

Specialized Facilities

Most City facilities will be closed during City of Sacramento holidays on May 31, July 5.

SOUTHSIDE JOGGING CENTER

The Jogging Center at Southside Park (6th & U Streets) is open for your workout Monday-Friday, 11am-1pm. Showers and dressing rooms are available at the pool building all year 'round. In the U.S. nearly two out of three adults is overweight! Just 30 minutes or more of moderate-intensity physical activity per day, enough to expend 200 calories per day which can be done by a two-mile brisk walk, can fight obesity and the ill-effects of a sedentary lifestyle. Punch cards can be purchased for \$50, good for 20 visits on the jogging trail with use of showers. For more information, call 808-5331 or 808-2306, or visit our website at www.cityofsacramento.org for up-to-date information.

James Mangan Rifle & Pistol Range

34th Ave. and Bradd Wy. (south of Fruitridge Rd. between 24th St. and Freeport Bl.) Open to the public. Call 808-6383.

Pistol Range hours: M, Th..... 6-9pm

Small Bore Rifle Range hours: W, F..... 7-10pm

Bocce Courts at East Portal Park

East Portal Bocce Club offers a Bocce League for men and women at various skill levels. Games are played at the East Portal Park Bocce Courts located at East Portal Park, 1120 Rodeo Way. Teams consist of 2-4 players. For more information on upcoming leagues, please see the East Portal Bocce Club web site at www.eastportalbocceclub.com or call John Sharp at 457-6348.

Bocce Courts in Midtown

Come join the fun and play bocce at the Fremont Community Garden. All ages and abilities are welcome at the two courts at 14th and Q Streets in midtown. The yearly access fee is \$30 per person or \$50 per family. For more information contact Bill Maynard at 808-4943, or wmaynard@cityofsacramento.org.

Equestrian Trails

Located on Longview Drive off of Watt Avenue in Del Paso Regional Park, these trails are the City's public facility leased to the **Sacramento Horsemen's Association**. Membership is not required to use these horse trails. Classes and special events are offered. For more information call SHA at 489-4101 or see www.sachorsemen.com.

The area code for all phone numbers is 916 unless otherwise indicated.

Community Gardens



Let's Get Growing...Grow with Us!

The City of Sacramento offers community gardening opportunities for growing vegetables, flowers and herbs. The gardens provide opportunities for all ages and gardening levels. For more information visit the City of Sacramento Department of Parks and Recreation website at www.cityofsacramento.org/parksandrecreation/parks/community_garden.htm or contact the Community Garden Program Coordinator, Bill Maynard, at 808-4943, email wmaynard@cityofsacramento.org.

Southside Community Garden Located at 5th and W streets

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

Hazel Strauch Park Community Garden Located at Northstead near Potomac Ave

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

Fremont Park Community Garden Located at 14th and Q Streets

Off-Leash Dog Parks

Offleash Dog Parks are located throughout the City of Sacramento. All Department of Parks and Recreation dog parks are fenced, with a double-gate system for safety. Dog owners can test their arm strength and even use tennis ball launchers to get their dogs active and running in a safe and fun environment. Parks include benches, shade areas, drinking fountains for dogs, and plenty of room to run. Dogs of all sizes are welcome. For more information and locations please visit www.cityofsacramento.org/parksandrecreation/parks/dogpark1.htm

Camp Sacramento Family Camp

... Making memories to last a lifetime

**Great Staff! Great Food!
Great experience for the whole family!**

Families share meals together, and staff make sure to accommodate special dietary needs, always with a smile.



Supervised recreation programs for all ages, world class hiking, fishing, cool nights, warm days, friendly entertaining staff, and leisure time, all in a beautiful setting. Campers of all ages and great food are all part of this terrific experience.

Camp Sacramento is conveniently located off Highway 50 in the beautiful Eldorado National Forest, just 85 miles northeast of Sacramento. Spend your family vacation exploring the beauty of the high sierra, participate in a variety of planned activities, or simply relax and get away from your busy world. Meet new friends or renew old acquaintances.

CAMP SACRAMENTO FAMILY CAMP DATES 2010

- Mini 1: June 20-23
- Mini 2: June 23-26
- Mini 3: June 27-30
- Mini 4: June 30 – July 3
- Mini 5: July 11-14
- Mini 6: July 14-17
- Mini 7: July 25-28
- Mini 8: July 28-31
- Week 1: July 5-10
- Week 3: July 19-24
- Week 5: August 2-7
- Week 6: Aug 9-14
- Adventure Senior Camp: Aug 30 - Sept.3

*Friends of Camp Sacramento
Summer's Last Fling*

Labor Day Weekend: September 3-6

**Start a new family tradition this year!
Camp Sacramento is the perfect
affordable family vacation.**

Support Friends of Camp Sacramento
Join Friends for a nominal annual fee (\$20) and become a part of a rich tradition of caring campers. Friends of Camp Sacramento is a non-profit volunteer organization, consisting of people with a love for camp. We are dedicated to supporting Camp Sacramento for the enjoyment of all campers by providing financial contributions, conducting project improvements, social activities, and by increasing awareness by public outreach. Visit us at www.friendsofCampSacramento.com

FAMILY CAMP FEES FOR 2010

All Inclusive - food, lodging, and activities

Weekly Camp Rates - Per Person

AGE	RATE	RESIDENT DISCOUNT
Age 16 and Over	\$512	\$432
Age 11-15 Inclusive	\$380	\$319
Age 6-10 Inclusive	\$279	\$230
Age 3-5 Inclusive	\$148	\$123
Age 2 and Under Free	Free	Free

MINI-VACATION CAMP RATES

AGE	RATE	RESIDENT DISCOUNT
Age 16 and Over	\$287	\$242
Age 11-15 Inclusive	\$210	\$170
Age 6-10 Inclusive	\$168	\$142
Age 3-5	\$98	\$79
Age 2 and Under	Free	Free

Camp Sacramento is a permittee of the Eldorado National Forest. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.)

**Get all the details at www.campsac.org
or call 808-6098**