12584  5/29 – 6/26  3:25pm – 4:00pm  F
12585  7/24 – 8/21  9:40am – 10:15am  F
12586  7/24 – 8/21  3:25pm – 4:00pm  F
Location: East Portal Park
Fee: $79
12587  4/4 – 5/2  9:40am – 10:10am  Sa
12588  4/4 – 5/2  10:10 – 10:45am  Sa
12589  5/30 – 6/27  9:40am – 10:10am  Sa
12590  5/30 – 6/27  10:10am – 10:45am  Sa
12591  7/25 – 8/22  9:40am – 10:10am  Sa
12592  7/25 – 8/22  10:10am – 10:45am  Sa

Soccer 1: Techniques & Teamwork
Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: at least 5 but less than 7 years
Location: Cottonwood Park
Fee: $79
12593  4/20 – 5/18  4:00pm – 4:45pm  M
12594  7/13 – 8/10  4:00pm – 4:45pm  M
Location: William Land Park – Doc Oliver Field
Fee: $79
12595  4/3 – 5/1  4:15pm – 5:00pm  F
12596  5/29 – 6/26  4:00pm – 4:45pm  F
12597  7/24 – 8/21  10:15am – 11:00am  F
12598  7/24 – 8/21  4:00pm – 4:45pm  F
Location: East Portal Park
Fee: $79
12599  4/4 – 5/2  10:45am – 11:30am  Sa
12600  5/30 – 6/27  10:45am – 11:30am  Sa
12601  7/25 – 8/22  10:45am – 11:30am  Sa

Soccer 2: Skillz & Scrimmages
Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world’s most popular game! All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: at least 7 but less than 11 years
Location: Cottonwood Park
Fee: $79
12602  4/3 – 5/1  5:00pm – 5:45pm  F
12603  5/29 – 6/26  4:45pm – 5:30pm  F
12604  7/24 – 8/21  4:45pm – 5:30pm  F

Minimum/Maximum Class Size:
Mommy/Daddy: 6 min – 20 max
Tot/Pre-soccer: 6 min – 24 max
Soccer 1: 6 min – 24 max
Soccer 2: 8 min – 24 max
Soccer Camp: 12 min – 24 max

Kidz Love Soccer Class Status Hotline (888) 372-5803.
To receive Cancellation Notifications on your smartphone, download The Free Kidz Love Soccer app.
Soccer Camp, Level 1
Spend a week enjoying the world’s most popular sport in a fun, recreational environment. Learn and practice core soccer skills like dribbling, passing & receiving, shooting and defense. Everyone is a winner as the week’s fun culminates in an age-appropriate “World Cup” tournament. All campers will receive Kidz Love Soccer Jersey. Campers should bring a full water bottle and a snack. ALL PARTICIPANTS MUST WEAR SHIN GUARDS. Soccer shoes and sunscreen are recommended.
Age: at least 4½ but less than 7 years
Location: East Portal Park
Fee: $149
12605  6/22 - 6/26  9:00am - 12:00pm  M-F

Soccer Camp, Level 2
Spend a week enjoying the world’s most popular sport in a fun, recreational environment. Learn and practice core soccer skills like dribbling, passing & receiving, shooting and defense. Everyone is a winner as the week’s fun culminates in an age-appropriate “World Cup” tournament. All campers will receive Kidz Love Soccer Jersey. Campers should bring a full water bottle and a snack. ALL PARTICIPANTS MUST WEAR SHIN GUARDS. Soccer shoes and sunscreen are recommended.
Age: at least 7 but less than 11 years
Location: East Portal Park
Fee: $149
12606  6/22 - 6/26  9:00am - 12:00pm  M-F
Family Fun Tennis
A new approach to family members of different ages and skill levels, together at the same time. Introduction of basic stroke mechanics through drills and games to share with your family members, as well as meeting others. Please bring your own tennis rackets. We will furnish the tennis balls. For more information please call 916-264-8353.

Age: 8 and up
Location: McKinley Park
Instructor: Ken Selby
Fee: $40 per member

Junior Beginning Tennis
Designed for the student who has little or no knowledge of the game of tennis and would like to learn. Students will learn the basic mechanics of strokes, scoring and tennis etiquette. Please bring your tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.

Age: At least 8 but less than 16
Location: McKinley Park
Instructor: Ken Selby
Fee: $64

Junior Intermediate/Advanced Tennis
Designed for the student who knows tennis basics or has successfully completed Junior Beginning Tennis. Consistency and repetition will be emphasized and practiced. Please bring your own tennis racket. We will furnish the tennis balls. For more information call 916-264-8353.

Age: At least 8 but less than 16
Location: McKinley Park
Instructor: Ken Selby
Fee: $41

Pee-Wee Junior Tennis I
Through eye-hand activities and games, children can develop a foundation for the basic skills of tennis. An introduction to become acquainted with handling a racquet, seeing balls bounce and having the two actions come together. Fun is the focus and parent participation is encouraged. Tennis balls are provided and racquets available upon request. For more information please call 916-264-8353.

Age: At least 4 but less than 7
Location: McKinley Park
Instructor: Ken Selby
Fee: $40

Pee-Wee Junior Tennis II
Designed for the student who has successfully completed Pee-Wee I Tennis and who are looking to learn more fundamentals and mechanics of tennis. Tennis balls are provided and racquets available upon request. For more information please call 916-264-8353.

Age: At least 4 but less than 7
Location: McKinley Park
Instructor: Ken Selby
Fee: $40

Private Tennis Lessons with Ken Selby
Sign-ups are taken on a continuous basis. Call Ken Selby at 916-264-8353 for an appointment before registering. Lessons offered as Private (1 player), Semi-Private (2-3 players), Small Groups (4-6 players). Private lessons are held at McKinley Park Tennis Courts.

Age: 4 and up
Location: McKinley Park
Instructor: Ken Selby
Fee: $40 Private Lesson/ $50 Semi-Private (2-3 Players)/ $60 (4-6 Players)
COUNCIL DISTRICT 1

MOVIE NIGHTS • NORTH NATOMAS REGIONAL PARK
- 6/12/20, 8:30-11PM
- 7/17/20, 8:30-11PM

FIRST FRIDAYS • NORTH NATOMAS REGIONAL PARK
- 6/5/20, 6 - 9PM
- 7/3/20, 6 - 9PM

FARMERS MARKET AND YOGA
NORTH NATOMAS REGIONAL PARK
EVERY SATURDAY • 5/23/20-9/26/20 • 8AM-12PM

COUNCIL DISTRICT 2

FOR DISTRICT 2 MOVIE NIGHT INFORMATION AND INQUIRIES, PLEASE CALL (916) 808-7002 / VISIT: WWW.CITYOFSACRAMENTO.ORG/MAYOR-COUNCIL

COUNCIL DISTRICT 3

MOVIE NIGHT DATES:
- 7/10/20, GLENN HALL PARK, 8-10PM FOLLOWING FOOD TRUCK MANIA
- 7/11/20, GARDENLAND PARK, 8:15-10PM

POPS IN THE PARK EVENTS:
- 6/6/20, EAST PORTAL PARK, 6-9PM
- 6/13/20, BERTHA HENSCHEL PARK, 6-9PM
- 6/20/20, EAST PORTAL PARK, 6-9PM
- 6/27/20, GLENN HALL PARK, 6-9PM
- 8/29/20, SOUTH NATOMAS COMMUNITY PARK, 5-8PM

GLENN HALL PARK FOOD TRUCK EVENTS:
- 4/10/20, 5-8PM
- 5/08/20, 5-8PM
- 6/12/20, 5-8PM

SENIOR HEALTH FAIR
STANFORD SETTLEMENT • 6/12/20 • 9AM-12PM

COUNCIL DISTRICT 4

FOR DISTRICT 4 MOVIE NIGHT INFORMATION AND INQUIRIES, PLEASE CALL (916) 808-7004 / VISIT: WWW.CITYOFSACRAMENTO.ORG/MAYOR-COUNCIL

COUNCIL DISTRICT 5

FOR DISTRICT 5 MOVIE NIGHT INFORMATION AND INQUIRIES, PLEASE CALL (916) 808-7005 OR VISIT: WWW.JAYSCHENIRER.COM

COUNCIL DISTRICT 6

FOR DISTRICT 6 MOVIE NIGHT INFORMATION AND INQUIRIES, PLEASE CALL (916) 808-7006 OR VISIT: WWW.CITYOFSACRAMENTO.ORG/MAYOR-COUNCIL

MOVIE NIGHTS: DATES TBD

COLLEGE GLEN FOOD TRUCKS - GLENWOOD PARK (THIRD THURSDAY OF THE MONTH APRIL-JUNE)
- 4/16/20, 5PM-8PM
- 5/21/20, 5PM-8PM
- 6/18/20, 5PM-8PM

TAHOE PARK FOOD TRUCKS (FOURTH FRIDAY OF THE MONTH APRIL-OCTOBER)
- 4/24/20, 5PM-9PM
- 5/22/20, 5PM-9PM
- 6/26/20, 5PM-9PM
- 7/24/20, 5PM-9PM
- 8/28/20, 5PM-9PM • FOOD TRUCKS & MOVIE NIGHT
- 9/25/20, 5PM-9PM
- 10/23/20, 5PM-9PM • FOOD TRUCKS & SPOOKTACULAR

COUNCIL DISTRICT 7

SHABAZZ SAFETY DAY 2020
4/18/20, VALLEY HI PARK, 11AM-4PM

MOVIE NIGHTS:
- 6/12/20, WILLIE CASTON PARK, 5PM/DUSK - 10PM
- 9/18/20, GARCIA BEND PARK, 5PM/DUSK -10PM FOLLOWING TRUCKS AND SUCH

4TH OF JULY IN THE POCKET COMMUNITY PARADE AND FESTIVAL
7/4/20, GARCIA BEND PARK, 10AM-1:30PM

JAZZ IN JULY EVENTS:
- 7/10/20, WILLIE CASTON PARK, 6PM-8PM
- 7/17/20, SEYMOUR PARK, 6PM-8PM
- 7/24/20, GARCIA BEND, 6PM-8PM
- 7/31/20, MARRIOT PARK, 6PM-8PM

TRUCKS AND SUCH EVENTS AT GARCIA BEND PARK:
- 5/15/20, 5PM-8PM
- 6/26/20, 5PM-8PM

COUNCIL DISTRICT 8

SIGN UP FOR THE D8 NEWSLETTER: HTTP://BIT.LY/D8NEWSLETTER OR CALL (916) 808-7008 FOR MORE EVENT INFORMATION

MOVIE NIGHT EVENTS:
- 5/15/20*, SOUTH LAND PARK MOVIE NIGHT BELLE COOLEDGE LIBRARY
- 6/2020*, OAK PARK MOVIE NIGHT MCCLATCHY PARK
- 9/2020*, HOLLYWOOD PARK MOVIE NIGHT HOLLYWOOD PARK ELEMENTARY

*PLEASE NOTE THAT ALL DATES ARE SUBJECT TO CHANGE

FOOD TRUCK EVENTS: STAY TUNED FOR DATES
**Summer @ City Hall (S@CH)**

The Summer @ City Hall (S@CH) program is a six-week summer program for current Sophomore and Junior high school students. The program is beginning its 10th year with more than 660 students graduating from the program. Under the Youth Division’s Youth Civic Engagement section, this program has an underlying goal to empower students with the tools and skill set needed to impact their communities, become more civically engaged, and bring a youth voice to real city/neighborhood issues.

**Important components of the program include:**
- Daily instructional classroom activities and access to ‘Life Skills’ workshops
- A 42-hour internship assignment with a local governmental agency or community organization
- Participation in a Service-Learning Project
- Receive a stipend and five high school elective credits or community service hours upon graduation
- Students attending an eligible school within these school districts Natomas, Sacramento & Twin Rivers receive a stipend & credits
- At-Large students (live in the city but attend a school not within these districts) receive a stipend & community service letter of hours
- Presentation of Project City Hall advocacy projects at City Council meeting scheduled for Tuesday, July 28th at 5:00pm

**Age:** Current Sophomores & Juniors in high school ONLY

**Location:** New City Hall, 915 I St, Sacramento, CA 95814

**Staff Contacts:** Maria Vides-Medal, (916) 808-6162 or mvmedal@cityofsacramento.org OR DeWayne Ewing Jr., (916) 808-6530 or dewing@cityofsacramento.org

**Fee:** None

**Online Applications Available:** 3/7 - 4/22/2020

**Program Dates:** 6/12/20 - 7/28/20 M-F; instructional class 8:30am-12:00pm with assigned internship in the afternoons three times per week

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**SYC Commissioners**

<table>
<thead>
<tr>
<th>District</th>
<th>Commissioner</th>
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<tbody>
<tr>
<td>D1</td>
<td>Emily Kawada &amp; Shivam Patel</td>
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<tr>
<td>D2</td>
<td>Erika Charlette Galvez &amp; Goldblai date Lee</td>
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<td>D3</td>
<td>Valeria Romo Gonzalez &amp; Reagan Mar</td>
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<td>D4</td>
<td>Marjorie Shumate &amp; Sarina Rye</td>
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<td>D5</td>
<td>Tania Arriaga &amp; Amare Sablo</td>
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<td>D6</td>
<td>Naomi Piper-Pell &amp; Kaitlyn Kailonn</td>
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<td>D7</td>
<td>Sophia Flanagan &amp; Michelle Erickson</td>
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<tr>
<td>D8</td>
<td>Aria Russell &amp; Simon Thao</td>
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**Mayoral Appointments**

- Nayzak Wali-Ali, Natalie Micheals, & Jordan Burkart

**The Official Youth Voice in the City of Sacramento**

The mission of the Sacramento Youth Commission (SYC) is to protect, preserve, enhance and advance the quality of life for Sacramento youth by advising the City Council and the public on issues relating to youth policies, programs, and opportunities.

The Sacramento Youth Commission (SYC) was created in 1993 as an advisory body to the City Council Neighborhood and Public Safety Issues Committee but in 1997 a resolution was adopted calling for the SYC to be an advisory body to the full City Council.

Effective June 1, 2019, Ordinance 2019-0010 codified the establishment of the Sacramento Youth Commission (SYC) as an advisory body and subjects SYC to the same requirements as other City boards and commissions therefor establishing the Sacramento Youth Commission as the official youth voice in the City of Sacramento.

SYC meetings provide an opportunity to have your voice heard on **Youth matters, concerns, & issues affecting young people throughout communities in Sacramento**.

Be part of the movement to bring the YOUTH voice to the forefront by participating in the bi-monthly SYC meetings. **We look forward to seeing you at a SYC meeting!**

**Age:** All ages welcome to attend SYC meetings!

**Location:** New City Hall - Council Chamber, 1st Floor, 915 I Street, Sacramento, CA 95814

**Staff Contacts:** Margarita White, (916) 808-6525 or mnwhite@cityofsacramento.org OR DeWayne Ewing Jr., (916) 808-6530 or dewing@cityofsacramento.org

**Fee:** None

**Time:** SYC Monthly Meetings 6:00pm - 8:00pm; 1st & 3rd Monday of the month except for holidays when the meeting is scheduled for the following Monday
**2019 Project City Hall Billboards**

During Summer @ City Hall (S@CH), students are expected to research a local issue and create a presentation of their findings for the Sacramento City Council. Students are provided support from S@CH’s credential teachers to create a Project City Hall billboard and Public Service Announcement (PSA).
Workforce Innovation & Opportunity Act (WIOA)

A strengths-based, paid work experience program, for high school seniors. WIOA partners with local government, private business, hospitality and the retail industry. Participants receive training in preemployment skills such as resume writing, employer expectations, service learning, and career exploration. The WIOA program works closely with schools and provides supportive services to students in need. Supportive services may include transportation assistance, tutoring, and counseling center referrals. Applicants must live in the City of Sacramento, be between the ages of 16-18, be on track to graduate high school, be eligible for a work permit and meet eligibility requirements. Spaces are limited. Youth are selected through an application and interview process. Applications available at the Belle Cooledge CC - 5699 S. Land Park Drive. For more information, please call 916-808-6036.

Landscape & Learning (L&L)

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

Prime Time Teen

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

These programs are paid work experiences for young people.

If you are interested in these programs, you must apply and go through the selection process.
Youth Job & Resource Fair

Please join us for the 2020 Youth Job & Resource Fair scheduled for Saturday, March 21st at New City Hall from 10:00am-1:00pm. This annual event continues to be a kick-off to the recruitment of summer staffing positions and programs within the Department of Youth, Parks, & Community Enrichment including but not limited to Landscape & Learning, Summer @ City Hall, Aquatics Lifeguards & Cashiers, Summer Oasis, Community Center programs and the Sacramento Youth Commission.

Age: 16 – 24
Location: New City Hall (915 I St, Sac, 95814).
Saturday, March 21, 2020
10:00 am – 1:00pm
Summer Camp
A residential camp for youth and adults with intellectual and developmental disabilities. Camp Tuolumne Trails is located on 80 beautiful acres of Sierra Nevada wilderness outside the mountain community of Groveland, California, near the grandeur of Yosemite National Park. Activities include swimming, fishing, outdoor education, campfire, arts & crafts, hiking and drama. A rewarding and fun camping experience in a safe and nurturing environment.
Age: youth and adults with intellectual disabilities
Location: Camp Tuolumne Trails
Instructor: Access Leisure Program Supervisor, Jenny Yarrow- jyarrow@cityofsacramento.org
Fee: $500
Dates: 6/15 – 6/19
Day of Week: M – F

Social Recreation Programs
Access Leisure provides recreational activities for people with intellectual and developmental disabilities. To receive the monthly calendar by email, please send request to jyarrow@cityofsacramento.org. To print a monthly calendar of events, visit:
www.cityofsacramento.org/AdaptiveRecreationCalendar
Age: youth through adults
Location: Monthly trips include: Lunch & Cinema, video-pizza night, evening socials, crafts, paint and sip, and community events.

Special Events: Dances, local sporting events, casino trips, seasonal outings, outdoor adventures, and more.

Get Fit Club
Celebrate the fun and importance of fitness and regular physical activity in your life. Get in shape with friends and learn how to lead a healthier and more active lifestyle. The Get Fit Club will host a range of activities and will track your progress throughout the program.
Instructor: Jenny Yarrow, jyarrow@cityofsacramento.org
Fee: $450
Dates: 5/11 – 5/14
Day of Week: M – Th

Rock & Roll Yosemite Camp
Yosemite National Park. This four (4) day, three (3) night tour will utilize handcycles, tandem cycles, or foot pedal recumbent cycles to tour the valley floor and is specifically designed for individuals with physical disabilities. There will be adaptive rock-climbing sessions on the granite rock wall led by Mark Wellman. Must be 21 years of age or older.
Age: 21 and older
Location: Yosemite National Park
Instructor: Access Leisure Program Supervisor, Jenny Yarrow- jyarrow@cityofsacramento.org 916-808-6017
Fee: $60
Time: 10:00am – 3:30pm
Dates: April – June
Day of Week: Sa

Goalball
Goalball is a challenging team sport developed for people who are blind or visually impaired. It promotes exercise, team spirit, community involvement and social interaction.
Age: youth through adults
Location: CSU Sacramento
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: $60

Sports, Social & Fitness, Camping & Outdoor Recreation Opportunities for Individuals with Disabilities
www.accessleisuresac.org.
Event information also posted at www.facebook.com/accessleisure.
“Thank You For Your Service”

Sports Experience Day

The City of Sacramento, Paralympic Sport Sacramento Club program invites injured, ill or wounded veterans or injured active duty members of the Armed Forces, to join us at River Cats Independence Field for a FREE day of sport, camaraderie, laughter and lunch donated by the Hyatt Regency Sacramento. Paralympic Sport Clubs from Sacramento, Menlo Park, Reno, Silicon Valley, Bay Area, Fresno, Mammoth Lakes, and Ability First from Chico, are joining forces to offer a free day of handycycling, tandem cycling for those that are blind or have low vision, recumbent cycling, swimming, wheelchair softball, wheelchair basketball, shot put, discus and javelin, powerlifting, scuba, strength and conditioning training, archery, and rock climbing with Mark Wellman. Pre-registration is required. Contact Michelle Tabarango to receive a registration form. mtabarango@cityofsacramento.org

Sport wheelchairs will be provided for wheelchair sport games. Handcycles, tandem and recumbent cycles will be provided for cycling. Note: All participants will use a manual wheelchair to play wheel-chair softball and wheel-chair basketball.

Age: 18 and older
Location: Sam and Bonnie Pannell CC
Instructor: Michelle Tabarango, mtabarango@cityofsacramento.org
Fee: No Cost, pre-registration is required
Time: 9:45am – 2:30pm Dates: 4/23
Day of Week: Th

River Cats Independence Field Baseball Program

River Cats Independence Field is a fully accessible baseball field made of a rubberized surface ideal for players with disabilities that use either manual or power wheelchairs, walkers, crutches, or no assistive devices.

Age: 3 and older
Location: River Cats Independence Field - Pannell CC
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: $40
Time: 10:00am – 1:00pm Dates: May – June
Day of Week: Sa

San Francisco Wheelchair Giants team try outs

Our Paralympic Sport Sacramento Club, in partnership with the San Francisco Giants and the Capital City Adaptive Athletes Foundation, is seeking male and female athletes, ages 18 and older who use manual wheelchairs that would like to try out to become members of our elite, San Francisco Giants wheelchair softball team. This team will be members of the National Wheelchair Softball Association and travel to regional and national events and tournaments. Must pre-register by April 7th. Documentation of permanent disability to lower extremity and level of injury is required.

Age: 18 and older
Location: River Cats Independence Field - Pannell CC
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: No cost to try out. Fees for travel will vary
Time: 8:00am – 5:00pm Dates: 4/11
Day of Week: Sa

San Francisco Wheelchair Giants team practice

The San Francisco Wheelchair Giants team will practice locally at our fully accessible River Cats Independence Field located at the Sam Pannell Community Center in South Sacramento. This team will be members of the National Wheelchair Softball Association and play by the rules of that organization. Wheelchair softball was born 30 years ago in the Midwest by a few individuals with spinal cord injuries and lower extremity impairments, who still wanted to enjoy America’s greatest pastime. These individuals needed to develop a way of playing without the full use of their legs that would allow easy maneuverability in a wheelchair and keep the fast pace of softball. Thus, was born a new game played on hard surfaces, such as a parking lot, instead of the normal grassy infiel, and a 16-inch softball, which allows wheelchair players to keep one hand on the wheelchair while catching a softball without a glove.

Age: 18 and older
Location: River Cats Independence Field - Pannell CC
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: No cost
Time: 8:00am – 12:00pm Dates: 4/11 – 8/30
Day of Week: Sa/Su

19th Annual “River Cats Baseball for All”

This FREE skills clinic will be held at the fully accessible River Cats Independence Field, located at the Pannell CC. Current River Cats players will be giving back by coaching the junior athletes participating in this event. This unique opportunity is open to youth with disabilities ages 3 through school age. Each ball player will need to bring one parent/guardian over the age of 18 with them to the clinic. Participants will receive a “Baseball for All” tee shirt and the participant and his or her adult companion will be served lunch. In addition to the clinic, each ballplayer will receive 2 free tickets to a River Cats home game at Raley Field. Additional tickets will be available through the River Cats Ticket office.

Age: 3 through young adults
Location: River Cats Independence Field, Pannell CC
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: No cost
Time: 11:00am – 1:30pm Dates: 5/23
Day of Week: Sa

Adaptive Cycling Season Opener

This adaptive cycling and rock climbing day is a family friendly event! Riders will be given the opportunity to check out the various styles of handcycles, foot pedal recumbent bikes, and tandems available for both beginning and advanced riders. Experienced handcyclists will share tips about cycling and training techniques. Rides of varying lengths along the River Parkway will be followed by a picnic lunch. Experience climbing on an adaptive rock wall, led by world-renowned climber Mark Wellman. Pre-registration required. Note: $5 per vehicle park fee.

Age: 5 through adults
Location: Lower Sunrise County Park
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: $10
Time: 9:30am – 3:00pm Dates: 4/25
Day of Week: Sa

Play Dates

Every child understands the word “play”, even if they speak different languages. It’s a universal activity that allows one to be free and open-minded. Through organized play dates and field trips at Southside Park, and McKinley Park, we will be able to help promote physical and emotional well-being by ensuring that children with and without disabilities enjoy meaningful interaction and physical recreation...that all children will participate in the universal joy of childhood. The playground itself is specially designed to challenge and delight children with a variety of abilities. Play promotes physical activity and develops social skills, stimulates the brain to produce chemicals necessary for healthy mental development, and promotes games, which are the main medium through which friendships and social groups are formed. Interaction with peers at an early age, supplies children of all abilities a strong self-esteem and helps promote independence, which can be a challenge for children with disabilities.

Age: 5 through 15 years of age
Location: Varies
Instructor: Jenny Yarrow, jyarrow@cityofsacramento.org
Fee: TBD
Time: 11:00am – 1:00pm Dates: Varies
Day of Week: Sa, Su
Advanced Social Ballroom Dance

Advanced Ballroom dance instruction for those who have completed Beginning/Intermediate Ballroom dance or with instructor's approval. Dances will include Fox Trot, Waltz, Swing, Cha Cha and many more. Partners not required. Dance Instructor since 1955 currently teaching at American River College.

Age: all ages
Location: Belle Cooledge CC
Instructor: Eddie Lovato
Fee: $25

12720 7:00pm – 8:00pm 4/7 – 4/28
12721 7:00pm – 8:00pm 5/5 – 5/26
12722 7:00pm – 8:00pm 6/2 – 6/30
12723 7:00pm – 8:00pm 7/7 – 7/28
12724 7:00pm – 8:00pm 8/4 – 8/25
12725 7:00pm – 8:00pm 9/1 – 9/29

Beginning/Intermediate Ballroom Dance

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

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

12702 8:00pm – 9:00pm 4/7 – 4/28
12703 8:00pm – 9:00pm 5/5 – 5/26
12704 8:00pm – 9:00pm 6/2 – 6/30
12705 8:00pm – 9:00pm 7/7 – 7/28
12706 8:00pm – 9:00pm 8/4 – 8/25
12707 8:00pm – 9:00pm 9/1 – 9/29
12708 8:00pm – 9:00pm 4/2 – 4/30
12709 8:00pm – 9:00pm 5/7 – 5/28
12710 8:00pm – 9:00pm 6/4 – 6/25
12711 8:00pm – 9:00pm 7/2 – 7/30
12712 8:00pm – 9:00pm 8/6 – 8/27
12713 8:00pm – 9:00pm 9/3 – 9/24
12714 8:00pm – 9:00pm 4/3 – 4/24
12715 8:00pm – 9:00pm 5/1 – 5/29
12716 8:00pm – 9:00pm 6/5 – 6/26
12717 8:00pm – 9:00pm 7/10 – 7/31
12718 8:00pm – 9:00pm 8/7 – 8/28
12719 8:00pm – 9:00pm 9/4 – 9/25
12720 8:00pm – 9:00pm 4/7 – 4/28

International Choreographed Ballroom Dance

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

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

12933 6:30pm – 9:00pm 4/1 – 4/29 W
12934 6:30pm – 9:00pm 5/6 – 5/27 W
12935 6:30pm – 9:00pm 6/3 – 6/24 W
12936 6:30pm – 9:00pm 7/1 – 7/29 W
12937 6:30pm – 9:00pm 8/5 – 8/26 W
12938 6:30pm – 9:00pm 9/2 – 9/30 W

Basic Singing

While it may be true that “everyone can sing”, not everyone feels that they know how. This class will provide a supportive environment to enable the release of the voice into tuneful singing. We will explore pathways to the singing voice through group exercises, games, “tone play” and simple songs. Engage in the process of learning and self-discovery.

Age: 16 years to Unlimited
Location: Coloma CC
Instructor: Christiana Quick-Cleveland
Fee: $75

13027 6:00pm – 7:30pm 5/6 – 5/27 W
13028 6:00pm – 7:30pm 6/3 – 6/24 W
13030 6:00pm – 7:30pm 9/2 – 9/30 W

Find more classes and activities near you in the Community Centers section, pages 14-19
Journey to You
A day-trip journaling workshop designed to introduce the writer to their inner-self mechanisms, motivations, and actions. It is a non-judgmental jump into the pool of one's own substance, to emerge at the end of this all-day self-streaming experience - exhilarated, inspired, confident, and writing from the great well of being within. Course has a One-time material fee of $15.00
Age: 18+
Location: Coloma CC
Instructor: Gail Betty
Fee: $30/per course
9:00am - 12:00pm Every Friday

Scandinavian Dance
Many people around the U.S. enjoy the enchanting movement and music of the traditional folk dances of the Scandinavian countries (Denmark, Finland, Greenland, Iceland, Norway, Sweden, & the Faroe Islands). Although these dances originated in specific geographic areas populated by specific ethnic groups, today they are enjoyed by people of diverse ethnic groups, and there is no expectation that one's ancestors came from Scandinavia. All that is required is an appreciation of the beautiful and moving music and dance from this part of the world.
Age: 13+
Location: Coloma CC
Instructor: Barry Moore
Fee: $48/course or $7/drop-in
12993 6:45pm - 9:00pm 3/30 - 5/18 M
12994 6:45pm - 9:00pm 6/1 - 7/20 M
12995 6:45pm - 9:00pm 7/27 - 9/21 M

Music and Motion
Exercise for Seniors with music using a combination of Yoga, Zumba, Taichi, and some sitting exercises. NO dress requirements.
Age: 40+
Location: Belle Cooledge CC
Instructor: Rowena Alberto
Fee: $20/month or $5/drop-in
12476 8:30am - 9:30am 4/1 - 4/29 W
12477 8:30am - 9:30am 5/6 - 5/27 W
12478 8:30am - 9:30am 6/3 - 6/24 W
12479 8:30am - 9:30am 7/1 - 7/29 W
12480 8:30am - 9:30am 8/5 - 8/26 W
12481 8:30am - 9:30am 9/2 - 9/30 W

Healthy Tai Chi & Chi Kung Exercise
Description: Low impact exercise helps improve balance and reduce risk of falls.
Age: 6+
Instructor: Sabitre Rodriguez
Location: South Natomas CC
Fee: $20
13008 9:30am - 10:30am 4/2 - 4/30 Th
13009 9:30am - 10:30am 5/7 - 5/28 Th
13010 9:30am - 10:30am 6/4 - 6/25 Th
13011 9:30am - 10:30am 7/2 - 7/30 Th
13012 9:30am - 10:30am 8/6 - 8/27 Th
13013 9:30am - 10:30am 9/3 - 9/24 Th

Mixed Level Yoga
Start your Monday and Wednesday mornings with a yoga practice designed to increase strength and flexibility, improve balance, and enhance the ability to relax. A mixed level class with optional modifications for poses to help you find your own personal zones of comfort and challenge. Beginners welcome.
Age: 18+
Location: South Natomas CC
Instructor: Ofer Levy
Fee: $35/month or $6/drop-in
12522 9:00am - 10:00am 4/1 - 4/29 M, W
12523 9:00am - 10:00am 5/6 - 5/27 M, W
12524 9:00am - 10:00am 6/1 - 6/29 M, W
12525 9:00am - 10:00am 7/1 - 7/29 M, W
12526 9:00am - 10:00am 8/5 - 8/31 M, W
12527 9:00am - 10:00am 9/2 - 9/30 M, W

Healthy Tai Chi & Chi Kung Beginning
Description: Tai Chi class for beginners. Low impact exercise helps improve balance and reduce risk of falls.
Age: 6+
Location: Sam & Bonnie Pannell CC
Instructor: Xaio Hong Wu
Fee: $55
12510 9:00am - 11:30am 4/4 - 4/25 Sa
12511 9:00am - 11:30am 5/2 - 5/30 Sa
12512 9:00am - 11:30am 6/6 - 6/27 Sa
12513 9:00am - 11:30am 7/11 - 7/25 Sa
12514 9:00am - 11:30am 8/1 - 8/29 Sa
12515 9:00am - 11:30am 9/5 - 9/26 Sa

Multi-Level Aerobics
Multi-Level Aerobics is a professionally designed aerobic dance/exercise program choreographed to 80's retro music that provides training for both aerobic and muscular fitness. Bring a mat or towel for the floor routines.
Age: 13+
Location: Belle Cooledge CC
Instructor: Janis Paular
Fee: $30
Classes are Tu, Th, and Sa
Tu/Th 6:00pm - 7:00pm Sa 7:30am - 8:30am
12827 4/2 - 4/30 W
12828 5/2 - 5/30 W
12829 6/2 - 6/30 W
12830 7/2 - 7/30 W
12831 8/1 - 8/29 W
12832 9/1 - 9/29 W
Tai Chi & Qi Gong for Adults
Enjoy slow, low impact exercise that both strengthens your body and energizes the mind and spirit. Learn movements of the Original Yang Tai Chi form and Sin Tien Wu Ji Chi Kung exercises as taught by Grandmaster David Chin. Class includes push hand practice, applications, and more. No special equipment or uniform required. For any questions, please contact instructor Henry Gardiner at 916-502-3117.
Age: 17+
Location: Coloma CC
Instructor: Henry Gardiner
Fee: $60

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

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

PRIVATE TENNIS LESSONS
WITH COACH COLE
LESSONS OFFERED AS:
• PRIVATE (1 PLAYER)
• SEMI-PRIVATE (2 PLAYERS)
• PRIVATE GROUPS (3-6 PLAYERS)

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

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

PRIVATE GROUP LESSONS
Join or create your own group lesson. Each lesson is theme based composed of drills and games. Play cooperatively and competitively while challenging yourself and teammates to be the best you can be! Those looking for the social component of tennis should enroll in group lessons. This cost effective choice will improve your game while making lasting friends.
1 coach/3 students $520 each
1 coach/4 students $390 each
1 coach/5 students $312 each
1 coach/6 students $260 each
Number of lessons: varies from 8-12
Time of each lesson: varies from 1-1.5 hours
Total time: 12 hours
Lessons per week: varies from 1-3
Cost: $260-$520 each

Before entering a group or semi-private lesson, you may need an on-court assessment for appropriate placement. Please contact me directly for scheduling. Please bring a notepad, pen or pencil, water and sun protection. Racquets can be provided. A waiver and policy agreement must be completed before services are provided.
TENNIS LESSONS WITH KEN SELBY

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.
Age: 17 and up
Location: McKinley Park
Fee: $72

10998  6:30pm – 7:25pm  3/30 – 4/22  M, W
13147  6:30pm – 7:25pm  4/27 – 5/20  M, W
13148  6:30pm – 7:25pm  6/1 – 6/24  M, W
13149  6:30pm – 7:25pm  7/6 – 7/29  M, W
13150  6:30pm – 7:25pm  8/3 – 8/26  M, W
13151  6:30pm – 7:25pm  9/14 – 10/7  M, W

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

11016  6:30pm – 7:25pm  3/30 – 4/22  M, W
13152  6:30pm – 7:25pm  4/27 – 5/20  M, W
13153  6:30pm – 7:25pm  6/1 – 6/24  M, W
13154  6:30pm – 7:25pm  7/6 – 7/29  M, W
13155  6:30pm – 7:25pm  8/3 – 8/26  M, W
13156  6:30pm – 7:25pm  9/14 – 10/7  M, W

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

11004  5:30pm – 6:25pm  3/30 – 4/22  M, W
13137  5:30pm – 6:25pm  4/27 – 5/20  M, W
13138  5:30pm – 6:25pm  6/1 – 6/24  M, W
13139  5:30pm – 6:25pm  7/6 – 7/29  M, W
13140  5:30pm – 6:25pm  8/3 – 8/26  M, W
13141  5:30pm – 6:25pm  9/14 – 10/7  M, W
13100  11:00am – 12:30pm  3/28 – 4/18  Sa
13142  11:00am – 12:30pm  4/25 – 5/16  Sa
13143  11:00am – 12:30pm  6/6 – 6/27  Sa
13144  11:00am – 12:30pm  7/11 – 8/1  Sa
13145  11:00am – 12:30pm  8/8 – 8/29  Sa
13146  11:00am – 12:30pm  9/12 – 10/3  Sa

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

3-week classes, 9 practices (2 – 2.25 hrs. each)
River City Rowing Club invites adults with no rowing experience to join a Learn to Row class and experience this engaging team sport. Fundamentals of rowing in 8-person rowing shells, focusing on the technique and execution of the sweep rowing stroke, as well as rowing commands, boat handling, and the intricacies of crew dynamics. Rowing machines are also used to practice technical concepts with group instruction and individual attention. The program progressively challenges new rowers resulting in a dramatic learning curve. Courses are co-ed and coached in a supportive and slightly competitive team manner. No previous rowing experience is necessary!

Coach Arthur Ericsson has more than 20 years of coaching experience with adult, collegiate and high school rowing. Participants who complete the three-week classes are encouraged to keep rowing on our Novice Masters team.

Session #1: 5/4 – 5/23
(*Sat. May 9 moved to Sun. May 10)
Session #2: 5/23 – 6/10
(*Sat. May 23 10:30am-12:45pm)
Session #3: 6/22 – 7/15
(*Sat. June 27 & Mon. June 29 off)
Session #4: 7/20 – 8/8
Session #5: 8/17 – 9/5

Cost: $200

Did you know about the City’s Equestrian Center in beautiful Del Paso Regional Park?

Sacramento Horsemen’s Association

Del Paso Regional Park
3200 Longview Drive, Sacramento

This park includes miles of nature trails for horseback riding and easy hiking, free parking, and a beautiful picnic area.

SHA offers horseback riding lessons for all ages, schooling horse shows in spring and summer, breakfast trail rides, and much more!

Our historic Saddle Oaks Clubhouse is available to rent for weddings, parties, and other gatherings.

For more information: contact SHA at (916) 470-1337 or visit www.sachorsemen.org
Beginning Dog Obedience with Alan & Renee Miller

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

Age: 14 yrs & Up
Fee: $160.00

Location: Tahoe Park
12951 6:00pm – 7:00pm 3/31 – 4/21
12956 6:00pm – 7:00pm 5/5 – 5/26
12961 6:00pm – 7:00pm 6/2 – 6/23
12966 6:00pm – 7:00pm 7/7 – 7/28
12971 6:00pm – 7:00pm 8/4 – 8/25
12976 6:00pm – 7:00pm 9/1 – 9/22

Location: Tahoe Park
Tu 12972 7:00pm – 8:00pm 8/5 – 8/26
Tu 12977 7:00pm – 8:00pm 9/2 – 9/23
Tu

Location: Tahoe Park
Tu 12954 11:00am – 12:00pm 4/2 – 4/23
Tu 12958 11:00am – 12:00pm 5/7 – 5/28
12963 11:00am – 12:00pm 6/4 – 6/25
12968 11:00am – 12:00pm 7/9 – 7/30
W 12973 11:00am – 12:00pm 8/6 – 8/27
W 12978 11:00am – 12:00pm 9/3 – 9/24

Location: William Land Park
12953 7:00pm – 8:00pm 4/1 – 4/22
12957 7:00pm – 8:00pm 5/6 – 5/27

Location: William Land Park
W 12962 7:00pm – 8:00pm 6/3 – 6/24
W 12967 7:00pm – 8:00pm 7/8 – 7/29

Intermediate/Advanced Dog Obedience with Alan & Renee Miller

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

Age: 14yrs & Up
Fee: $80.00

Location: Tahoe Park
12952 7:00pm – 8:00pm 3/31 – 4/21 Th
12959 7:00pm – 8:00pm 5/5 – 5/26 Th
12964 7:00pm – 8:00pm 6/2 – 6/23 Th
12969 7:00pm – 8:00pm 7/7 – 7/28 Th
12974 7:00pm – 8:00pm 8/4 – 8/25 Th
12979 7:00pm – 8:00pm 9/1 – 9/22 Th

Location: Tahoe Park
12955 10:00am – 11:00am 4/2 – 4/23 Th
12960 10:00am – 11:00am 5/7 – 5/28 Th
12965 10:00am – 11:00am 6/4 – 6/25 Th
12970 10:00am – 11:00am 7/9 – 7/30 Th
12975 10:00am – 11:00am 8/6 – 8/27 Th
12980 10:00am – 11:00am 9/3 – 9/24 Th

Intermediate/Advanced Dog Obedience with Alan & Renee Miller

For more info & to view the dog park rules, visit cityofsacramento.org/DogParks
## Adult Night League Coed
Recreation softball offered for coed leagues. Fee includes playing on a lighted facilities, scorekeeper, softballs, bats provided, and league champions awards. For additional information, please call 808-6087 or email rsemenza@cityofsacramento.org

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Location: Tahoe Park</th>
<th>Fee: $450</th>
</tr>
</thead>
<tbody>
<tr>
<td>11405</td>
<td>6:30pm – 10:30pm</td>
<td>3/19 – 6/4</td>
</tr>
<tr>
<td>11406</td>
<td>6:30pm – 10:30pm</td>
<td>5/28 – 8/6</td>
</tr>
<tr>
<td>11407</td>
<td>6:30pm – 10:30pm</td>
<td>8/6 – 11/19</td>
</tr>
</tbody>
</table>

## Adult Night League Women
Recreation softball offered for women’s leagues. Fee includes playing on a lighted facility, scorekeeper, softballs, bats provided, and league champions awards. For additional information, please call 808-6087 or email rsemenza@cityofsacramento.org

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Location: Roosevelt Park</th>
<th>Fee: $450</th>
</tr>
</thead>
<tbody>
<tr>
<td>11411</td>
<td>6:30pm – 10:30pm</td>
<td>3/19 – 6/4</td>
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<td>6:30pm – 10:30pm</td>
<td>8/6 – 11/19</td>
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## Adult Night League Men
Recreation softball offered for men’s leagues. Fee includes playing on a lighted facility, scorekeeper, softballs, bats provided, and league champions awards. For additional information, please call 808-6087 or email rsemenza@cityofsacramento.org

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Location: Grant Park</th>
<th>Fee: $450</th>
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<tr>
<td>11408</td>
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## Twilight Softball League Coed
This is a strictly recreational softball league. This league does not keep standings, no umpires, no scorekeepers and teams must supply all necessary equipment. Games at non-lighted softball diamonds. For additional information please call 808-6087 or email rsemenza@cityofsacramento.org

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Location: Tahoe Park</th>
<th>Fee: $260</th>
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<tr>
<td>11414</td>
<td>6:00pm – 8:30pm</td>
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<tr>
<td>11415</td>
<td>6:00pm – 8:30pm</td>
<td>6/24 – 9/9</td>
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The adult programming offered by the City of Sacramento is more than an opportunity to get out and exercise, it is also a great chance to have fun with friends and meet new people. Adult softball is offered throughout the year.

Put together a team and sign up today!

Visit our website at [www.teamsideline.com/sacramento](http://www.teamsideline.com/sacramento) for schedules and up-to-date information.
**ADULT SOFTBALL LEAGUES AT THE SACRAMENTO SOFTBALL COMPLEX**

**Men, Women and Coed Softball Leagues**

The Sacramento Softball Complex offers an excellent recreation opportunity for adults in the City of Sacramento ranging from ages 18 years and older.

Please register for the night and league that you would like to play. League Director will divide teams into leagues. All teams are guaranteed eight scheduled games. For information call (916) 808-6087 or e-mail: acalhoun@cityofsacramento.org

League Fees: $450.00
USA fees $35.00 per calendar year
No payments can be taken at the softball complex.
Location: Sacramento Softball Complex, Watt Ave. & Longview Drive

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Active Yoga

Active Yoga provides an ideal opportunity to increase your strength and flexibility, improve balance, and enhance your ability to relax and release stress. The class includes standing poses and mat work, with plenty of instruction for newcomers, as well as enough challenge for long-time practitioners. Participants will learn to modify poses to suit their individual needs and limitations while finding their own personal zone of comfort and challenge. Bring a yoga mat, towel, water, and your own unique energy! Beginners are always welcome.

Age: 50+
Location: The Hart Center
Instructor: Laura Santigian
Fee: Punch Card: 5 classes $35; 10 classes $70

Chair Yoga

Chair Yoga is a great starting point for those returning to yoga after a rehabilitation or those with less flexibility or balance; this gentle form of the practice makes it possible for anyone to participate in yoga! Participants receive the benefits of yoga, all with the support of a chair. Please provide your own mat and wear comfortable clothing.

Age: 50+
Location: The Hart Senior Center
Instructor: Linda Ching
Fee: Punch Card: 5 classes $35; 10 classes $70

Exercise, Energize, Enjoy!

Designed for older adults, beginner to advanced. Increase strength, flexibility and improve balance using a variety of techniques and equipment.

Age: 50+
Location: South Natomas CC
Instructor: Peggy Edgerly
Fee: $30/10 Punch Card

Raja Yoga

Yoga classes for active older adults. The classes include postures for flexibility, balance training, proper breathing skills and general health. Yoga-ism is offered through a variety of levels to help all students achieve their goals.

Age: 50+
Location: East Portal Clubhouse
Instructor: Craig Gahlbeck
Fee: $50/5 Punch Card $100/10 Punch Card

Find more classes and activities near you in the Hart Senior Center section, pages 67-68 and the Community Centers section, pages 14-19
**Stretching and Strengthening**

Improve muscle strength by working all the body’s major muscle groups using resistance bands, hand weights and medicine balls. This class will help improve your posture, joint mobility, balance and flexibility. The class also provides opportunities to improve mental sharpness, increase your social network, make new friends and build confidence for a more active lifestyle.

The 7:45am class is currently full. Please reach out to the instructor for future openings.

**Zumba Toning**

Hart Senior Center’s Zumba class provides a fun way to tone muscles, improve balance, and get in shape. Use light Zumba weights to do physical exercises, and learn dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and more. Come discover how easy and fun losing weight, toning your muscles and getting in shape can be! This class is designed for all levels and shapes.

**Intermediate Taiko Drums**

Led by professional taiko artist and instructor, Kristy Oshiro, this class covers intermediate level taiko technique, rhythms, and songs. Students must have taken at least one 4-week beginning taiko session and have the instructor’s permission to register for this class. All equipment is provided. Please wear comfortable clothing and footwear.

**Tai Chi for Seniors**

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

**Beginning Taiko Drumming**

Led by professional taiko artist and instructor, Kristy Oshiro, each multi-week session covers basic technique and rhythms, as well as a little history and Japanese language. New taiko songs are introduced each session, so students can repeat the class as often as they care to. No experience is necessary, and new students of all physical and musical abilities are welcome. All equipment is provided. Please wear comfortable clothing and footewear.

**Contact Hart Senior Center at 916-808-5462 for more information.**
Adventures in Art

If you’ve always wanted to know more about modern art but didn’t know where to start, come to Adventures in Art! This educational, fun monthly class provides both a hands-on experience and an opportunity to learn about some of history’s most famous contemporary artists. We’ll begin with a lecture on the artist or movement, followed by an open studio experiment where students create their own artwork in the famous artists style.

Age: 50+
Location: The Hart Center
Instructor: Marie Taylor
Fee: $10

Wonders of Watercolor

Have you ever seen a picture done in watercolors and wondered if you could create a piece of art just like it? Take a ride on your creative side and join us for a workshop to explore the wonders of watercolors at Hart Senior Center. Participants do not have to be an artist to express their artistic visions. Classes are on the 4th Tuesday of each month.

Instructor: Allison Sabraw
Location: Hart Senior Center
Fee: $15

Arts & Adventure in the Sierras Senior Camp

How does spending several days in the Sierras enjoying beautiful scenery while getting in touch with your artistic side sound? Perhaps biking along the shore of Lake Tahoe or hiking through the woods? Either way, we have the camp for you!

Come to Camp Sacramento in August for our annual Arts & Adventure in the Sierras Camp, offered through the 50+ Wellness Program. Your registration fee includes meals, nature walks and many in-camp arts and social activities, as well as all the fresh air you can take! Contact Pat Goree-Richards for details at (916) 808-1593 or fiftypluswellness@cityofsacramento.org.

Sports for Life Soccer Tournament

Has playing soccer been one of your lifelong passions? Or maybe you’ve taken up this great sport after seeing how much fun your grandkids have playing it. Either way, you won’t want to miss the 50+ Wellness Program’s annual Sports for Life Soccer Tournament April 25 –26, 2020. The tournament draws 700+ competitors from throughout northern California and beyond to the beautiful Cherry Island Soccer Complex to play in age bracketed games. Divisions include Men’s: 50+, 55+, 60+, 65+ and 70+ and Women’s: 50+, 55+, 60+, and 65+.

Contact Pat Goree-Richards at (916) 808-1593 or fiftypluswellness@cityofsacramento.org for details and team registration.

Poetry Appreciation Series

If you’ve always loved poetry or have just been curious to learn more about it, come to Poetry Appreciation! To prepare for the monthly sessions, Marie explores poetry books for common themes, then carefully selects poems and curate’s curriculum for each class. Students gather to read and share the poetry in a relaxed, open setting. There is no need to be intimidated; there will be no test, this course is simply to explore and enjoy literary works with others.

Age: 50+
Location: The Hart Center
Instructor: Marie Taylor
Fee: $5

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Age: 50+
Location: The Hart Center
Instructor: Marie Taylor
Fee: $5
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS

ETHEL MACLEOD HART SENIOR CENTER

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

Arts
Weaving Lessons
An introduction to terminology, looms, equipment, and weaving techniques. Each student works on a project of their own under the teacher’s instruction. Contact Hart Senior Center at (916) 808-5462 about upcoming sessions and materials.
Fee: $30/6 Classes
1:00pm – 4:00pm

Craft ‘n Chat
Join our crafty participants as they work on individual 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.
Th 10:00am – 12:00noon

Intermediate Open Ceramics Lab
The Ceramics Lab is open to people with an intermediate level of ceramics knowledge. Pour using molds, clean green ware, glaze, hand build and fire. An outdoors pottery wheel is available for use when weather permits. Space limited.
Fee: $10/month
8:00am - 12:30pm Th

Great Books Discussion Group
Discuss a selected text from a variety of classic and modern works. Most excerpts have a common philosophical thread which the group identifies as “social aspects of civilization.” Drop ins are welcome.
4th M 10:00am – 12:00noon Free

Life History Writing
Interested in stimulating your memory and preserving the tales of your life for generations to come? Prompts are provided and methods of writing stories are demonstrated. Students write and share a story each week with the class.
9:00am – 12:00noon Tu Free

Games
Duplicate Bridge
Expert players provide direction and guidance; scoring is ongoing. A partner is required for this game. If you’d like to play and do not have a partner, contact Hart Senior Center is advance at (916) 808-5462.
12:00noon – 4:00pm M Free

Pinochle
Experience the joy of playing pinochle here at Hart! Beginning and experienced players welcome for single and double deck games.
10:00am – 1:00pm Th Free
12:30pm – 3:00pm Su Free

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

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

Beginning Line Dancing
This “step-by-step” introduction to basic line dancing prepares participants to join and easily follow along with the 9am line dancing session immediately following each Thursday morning.
8:15am – 8:45am Th Free
**Belly Dancing for Seniors**

Belly dancing is a great way to exercise and have fun at the same time. This 5-week course includes a brief history of the art and instruction Classical Egyptian, American Tribal and Spanish Gypsy dance. Contact Hart Senior Center at (916)808-5462 about upcoming sessions.

2:30pm-3:30pm F Fee: $15

**Line Dancing**

Join our lively group of line dancers! Kick up your heels to a variety of music genres including country, pop, and Latin.

9:00am – 10:00am Th Free

**Strength and Balance**

Join this lively, large fitness group led by volunteer Joe Miguel. Work on flexibility and movement, correct breathing, strength training, and regaining good balance. Hand weights and dyna-bands provided.

9:00am – 9:45am M, W, F Free

**Social Ping Pong**

Have fun and get your heart pumping with ping pong! All levels welcome at this non-competitive, fun activity.

12:30pm – 4:30pm Tu, Th Free

**Technology**

**TechConnections**

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

**All Seasons Café**

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

---

**Support Group for Caregivers of Adults with Memory Loss**

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

Offered in partnership with the Alzheimer's Association of Northern California.

Facilitator: Chantell Albers

3:00pm – 4:00pm F Free

*Second Friday of every month

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**Peace of Mind.**

**Triple-R ADULT DAY CENTERS**

A safe and uplifting place to spend the day, while family caregivers go to work or take a needed break. Peace of mind for the whole family.

**Daytime Memory Care Services Since 1992**

www.TripleR.org / (916) 808-1591

South Land Park • Midtown • Woodlake

Monday - Friday

Full-day (7:30 a.m. - 6:00 p.m.) at select locations

Licensed by State of California Dept. of Social Services
Trips & Tours
Get Away for the Day!

Safari West - Saturday, March 21, 2020
(In Santa Rosa, CA) Four hundred acre wildlife preserve. Custom safari vehicle excursion with expert guide, safari walk, walk-through aviary with exotic birds. BBQ lunch is included. Course Code: 11107 / Cost: $122 / Registration Deadline: 02/06/20
*All 3 Pick-up Locations

Cherry Blossom Festival
Sunday, Apr. 19, 2020
SF guide, Craig, joins us for the 54th Northern California Cherry Blossom Festival in San Francisco’s Japantown. Grand Parade, food booths, performances, martial arts demos, live bands. Lunch at Benihana. Course Code: 11109 / Cost: $101 / Registration Deadline: 04/01/20
*All 3 Pick-up Locations

Grand Mansion Champagne Brunch/ Locke District Tour
Sunday, May 31, 2020
Champagne brunch at the Grand Island Mansion and visit to the Locke Historical District. Learn stories of early Chinese immigrants who lived in the Locke District. Course Code: 13399 / Cost: $95.00 / Registration Deadline: 04/01/20
*All 3 Pick-up Locations

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

Estate Tour/Squaw Valley Art, Wine and Music Festival
Sunday, July 12, 2020
Tour Hellman-Ehrman Mansion, then attend the 19th Annual Squaw Valley Art, Wine, and Music Festival. Course Code: 11111 / Cost: $69 / Registration Deadline: 06/09/20
*2 Pick-up Locations: Black Bear Diner and Belle Cooledge

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

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

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

Off to the Races at Golden Gate Fields
Saturday, Nov. 14, 2020
Watch the races from the Turf Club. Buffet lunch, 12:00 pm - 3:00pm. Complimentary race program included. Course Code: 11115 / Cost: $89 / Registration Deadline: 10/05/20
*All 3 Pick-up Locations

Holiday Time in San Francisco
Saturday, Dec. 5, 2020
Holiday Shopping/Browsing Pier 39 or Union Square. Visit the Westin at Union Square for its gingerbread house. Course Code: 11116 / Cost: $59 / Registration Deadline: TBD
*All 3 Pick-up Locations

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

Trips & Tours, 4623 T Street, Suite B, Sacramento, CA 95819 / (916) 808-5641 / www.cityofsacramento.org/tours
Heritage of America
September 6 - 14, 2020
$2999.00 (discounted price)

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

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

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

French Riviera
March 13-21, 2021
$2999.00 (discounted price)

• Single hotel stay - entire trip
• Day in Nice with welcome dinner (French cuisine)
• Tour of Nice including antique market and visit to the Cathedral of Sainte Reparate
• Marc Chagall Museum or Matisse Museum
• Grasse: hands-on workshop and tour of Fragonard Perfume
• Day in St. Tropez with choice of visit to the market or a boat cruise
• Choice of day in Nice or guided tour to Aix-en-Provence, Paul Cezanne’s workshop
• Cannes historical walking tour. Learn about the the nearby Lerins Islands
• See iconic red carpet featured at Cannes Film Festival
• Provencal Market in the ancient port town of Antibes, favorite of Picasso and F. Scott Fitzgerald
• Historic St. Paul de Vence, mountaintop medieval village
• Eze, hilltop medieval village in the Alps
• Villa Ephrussi de Rothchild
• Tour the town of Monaco including the Place desArmes, Avenue des Beaux Arts & Monaco Cathedral
• Changing of the guards at Monaco Palace
• Casino of Monaco

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

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

Trips & Tours
4623 T Street, Suite B Sacramento, CA 95819 | (916) 808-5641 | www.cityofsacramento.org/tours

Collette
Guided by Travel
The City of Sacramento Department of Youth, Parks and Community Enrichment offers three ways to enroll in programs! Registration is simple and fast. Registrations are NOT accepted at program sites.

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

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

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

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

Payer's Name:

Address:

Email address:

Participant Name:

☐ Male ☐ Female

DOB:

Age:

Guardian/Emergency Contact Name:

Emergency Phone:

Course Registration

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

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

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

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

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

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

Signature

Parent/Adult Signature: Date:

Payment Information

Amount Due: Entered by:

Check or Money Order#: Cash: $
The RydeFreeRT program offers fare-free transit for eligible youth on the entire SacRT network. The program is available all day, any day of the week, and all year during regular SacRT service hours.

Youth/students can ride SacRT with a RydeFreeRT sticker on their valid student ID. For students and youth not attending a participating school, check with your local library.

To learn more, visit RYDEFreeRT.com or call 916.321.BUSS (2877)