

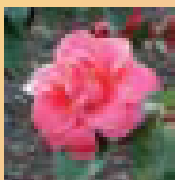


Come out and play!

City of Sacramento
Department of Parks and Recreation



Spring 2009 Recreation Magazine



**Your Seasonal Guide to
Department Services
and Special Interest Courses
See Page 3 for Contents**



Spring 2009 Recreation Magazine***Come out and Play!***

This publication is the seasonal program directory of the department of Parks and recreation, and is published three times a year.

General Department Information:

Telephone: 808-5200

Address: 915 I Street, Fifth Floor

Sacramento, CA 95814

www.cityofsacramento.org/parksandrecreation

Park Permits and Facility Rentals:

Telephone: 808-6060

Address: 4623 T Street

Sacramento, CA 95819

www.cityofsacramento.org/activitypermits

Although this publication was prepared on the basis of the best information available at the time, all information (including locations, dates, times, fees, etc.) is subject to change without notice.



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Sandy Sheedy, District 2
Steve Cohn, District 3
Robert King Fong, District 4
Lauren Hammond, District 5
Kevin McCarty, District 6
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Bonnie Pannell, District 8

Ray Kerridge, City Manager



CITY OF SACRAMENTO
DEPARTMENT OF
PARKS AND
RECREATION

Department of Parks and Recreation

James L. Combs, Director

Dave Mitchell, Operations Manager

Dan Giammona, Parks Operations Services Manager

Alan Tomiyama, Recreation Services Manager

Sylvia Fort, Recreation Services Manager

Lori Harder, Administrative Services Manager

JP Tindell, Park Planning and Development Services Manager

Parks and Recreation Commission

The Parks and Recreation Commission serves as a bridge between the community and the Department on issues related to parks and recreation. The Commission works with staff to review and develop policies to improve and enhance facilities and programs throughout the City. The Commission is comprised of 11 members who each represent one of the City's 11 Planning Areas. Members serve four year terms and are appointed by the Sacramento City Council. Commission members' duties include reviewing and supporting new park master plans, supporting park and facility names, and overseeing the implementation and update of the Department's "Parks and Recreation Master Plan 2005-2010." Commission meetings are open to the public and are usually held the first Thursday of each month at 7 p.m. For more information about the Commission, please call the Department of Parks and Recreation at 808-5200 or see www.cityofsacramento.org/parksandrecreation/prc.

DEPARTMENT OF PARKS AND RECREATION COMMISSION

George Raya Planning Area 1
Cindy Cooke, Chair, Planning Area 2
Patrick Lynn Planning Area 3
Dave Tamayo Planning Area 4
Brett Williams Planning Area 5
John Deglow, Vice Chair, Planning Area 6
Bruce Pomer Planning Area 7
Leo Lujan Planning Area 8
Deirdre Price Planning Area 9
Sheila DeBlonk Planning Area 10
Virginia Guadiana Planning Area 11



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Tiny Tots

Tiny Tot Time

Tiny Tot Time is a recreation program for preschool age children. The program runs September through July. Activities include indoor and outdoor games, arts and crafts, music, stories and field trips. Enrollment is site specific. Please contact the Tiny Tot Time locations directly for enrollment information. Enrollment fee is \$30. Class openings are filled from a waiting list.

Tiny Tot Time Locations

Coloma Com. Center

4623 T Street
277-6066

McKinley Park

33rd and H Street
448-4273

S. Natomas Com. Center

2921 Truxel Road
566-1578

Wm. Land Park

1400 13th Avenue
264-5211

COURSE #	DATES	LOCATION	TIME	DAYS	MONTHLY COST	SESSION COST	INSTRUCTOR
40805	1/8-4/28	Coloma CC	9-11:30am	T/Th	\$150	\$600	Becky Castro
40803	1/7-4/27	Coloma CC	9-11:30am	M/W/F	\$170	\$680	Becky Castro
40804	1/7-4/27	Coloma CC	12-2:30pm	M/W/F	\$170	\$680	Becky Castro
40852	1/8-4/28	McKinley Pk	9-11:30am	T/Th	\$140	\$560	Grace Mattox
40853	1/7-4/27	McKinley Pk	9-11:30pm	M/W/F	\$190	\$760	Grace Mattox
40854	1/7-4/27	McKinley Pk	12-2:30pm	M/W/F	\$155	\$620	Grace Mattox
40806	1/7-4/27	S. Natomas CC	9-11:30am	M/W/F	\$170	\$680	Racquel Castro
40807	1/7-4/27	S. Natomas CC	12-2:30pm	M/W/F	\$170	\$680	Racquel Castro
40808	1/8-4/28	S. Natomas CC	9-11:30am	T/Th	\$150	\$600	Racquel Castro
40802	1/8-4/28	W. Land Pk	12-2:30pm	T/Th	\$150	\$600	Becky Castro
40857	1/8-4/28	W. Land Pk	9-11:30am	T/Th	\$125	\$500	Rachael Hinrichsen
40855	1/7-4/27	W. Land Pk	9-11:30am	M/W/F	\$175	\$700	Rachael Hinrichsen
40856	1/7-4/27	W. Land Pk	12-2:30pm	M/W/F	\$160	\$640	Rachael Hinrichsen

Toddler Time

This is a fun-filled class designed to get your child moving! Your child will enhance their gross-motor skills while enjoying all the things that children love! Parachute play, climbing, jumping and songs! Parent participation required. Discounted fee of \$52 for 2 children available at Recreation Public Counter.

Instructor: Samantha Bresse

Fee: \$32

COURSE #	LOCATION	TIMES	DATES	DAY	AGE
38014	S. Natomas CC	9:45-10:30am	1/8-1/29	Th	1.5-3yrs
38010	S. Natomas CC	10:30-11:15am	1/8-1/29	Th	1.5-3yrs
38015	S. Natomas CC	9:45-10:30am	2/5-2/26	Th	1.5-3yrs
38011	S. Natomas CC	10:30-11:15am	2/5-2/26	Th	1.5-3yrs
38016	S. Natomas CC	9:45-10:30am	3/5-3/26	Th	1.5-3yrs
38012	S. Natomas CC	10:30-11:15am	3/5-3/26	Th	1.5-3yrs
38017	S. Natomas CC	9:45-10:30am	4/2-4/30	Th	1.5-3yrs
38013	S. Natomas CC	10:30-11:15am	4/2-4/30	Th	1.5-3yrs

Spanish 4 Toddlers

Spanish 4 Toddlers is an immersion program designed to introduce students to the most popular foreign language in America. Children and parents will enjoy a fun-filled class and learn Spanish easily through reading, singing, dancing, and other fun activities. Parent participation required. Early exposure to a foreign language has been scientifically linked to higher IQ scores, improved English and math scores, a richer vocabulary, and even a boost in SAT scores. It is best to start language training early while their ability to learn is effortless. There will be a \$10 material fee collected at first class.

Instructor: Jacqueline Favrin

Fee: \$78

COURSE #	LOCATION	TIMES	DATES	DAY	AGE
36315	Clunie CC	10-10:45am	1/27-3/3	T	18mo-6yrs
36316	Clunie CC	10-10:45am	3/24-4/28	T	18mo-6yrs

Sacramento Start

Students Today Achieving Results for Tomorrow.

Sacramento START is a free after school program providing academic and enrichment activities to over 8,000 elementary school children each year. START programs are available at 62 schools in five school districts: Elk Grove Unified, Natomas Unified, Robla, Sacramento City Unified, and Twin Rivers Unified. Program components provide a wide range of opportunities for students to strengthen their academic skills, their social and emotional competencies, and their physical fitness, while engaging them in exciting, meaningful and rewarding activities.

START Registration—Check the list of START program sites to see if START is offered at your local school. For additional information about the START program, employment opportunities, registration information, or volunteer opportunities, please call the START administrative office at 808-6197 or visit the office at 8795 Folsom Boulevard, Suite 101.

Elk Grove Unified School Dist.

Jackson (Isabelle) Elementary
Kirchgater (Anna) Elementary
Leimbach (Herman) Elementary
Morse (Barbara Comstock) Elementary
Reith (John) Elementary

Natomas Unified School Dist.

American Lakes Elementary
Bannon Creek Elementary

Robla School District

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

Sacramento Unified School District

Anthony (Susan B.) Elementary
Baker (Ethel I.) Elementary
Birney (Alice) Elementary
Bonnheim (Joseph) Elementary
Burnett (Peter) Elementary
Cabrillo (John) Elementary
Camellia Basic Elementary
Cohen (Isador) Elementary
Elder Creek Elementary
Erlewine (O.W.) Elementary
Freeport Elementary
Fruit Ridge Elementary
Golden Empire Elementary
Harkness (H.W.) Elementary
Harte (Bret) Elementary
Hollywood Park Elementary
Hopkins (Mark) Elementary

Jefferson (Thomas) Elementary
Judah (Theodore) Elementary
Kemble (Edward) Elementary
Kenny (Keith B.) Elementary
Land (William) Elementary
Lincoln (Abraham) Elementary
Lisbon Elementary
Lubin (David) Elementary
Marshall (James) Elementary
Oakridge Elementary
Parkway Elementary
Phillips (Ethel) Elementary
Pony Express Elementary
Smith (Jedediah) Elementary
Tahoe Elementary
Twain (Mark) Elementary
Warren (Earl) Elementary
Washington Elementary
Winn (A.M.) Elementary
Wire (Clayton) Elementary
Woodbine Elementary

Twin Rivers School District

Babcock (D.W.) Elementary
Del Paso Heights Elementary
Dry Creek Elementary
Frontier Elementary
Garden Valley Elementary
Johnson (Harmon) Elementary
Orchard Elementary
Rio Linda Elementary
Sierra View Elementary
Smythe (Alethea) Elementary
Village Elementary
Woodridge Elementary



Providing Quality Child Care for over 20 years!

The 4th "R" is here to serve your child care needs in four school districts in & around the Sacramento area. It is the goal of the 4th "R" to meet the needs of both the child and the families.

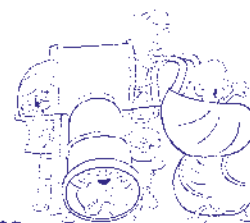
The 4th "R" is a recreation program that fosters learning through fun. Your child will have opportunities to engage in arts & crafts, games, cooking, drama & more. At the 4th "R" your child will have many unique & interesting experiences. We love what we do and we are here for you.

Visit our website at: www.4thRchildcare.com



Monday-Friday
7 am-6 pm
12 months a year

Call 808-6021 for more information or contact the nearest 4th "R"



Current Sites

Bret Harte, 277-6184	Main, 566-4117
Caleb Greenwood, 277-6185	Natomas Park, 264-1064
Caroline Wenzel 433-6320	O.W. Erlewine, 277-6104
Crocker Riverside, 264-8385	Phoebe Hearst, 277-3840
Didion, 433-6675	Pony Express, 433-6678
Fruit Ridge, 277-3846	Regency Park, 566-3636
Golden Empire, 228-3209	Sequoia, 277-6105
Heron, 566-1520	Sutterville, 277-6103
H. Allen Hight, 566-6422	Thomas Jefferson, 382-3706
Hollywood Park, 277-6186	Two Rivers, 566-2441
Hubert Bancroft, 277-6100	Westlake, 566-3680
John Cabrillo, 264-8384	Witter Ranch, 566-1559
John Morse, 433-6318	Woodlake, 566-6538

Children's Services (1st-6th Grades)

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

Jr. Kings After School Basketball

Boys and Girls become a part of the Jr. Kings After School Basketball Program and receive a King's jersey, King's ticket and a clinic from the Sacramento Kings. The Jr. Kings program focuses on basketball education, participation and sportsmanship. Participants will have an opportunity to learn basic skills, rules, terminology and strategies of basketball in practices and non-competitive league play. All players, coaches and parents will be informed of the Positive Coaching Alliance and Honor the Game philosophy. During league play, we will conduct a Team Skills Competition, which will showcase the player's skills and talents. There are no try-outs. Games will be played on Saturday. Times of program vary by location. After start of program, you can register at site if space is available. Program sites will be limited in the amount of sign-ups they can take. Times of program are after school for 2 hours.

Fee: \$40

North Area

For more information on the following North area locations, call 808-6436.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41452	American Lakes ES	2-4pm	1/27-3/26	T/Th	4-6grd
41453	Bannon Creek ES	2-4pm	1/27-3/26	T/Th	4-6grd
41460	Jefferson ES	2-4pm	1/27-3/26	T/Th	4-6grd
41464	Robla ES	3:05-5:05pm	1/28-3/27	W/F	4-6grd
41752	Smythe ES	3:05-5:05pm	1/28-3/27	W/F	4-6grd
41466	Babcock ES	3:10-5:10pm	1/28-3/27	W/F	4-6grd
41468	Castori ES	3:10-5:10pm	1/28-3/27	W/F	4-6grd
41465	Regency Park ES	3:30-5:30pm	1/28-3/27	W/F	4-6grd
41454	Two Rivers ES	2:15-4:15pm	1/27-3/26	T/Th	4-6grd
41458	Harmon Johnson ES	2:15-4:15pm	1/27-3/26	T/Th	4-6grd
41966	H. Allen Hight ES	2:20-4:20pm	1/27-3/26	T/Th	4-6grd
41802	Del Paso ES	2:35-4:35pm	1/27-3/26	T/Th	4-6grd
41803	Village ES	2:35-4:35pm	1/27-3/26	T/Th	4-6grd
41455	Main Avenue ES	2:55-4:55pm	1/27-3/26	T/Th	4-6grd
41456	Northwood ES	3-5pm	1/27-3/26	T/Th	4-6grd
41457	Woodlake ES	3-5pm	1/27-3/26	T/Th	4-6grd
41488	Strauch ES	3:05-5:05pm	1/27-3/26	T/Th	4-6grd
41461	Taylor Street ES	2:15-4:15pm	1/28-3/27	W/F	4-6grd
41467	Witter Ranch ES	2:15-4:15pm	1/28-3/27	W/F	4-6grd
41459	Heron ES	2:20-4:20pm	1/28-3/27	W/F	4-6grd
41462	Glennwood ES	2:20-4:20pm	1/28-3/27	W/F	4-6grd
41463	Bell Avenue ES	2:40-4:40pm	1/28-3/27	W/F	4-6grd
41754	Sierra View ES	2:40-4:40pm	1/28-3/27	W/F	4-6grd
41753	Woodridge ES	3:35-5:35pm	1/28-3/27	W/F	4-6grd
42103	Robertson CC	3-5pm	1/27-3/26	T/Th	4-6grd

Central Area

For more information on the following Central area sites, call 808-5998.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41480	C. Greenwood ES	2-4pm	1/27-3/26	T/Th	4-6grd
41704	T. Judah ES	2-4pm	1/27-3/26	T/Th	4-6grd
41959	Fruit Ridge ES	2-4pm	1/27-3/26	T/Th	4-6grd
41705	Clayton B. Wire ES	2:15-4:15pm	1/27-3/26	T/Th	4-6grd
41706	E. Phillips ES	2:15-4:15pm	1/27-3/26	T/Th	4-6grd
41960	William Land ES	2:30-4:30pm	1/27-3/26	T/Th	4-6grd
41481	David Lubin ES	3-5pm	1/27-3/26	T/Th	4-6grd
41482	Tahoe ES	3-5pm	1/27-3/26	T/Th	4-6grd
41487	Washington ES	3-5pm	1/27-3/26	T/Th	4-6grd
41703	Ethel I. Baker ES	3-5pm	1/27-3/26	T/Th	4-6grd

For more information on the following Central area sites, call 808-7719.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41958	Camellia Basic ES	2-4pm	1/27-3/26	T/Th	4-6grd
41483	J. Bonnheim ES	2-4pm	1/28-3/27	W/F	4-6grd
41486	H. Bancroft ES	2-4pm	1/28-3/27	W/F	4-6grd
41962	Golden Empire ES	2-4pm	1/28-3/27	W/F	4-6grd
41964	A. Lincoln ES	2-4pm	1/28-3/27	W/F	4-6grd
41484	Earl Warren ES	3-5pm	1/28-3/27	W/F	4-6grd
41961	Isador Cohen ES	3-5pm	1/28-3/27	W/F	4-6grd
41963	Peter Burnett ES	3-5pm	1/28-3/27	W/F	4-6grd
41965	A M Winn ES	3-5pm	1/28-3/27	W/F	4-6grd
41707	Elder Creek ES	2-4pm	1/29-3/31	Th/Tu	4-6grd
41485	Mark Twain ES	2:15-4:15pm	1/28-3/27	W/F	4-6grd

South Area

For more information on the following South area locations, call 808-7703.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41469	A. Birney ES	2:15-4:15pm	1/27-3/26	T/Th	4-6grd
41471	G. Didion ES	2:15-4:15pm	1/27-3/26	T/Th	4-6grd
41708	Freeport ES	2:15-4:15pm	1/27-3/26	T/Th	4-6grd
41953	Parkway ES	2:15-4:15pm	1/27-3/26	T/Th	4-6grd
41470	C. Wenzel ES	3-5pm	1/27-3/26	T/Th	4-6grd
41472	Hollywood Park ES	3-5pm	1/27-3/26	T/Th	4-6grd
41473	Crocker/Riverside ES	3-5pm	1/27-3/26	T/Th	4-6grd
41474	John Bidwell ES	2-4pm	1/28-3/27	W/F	4-6grd
41475	John Cabrillo ES	2:15-4:15pm	1/28-3/27	W/F	4-6grd
41954	H. Leimbach ES	2:15-4:15pm	1/28-3/27	W/F	4-6grd
41955	John Reith ES	2:15-4:15pm	1/28-3/27	W/F	4-6grd
41476	Lisbon ES	2:30-4:30pm	1/28-3/27	W/F	4-6grd
41477	Pony Express ES	3-5pm	1/28-3/27	W/F	4-6grd
41478	Sutterville ES	3-5pm	1/28-3/27	W/F	4-6grd
41479	Caesar Chavez ES	3-5pm	1/28-3/27	W/F	4-6grd
41952	Caesar Chavez ES	3-5pm	1/28-3/27	W/F	4-6grd
41956	H. W. Harkness ES	3-5pm	1/28-3/27	W/F	4-6grd
41957	Jedediah Smith ES	3-5pm	1/28-3/27	W/F	4-6grd

For more information on the following South area locations, call 808-6680.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
42102	Pannell/Mdvw CC	3-5pm	1/27-3/26	T/Th	4-6grd
42104	Phoenix Pk	3-5pm	1/27-3/26	T/Th	4-6grd

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

Children's Services (1st-6th Grades)

Pee Wee Basketball

Introductory basketball program for boys and girls in 1st-3rd grade. Participants learn the basics of basketball in fun filled games aimed at skill development. Students will be introduced to rules and teamwork in order to foster future participation in basketball. Each player registered by April 4 will receive a replica NBA jersey.

Fee: \$40

For information on the following site, call 808-7703.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41554	G. Didion ES	10-11:30am	4/4-5/16	Sa	1-3grd

For information on the following site, call 808-5345.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41552	B. Henschel Pk	10-11:30am	4/4-5/16	Sa	1-3grd

For information on the following site, call 808-6436.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41555	Natomas Charter Sch	10-11:30am	4/4-5/16	Sa	1-3grd

Girls Softball

Girls in 4th-6th grade will learn the basics of the game, including the proper techniques of hitting, base running, sliding, stealing, fielding and throwing. Designed to offer young women the opportunity to play a sport they can excel in and continue playing as they grow up. Participants should report to the program directly after school is released to the school yard grass area (or baseball field, if accessible at school site). For more information on the following sites, call 808-7703.

Fee: \$40

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41902	G. Didion ES	2-4pm	4/21-5/21	T/Th	4-6grd
42004	C. Wenzel ES	3-5pm	4/21-5/21	T/Th	4-6grd
42005	Pony Express ES	3-5pm	4/21-5/21	T/Th	4-6grd
42008	John Cabrillo ES	2-4pm	4/22-5/22	W/F	4-6grd
42009	Lisbon ES	2:30-4:30pm	4/22-5/22	W/F	4-6grd
42007	Sutterville ES	3-5pm	4/22-5/22	W/F	4-6grd

Girls Volleyball

Bump, set, and spike in a non-competitive environment. This program has been established to provide youth with an opportunity to learn and play the game of volleyball in a structured, safe, and fun environment. The basic skills, sportsmanship, and the rules and philosophy of volleyball will be stressed in this program.

Fee: \$40

For more information on the following site, call 808-6436.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
42002	Natomas CH	6-7:30pm	2/25-4/1	W	1-6grd

For more information on the following site, call 808-7703.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
42003	G. Didion ES	6-7:30pm	2/25-4/1	W	1-6grd

Spirit Force

Join our fun and exciting Spirit Force Team. Girls in the 1st-6th grades will engage in learning the vocal, active, and fun components of being involved in cheerleading, songleading, and pom.

Fee: \$40

For more information on the following sites, call 808-7703.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41903	Sutterville ES	3-5pm	1/27-3/26	T/Th	1-6grd
41906	P. Express ES	3-5pm	1/27-3/26	T/Th	1-6grd
41907	C. Wenzel ES	3-5pm	1/28-3/27	W/F	1-6grd
41908	J. Cabrillo ES	2-4pm	1/28-3/27	W/F	1-6grd

For more information on the following sites, call 808-6436.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41904	Jefferson ES	2-4pm	1/27-3/26	T/Th	1-6grd
41905	Heron ES	2:20-4:20pm	1/28-3/27	W/F	1-6grd

Open Gym-Youth

Come and enjoy a little competition! Youth Open Gym is a chance for young people in the community to pick up full court basketball for Fun, Exercise, and a little Competition. The games will be fairly organized to ensure the teams are well matched. Teams are set up on a first come, first served basis with the staff organizing the teams. 4th-6th grades, 1-3pm; 7th-8th grades, 4-6pm Fee: \$15 punch cards (5 Sundays) or \$30 (10 Sundays). For more information on the following site, call 808-7703.

Fee: \$15

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41852	G. Didion ES	1-3pm	1/11-5/31	Su	4-6grd
41853	G. Didion ES	4-6pm	1/11-5/31	Su	7-8grd

GO GREEN!

It's fast, easy and free to register online.



Sign up now for most leisure enrichment courses at www.parksandreconline.cityofsacramento.org

Children's Services (1st-6th Grades) CONTINUED

Sport Stacking Extravaganza

Sport Stacking will be taught by Paula Cook who has attended the World Sport Stacking Tournament for the past three years. For those of you in the know, sport stacking is an exciting sport using specially designed cups to build pyramids. When students are sport stacking, they are using both sides of their bodies and brains to develop skills. Beginners who have less than 1 year experience will attend class from 9-11am and Advance, 1 year plus will attend from 11am-1pm. For more information on the following sites, call 808-7703.

Fee: \$65

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41909	G. Didion ES	9am-1pm	1/17-4/11	Sa	1-6grd
42152	Natomas Service Ctr	9am-1pm	1/17-4/11	Sa	1-6grd

Spring Breakin' Camp

Make spring break fun! Our recreation program for 1st-6th grades will provide active, quiet and interactive fun such as: arts/crafts, sports, games and field trips. Participants will need to provide their own lunch. Afternoon snacks will be provided.

Fee: \$75 per week

For information on the following site, call 808-7719.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
36653	Clunie CC	7:30am-5:30pm	4/6-4/10	M-F	1-6grd

For information on the following site, call 808-7703.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
36658	G. Didion ES	7:30am-5:30pm	4/6-4/10	M-F	1-6grd

For information on the following site, call 808-6436.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
36654	S. Natomas CC	7:30am-5:30pm	4/6-4/10	M-F	1-6grd
42052	S. Natomas CC	7:30am-5:30pm	4/13-4/17	M-F	1-6grd

Team Step Aside

Come one, come all and join the latest and the greatest. Team Step Aside will focus on education, participation, and instruction in Step, Drill, Cheer and Dance for boys and girls. Participants will have the opportunity to learn the fundamentals of four dance components Step, Drill, Cheer and Dance, terminology, and will perform a medley routine at the conclusion of the season. Days and times of practice are subject to change. For more information on the following site, call 808-5998.

Fee: \$40

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41603	D. Lubin E.S.	3-5pm	1/27-3/27	T-F	1-6grd

Volleyball League

After school volleyball league for girls 4th-6th grades. Participants will learn basic skills (bumping, setting, spiking, blocking and overhand/underhand serves), rules, teamwork and compete in league games. Registration begins: Monday, March 9. You may register at site, when program begins, only if space is available. Program sites will be limited to the amount of sign-ups they can take. Times of program are after school for 2 hours. Games will be played on Saturdays.

Fee: \$40

For more information on the following sites, call 808-5998.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41653	C. Greenwood ES	2-4pm	4/14-5/14	T/Th	4-6grd
41652	David Lubin ES	3-5pm	4/14-5/14	T/Th	4-6grd
41654	Tahoe ES	3-5pm	4/14-5/14	T/Th	4-6yrs
41655	Washington ES	3-5pm	4/14-5/14	T/Th	4-6grd

For more information on the following sites, call 808-7719.

COURSE #	LOCATION	TIMES	DATES	DAY	GRD
41656	H. Bancroft ES	2-4pm	4/15-5/15	W/F	4-6grd
41657	Mark Twain ES	2-4pm	4/15-5/15	W/F	4-6grd
41659	J. Bonnheim ES	2-4pm	4/15-5/15	W/F	4-6grd

Jr. Giants

Jr. Giants is a non-competitive recreational baseball program serving youth 5-13 years of age. Along with the fundamentals of baseball, the league stresses self-esteem, education, teamwork, and leadership. Program Dates: 6/6-8/22. Sign-ups begin: 5/16 at the George Sim CC, 6207 Logan St. For more information, call 808-5264. FREE

Summer Programs

Registrations for Children's Services Summer Programs will begin in the Spring and will be available on-line. They include Clubs, Ultimate Summer Camps and Summer Blast.

Kids Kamp

Be safe. Make new friends. Discover new hobbies. Run, play and create beautiful things while learning and having fun this season. Youth ages 6-12yrs. will develop friendships, create memories and increase communication skills through our structured program. Program participants will engage in a variety of recreational experiences. Kids Kamp offers games, sports, visual and performing arts, tournaments, field trips, and special events. For more information on this free ongoing program, call 808-8382.

1/12-5/15	M-F.....	3:30-5:30pm
Evelyn Moore CC	1402 Dickson St.	
Marina Vista Cr	240 Seavey Cir.	

Teen Programs

After School Co-Ed Basketball League

6th, 7th, & 8th Grade

Learn the basics of Basketball. Compete in a friendly weekly game against other local teams. Program fee is \$10. Participants will enjoy learning plays and strategies for both offense and defense, as well as build skills of the game such as passing, catching, and blocking. Teamwork and good sportsmanship will be developed as well. Dates: Registrations begin 2/2. League play begins 2/14-4/25. All games will be held on Saturday's. For a location near you call 808-8854.

After School Girl's Basketball League

6th, 7th, & 8th Grade

Learn the basics of Basketball. Compete in a friendly weekly game against other local teams. Program fee is \$10. Participants will enjoy learning plays and strategies for both offense and defense, as well as build skills of the game such as passing, catching, and blocking. Teamwork and good sportsmanship will be developed as well. Dates: Registrations begin 2/2. League play begins 2/14-4/25. All games will be held on Saturday's. For a location near you call 808-8854.

High School After School Programs

High school students will have an opportunity to strengthen social skills, improve confidence, problem solving and decision making abilities, elevate physical and academic performance, and most of all, meet new friends, learn new skills and have fun all in a safe environment. The after school program consists of academic support (Tutoring, CAHSEE Prep., and homework assistance) as well as a variety of recreation and enrichment activities (sports and fitness, nutrition and cooking, visual and performing arts, multi-cultural activities, vocational training and life skills education, leadership development, field trips and other incentives). Most sites operate from school dismissal – 6:00pm, Monday – Friday. This ongoing program is free. For more information call 808-8929.

School Year Locations:

Luther Burbank HS.....	3500 Florin Road
Hiram Johnson HS.....	6879 14th Avenue
Valley HS	6300 Ehrhardt Avenue
American Legion HS.....	3801 Broadway
Sutter's Landing.....	(provided at the 28&B Skate Park)
Grant High School.....	1400 Grand Ave.,
CK McClatchy HS	3066 Freeport Blvd
Natomas HS.....	3301 Fong Ranch Rd
G.E.N.E.S.I.S. HS.....	5601 47th Ave.
America's Choice HS	10101 Systems Parkway

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

Teen Unity

A program where you can hang out with friends and learn some new games, work-off some energy (or calories), demonstrate your talents (dancing, singing, crafts), laugh a lot, help plan the activities and discover something new about yourself and others.

Teens 12-17 years old will build self-esteem, social skills, and decision making through a variety of activities such as board games, sports, arts & crafts, social activities, special events, guest speakers, field trips, and much more! This ongoing program is free. For more information call 808-8382.

1/12-5/15	M-F.....	5:30-8:30pm
E. Moore CC.....		1402 Dickson St.
Marina Vista Cr		240 Seavey Cir.

T.R.O.

The TRO (Teens Reaching Out) is a group of teens representing each of the teen programs in the City of Sacramento. We convene and facilitate monthly meetings aimed at empowering teens and getting them more involved in program planning and delivery. For more information call 808-8382.

PASSage

Middle school students ages 10-14 years old will have an opportunity to strengthen social skills, improve confidence, problem solving and decision making abilities, elevate physical and academic performance, and most of all, meet new friends and have fun! Participants will engage in a variety of exciting and challenging activities: academic enrichment, sports, visual and performing arts, martial arts, multi-cultural activities, life skills education, special events, trips and much more! Daily attendance is expected; however, allowances can be made for excused absences. This ongoing program is free. For more information call 808-5611.

1/5-5/22	Mon-Fri.....	School dismissal-6pm
Edward Harris MS		8691 Power Inn Rd.
Sam Brannan MS		4301 Elmer Wy.
Kit Carson MS		5301 N St .
California MS.....		1600 Vallejo Wy.
John Still MS		2250 John Still Dr.
Rosa Parks MS		2250 68th Ave.
Einstein MS		9325 Mirandy Wy.

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

Teen Programs CONTINUED

Landscape and Lighting

A Vocational Training and Life Skills Program Recruitment for Youth Aide training position begins the first week of March and closes the last Friday in April. Applications will be available at all City Community Centers. These are 8 week paid positions for youth between the ages of 14-17. Youth must reside within the City of Sacramento council districts.

For more information contact Cheryl Rose at 808-4066.

WIA Youth Program

A year around vocational training and life skills program for high school students ages 16-19. There are six major components to the program: Work readiness including paid work experience, mentoring, leadership development, community service, life-skills and educational support.

The program will assist youth in being productive, connected, and contributing members of their communities. Specific skills youth learn through practical experience include: how to maintain employment, build a resume, interview techniques, the ability to work as a team, and employers' expectations in the work place.

To enroll in the program candidates must meet the following criteria: Be between the ages of 16 and 19, working towards completion of diploma or GED, enrolled in independent studies, facing barriers to education and employment, live within the City of Sacramento, and have economic needs. Program is currently accepting applications for Spring 2009. To learn more call our office at 808-6023.

Teen Special Events

Teens involved in a City of Sacramento Teen Unity/Passage Program can participate in a variety of special events. Special Events assist with developing social skills and teamwork.

For more information call 808-8382.

Valentine's Day Celebration.....	2/13
Glow Bowl.....	3/06
N2 Spring Challenge	4/3
Teen Skate Trip.....	5/1

Late Night Sacramento

A Friday night teen program providing a safe place to socialize, make new friends and reduce stress through physical activity. This program also offers basketball, cultural arts, education, job training, field trips and much more! This ongoing program is free. For more information call 452-3601

F..... 7:00-11:00pm..... La Familia Center, 5523 34th St

28th & B Skate Sacramento

The Skate Park is the city's youth skateboard program. Skaters are invited to ollie and grind our newly expanded street course of quarter pipes, fun boxes and grind rails. Sessions are Monday-Friday: 4-9pm and Saturday and Sunday 12-6pm. The cost is \$3 per session. All sessions are supervised. All participants are required to wear helmet, knee and elbow pads. A limited number are available to rent for \$1 per session. We are located at Sutter's Landing Regional Park at 28th and B Streets (over the railroad tracks). For more information please visit our web site at www.cityofsacramento.org/parksandrecreation/skateboard or call 808-8929



**Keep the SPRING DIRECTORY
handy as a reference...or
recycle it by passing it along to a
neighbor, friend or co-worker.**

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

2009 New Courses

Health and Fitness Training

Choose quality of life and quantity of life! Progressive exercise towards excellent health will significantly change your physical and mental outlook on life! A conditioned heart beats 30,000 times less than a non-conditioned heart, thus reducing heart attacks, high blood pressure, organ failures and other related health problems. Let's get in shape! Get one on one health and fitness training on the day and time you would like, use our exercise equipment and get a body composition analysis free with nutritional programs for healthy living!

Instructor: John Smith

Fee: \$25

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
42352	Mims/Hagginwood CC	8am-8pm	1/2-1/30	M-F	16yrs+
42353	Mims/Hagginwood CC	8am-8pm	2/2-2/27	M-F	16yrs+
42354	Mims/Hagginwood CC	8am-8pm	3/2-3/31	M-F	16yrs+
42355	Mims/Hagginwood CC	8am-8pm	4/1-4/30	M-F	16yrs+

10 Great Dates

Reclaim the spark, connection, and creativity in your marriage through ten intentional, memory making dates. Short meetings and videos at the beginning of each date suggest a new relationship-centered topic to focus on throughout the evening. The proven approach to relationship growth will help you communicate better, resolve conflicts, and rekindle sexual and spiritual intimacy and balance your busy life. There will be a \$15 material fee per couple collected at class and free play care for children will be included.

Instructor: Clarissa Spears

Fee: \$45/per person

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
42252	Coloma CC	6-8:50pm	1/29-4/2	Th	18yrs+

Bringing Baby Home

In any family, a new baby changes everything. Forty to seventy percent of couples experience stress, profound conflict, and drops in marital satisfaction when they bring their newborn home. Don't let stress affect the care that you provide to your new baby. This class will help establish the skills necessary to maintain your marriage and help you become a better parent. There will be a \$35 material fee, per couple, collected at first class meeting.

Instructor: Clarissa Spears

Fee: \$35/per person

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
42356	Pannell/Mdvw CC	1-4pm	4/25-5/16	Sa	12yrs+

Mastering the Mysteries of Love

Talk about it, watch others do it, practice it yourselves. Communication is an integral part of marriage, learn how to do it right. Once you and your partner feel confident communicating you'll start clearing away some of the roadblocks that have been standing in the way of your happy marriage. There will be a \$10 material fee collected at first class and free play care will be included for children.

Instructor: Clarissa Spears

Fee: \$35/per person

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
42402	Coloma CC	6:40-8:40pm	1/22-3/26	Th	12yrs+

Pick a Partner

How to avoid marrying a Jerk or Jerkette? You will learn what it takes to form a loving, lasting relationship, and how to recognize it in others. At the end of the class you will be able to predict what a partner will be like in marriage, keep balance in a growing relationship and master the five dynamics that create attachment in a relationship. This fun-filled class helps you overcome biology, nerves and awkward situations and develop a dating approach to find the right person for you. There will be a \$20 material fee collected at first class.

Instructor: Clarissa Spears

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
42253	Pannell/Mdvw CC	1-4pm	1/10-1/17	Sa	12yrs+

Arts & Crafts

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

Painting: All Media

This course will acquaint the student with the basics of painting, such as materials, tools, principals and elements. Instructor will give special attention to composition, values, color theory and the conversion of nature into a painting. Students must provide their own materials.

Instructor: Gretchen Ryan

Fee: \$50

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38326	Coloma CC	9:30am-12:30pm	1/7-1/28	W	All Ages
38327	Coloma CC	9:30am-12:30pm	2/4-2/25	W	All Ages
38328	Coloma CC	9:30am-12:30pm	3/4-3/25	W	All Ages
38329	Coloma CC	9:30am-12:30pm	4/1-4/29	W	All Ages

Beginning/Intermediate Colored Pencil

Colored pencils are versatile, very portable, and there is no messy cleanup. In this class we will explore drawing from the basics to preparing finished pieces using a layered-burnished technique. No previous drawing experience necessary, all levels are welcome. Please visit my website for materials list, www.layneillustration.com. First meeting bring: graphite pencil (regular #2), drawing paper, eraser, and pencil sharpener.

Instructor: Valerie Layne

Fee: \$45

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37052	Coloma CC	6:30-8:30pm	1/6-1/27	T	16yrs+
37053	Coloma CC	6:30-8:30pm	2/3-2/24	T	16yrs+
37054	Coloma CC	6:30-8:30pm	3/3-3/31	T	16yrs+
37055	Coloma CC	6:30-8:30pm	4/7-4/28	T	16yrs+

Hands in Mud

A non-instructional workshop for people with experience in ceramics. There are two wheels available, although the focus is on hand building. Participants supply their own materials and tools. An additional firing fee will be collected at class.

Instructor: Libby Harmor

Fee: \$10

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36576	E. Hart Senior CC	6-9pm	1/1-1/29	Th	16yrs+
36577	E. Hart Senior CC	6-9pm	2/5-2/26	Th	16yrs+
36578	E. Hart Senior CC	6-9pm	3/5-3/26	Th	16yrs+
36579	E. Hart Senior CC	6-9pm	4/2-4/23	Th	16yrs+

Pottery

Students will learn basic hand building methods; pinch, slab, coil, and wheel throwing, also pottery making and firing methods used by other cultures. Those interested students will rotate turns in using the two available wheels. An additional material fee will be collected at class.

Instructor: Charlotte Todd

Fee: \$55

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36262	E. Hart Senior CC	6:30-8:30pm	1/7-1/28	W	16yrs+
36263	E. Hart Senior CC	6:30-8:30pm	2/4-2/25	W	16yrs+
36264	E. Hart Senior CC	6:30-8:30pm	3/4-3/25	W	16yrs+
36265	E. Hart Senior CC	6:30-8:30pm	4/1-4/29	W	16yrs+

Scrapbook 101

If you spend time, money, and energy to take and develop photos, why are they still hiding in boxes, drawers, and closets? This course offers skills such as mounting, cropping, enhancement, journaling, color coordination and more! Bring 7-10 pictures per class and I'll bring the tools! For more information call 375-0501 or email Di at rapnscrap@aol.com. Di has over 20 years experience in graphic design, color coordination, and layout experience. Ten dollar drop-in rate available, but must be prepaid at a Recreation Front Counter.

Instructor: Di Hinman

Fee: \$25

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38050	S. Natomas CC	9-12pm	1/8-1/29	Th	16yrs+
38051	S. Natomas CC	9-12pm	2/5-2/26	Th	16yrs+
38052	S. Natomas CC	9-12pm	3/5-3/26	Th	16yrs+
38053	S. Natomas CC	9-12pm	4/2-4/30	Th	16yrs+

Painting a New Language

All levels are welcome as you learn and experiment with paint, new techniques, and principles of design. Develop your own style as you add color and light into your paintings. Become part of an art community. Odd-number months will focus on oil and acrylic paints. Even number months will concentrate on watercolor. Students will provide their own materials.

Instructor: Susan Recely

Fee: \$20

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37802	E. Hart Senior CC	9:30-11:30am	1/2-1/30	F	50yrs+
37803	E. Hart Senior CC	9:30-11:30am	2/6-2/27	F	50yrs+
37804	E. Hart Senior CC	9:30-11:30am	3/6-3/27	F	50yrs+
37805	E. Hart Senior CC	9:30-11:30am	4/3-4/24	F	50yrs+

Arts & Crafts CONTINUED

Life History Writing

Write it down! Members of the class meet to write the stories of their lives. Prompts are provided and methods of writing stories are demonstrated. Students write and share with the class a story each week. Life history writing stimulates the memory and preserves the tales of your life for generations to come.

Instructor: Bubbles and Joe Miguel

Fee: \$5

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37655	E. Hart Senior CC	9:30-11am	1/6-1/27	T	50yrs+
37656	E. Hart Senior CC	9:30-11am	2/3-2/24	T	50yrs+
37657	E. Hart Senior CC	9:30-11am	3/3-3/31	T	50yrs+
37658	E. Hart Senior CC	9:30-11am	4/7-4/28	T	50yrs+

Pastel Landscapes

Master-Artist Reif Erickson will teach Pastel Landscapes Art Classes working with a different image each week, with a 'paint along' demonstration. The instructor will provide all the pastels and paper for your first class, then will provide you a supply list for subsequent classes.

Fee: \$25

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37702	E. Hart Senior CC	2:30-5pm	1/6-1/27	T	50yrs+
37703	E. Hart Senior CC	2:30-5pm	2/3-2/24	T	50yrs+
37704	E. Hart Senior CC	2:30-5pm	3/3-3/31	T	50yrs+
37705	E. Hart Senior CC	2:30-5pm	4/7-4/28	T	50yrs+

Nature Sketching

If you have ever wanted to sketch a flower, a scene, or treasures collected on your walk, this class is for you! No previous drawing experience necessary. Meet at the William Land Park Rock Garden and explore nature sketching with pencil, pen, colored pencils and water colors. Student supply own materials. For materials list, please see my web site: www.layneillustration.com. Bring lunch and water. Rain date will be 4/25.

Instructor: Valerie Layne

Fee: \$50

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
42202	W. Land Pk	9am-3pm	4/18	Sa	14yrs+

Engineering and Construction

Are you ready to have an AWESOME time? Our Engineering and Construction program will teach you fundamental engineering and construction concepts using Erector® educational toys. You will build things you encounter everyday; including bridges, cars, skyscrapers and more! Some of the concepts covered include: Torque vs. Speed, Belt and Pulley Systems, Gravity, Friction, and Truss Systems. Go to www.awesomeengineering.org for more info and pictures.

Instructor: AWESOME Engineering Staff

Fee: \$45

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40053	Coloma CC	4-5:15pm	4/27-5/18	M	8-12yrs
40052	S. Natomas CC	4:30-5:45pm	4/29-5/20	W	8-12yrs

Business & Finance

Financial Literacy/Debt Management

This course will provide you with the knowledge of the tools for good financial health. By the end of the class you will have an understanding of cash, credit, and income. You will also be able to use analytical skills to evaluate yourself in terms of cost efficient spending and develop a financial plan for the future. Homeownership/Investments and Financial Planning/Wealth Building are also wonderful classes to take.

Instructor: Robert Woods

Fee: \$30

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39708	Coloma CC	9-12pm	1/10	Sa	16yrs+
39709	Coloma CC	9-12pm	4/4	Sa	16yrs+

Financial Planning/Wealth Building

This course will help participants simply start a financial plan. We will also look at setting goals and objectives and start an investment portfolio. Lastly, participants will implement a plan for their health and insurance needs. Financial Literacy/Debt Management and Homeownership/Investments are also great classes to take.

Instructor: Robert Woods

Fee: \$30

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39752	Coloma CC	9-12pm	2/7	Sa	16yrs+
39753	Coloma CC	9-12pm	3/21	Sa	16yrs+
39754	Coloma CC	9-12pm	5/2	Sa	16yrs+

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

Business & Finance CONTINUED

Homeownership/Investments

This course will equip participants with the tools to become and stay financially healthy. Students will become financially literate. We will also practice techniques of personal finance and budgeting. Understanding investments, credit and debt management, and how homeownership is obtainable will also be covered at this workshop. Financial Literacy/Debt Management and Financial Planning/ Wealth Building are also great classes to take!

Instructor: Robert Woods

Fee: \$30

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39702	Coloma CC	9:30-12pm	1/24	Sa	16yrs+
39703	Coloma CC	9:30-12pm	3/7	Sa	16yrs+
39704	Coloma CC	9:30-12pm	4/18	Sa	16yrs+

Become a Loan Signing Agent

This course will teach you the role of a Loan Signing Agent, how to properly notarize real property documents and market yourself to banks, title, and mortgage companies. You do not have to be a State Notary to take this course, but before you can perform loan signing duties, you must be a Notary. If you have any questions regarding the class, send an e-mail to info@onthedotnotarytraining.com. There will be a \$20 material fee collected at class.

Instructor: Deidra Powell-Williams

Fee: \$80

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36302	S. Natomas CC	9am-1:30pm	3/7	Sa	18yrs+

Become a Notary Public

This course is approved by the Secretary of State. If there are at least 10 students enrolled 20 days before the day of class, the State exam will be offered immediately after the class. To test you will need a \$40 check or money order, a 2x2 passport photo, and two #2 pencils. If you have any questions specific to the class, contact the instructor at info@onthedotnotarytraining.com. There will be a \$15 material fee collected day of class.

Instructor: Deidra Powell-Williams

Fee: \$90

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36274	S. Natomas CC	8am-5pm	2/28	Sa	18yrs+
36275	S. Natomas CC	8am-5pm	4/25	Sa	18yrs+

Credit Awareness

Suffer from credit issues, collections, short sale/foreclosures, or bankruptcy? This class will focus on teaching credit awareness and providing direction for the future; learn how to read your credit report, common misunderstandings corrected, quick tips and tricks on how to quickly raise your credit score, and learning how to build/rebuild your credit.

Instructor: Shandra Thomas and Carolee Burse

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40102	S. Natomas CC	10-12nn	1/10	Sa	16yrs+
40106	Coloma CC	6:30-8:30pm	1/19	M	16yrs+
40103	S. Natomas CC	10-12nn	2/14	Sa	16yrs+
40104	S. Natomas CC	10-12nn	3/14	Sa	16yrs+
40107	Coloma CC	6:30-8:30pm	3/16	M	16yrs+
40105	S. Natomas CC	10-12nn	4/11	Sa	16yrs+
40108	Coloma CC	6:30-8:30pm	4/20	M	16yrs+

It's fast,
easy and
free!
Register
online now.



The City of Sacramento Department of Parks and Recreation now offers online registration for most special interest leisure courses offered in this brochure. Additional programs are being added to online registration, including Children's Services, Teen Programs, Older Adult Services, Safari Tours and Special Events.

See www.parksandreconline.cityofsacramento.org to browse Department services or to register.

Go Green!

Dance

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

Beginner Hula and Tahitian Dance

Children will learn the cultural dances from the Polynesian Islands. Class will not only include dance instruction, it teaches children language and history. Classes will be incorporating traditional dances for Hawaii and Tahiti. This course builds coordination, confidence and social skills, while providing exercise. A traditional uniform, which is strongly encouraged, will be available the first and second day of class for \$10.

Instructor: Adrienne Orilla

Fee: \$40

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40654	S. Natomas CC	10-11am	4/4-4/25	Sa	5-12yrs
40655	S. Natomas CC	10-11am	5/9-5/30	Sa	5-12yrs

Pre-Dance

A wonderful introduction to the world of dance. This class offers the opportunity to explore personality, balance, creative movement and appreciation of music while learning the basics. Recommended: Leotard, tights, slippers and tap shoes.

Instructor: Carol Pompei

Fee: \$26

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36462	S. Natomas CC	9-10am	1/2-1/23	F	3-6yrs
36463	S. Natomas CC	9-10am	2/6-2/27	F	3-6yrs
36464	S. Natomas CC	9-10am	3/6-3/27	F	3-6yrs
36465	S. Natomas CC	9-10am	4/3-4/24	F	3-6yrs

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. Beginners come from 5:15-6pm and intermediate come from 6-6:45pm.

Instructor: Kellie Donovan

Fee: \$32

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36555	Coloma CC	6-6:45pm	1/9-1/30	F	4-12yrs
36553	Coloma CC	5:15-6pm	2/6-2/27	F	4-12yrs
36556	Coloma CC	6-6:45pm	2/6-2/27	F	4-12yrs
36554	Coloma CC	5:15-6pm	3/6-3/27	F	4-12yrs
36557	Coloma CC	6-6:45pm	3/6-3/27	F	4-12yrs
36559	Coloma CC	5:15-6pm	4/3-4/24	F	4-12yrs
36558	Coloma CC	6-6:45pm	4/3-4/24	F	4-12yrs

Kid's "R" It-Pre School Dance: Ballet, Tap, and Jazz

In addition to learning the basics of ballet and tap, which include the 5 ballet positions, ballet terminology, and fundamentals of tap dancing, our preschoolers will enjoy fun activities that teach left from right and some creative movement. Dancers will be encouraged and motivated in a fun and positive environment. Jazz introduced at the advanced beginning level. For additional information call Kids R It at 331-0554. An annual material fee of \$20/1 student, \$35/2 students, or \$55/3+ students will be collected at first class meeting.

Instructor: Kid's "R" It

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38476	S. Natomas CC	2:40-3:40pm	1/2-1/30	F	2-5yrs
38484	S. Natomas CC	6-7pm	1/2-1/30	F	2-6yrs
38480	S. Natomas CC	12:30-1:30pm	1/3-1/31	Sa	2-6yrs
38472	S. Natomas CC	11-12nn	1/6-1/27	T	2-5yrs
38468	B. Coolegge CC	3:30-4:30pm	1/8-1/29	Th	2-6yrs
38460	Coloma CC	10:45-11:45am	1/15-1/29	Th	2-5yrs
38464	Coloma CC	11:45am-12:45pm	1/15-1/29	Th	2-5yrs
38473	S. Natomas CC	11-12nn	2/3-2/24	T	2-5yrs
38461	Coloma CC	10:45-11:45am	2/5-2/26	Th	2-5yrs
38465	Coloma CC	11:45am-12:45pm	2/5-2/26	Th	2-5yrs
38469	B. Coolegge CC	3:30-4:30pm	2/5-2/26	Th	2-6yrs
38477	S. Natomas CC	2:40-3:40pm	2/6-2/27	F	2-5yrs
38485	S. Natomas CC	6-7pm	2/6-2/27	F	2-6yrs
38481	S. Natomas CC	12:30-1:30pm	2/7-2/28	Sa	2-6yrs
38474	S. Natomas CC	11-12nn	3/3-3/31	T	2-5yrs
38462	Coloma CC	10:45-11:45am	3/5-3/26	Th	2-5yrs
38466	Coloma CC	11:45am-12:45pm	3/5-3/26	Th	2-5yrs
38470	B. Coolegge CC	3:30-4:30pm	3/5-3/26	Th	2-6yrs
38478	S. Natomas CC	2:40-3:40pm	3/6-3/27	F	2-5yrs
38486	S. Natomas CC	6-7pm	3/6-3/27	F	2-6yrs
38482	S. Natomas CC	12:30-1:30pm	3/7-3/28	Sa	2-6yrs
38463	Coloma CC	10:45-11:45am	4/2-4/30	Th	2-5yrs
38467	Coloma CC	11:45am-12:45pm	4/2-4/30	Th	2-5yrs
38471	B. Coolegge CC	3:30-4:30pm	4/2-4/30	Th	2-6yrs
38479	S. Natomas CC	2:40-3:40pm	4/3-4/24	F	2-5yrs
38502	S. Natomas CC	6-7pm	4/3-4/24	F	2-6yrs
38483	S. Natomas CC	12:30-1:30pm	4/4-4/25	Sa	2-6yrs
38475	S. Natomas CC	11-12nn	4/7-4/28	T	2-5yrs

GUARANTEE YOUR SEAT.

Preregister for activities and leisure enrichment courses and make sure there is a place for you! See page 50 for three ways to register.



Dance CONTINUED

Kid's "R" It-Dance: Ballet, Tap, and Jazz

Introduction to dance curriculum includes, 5 ballet positions, ballet terminology, and the fundamentals of tap dancing. Jazz dance will be introduced upon achieving advanced beginner skills. The small classes insure individualized challenging curriculum based on individual ability, in a fun positive environment, while dancers develop coordination, good posture, and body awareness. Classes provide a fun, positive environment. All are invited to perform in our annual recital. For additional information call Kids R It at 331-0554. An annual material fee of \$20/1 student, \$35/2 students, or \$50/3+ students will be collected at first class meeting.

Instructor: Kid's "R" It

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38610	S. Natomas CC	3:40-4:40pm	1/2-1/30	F	6yrs+
38614	S. Natomas CC	1:30-2:30pm	1/3-1/31	Sa	6yrs+
38602	S. Natomas CC	12-1pm	1/6-1/27	T	All Ages
38606	B. Cooledge CC	4:30-5:30pm	1/8-1/29	Th	7-10yrs
38603	S. Natomas CC	12-1pm	2/3-2/24	T	All Ages
38607	B. Cooledge CC	4:30-5:30pm	2/5-2/26	Th	7-10yrs
38611	S. Natomas CC	3:40-4:40pm	2/6-2/27	F	6yrs+
38615	S. Natomas CC	1:30-2:30pm	2/7-2/28	Sa	6yrs+
38604	S. Natomas CC	12-1pm	3/3-3/31	T	All Ages
38608	B. Cooledge CC	4:30-5:30pm	3/5-3/26	Th	7-10yrs
38612	S. Natomas CC	3:40-4:40pm	3/6-3/27	F	6yrs+
38616	S. Natomas CC	1:30-2:30pm	3/7-3/28	Sa	6yrs+
38609	B. Cooledge CC	4:30-5:30pm	4/2-4/30	Th	7-10yrs
38613	S. Natomas CC	3:40-4:40pm	4/3-4/24	F	6yrs+
38617	S. Natomas CC	1:30-2:30pm	4/4-4/25	Sa	6yrs+
38605	S. Natomas CC	12-1pm	4/7-4/28	T	All Ages

Kid's "R" It-Inter/Adv Dance: Ballet, Tap, Jazz

Ongoing students, or students with previous experience will receive a more challenging, disciplined, and progressive curriculum in all 3 forms of dance. Leaps, Turns, Adv. Jazz, & technique, will be covered in a positive environment that creates self esteem, and promotes healthy body awareness. All are invited to perform in our annual recital. For Info Call Kids 'R' It at 331-0554. Instructor Placement Required. An annual material fee of \$20/1 student, \$35/2 students, or \$55/3+ students will be collected at first class meeting.

Instructor: Kid's "R" It

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38658	S. Natomas CC	2:30-3:30pm	1/3-1/31	Sa	All Ages
38650	S. Natomas CC	3:30-4:30pm	1/5-1/26	M	All Ages
38662	S. Natomas CC	4:30-5:30pm	1/5-1/26	M	All Ages
38654	B. Cooledge CC	5:30-6:30pm	1/8-1/29	Th	All Ages
38651	S. Natomas CC	3:30-4:30pm	2/2-2/23	M	All Ages
38663	S. Natomas CC	4:30-5:30pm	2/2-2/23	M	All Ages

38655	B. Cooledge CC	5:30-6:30pm	2/5-2/26	Th	All Ages
38659	S. Natomas CC	2:30-3:30pm	2/7-2/28	Sa	All Ages
38652	S. Natomas CC	3:30-4:30pm	3/2-3/23	M	All Ages
38664	S. Natomas CC	4:30-5:30pm	3/2-3/23	M	All Ages
38656	B. Cooledge CC	5:30-6:30pm	3/5-3/26	Th	All Ages
38660	S. Natomas CC	2:30-3:30pm	3/7-3/28	Sa	All Ages
38657	B. Cooledge CC	5:30-6:30pm	4/2-4/30	Th	All Ages
38661	S. Natomas CC	2:30-3:30pm	4/4-4/25	Sa	All Ages
38665	S. Natomas CC	4:30-5:30pm	4/6-4/27	M	All Ages
38653	S. Natomas CC	3:30-4:30pm	4/13-4/27	M	All Ages

Show Biz-Ballet

Ballet is the root of dance. Come develop your strength and flexibility. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household.

Instructor: Sydnee Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39602	Coloma CC	11-12nn	1/3-1/31	Sa	5-9yrs
39606	Coloma CC	12-1pm	1/3-1/31	Sa	8yrs+
39603	Coloma CC	11-12nn	2/7-2/28	Sa	5-9yrs
39607	Coloma CC	12-1pm	2/7-2/28	Sa	8yrs+
39604	Coloma CC	11-12nn	3/7-3/28	Sa	5-9yrs
39608	Coloma CC	12-1pm	3/7-3/28	Sa	8yrs+
39605	Coloma CC	11-12nn	4/4-4/25	Sa	5-9yrs
39609	Coloma CC	12-1pm	4/4-4/25	Sa	8yrs+

Show Biz Productions-Hip Hop I

Come and learn the new moves! Everyone can join this class. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household. Alice is a choreographer for both the NBA Sacramento Kings and the WNBA Monarchs.

Instructor: Alice Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38996	Coloma CC	11-12nn	1/3-1/31	Sa	8yrs+
39000	Coloma CC	12:30-1pm	1/3-1/31	Sa	5-7yrs
39016	Pannell/Mdvw CC	6-7pm	1/5-1/26	M	5-7yrs
39012	Pannell/Mdvw CC	6:30-7:30pm	1/5-1/26	M	8yrs+
39004	S. Natomas CC	5-6pm	1/6-1/27	T	All Ages
39008	S. Natomas CC	5-6pm	1/7-1/28	W	5-7yrs
38984	Coloma CC	6-7pm	1/7-1/28	W	8yrs+
38988	Coloma CC	5-6pm	1/8-1/29	Th	4-5yrs
38992	Coloma CC	6-7pm	1/8-1/29	Th	8yrs+
39017	Pannell/Mdvw CC	6-7pm	2/2-2/23	M	5-7yrs
39013	Pannell/Mdvw CC	6:30-7:30pm	2/2-2/23	M	8yrs+
39005	S. Natomas CC	5-6pm	2/3-2/24	T	All Ages
39009	S. Natomas CC	5-6pm	2/4-2/25	W	5-7yrs
38985	Coloma CC	6-7pm	2/4-2/25	W	8yrs+
38989	Coloma CC	5-6pm	2/5-2/26	Th	4-5yrs
38993	Coloma CC	6-7pm	2/5-2/26	Th	8yrs+
38997	Coloma CC	11-12nn	2/7-2/28	Sa	8yrs+

Dance CONTINUED

39001	Coloma CC	12:30-1pm	2/7-2/28	Sa	5-7yrs
39018	Pannell/Mdvw CC	6-7pm	3/2-3/23	M	5-7yrs
39014	Pannell/Mdvw CC	6:30-7:30pm	3/2-3/23	M	8yrs+
39006	S. Natomas CC	5-6pm	3/3-3/31	T	All Ages
39010	S. Natomas CC	5-6pm	3/4-3/25	W	5-7yrs
38986	Coloma CC	6-7pm	3/4-3/25	W	8yrs+
38990	Coloma CC	5-6pm	3/5-3/26	Th	4-5yrs
38994	Coloma CC	6-7pm	3/5-3/26	Th	8yrs+
38998	Coloma CC	11-12nn	3/7-3/28	Sa	8yrs+
39002	Coloma CC	12:30-1pm	3/7-3/28	Sa	5-7yrs
39011	S. Natomas CC	5-6pm	4/1-4/29	W	5-7yrs
38987	Coloma CC	6-7pm	4/1-4/29	W	8yrs+
38991	Coloma CC	5-6pm	4/2-4/30	Th	4-5yrs
38995	Coloma CC	6-7pm	4/2-4/30	Th	8yrs+
38999	Coloma CC	11-12nn	4/4-4/25	Sa	8yrs+
39003	Coloma CC	12:30-1pm	4/4-4/25	Sa	5-7yrs
39019	Pannell/Mdvw CC	6-7pm	4/6-4/27	M	5-7yrs
39015	Pannell/Mdvw CC	6:30-7:30pm	4/6-4/27	M	8yrs+
39007	S. Natomas CC	5-6pm	4/7-4/28	T	All Ages

Show Biz Productions–Hip Hop II

Students must be approved by a Level I Instructor. All Level II students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household. Alice is a choreographer for both the NBA Sacramento Kings and the WNBA Monarchs.

Instructor: Alice Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39114	Coloma CC	11-12nn	1/3-1/31	Sa	8yrs+
39110	Coloma CC	12-12:30pm	1/3-1/31	Sa	5-7yrs
39118	Pannell/Mdvw CC	6:30-7:30pm	1/5-1/26	M	8yrs+
39102	Coloma CC	7-8pm	1/7-1/28	W	8yrs+
39106	Coloma CC	6-7pm	1/8-1/29	Th	8yrs+
39119	Pannell/Mdvw CC	6:30-7:30pm	2/2-2/23	M	8yrs+
39103	Coloma CC	7-8pm	2/4-2/25	W	8yrs+
39107	Coloma CC	6-7pm	2/5-2/26	Th	8yrs+
39115	Coloma CC	11-12nn	2/7-2/28	Sa	8yrs+
39111	Coloma CC	12-12:30pm	2/7-2/28	Sa	5-7yrs
39120	Pannell/Mdvw CC	6:30-7:30pm	3/2-3/23	M	8yrs+
39104	Coloma CC	7-8pm	3/4-3/25	W	8yrs+
39108	Coloma CC	6-7pm	3/5-3/26	Th	8yrs+
39116	Coloma CC	11-12nn	3/7-3/28	Sa	8yrs+
39112	Coloma CC	12-12:30pm	3/7-3/28	Sa	5-7yrs
39105	Coloma CC	7-8pm	4/1-4/29	W	8yrs+
39109	Coloma CC	6-7pm	4/2-4/30	Th	8yrs+
39117	Coloma CC	11-12nn	4/4-4/25	Sa	8yrs+
39113	Coloma CC	12-12:30pm	4/4-4/25	Sa	5-7yrs
39121	Pannell/Mdvw CC	6:30-7:30pm	4/6-4/27	M	8yrs+

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

Show Biz Productions–Hip Hop III

Students must be approved by a Level II instructor. Student must take at least two Hip-Hop classes per week. All Level III students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household. Alice is a choreographer for both the NBA Sacramento Kings and the WNBA Monarchs.

Instructor: Alice Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39200	Coloma CC	1-2pm	1/3-1/31	Sa	5yrs+
39204	Coloma CC	2-3pm	1/3-1/31	Sa	8yrs+
39208	Pannell/Mdvw CC	6:30-7:30pm	1/5-1/26	M	8yrs+
39192	Coloma CC	6-7pm	1/6-1/27	T	5yrs+
39196	Coloma CC	7-8pm	1/6-1/27	T	All Ages
39209	Pannell/Mdvw CC	6:30-7:30pm	2/2-2/23	M	8yrs+
39193	Coloma CC	6-7pm	2/3-2/24	T	5yrs+
39197	Coloma CC	7-8pm	2/3-2/24	T	All Ages
39201	Coloma CC	1-2pm	2/7-2/28	Sa	5yrs+
39205	Coloma CC	2-3pm	2/7-2/28	Sa	8yrs+
39210	Pannell/Mdvw CC	6:30-7:30pm	3/2-3/23	M	8yrs+
39194	Coloma CC	6-7pm	3/3-3/31	T	5yrs+
39198	Coloma CC	7-8pm	3/3-3/31	T	All Ages
39202	Coloma CC	1-2pm	3/7-3/28	Sa	5yrs+
39206	Coloma CC	2-3pm	3/7-3/28	Sa	8yrs+
39203	Coloma CC	1-2pm	4/4-4/25	Sa	5yrs+
39207	Coloma CC	2-3pm	4/4-4/25	Sa	8yrs+
39211	Pannell/Mdvw CC	6:30-7:30pm	4/6-4/27	M	8yrs+
39195	Coloma CC	6-7pm	4/7-4/28	T	5yrs+
39199	Coloma CC	7-8pm	4/7-4/28	T	All Ages

Show Biz Productions–Jazz I

This course offers jazz techniques, stretch and choreography for the beginning student. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household.

Instructor: Sydnee Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39296	Coloma CC	10-11am	1/3-1/31	Sa	8yrs+
39304	Pannell/Mdvw CC	7:30-8:30pm	1/5-1/26	M	8yrs+
39300	S. Natomas CC	6-7pm	1/7-1/28	W	8yrs+
39292	Coloma CC	7-8pm	1/8-1/29	Th	8yrs+
39305	Pannell/Mdvw CC	7:30-8:30pm	2/2-2/23	M	8yrs+
39301	S. Natomas CC	6-7pm	2/4-2/25	W	8yrs+
39293	Coloma CC	7-8pm	2/5-2/26	Th	8yrs+
39297	Coloma CC	10-11am	2/7-2/28	Sa	8yrs+
39306	Pannell/Mdvw CC	7:30-8:30pm	3/2-3/23	M	8yrs+
39302	S. Natomas CC	6-7pm	3/4-3/25	W	8yrs+
39294	Coloma CC	7-8pm	3/5-3/26	Th	8yrs+
39298	Coloma CC	10-11am	3/7-3/28	Sa	8yrs+
39303	S. Natomas CC	6-7pm	4/1-4/29	W	8yrs+
39295	Coloma CC	7-8pm	4/2-4/30	Th	8yrs+
39299	Coloma CC	10-11am	4/4-4/25	Sa	8yrs+
39307	Pannell/Mdvw CC	7:30-8:30pm	4/6-4/27	M	8yrs+

Dance CONTINUED

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

Show Biz Productions–Jazz II

Students must be approved by a Level I instructor. All students will perform in the August recital. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household.

Instructor: Sydnee Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39340	Coloma CC	5-6pm	1/6-1/27	T	8yrs+
39341	Coloma CC	5-6pm	2/3-2/24	T	8yrs+
39342	Coloma CC	5-6pm	3/3-3/31	T	8yrs+
39343	Coloma CC	5-6pm	4/7-4/28	T	8yrs+

Show Biz Productions–Tap I

This class is for everyone! Learn the basic moves, then, move on to Level II. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household.

Instructor: Sydnee Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39356	Coloma CC	12-1pm	1/3-1/31	Sa	5-7yrs
39360	S. Natomas CC	7-8pm	1/6-1/27	T	16yrs+
39352	Coloma CC	5:15-6:15pm	1/7-1/28	W	8yrs+
39364	S. Natomas CC	6:45-7:30pm	1/8-1/29	Th	8yrs+
39361	S. Natomas CC	7-8pm	2/3-2/24	T	16yrs+
39353	Coloma CC	5:15-6:15pm	2/4-2/25	W	8yrs+
39365	S. Natomas CC	6:45-7:30pm	2/5-2/26	Th	8yrs+
39357	Coloma CC	12-1pm	2/7-2/28	Sa	5-7yrs
39362	S. Natomas CC	7-8pm	3/3-3/31	T	16yrs+
39354	Coloma CC	5:15-6:15pm	3/4-3/25	W	8yrs+
39366	S. Natomas CC	6:45-7:30pm	3/5-3/26	Th	8yrs+
39358	Coloma CC	12-1pm	3/7-3/28	Sa	5-7yrs
39355	Coloma CC	5:15-6:15pm	4/1-4/29	W	8yrs+
39367	S. Natomas CC	6:45-7:30pm	4/2-4/30	Th	8yrs+
39359	Coloma CC	12-1pm	4/4-4/25	Sa	5-7yrs
39363	S. Natomas CC	7-8pm	4/7-4/28	T	16yrs

Show Biz Productions–Tap II

Students must be approved by a Level I Instructor. In this class you will learn your time-steps and other intermediate combinations. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household.

Instructor: Sydnee Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39422	Coloma CC	12-12:30pm	1/3-1/31	Sa	5-7yrs
39426	S. Natomas CC	6-7pm	1/6-1/27	T	16yrs+
39418	Coloma CC	6:15-7:15pm	1/7-1/28	W	8yrs+
39430	S. Natomas CC	6-6:45pm	1/8-1/29	Th	5-7yrs
39434	S. Natomas CC	7:30-8:15pm	1/8-1/29	Th	8yrs+
39427	S. Natomas CC	6-7pm	2/3-2/24	T	16yrs+
39419	Coloma CC	6:15-7:15pm	2/4-2/25	W	8yrs+
39431	S. Natomas CC	6-6:45pm	2/5-2/26	Th	5-7yrs
39435	S. Natomas CC	7:30-8:15pm	2/5-2/26	Th	8yrs+
39423	Coloma CC	12-12:30pm	2/7-2/28	Sa	5-7yrs
39428	S. Natomas CC	6-7pm	3/3-3/31	T	16yrs+
39420	Coloma CC	6:15-7:15pm	3/4-3/25	W	8yrs+
39432	S. Natomas CC	6-6:45pm	3/5-3/26	Th	5-7yrs
39436	S. Natomas CC	7:30-8:15pm	3/5-3/26	Th	8yrs+
39424	Coloma CC	12-12:30pm	3/7-3/28	Sa	5-7yrs
39421	Coloma CC	6:15-7:15pm	4/1-4/29	W	8yrs+
39433	S. Natomas CC	6-6:45pm	4/2-4/30	Th	5-7yrs
39437	S. Natomas CC	7:30-8:15pm	4/2-4/30	Th	8yrs+
39425	Coloma CC	12-12:30pm	4/4-4/25	Sa	5-7yrs
39429	S. Natomas CC	6-7pm	4/7-4/28	T	16yrs+

Show Biz Productions–Tap III

Students must be approved by a Level II instructor. This class has fast pace instruction and includes difficult choreography. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household.

Instructor: Sydnee Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39552	Coloma CC	11-12nn	1/3-1/31	Sa	5-9yrs
39556	S. Natomas CC	8-9pm	1/7-1/28	W	13yrs+
39560	S. Natomas CC	8:15-9pm	1/8-1/29	Th	8yrs+
39557	S. Natomas CC	8-9pm	2/4-2/25	W	13yrs+
39561	S. Natomas CC	8:15-9pm	2/5-2/26	Th	8yrs+
39553	Coloma CC	11-12nn	2/7-2/28	Sa	5-9yrs
39558	S. Natomas CC	8-9pm	3/4-3/25	W	13yrs+
39562	S. Natomas CC	8:15-9pm	3/5-3/26	Th	8yrs+
39554	Coloma CC	11-12nn	3/7-3/28	Sa	5-9yrs
39559	S. Natomas CC	8-9pm	4/1-4/29	W	13yrs+
39563	S. Natomas CC	8:15-9pm	4/2-4/30	Th	8yrs+
39555	Coloma CC	11-12nn	4/4-4/25	Sa	5-9yrs



Dance CONTINUED

Show Biz–Tap/Hip–Hop

This is a combination class which contains 30 minutes of Tap and 30 minutes of Hip-Hop. Dancers will need Tap shoes. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household. Alice is a choreographer for both the NBA Sacramento Kings and the WNBA Monarchs.

Instructor: Alice Twilla

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39652	Coloma CC	10-11am	1/3-1/31	Sa	3-5yrs
39653	Coloma CC	10-11am	2/7-2/28	Sa	3-5yrs
39654	Coloma CC	10-11am	3/7-3/28	Sa	3-5yrs
39655	Coloma CC	10-11am	4/4-4/25	Sa	3-5yrs

Show Biz Productions– Unlimited Classes

This is for those students who would like to attend unlimited classes on the approved Show Biz Production schedule. Available for all locations Coloma CC, Pannell/Meadowview CC and S. Natomas CC. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household. Alice is a choreographer for both the NBA Sacramento Kings and the WNBA Monarchs.

Instructor: Alice Twilla

Fee: \$99 Class Fee / \$79 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39588	Show Biz-Unlimited	5-8:30pm	1/1-1/31	M-Th/Sa	All Ages
39589	Show Biz-Unlimited	5:30-8:30pm	2/2-2/28	M-Th/Sa	All Ages
39590	Show Biz-Unlimited	5:30-8:30pm	3/2-3/31	M-Th/Sa	All Ages
39591	Show Biz-Unlimited	5:30-8:30pm	4/1-4/30	M-Th/Sa	All Ages

Studio T–Lil Hip Hoppers Creative Movement

Watch your little one have a blast! This exciting class focuses on the basic elements of rhythm and groove and urban dance styles, including Hip Hop. They will learn short routines to a wide variety of family friendly Pop/Hip Hop music. This class is sure to get a Lil Hip Hopper clappin', stompin', and jumpin'. For class specific questions please visit www.studiotdance.com or call 760-7917.

Instructor: Studio T Staff

Fee: \$45

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40656	Clunie CC	5-5:50pm	1/8-1/29	Th	4.5-8yrs
40657	Clunie CC	5-5:50pm	2/12-2/26	Th	4.5-8yrs
40658	Clunie CC	5-5:50pm	3/5-3/26	Th	4.5-8yrs
40659	Clunie CC	5-5:50pm	4/2-4/23	Th	4.5-8yrs

Studio T–Hip Hop Urban Dance

Feel like a movie star after learning easy-to-follow Hip Hop dance routines. Studio T will teach you the technique of Urban Dance focusing on popular styles like turfin', stomp, krump, and breakin'. You will also learn to add your own choreography and participate in a Freestyle Battle! For more class specific information visit StudioTDance.com or call 760-7917.

Instructor: Studio T Staff

Fee: \$45

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40660	Clunie CC	6-6:50pm	1/8-1/29	Th	9-15yrs
40661	Clunie CC	6-6:50pm	2/5-2/26	Th	9-15yrs
40662	Clunie CC	6-6:50pm	3/5-3/26	Th	9-15yrs
40663	Clunie CC	6-6:50pm	4/2-4/30	Th	9-15yrs

Beginning Break Dancing

This class is designed to give you a background about what Breakdancing is, how to do it, and where it came from. Class will be taught by Vince Horiuchi "Vincanity." Vince has been around for over 10 years and has won international competitions in France, New York, Montreal, Portland, Texas, California, and more. This past year Vince performed for Talib Kweli, Dead Prez, Common, Africa Bambaata, Zion I, Mikuni Sushi, and at the Sacramento Kings games at Arco Arena.

Instructor: Vince Horiuchi

Fee: \$32

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38058	S. Natomas CC	4-5pm	1/8-1/29	Th	All Ages
38059	S. Natomas CC	4-5pm	2/5-2/26	Th	All Ages
38060	S. Natomas CC	4-5pm	3/5-3/26	Th	All Ages
38061	S. Natomas CC	4-5pm	4/2-4/30	Th	All Ages

Intermediate Break Dancing

In this class we will master the basics and fundamentals of break dancing (top rocks, footwork, power moves, freezes and flow), learn more advanced concepts, moves and forms of break dancing. We will also learn choreography and opportunities to perform and enter competitions. All students must complete beginning break dancing in order to advance to the intermediate class.

Instructor: Vince Horiuchi

Fee: \$32.50

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38070	S. Natomas CC	5-6pm	1/8-1/29	Th	All Ages
38071	S. Natomas CC	5-6pm	2/5-2/26	Th	All Ages
38072	S. Natomas CC	5-6pm	3/5-3/26	Th	All Ages
38073	S. Natomas CC	5-6pm	4/2-4/30	Th	All Ages

Dance CONTINUED

Zumba Fitness

Zumba is a fusion Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

Instructor: Sandra Olszewski

Fee: \$50

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37815	S. Natomas CC	8-9pm	1/6-1/27	T	15yrs+
37816	S. Natomas CC	8-9pm	2/3-2/24	T	15yrs+
37817	S. Natomas CC	8-9pm	3/3-3/31	T	15yrs+
37818	S. Natomas CC	8-9pm	4/7-4/28	T	15yrs+

Kid's "R" It-Adult Jazz Dance

Moms and Dads alike can come and enjoy dancing to the 'oldies', and get some exercise 3 nights a month! Lindy's, pas de bourre's, chaine turns, Jazz Squares, pivot turns, and many more jazz skills are covered each week. No level of ability required, and newcomers are always welcome! Individualized instruction provided as you progress at your own pace. For additional information call Kids R It at 331-0554. An annual material fee of \$20/1 student, \$35/2 students, or \$55/3+ students will be collected at first class meeting. No class will be held on the 2nd Thursday of each month.

Instructor: Kid's "R" It

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38734	B. Cooledge CC	6:30-7:30pm	1/8-1/29	Th	21yrs+
38735	B. Cooledge CC	6:30-7:30pm	2/5-2/26	Th	21yrs+
38736	B. Cooledge CC	6:30-7:30pm	3/5-3/26	Th	21yrs+
38737	B. Cooledge CC	6:30-7:30pm	4/2-4/30	Th	21yrs+

Adult Tap

Are you one of those people who tap danced when you were young? Or did you always want to learn how? Here's your chance, it's not too late! Join in the fun and learn new routines. Good music, good fun and a good workout too! Tap shoes and cane required. Beginner/Intermediate please come at 9:30 am and Intermediate/Advanced please come at 10:30 am.

Instructor: Carol Pompei

Fee: \$26

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36438	Coloma CC	9:30-10:30am	1/6-1/27	T	18yrs+
36442	Coloma CC	10:30-11:30am	1/6-1/27	T	18yrs+
36439	Coloma CC	9:30-10:30am	2/3-2/24	T	18yrs+
36443	Coloma CC	10:30-11:30am	2/3-2/24	T	18yrs+
36440	Coloma CC	9:30-10:30am	3/3-3/31	T	18yrs+
36444	Coloma CC	10:30-11:30am	3/3-3/24	T	18yrs+
36441	Coloma CC	9:30-10:30am	4/7-4/28	T	18yrs+
36445	Coloma CC	10:30-11:30am	4/7-4/28	T	18yrs+

Beginning & Intermediate Ballroom Dance

This class will give you confidence on the dance floor and in every day 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.

Instructor: Eddie Lovato

Fee: \$25

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38095	B. Cooledge CC	7:30-8:30pm	1/2-1/30	F	All Ages
38087	B. Cooledge CC	8-9pm	1/5-1/26	M	All Ages
38091	B. Cooledge CC	8-9pm	1/7-1/28	W	All Ages
38088	B. Cooledge CC	8-9pm	2/2-2/23	M	All Ages
38092	B. Cooledge CC	8-9pm	2/4-2/25	W	All Ages
38096	B. Cooledge CC	7:30-8:30pm	2/6-2/27	F	All Ages
38089	B. Cooledge CC	8-9pm	3/2-3/23	M	All Ages
38093	B. Cooledge CC	8-9pm	3/4-3/25	W	All Ages
38097	B. Cooledge CC	7:30-8:30pm	3/6-3/27	F	All Ages
38094	B. Cooledge CC	8-9pm	4/1-4/29	W	All Ages
38098	B. Cooledge CC	7:30-8:30pm	4/3-4/24	F	All Ages
38090	B. Cooledge CC	8-9pm	4/6-4/27	M	All Ages

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.

Instructor: Eddie Lovato

Fee: \$15

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38210	B. Cooledge CC	6:30-7:30pm	1/2-1/30	F	All Ages
38202	B. Cooledge CC	7-8pm	1/5-1/26	M	All Ages
38206	B. Cooledge CC	7-8pm	1/7-1/28	W	All Ages
38203	B. Cooledge CC	7-8pm	2/2-2/23	M	All Ages
38207	B. Cooledge CC	7-8pm	2/4-2/25	W	All Ages
38211	B. Cooledge CC	6:30-7:30pm	2/6-2/27	F	All Ages
38204	B. Cooledge CC	7-8pm	3/2-3/23	M	All Ages
38208	B. Cooledge CC	7-8pm	3/4-3/25	W	All Ages
38212	B. Cooledge CC	6:30-7:30pm	3/6-3/27	F	All Ages
38209	B. Cooledge CC	7-8pm	4/1-4/29	W	All Ages
38213	B. Cooledge CC	6:30-7:30pm	4/3-4/24	F	All Ages
38205	B. Cooledge CC	7-8pm	4/6-4/27	M	All Ages

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

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

Dance CONTINUED

International Choreographed Ballroom Dance

Dancing is choreographed ballroom in many rhythms including Waltz, Fox trot, English Tango, Argentine Tango, East Coast Swing, West Coast Swing, Paso Doble, Rumba, Cha Cha, Slow Two-Step, Bolero and others. Must purchase 4 sessions.

Instructor: Win Robinson

Fee: \$24 / 4 Classes

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40502	Coloma CC	6:30-9pm	1/14-1/28	W	18yrs+
40503	Coloma CC	6:30-9pm	2/4-2/25	W	18yrs+
40504	Coloma CC	6:30-9pm	3/4-3/25	W	18yrs+
40505	Coloma CC	6:30-9pm	4/1-4/29	W	18yrs+

Zumba Dance and Fitness

Zumba is a fusion Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

Instructor: Taryn Smith

Fee: \$25

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38082	S. Natomas CC	8:15-9:15am	1/6-1/27	T	15yrs+
38083	S. Natomas CC	8:15-9:15am	2/3-2/24	T	15yrs+
38084	S. Natomas CC	8:15-9:15am	3/3-3/31	T	15yrs+
38085	S. Natomas CC	8:15-9:15am	4/7-4/28	T	15yrs+

Balkan Dance

Intermediate-Advance level line dancing from the Balkan area. Wear comfortable clothing and shoes. Class is continuous so you can start anytime! No class will be held on 1/26, 2/2, 3/23, 4/20, 4/27, 5/4.

Instructor: Senzaki Fusae

Fee: \$16 / 4 Classes

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38034	Coloma CC	7:30-9:30pm	1/5-1/26	M	All Ages
38035	Coloma CC	7:30-9:30pm	2/2-2/23	M	All Ages
38036	Coloma CC	7:30-9:30pm	3/2-3/23	M	All Ages
38037	Coloma CC	7:30-9:30pm	4/6-4/27	M	All Ages

Israeli Dance

A wonderful dance workout training members to perform Israeli dance routines. Please wear tights, leotard, and ballet slippers or Greek dance sandals.

Instructor: Heidi Nelson

Fee: \$30

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36952	Coloma CC	10-11:30am	1/5-1/26	M	13yrs+
36953	Coloma CC	10-11:30am	2/2-2/23	M	13yrs+
36954	Coloma CC	10-11:30am	3/2-3/23	M	13yrs+
36955	Coloma CC	10-11:30am	4/6-4/27	M	13yrs+

5 Rhythms Dance (Body Joy)

Come dance your heart out every Thursday night and second Sunday morning of the month! Connect with a great community while you freeform dance to live dj-ed music. This is a guided moving meditation that puts the body in motion to still the mind, allowing you to connect with your beautiful spirit. Come play, come connect, come dance. For more information see www.bodyjoy.net or call 267-5478. No class will be held 1/11 or 1/15.

Instructor: Bella (Stacey) Dreizler

Fee: \$65/ 5 Classes

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36318	Clunie CC	6:30-8:30pm	1/8-1/29	Th	15yrs+
36318	Clunie CC	11-12nn	1/11	Su	15yrs+
36319	Clunie CC	6:30-8:30pm	2/5-2/26	Th	15yrs+
36319	Clunie CC	11-12nn	2/8	Su	15yrs+
36320	Clunie CC	6:30-8:30pm	3/5-3/26	Th	15yrs+
36320	Clunie CC	11-12nn	3/8	Su	15yrs+
36321	Clunie CC	6:30-8:30pm	4/2-4/30	Th	15yrs+
36321	Clunie CC	11-12nn	4/12	Su	15yrs+

Belly Dancing with Selayma!

Tone up with isolations and undulations while learning the oldest dance style known! Whether for fun, exercise, or performance, Belly Dancing offers something for everyone. Taught in a noncompetitive atmosphere, Belly Dancing can help increase your awareness of self and your self-confidence while giving you something new to talk about with family and friends! Wear comfortable clothes. Veils and zils will be discussed at first class.

Instructor: Pauline Marie

Fee: \$90

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37852	Coloma CC	7-8pm	1/7-2/25	W	16yrs+
38006	Coloma CC	7-8pm	3/11-4/29	W	16yrs+



Sacramento City Code 12.72.135 prohibits smoking in all City parks.

Drama & Music

Piano Lessons

Beginning and intermediate students can learn to play the piano using the Glover Method. Private lessons run 30 minutes and meet once a week. Students should have access to a practice instrument (portable keyboard or organ is okay). Sign-ups are taken on a monthly basis. Class is continuous, and can sign up at any time. Call 808-5641 for an appointment before registering. There will be an additional fee for books once class has started.

Instructor: Dianne Siagian

Fee: \$72 / 4 Lessons

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38352	Coloma CC	11am-5:30pm	1/12-1/26	M	All Ages
38353	Coloma CC	11am-5:30pm	2/2-2/23	M	All Ages
38354	Coloma CC	11am-5:30pm	3/2-3/23	M	All Ages
38355	Coloma CC	11am-5:30pm	4/6-4/27	M	All Ages

Show Biz Productions— Musical Theater

Students must audition to enroll in this class. To make an appointment call Linda Inglett at 722-8225. Students must be able to carry a tune as well as pick up choreography. Students will perform in the May recital. No new students in April or May. This class is not included in the Unlimited Program.

Instructor: Linda Inglett

Fee: \$40 Class Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38410	Coloma CC	6-7pm	1/8-1/29	Th	All Ages
38414	Coloma CC	7-8pm	1/8-1/29	Th	All Ages
38411	Coloma CC	6-7pm	2/5-2/26	Th	All Ages
38415	Coloma CC	7-8pm	2/5-2/26	Th	All Ages
38412	Coloma CC	6-7pm	3/5-3/26	Th	All Ages
38416	Coloma CC	7-8pm	3/5-3/26	Th	All Ages
38413	Coloma CC	6-7pm	4/2-4/30	Th	All Ages
38417	Coloma CC	7-8pm	4/2-4/30	Th	All Ages

GO GREEN!

*It's fast, easy and
free to register online.*

Sign up now for most leisure enrichment courses
at www.parksandreconline.cityofsacramento.org



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

Fitness

Tai Chi

Doctors recommend it, Physical therapists rave about it, and major university studies are singing its praises. Great—but where do you begin? This class is the answer! We'll cover everything you need to get started in Tai Chi and enjoy a lifetime of healthy practice. Class is continuous.

Instructor: Robert Nakashima

Fee: \$40

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38252	Coloma CC	6:30-8pm	1/7-1/21	W	15yrs+
38253	Coloma CC	6:30-8pm	2/4-2/25	W	15yrs+
38254	Coloma CC	6:30-8pm	3/4-3/25	W	15yrs+
38255	Coloma CC	6:30-8pm	4/1-4/29	W	15yrs+

Tai Chi 4 U

Tai Chi is an ancient Chinese martial Art that is practiced by people of all ages and abilities. The slow focused movements can increase balance, flexibility, and cardiovascular fitness while reducing stress and anxiety. Come and join a friendly group of folks in a self-discovery environment. You can pay \$100 for all four months, but must be prepaid at a Recreation Front Counter.

Instructor: Denny Fong

Fee: \$30

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36303	B. Cooledge CC	7-8:30pm	1/7-1/28	W	15yrs+
36304	B. Cooledge CC	7-8:30pm	2/4-2/25	W	15yrs+
36305	B. Cooledge CC	7-8:30pm	3/4-3/25	W	15yrs+
36306	B. Cooledge CC	7-8:30pm	4/1-4/29	W	15yrs+

Tai Chi and Chi Gong

Improve your balance, muscles, breathing, flexibility, memory, and limb coordination. Slow motion and low impact exercise combine specific Chinese movements and relaxation.

Instructor: Mamie Woo-Fong

Fee: \$24

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37631	E. Hart Senior CC	1:30-2:30pm	1/5-1/26	M	50yrs+
37632	E. Hart Senior CC	1:30-2:30pm	2/2-2/23	M	50yrs+
37633	E. Hart Senior CC	1:30-2:30pm	3/2-3/23	M	50yrs+
37634	E. Hart Senior CC	1:30-2:30pm	4/6-5/4	M	50yrs+



**Sacramento City Code 12.72.135
prohibits smoking in all City parks.**

Fitness CONTINUED

Kundalini Yoga–Entry Level

Reduce stress, increase ability to relax, quiet the mind; learn powerful, effective breathing techniques (pranayama); learn mantras (chanting), mudras, and meditations. The yoga of awareness and self-empowerment, supportive of any health challenge. Wear loose comfortable clothing, bring a small, firm cushion, and a blanket. Jim Deneff has been teaching Kundalini Yoga in the Sacramento area for eleven years. Call 806-0623 for questions about class or visit www.priyayoga.org.

Instructor: Jim Deneff

Fee: #36572 \$64 / #36573 \$72

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36572	E. Portal Pk	6-7:10pm	1/7-2/25	W	18yrs+
36573	E. Portal Pk	6-7:10pm	3/4-4/29	W	18yrs+

Kundalini Yoga–Intermediate

See description for Kundalini Yoga-Entry Level, which must be completed prior to enrollment in intermediate level, or have instructor’s approval. Call 806-0623 for questions about class or visit www.priyayoga.org.

Instructor: Jim Deneff

Fee: #36574 \$56 / #36575 \$72

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36574	E. Portal Pk	6-7:10pm	1/5-2/23	M	18yrs+
36575	E. Portal Pk	6-7:10pm	3/2-4/27	M	18yrs+

Hatha Flow Yoga

The key to independent living for older adults is to keep the body flexible by practicing yoga. The classes will cover proper body alignment and the benefits of performing postures. Participants will learn how to center and align the body through breathing techniques (pranayana), postures (asana) and deep relaxation. Namaste.

Instructor: Patricia Shaw

Fee: \$30

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37667	E. Hart Senior CC	3-4pm	1/2-1/30	M/W/F	50yrs+
37668	E. Hart Senior CC	3-4pm	2/2-2/27	M/W/F	50yrs+
37669	E. Hart Senior CC	3-4pm	3/2-3/27	M/W/F	50yrs+
37670	E. Hart Senior CC	3-4pm	4/1-4/29	M/W/F	50yrs+

Fit over 50+ Aerobics

Low impact aerobics class for adults in a fun and friendly atmosphere.

Instructor: Sue Peterson

Fee: \$20

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38310	Pannell/Mdvw CC	10:30-11:30am	1/2-1/30	M/W/F	50yrs+
38311	Pannell/Mdvw CC	10:30-11:30am	2/2-2/27	M/W/F	50yrs+
38312	Pannell/Mdvw CC	10:30-11:30am	3/2-3/27	M/W/F	50yrs+
38313	Pannell/Mdvw CC	10:30-11:30am	4/1-4/29	M/W/F	50yrs+

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

Active Yoga

Through flowing yoga workouts we will increase strength, flexibility, and balance. As we release tight muscles and counteract stress, we’ll relax both body and mind. Bring a yoga mat, a towel, some water and your own unique energy! Beginners welcome.

Instructor: Laura Santigian

Fee: \$20 / 4 Classes

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36352	S. Natomas CC	6:45-7:45pm	1/5-1/26	M	All Ages
36353	S. Natomas CC	6:45-7:45pm	2/2-2/23	M	All Ages
36354	S. Natomas CC	6:45-7:45pm	3/2-3/23	M	All Ages
36355	S. Natomas CC	6:45-7:45pm	4/6-4/27	M	All Ages

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.

Instructor: Laura Santigian

Fee: \$20 / 4 Classes

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36364	S. Natomas CC	9-10am	1/5-1/28	M/W	All Ages
36365	S. Natomas CC	9-10am	2/2-2/25	M/W	All Ages
36366	S. Natomas CC	9-10am	3/2-3/25	M/W	All Ages
36367	S. Natomas CC	9-10am	4/1-4/29	M/W	All Ages

Nordic Walking Series

This series is 3-classes long and is for those who love to walk, but want more. Nordic walking can help you to walk faster with a lower perceived exertion, burn more calories improve postural health, reduce impact on joints and much more. Pole rental is included. No Nordic Walking experience necessary.

Instructor: Kendra Densmore

Fee: \$55

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40607	E. Portal Pk	9:15-10:15am	1/26-2/9	M	18yrs+
40608	E. Portal Pk	5:45-6:45pm	2/23-3/9	M	18yrs+
40609	E. Portal Pk	5:45-6:45pm	3/31-4/14	T	18yrs+

Fitness CONTINUED

Nordic Walking Workshop

This workshop is for those who love to walk, but want more. Nordic Walking can help you walk faster with a lower perceived exertion, burn more calories, improve posture health, reduce impact to joints and much more. Pole rental is included. No Nordic Walking experience necessary.

Instructor: Kendra Densmore

Fee: \$45

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40602	E. Portal Pk	9:30-11am	1/10	Sa	18yrs+
40603	E. Portal Pk	9:30-11am	2/21	Sa	18yrs+
40604	E. Portal Pk	9:30-11am	3/14	Sa	18yrs+
40605	E. Portal Pk	9:30-11am	4/11	Sa	18yrs+
40606	E. Portal Pk	9:30-11am	5/2	Sa	18yrs+

Studio T-Funk Aerobics for Adults

This fun and funky calorie burner includes some new school, old school, and Latin moves in the form of aerobic dance. Join us every week in this one hour class until you reach your desired weight. This is a great alternative to the gym! For more class specific information visit www.studiotdance.com or call 760-7917.

Instructor: Studio T Staff

Fee: \$45

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40664	Clunie CC	7-7:50pm	1/8-1/29	Th	16yrs+
40665	Clunie CC	7-7:50pm	2/5-2/26	Th	16yrs+
40666	Clunie CC	7-7:50pm	3/5-3/26	Th	16yrs+
40667	Clunie CC	7-7:50pm	4/2-4/30	Th	16yrs+

Multi-Level Aerobics

In this coed fitness class, students can work at their own pace and level from low impact to high intensity aerobics. The floor routines work on your individual muscle groups (arms, inner and outer thighs, abdomen, etc.). Stay fit or get in shape; it's never too late!

Instructor: Janis Paular

Fee: \$30

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36752	B. Cooleedge CC	6-7pm	1/6-1/29	T/Th	13yrs+
36752	B. Cooleedge CC	7:30-8:30am	1/3-1/31	Sa	13yrs+
36753	B. Cooleedge CC	6-7pm	2/3-2/28	T/Th	13yrs+
36753	B. Cooleedge CC	7:30-8:30am	2/7-2/28	Sa	13yrs+
36754	B. Cooleedge CC	6-7pm	3/3-3/31	T/Th	13yrs+
36754	B. Cooleedge CC	7:30-8:30am	3/7-3/28	Sa	13yrs+
36755	B. Cooleedge CC	6-7pm	4/2-4/30	T/Th	13yrs+
36755	B. Cooleedge CC	7:30-8:30am	4/4-4/25	Sa	13yrs+

Senior Dance and Fitness

If you like to dance, then you will love this class. It's low-impact and noncompetitive. We will start class with choreographed routines, then we will work on arm strength, balance, and abdominal muscles. We will wrap-up class with relaxing no distractions stretching cool down. Please bring a mat or towel, water bottle, and wear comfortable work out shoes. Free weights are optional. First class is free! Walk-ins welcome! No class on 5/16.

Instructor: Nancy J. Sykes

Fee: \$42 / 12 Classes

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36002	Coloma CC	9:30-10:30am	1/2-1/30	M/W/F	50yrs+
36003	Coloma CC	9:30-10:30am	2/2-2/27	M/W/F	50yrs+
36004	Coloma CC	9:30-10:30am	3/2-3/27	M/W/F	50yrs+
36005	Coloma CC	9:30-10:30am	4/1-4/29	M/W/F	50yrs+

Exercise, Energize, Enjoy!

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

Instructor: Peggy Edgerly

Fee: \$20

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40164	S. Natomas CC	10:30-11:30am	1/5-1/28	M/W	50yrs+
40165	S. Natomas CC	10:30-11:30am	2/2-2/25	M/W	50yrs+
40166	S. Natomas CC	10:30-11:30am	3/2-3/25	M/W	50yrs+
40167	S. Natomas CC	10:30-11:30am	4/1-4/29	M/W	50yrs+

Raja Yoga

Gentle yoga adapted to individual needs. The emphasis is on deep relaxation and proper breathing techniques.

Instructor: Bill Scrivani

Fee: \$32/ 4 sessions

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40188	E. Portal Pk	12:30-2pm	1/5-1/26	M	50yrs+
40189	E. Portal Pk	12:30-2pm	2/2-2/23	M	50yrs+
40190	E. Portal Pk	12:30-2pm	3/2-3/23	M	50yrs+
40191	E. Portal Pk	12:30-2pm	4/6-4/27	M	50yrs+

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

Fitness CONTINUED

Stretching and Strengthening

Improve over all flexibility and strength. This class focuses on proper body mechanics, posture and balance with a relaxation phase at the end of the class. All fitness levels are welcome.

Instructor: Valerie Miller

Fee: \$55

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40202	E. Portal Pk	8:45-9:45am	1/2-1/30	M/W/F	50yrs+
40206	E. Portal Pk	10-11am	1/2-1/30	M/W/F	50yrs+
40203	E. Portal Pk	8:45-9:45am	2/2-2/27	M/W/F	50yrs+
40207	E. Portal Pk	10-11am	2/2-2/27	M/W/F	50yrs+
40204	E. Portal Pk	8:45-9:45am	3/2-3/27	M/W/F	50yrs+
40208	E. Portal Pk	10-11am	3/2-3/27	M/W/F	50yrs+
40205	E. Portal Pk	8:45-9:45am	4/1-4/29	M/W/F	50yrs+
40209	E. Portal Pk	10-11am	4/1-4/29	M/W/F	50yrs+

Head to Toe Fitness

The all-in-one-class! Feel fit and energized with a blend of exercise, tai chi, meditation, group hugs, games, songs and laughter.

Instructor: Bill Swayne

Fee: \$20

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40902	B. Cooledge CC	9:45-10:45am	1/2-1/30	M/F	50yrs+
40902	B. Cooledge CC	8:30-9:30am	1/7-1/28	W	50yrs+
40903	B. Cooledge CC	9:45-10:45am	2/2-2/27	M/F	50yrs+
40903	B. Cooledge CC	8:30-9:30am	2/4-2/25	W	50yrs+
40904	B. Cooledge CC	9:45-10:45am	3/2-3/27	M/F	50yrs+
40904	B. Cooledge CC	8:30-9:30am	3/4-3/25	W	50yrs+
40905	B. Cooledge CC	9:45-10:45am	4/3-4/27	M/F	50yrs+
40905	B. Cooledge CC	8:30-9:30am	4/1-4/29	W	50yrs+

Movement with Music

A Dance and Movement class that allows participants to move with more freedom and ease, regardless of personal limitations. Great for heart health, muscle tone, and balance improvements! Fun and stress relieving!

Instructor: Patricia Ehnisz

Fee: \$12/ 4 sessions

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40176	S. Natomas CC	10:30-11:30am	1/2-1/30	F	50yrs+
40177	S. Natomas CC	10:30-11:30am	2/6-2/27	F	50yrs+
40178	S. Natomas CC	10:30-11:30am	3/6-3/27	F	50yrs+
40179	S. Natomas CC	10:30-11:30am	4/3-4/24	F	50yrs+

Chair Yoga

Chair yoga is a safe low-impact workout that helps to maintain or increases your current level of flexibility, balance, and mobility while improving coordination and strength. Chair yoga is recommended for anyone at any age dealing with physical challenges.

Instructor: Patricia Shaw

Fee: \$32/ 4 Classes

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40152	E. Portal Pk	11-12pm	1/5-1/26	M	All Ages
40153	E. Portal Pk	11-12pm	2/2-2/23	M	All Ages
40154	E. Portal Pk	11-12pm	3/2-3/23	M	All Ages
40155	E. Portal Pk	11-12pm	4/6-4/27	M	All Ages

Feldenkrais–Method of Movement

Learn how to improve your posture, balance and breathing while reducing stress tension, fatigue, and easing pain. Teaches you to move with minimal effort by becoming aware of unconscious habits which compromise how your body works.

Instructor: Diane Fontaine

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37643	E. Hart Senior CC	2-3pm	1/7-1/28	W	50yrs+
37644	E. Hart Senior CC	2-3pm	2/4-2/25	W	50yrs+
37645	E. Hart Senior CC	2-3pm	3/4-3/25	W	50yrs+
37646	E. Hart Senior CC	2-3pm	4/1-4/29	W	50yrs+

Feldenkrais–Awareness through Movement

Regain capability lost due to pain or aging. Rediscover capacity for graceful, efficient movement. This remarkable movement method, done mostly lying on the floor, can help improve your physical and mental agility. Wear loose comfortable clothing. Bring a blanket.

Instructor: Janis Briggs

Fee: \$40

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36722	Clunie CC	7-8pm	1/6-1/27	T	15yrs+
36726	Clunie CC	12-1pm	1/8-1/29	Th	15yrs+
36723	Clunie CC	7-8pm	2/3-2/24	T	15yrs+
36727	Clunie CC	12-1pm	2/5-2/26	Th	15yrs+
36724	Clunie CC	7-8pm	3/3-3/17	T	15yrs+
36728	Clunie CC	12-1pm	3/5-3/26	Th	15yrs+
36729	Clunie CC	12-1pm	4/2-4/30	Th	15yrs+
36725	Clunie CC	7-8pm	4/7-4/28	T	15yrs+

Language

Baby Signs Parent Workshop

With the Baby Signs program, babies can use simple signs to let you know what they see, need, and how they feel. Research shows that using signs decreases frustration and helps babies learn to talk sooner. Learn how to get started, effective ways to teach, signs, and what to expect as your baby transitions from signs to speech. Expectant parents, caregivers, and professionals are welcome! Please bring \$30 to first class meeting for the Baby Signs Parent Workshop Kit.

Instructor: Debra Maxey

Fee: \$25

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38914	B. Cooleedge CC	1-3pm	1/25	Su	18yrs+
38915	B. Cooleedge CC	1-3pm	2/8	Su	18yrs+
38916	B. Cooleedge CC	1-3pm	3/15	Su	18yrs+
38917	B. Cooleedge CC	1-3pm	4/26	Su	18yrs+

Baby Signs Sign, Say & Play

Parents and their babies will enjoy 6 weeks of fun-filled play classes with lots of singing, signing and dancing activities that highlight important developmental skills. Fun activities and parent education topics stimulate growth in your baby's motor, cognitive, language, literacy, social, and emotional development. Please bring \$65 to first class meeting for the Sign, Say, and Play Kit. You can also visit www.babysigns.com for more information on the class.

Instructor: Debra Maxey

Fee: \$70

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38918	Coloma CC	10-10:45am	1/19-3/2	M	6mo-2yrs
38919	Coloma CC	1-1:45pm	3/17-4/21	T	6mo-2yrs



Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

Baby Signs More Sign, Say & Play

Designed to follow the Sign, Say & Play classes, this second series provides parents with information on how they can support their baby's social and emotional development. Families that have completed the Sign, Say & Play classes will be introduced to a total of 36 new signs. Also, visit www.babysigns.com. A \$65 material fee will be collected in class for Baby Signs More Sign, Say, and Play Kit.

Instructor: Debra Maxey

Fee: \$70

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38920	Coloma CC	2:15-2:45pm	3/17-4/21	T	1-3yrs

Spanish 4 Toddlers

Spanish 4 Toddlers is an immersion program designed to introduce students to the most popular foreign language in America. Children and parents will enjoy a fun-filled class and learn Spanish easily through reading, singing, dancing, and other fun activities. Parent participation required. Early exposure to a foreign language has been scientifically linked to higher IQ scores, improved English and math scores, a richer vocabulary, and even a boost in SAT scores. It is best to start language training early while their ability to learn is effortless. There will be a \$10 material fee collected at first class.

Instructor: Jacqueline Favrin

Fee: \$78

COURSE #	LOCATION	TIMES	DATES	DAY	AGE
36315	Clunie CC	10-10:45am	1/27-3/3	T	18mo-6yrs
36316	Clunie CC	10-10:45am	3/24-4/28	T	18mo-6yrs

Martial Arts

Dragon Fire Martial Arts

This course teaches a combination of Tae Kwon Do, Judo, Hapkioo and Self Defense classes called Cho Hwa Mo Yang, which builds both physical and mental skills. Uniform is required. Adults welcome. Instructors are 5th Degree Black Belts, 20 years of teaching experience, and are members of USA Hall of Fame. Students may choose Monday or Thursday class.

Instructor: Dragon Fire Martial Arts

Fee: \$50

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36376	S. Natomas CC	6:30-7:30pm	1/5-1/29	M or Th	All Ages
36377	S. Natomas CC	6:30-7:30pm	2/2-2/26	M or Th	All Ages
36378	S. Natomas CC	6:30-7:30pm	3/2-3/26	M or Th	All Ages
36379	S. Natomas CC	6:30-7:30pm	4/2-4/27	M or Th	All Ages

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

Martial Arts CONTINUED

Dragon Fire Martial Arts–Unlimited

Have unlimited access to a course that teaches a combination of Tae Kwon Do, Judo, Hapkioo and Self Defense classes called Cho Hwa Mo Yang, which builds both physical and mental skills. Uniform is required. Adults welcome. Instructors are 5th Degree Black Belts, 20 years of teaching experience, and are members of USA Hall of Fame.

Instructor: Dragon Fire Martial Arts

Fee: \$70

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36414	S. Natomas CC	6:30-7:30pm	1/5-1/29	M or Th	6yrs+
36415	S. Natomas CC	6:30-7:30pm	2/2-2/26	M or Th	6yrs+
36416	S. Natomas CC	6:30-7:30pm	3/2-4/2	M or Th	6yrs+
36417	S. Natomas CC	6:30-7:30pm	4/2-4/30	M or Th	6yrs+

Dragon Fire Martial Arts Family

This course teaches a combination of Tae Kwon Do, Judo, Hapkioo and Self Defense classes called Cho Hwa Mo Yang, which builds both physical and mental skills. Uniform is required. Adults welcome. Great family activity two days of the week! Instructors are 5th Degree Black Belts, 20 years of teaching experience, and are members of USA Hall of Fame.

Instructor: Dragon Fire Martial Arts

Fee: \$85

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36402	S. Natomas CC	6:30-7:30pm	1/5-1/29	M or Th	All Ages
36403	S. Natomas CC	6:30-7:30pm	2/2-2/26	M or Th	All Ages
36404	S. Natomas CC	6:30-7:30pm	3/2-3/26	M or Th	All Ages
36405	S. Natomas CC	6:30-7:30pm	4/2-4/30	M or Th	All Ages

Turtle Tots Martial Arts

This is a foundational Kuk Sool Won Martial Arts Class that is geared just for 3-6 years. This fun class will help all children to improve their coordination, self confidence, flexibility, respect and self discipline. They will learn kicking, falling and gross motor skill to improve their coordination, self confidence, and flexibility. They will also learn good etiquette, respect and self discipline. This is a great class for our little kids.

Instructor: Kimberly Wadsworth

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36822	Clunie CC	4:30-5pm	1/5-1/26	M	3-6yrs
36818	Clunie CC	4:30-5pm	1/6-1/27	T	3-6yrs
36823	Clunie CC	4:30-5pm	2/2-2/23	M	3-6yrs
36819	Clunie CC	4:30-5pm	2/3-2/24	T	3-6yrs
36824	Clunie CC	4:30-5pm	3/2-3/23	M	3-6yrs
36820	Clunie CC	4:30-5pm	3/3-3/31	T	3-6yrs
36825	Clunie CC	4:30-5pm	4/6-4/27	M	3-6yrs
36821	Clunie CC	4:30-5pm	4/7-4/28	T	3-6yrs

Kuk Sool Won

Kuk Sool Won is Korea's traditional Martial Arts. This includes the Korean Royal Court Martial Arts, Buddhist Monk Martial Arts and Tribal/Family Martial Arts. These unique Martial Arts were brought to the U.S. 50 years ago in 1958 by our Grand Master in Hyuk Suh. It has grown to world renown & respected Martial arts style. This comprehensive style is a hard/soft style that includes pressure points, joint locks, take downs, weapons, sparring and forms in an easy to learn system. This family oriented school is open to all students wanting to learn martial arts for personal reason to professional goals. Family Rate is \$60. Single Person rate is \$50. This is a flat rate fee and you can train from one to all classes offered. All supplies can be purchased through the instructor. Class times: 5:00 & 6:00pm, Monday through Wednesday. To receive family rate enroll in Kuk Sool Won Family (see next listing).

Instructor: Kimberly Wadsworth

Fee: \$50

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36902	Clunie CC	5-7pm	1/5-1/28	M-W	6yrs+
36903	Clunie CC	5-7pm	2/2-2/25	M-W	6yrs+
36904	Clunie CC	5-7pm	3/2-3/31	M-W	6yrs+
36905	Clunie CC	5-7pm	4/1-4/29	M-W	6yrs+

Kuk Sool Won Family (see Kuk Sool Won details)

Instructor: Kimberly Wadsworth

Fee: \$60

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36914	Clunie CC	5-7pm	1/5-1/28	M-W	6yrs+
36915	Clunie CC	5-7pm	2/2-2/25	M-W	6yrs+
36916	Clunie CC	5-7pm	3/2-3/31	M-W	6yrs+
36917	Clunie CC	5-7pm	4/1-4/29	M-W	6yrs+

Tang Soo Do

A traditional Tang Soo Do Karate style of punching, kicking, and self defense. The training builds the mind and body, while you develop, discipline, respect for others and yourself. Need a challenge? Give us a try!

Instructor: Brooks Matsuda

Fee: \$40

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36602	Coloma CC	7-9:30pm	1/20-3/12	T/Th	10yrs+



Classes registration information-
see page 50

Classes registration form-
see page 49

Martial Arts CONTINUED

Karate for Kids

This program teaches your child the traditional values and skills of the martial arts in a fun, safe, and friendly environment. When your child uses the discipline of karate to conquer his/her fears, you will be amazed at the power he/she has to transfer that discipline to all areas of his/her life. Watch as your child increases in confidence, energy, and spirit. Questions, call 530-613-6779.

Instructor: Mike Oliver

Fee: \$69

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
42530	Coloma CC	4:30-5pm	1/5-1/26	M	6-7yrs
42534	Coloma CC	5:10-6pm	1/5-1/26	M	8-12yrs
42514	Robertson CC	4:30-5pm	1/6-1/27	Tu	6-7yrs
42522	Robertson CC	5:10-6pm	1/6-1/27	Tu	8-12yrs
42515	Robertson CC	4:30-5pm	1/7-1/28	W	6-7yrs
42523	Robertson CC	5:10-6pm	1/7-1/28	W	8-12yrs
42531	Coloma CC	4:30-5pm	2/2-2/23	M	6-7yrs
42535	Coloma CC	5:10-6pm	2/2-2/23	M	8-12yrs
42516	Robertson CC	4:30-5pm	2/3-2/24	Tu	6-7yrs
42524	Robertson CC	5:10-6pm	2/3-2/24	Tu	8-12yrs
42517	Robertson CC	4:30-5pm	2/4-2/25	W	6-7yrs
42525	Robertson CC	5:10-6pm	2/4-2/25	W	8-12yrs
42532	Coloma CC	4:30-5pm	3/2-3/23	M	6-7yrs
42536	Coloma CC	5:10-6pm	3/2-3/23	M	8-12yrs
42518	Robertson CC	4:30-5pm	3/3-3/31	Tu	6-7yrs
42526	Robertson CC	5:10-6pm	3/3-3/31	Tu	8-12yrs
42519	Robertson CC	4:30-5pm	3/4-3/25	W	6-7yrs
42527	Robertson CC	5:10-6pm	3/4-3/25	W	8-12yrs
42521	Robertson CC	4:30-5pm	4/1-4/29	W	6-7yrs
42529	Robertson CC	5:10-6pm	4/1-4/29	W	8-12yrs
42533	Coloma CC	4:30-5pm	4/6-4/27	M	6-7yrs
42537	Coloma CC	5:10-6pm	4/6-4/27	M	8-12yrs
42520	Robertson CC	4:30-5pm	4/7-4/28	Tu	6-7yrs
42528	Robertson CC	5:10-6pm	4/7-4/28	Tu	8-12yrs

Philippine Martial Arts

Learn concepts and principles of Philippine Martial Arts known as Arnis or Eskrima. Classes will introduce the student to self-defense training against armed attackers possessing weapons such as sticks, clubs and knives. Open to all experience levels. Comfortable clothing and rubber soled shoes recommended. Teaching foundation direct from Giron Bahala Na, Serrada, Decuensas systems.

Instructor: Dexter Labonog

Fee: \$30

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36568	Oak Park CC	6-8pm	1/5-1/26	M	14yrs+
36569	Oak Park CC	6-8pm	2/2-2/23	M	14yrs+
36570	Oak Park CC	6-8pm	3/2-3/23	M	14yrs+
36571	Oak Park CC	6-8pm	4/6-4/27	M	14yrs+

Martial Arts for Adults

The martial arts are one of Okinawa's greatest secrets and are one of the ingredients as to why their people are among the longest lived and healthiest in the world. Our instructors teach the ancient art of self-defense and with it, how to bring harmony to their mind and body in a friendly environment. Students can train at any class times offered. Questions, call 530-613-6779.

Instructor: Mike Oliver

Fee: \$69

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
42510	Coloma CC	6:10-7pm	1/5-1/26	M	13yrs+
42502	Robertson CC	6:10-7pm	1/6-1/27	Tu	13yrs+
42506	Robertson CC	6:10-7pm	1/7-1/28	W	13yrs+
42511	Coloma CC	6:10-7pm	2/2-2/23	M	13yrs+
42503	Robertson CC	6:10-7pm	2/3-2/24	Tu	13yrs+
42507	Robertson CC	6:10-7pm	2/4-2/25	W	13yrs+
42512	Coloma CC	6:10-7pm	3/2-3/23	M	13yrs+
42504	Robertson CC	6:10-7pm	3/3-3/31	Tu	13yrs+
42508	Robertson CC	6:10-7pm	3/4-3/25	W	13yrs+
42509	Robertson CC	6:10-7pm	4/1-4/29	W	13yrs+
42513	Coloma CC	6:10-7pm	4/6-4/27	M	13yrs+
42505	Robertson CC	6:10-7pm	4/7-4/28	Tu	13yrs+

Tang Soo Do Karate

This Korean and Chinese martial art is offered to men, women and children. Through traditional training, students will learn stances, strikes, kicks, blocks, traditional forms and self-defense techniques. Students will also learn and demonstrate the discipline, respect, etiquette and terminology that this 'classical' martial art requires. (Physically challenged encouraged).

Instructor: Ray Tadena

Fee: \$45

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36503	Cabrillo ES	6:10-8pm	1/2-1/30	M/W/F	7-13yrs
36502	Cabrillo ES	8-9pm	1/2-1/30	F/M/W	14yrs+
36504	Cabrillo ES	6:10-8pm	2/2-2/27	M/W/F	7-13yrs
36507	Cabrillo ES	8-9pm	2/2-2/27	M/W/F	14yrs+
36505	Cabrillo ES	6:10-8pm	3/2-3/30	M/W/F	7-13yrs
36508	Cabrillo ES	8-9pm	3/2-3/30	M/W/F	14yrs
36509	Cabrillo ES	6:10-8pm	4/1-4/29	M/W/F	7-13yrs
36506	Cabrillo ES	8-9pm	4/1-4/29	M/W/F	14yrs+

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

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

Martial Arts CONTINUED

Uechi Karate and Okinawan Kobudo

Uechi-Ryu is a half-hard, half-soft style of karate known for its fierce close-in fighting techniques, body conditioning, and use of San Chin kata. The class recognizes the purpose of karate is to improve one's character through self discipline, self improvement, and self control. Karate begins and ends with courtesy. No class first Tuesday of every month.

Instructor: Robert Van Der Volgen

Fee: \$25

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36806	E. Portal Pk	6:30-8:30pm	1/6-1/29	T/Th	18yrs+
36807	E. Portal Pk	6:30-8:30pm	2/3-2/26	T/Th	18yrs+
36808	E. Portal Pk	6:30-8:30pm	3/3-3/31	T/Th	15yrs+
36809	E. Portal Pk	6:30-8:30pm	4/2-4/30	T/Th	15yrs+

Pet Adventures

Basic Dog Obedience

Better understand your canine companion(s)! Train your pet the basics; sit, stay, down and many more. This class will also address undesired behavior such as jumping up and pulling on the leash, by using positive reinforcement. Dogs must be at least 6 months and have proof of current vaccinations. First class is for owners only, please do not bring pets.

Instructor: Ruth Mc Daniel

Fee: \$95

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40002	Freemont Pk	10:30-11:30am	1/25-3/1	Su	18yrs+
40003	Freemont Pk	10:30-11:30am	3/22-4/26	Su	18yrs+

Beginning Dog Obedience

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

Instructor: Alan & Renee Miller

Fee: \$125

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38921	Tahoe Pk	6-7pm	1/6-2/3	T	14yrs+
38922	Tahoe Pk	7-8pm	1/7-2/4	W	14yrs+
38923	Tahoe Pk	7-8pm	1/8-2/5	Th	14yrs+
38924	Tahoe Pk	6-7pm	2/24-3/24	T	14yrs+
38925	Tahoe Pk	7-8pm	2/25-3/25	W	14yrs+
38926	Tahoe Pk	7-8pm	2/26-3/26	Th	14yrs+
38927	Tahoe Pk	6-7pm	4/7-5/5	T	14yrs+
38928	Tahoe Pk	7-8pm	4/8-5/6	W	14yrs+
38929	Tahoe Pk	7-8pm	4/9-5/7	Th	14yrs+

Pet Adventures CONTINUED

Intermediate/Advanced Dog Obedience

This class is designed for those who wish to compete with 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 completed a basic dog obedience class to attend.

Instructor: Alan & Renee Miller

Fee: \$80

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38930	Tahoe Pk	7-8pm	1/6-2/3	T	14yrs+
38931	Tahoe Pk	7-8pm	2/24-3/24	T	14yrs+
38932	Tahoe Pk	7-8pm	4/7-5/5	T	14yrs+



Safety

Driver's Education

California requires that all teenagers must take a drivers education course before they can obtain a permit and then a license to drive. This course includes much parental involvement, is fun, interactive, and educational. Coursework can be completed at any time, day or night. Students may choose an at home study or Internet course. Class will give students the necessary certificate to get their driver's permit. Class dose not include behind the wheel driving.

Instructor: All Good Education Corp

Fee: \$75

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36702	World Wide Web	8am-8pm	1/1-1/31	Th/Sa-Th	All Ages
36703	World Wide Web	8am-8pm	2/1-2/28	Su-Th/Sa	All Ages
36704	World Wide Web	8am-8pm	3/1-3/31	Su-Th/Sa	All Ages
36705	World Wide Web	8am-8pm	4/1-4/30	W-Th/Sa-W	All Ages

Sports CONTINUED

Kid's "R" It-Floor Exercise Gymnastics

Floor exercise gymnastics skills will be provided for all ages & ability levels. Receive a challenging curriculum based on individual ability in a fun, safe, supportive & noncompetitive environment, while gymnasts develop flexibility, co-ordination, & strength. Curriculum includes; somersaults combinations to headstands, front & back walkovers, cartwheels & dive rolls. Gymnasts included in our annual recital. For Info Call Kids 'R' It at 331-0554. An annual material fee of \$20/1 student, \$35/2 students, or \$55/3+ students will be collected at first class meeting.

Instructor: Kid's "R" It

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38806	S. Natomas CC	1:30-2:30pm	1/2-1/30	F	2-6yrs
38810	S. Natomas CC	4:40-5:40pm	1/2-1/30	F	5yrs+
38814	S. Natomas CC	11:30am-12:30pm	1/3-1/31	Sa	4yrs+
38802	B. Cooleedge CC	3:30-4:30pm	1/8-1/29	Th	3yrs+
38803	B. Cooleedge CC	3:30-4:30pm	2/5-2/26	Th	3yrs+
38807	S. Natomas CC	1:30-2:30pm	2/6-2/27	F	2-6yrs
38811	S. Natomas CC	4:40-5:40pm	2/6-2/27	F	5yrs+
38815	S. Natomas CC	11:30am-12:30pm	2/7-2/28	Sa	4yrs+
38804	B. Cooleedge CC	3:30-4:30pm	3/5-3/26	Th	3yrs+
38808	S. Natomas CC	1:30-2:30pm	3/6-3/27	F	2-6yrs
38812	S. Natomas CC	4:40-5:40pm	3/6-3/27	F	5yrs+
38816	S. Natomas CC	11:30am-12:30pm	3/7-3/28	Sa	4yrs+
38805	B. Cooleedge CC	3:30-4:30pm	4/2-4/30	Th	3yrs+
38809	S. Natomas CC	1:30-2:30pm	4/3-4/24	F	2-6yrs
38813	S. Natomas CC	4:40-5:40pm	4/3-4/24	F	5yrs+
38817	S. Natomas CC	11:30am-12:30pm	4/4-4/25	Sa	4yrs+

Kid's "R" It-Int/Adv Floor Gymnastics

Advanced students focus on competitive form, aerial cartwheels & walkovers, front & back hand springs, & tucks. Students receive a challenging curriculum based on advanced ability level. Each gymnast receives instruction in a safe, noncompetitive environment, suited to challenge their abilities. Previous gymnastics experience/instructor placement required. All are invited to perform at recital. For info Call Kids 'R' It at 331-0554. An annual material fee of \$20/1 student, \$35/2 students, or \$55/3+ students will be collected at first class meeting.

Instructor: Kid's "R" It

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38902	B. Cooleedge CC	4:30-5:30pm	1/8-1/29	Th	All Ages
38903	B. Cooleedge CC	4:30-5:30pm	2/5-2/26	Th	All Ages
38904	B. Cooleedge CC	4:30-5:30pm	3/5-3/26	Th	All Ages
38905	B. Cooleedge CC	4:30-5:30pm	4/2-4/30	Th	All Ages

Show Biz-Stretch & Tumbling

This class is designed to prepare students for break dancing as well as develop their flexibility for other art forms. Students will perform in the May recital. No new students in April or May. 20% discount for 2nd child in the same household.

Instructor: Sydnee Twilla

Fee: \$40 Reg Fee / \$32 Family Discount

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38960	Coloma CC	2-3pm	1/3-1/31	Sa	All Ages
38964	S. Natomas CC	7-8pm	1/7-1/28	W	All Ages
38965	S. Natomas CC	7-8pm	2/4-2/25	W	All Ages
38961	Coloma CC	2-3pm	2/7-2/28	Sa	All Ages
38966	S. Natomas CC	7-8pm	3/4-3/25	W	All Ages
38962	Coloma CC	2-3pm	3/7-3/28	Sa	All Ages
38967	S. Natomas CC	7-8pm	4/1-4/29	W	All Ages
38963	Coloma CC	2-3pm	4/4-4/25	Sa	All Ages

Beginning Inline Skating

Learn safe recreational inline skating. Learn how to wear pads, fall safely, get up, duck walk, stride glide, assume the ready position, turn and use the heel brake to stop. All participants must wear protective gear. For more info or map call 447-8288 or visit www.sacramentoskating.com. Instructor has been certified by the International Inline Skating Assoc. and United Skate Schools Group.

Instructor: Bernard Scoville

Fee: \$25

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36252	Stanford Pk	10:30-12pm	3/28	Sa	4yrs+
36253	Stanford Pk	10:30-12pm	4/18	Sa	4yrs+

Just 4 Kicks-Parent and Me Soccer

These are cooperative classes for children and their moms, dads, and or care givers. Run, jump, and kick with your little tyke, in these classes specifically for adult and child interaction with a soccer theme.

Instructor: Adam White

Fee: \$79

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
35616	N. Natomas Cm. Pk	11:15-11:45am	1/16-3/6	F	2.5-3.5yrs
35615	W. Land Pk	12-12:30pm	1/24-3/7	Sa	2.5-3.5yrs
35617	N. Natomas Cm. Pk	11:15-11:45am	4/10-5/29	F	2.5-3.5yrs
35618	W. Land Pk	12-12:30pm	4/11-5/23	Sa	2.5-3.5yrs

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

Sports CONTINUED

Just 4 Kicks

'Where soccer season never ends!' Children get to learn, understand, and enjoy the 'beautiful game' of soccer. Our methods are fun, educational, and inspire kids to become life long fans. Shin guards are required by second class meeting. For Both parks please meet at Soccer Field #3. Rain-Out Hotline 359-6681. Visit www.j4kicks.net.

Instructor: Adam White

Fee: \$79

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40312	N. Natomas Cm Pk	10-10:30am	1/16-3/6	F	3.5-4yrs
40313	N. Natomas Cm Pk	10:30-11:05am	1/16-3/6	F	4-5yrs
40315	N. Natomas Cm Pk	2:30-3pm	1/16-3/6	F	3.5-4yrs
40316	N. Natomas Cm Pk	3-3:35pm	1/16-3/6	F	4-5yrs
40317	N. Natomas Cm Pk	3:35-4:20pm	1/16-3/6	F	5-6yrs
40318	N. Natomas Cm Pk	4:20-5:20pm	1/16-3/6	F	7-12yrs
35605	W. Land Pk	9-9:30am	1/17-3/7	Sa	3.5-4yrs
35606	W. Land Pk	9:30-10:05am	1/17-3/7	Sa	4-5yrs
35607	W. Land Pk	10:05-10:50am	1/17-3/7	Sa	5-6yrs
35608	W. Land Pk	10:50-11:50am	1/17-3/7	Sa	7-12yrs
40319	N. Natomas Cm Pk	10-10:30am	4/10-5/29	F	3.5-4yrs
40320	N. Natomas Cm Pk	10:30-11:05am	4/10-5/29	F	4-5yrs
40322	N. Natomas Cm Pk	3:30-4pm	4/10-5/29	F	3.5-4yrs
40323	N. Natomas Cm Pk	4-4:35pm	4/10-5/29	F	4-5yrs
40324	N. Natomas Cm Pk	4:35-5:20pm	4/10-5/29	F	5-6yrs
40325	N. Natomas Cm Pk	5:20-6:20pm	4/10-5/29	F	7-12yrs
35610	W. Land Pk	9-9:30am	4/11-5/30	Sa	3.5-4yrs
35611	W. Land Pk	9:30-10:05am	4/11-5/30	Sa	4-5yrs
35612	W. Land Pk	10:05-10:50am	4/11-5/30	Sa	5-6yrs
35613	W. Land Pk	10:50-11:50am	4/11-5/30	Sa	7-12yrs

Just 4 Kicks-Special Needs Soccer

Just4Kicks- Special Needs soccer provides a quality soccer experience for children whose physical or mental disabilities make it difficult to successfully participate in our mainstream classes. With the focus on having fun, participants will learn to love soccer. Each week a different skill will be introduced, but the main goal is for children to enjoy their time on the field. Recreation games will guide learning as skills and drills begin to make the soccer game come together. Class status hotline 359-6681.

Instructor: Adam White

Fee: \$79

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40456	W. Land Pk	12:30-1pm	1/17-3/7	Sa	5-9yrs
40457	W. Land Pk	12:30-1pm	4/11-5/30	Sa	5-9yrs

Kidz Love Soccer, Inc- Mommy/Daddy and Me Soccer

Introduce yourself and your toddler to the 'World's Most Popular Game'! A variety of activities designed around the game of soccer will be played each week. As you and your child participate in our age appropriate activities, your child will be developing their large motor skills and socialization skills. Please check KLS status line 30 minutes before class for latest information. No class 4/10, 5/23, and 6/6.

Instructor: Kids Love Soccer, Inc

Fee: \$80-8 week classes / \$90-9 week classes

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37625	E. Portal Pk	9-9:30am	1/24-3/14	Sa	2-3.5yrs
37626	E. Portal Pk	9-9:30am	4/18-6/13	Sa	2-3.5yrs

Kidz Love Soccer, Inc.

Taught in a recreational setting for children to learn and play. Children experience soccer fun in a safe, noncompetitive environment. Shin guards are required by the second class. Please check KLS status line 30 minutes before class for latest information. No class 4/10, 5/23, and 6/6.

Instructor: Kids Love Soccer, Inc

Fee: \$80-8 week classes / \$90-9 week classes

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37612	E. Portal Pk	9:45-10:15am	1/24-3/14	Sa	3.5-4yrs
37613	E. Portal Pk	10:15-10:50am	1/24-3/14	Sa	4-5yrs
37614	E. Portal Pk	10:50-11:35am	1/24-3/14	Sa	5-6yrs
37615	E. Portal Pk	11:35am-12:20pm	1/24-3/14	Sa	7-8yrs
37618	E. Portal Pk	11:35am-12:35pm	1/24-3/14	Sa	9-12yrs
37619	E. Portal Pk	9:45-10:15am	4/18-6/13	Sa	3.5-4yrs
37620	E. Portal Pk	10:15-10:50am	4/18-6/13	Sa	4-5yrs
37621	E. Portal Pk	10:50-11:35am	4/18-6/13	Sa	5-6yrs
37622	E. Portal Pk	11:35am-12:20pm	4/18-6/20	Sa	7-8yrs
37623	E. Portal Pk	11:35am-12:35pm	4/18-6/20	Sa	9-12yrs

Sac-Rec Table Tennis

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

Instructor: James Therriault

Fee: \$40

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
36660	G. Didion ES	7-9:30pm	1/2-1/30	F	All Ages
36661	G. Didion ES	7-9:30pm	2/6-3/6	F	All Ages
36663	G. Didion ES	6:45-9:15pm	3/20-4/10	F	All Ages

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

Sports CONTINUED

FUTURE STARS 2000'S YOUTH/ ADULTS TENNIS PROGRAM

Future Stars 2000's / San Joaquin Valley Tennis Academy and City of Sacramento's Parks and Recreation Department offer tennis classes designed for beginner through advanced students ages 4 to adult. Lessons are taught in a fun and positive atmosphere covering basic fundamentals, grips, scoring, movement drills, and, of course, lots of fun!

Equipment: Students provide their own tennis racquet (loaner racquets available). Tennis shoes must be worn. Tennis balls will be provided.

Instructor: Lance Turner is PTR Certified and Don Purdy is a PTR Member.

Tiny Tots Tennis

A great introduction into the game of tennis for children.

Fee: \$35

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39757	N. Natomas Cm Pk	5-5:30pm	2/2-2/23	M	4-7yrs
39761	Orchard Pk	5-5:30pm	2/3-2/24	T	4-7yrs
39802	Lewis Pk	5-5:30pm	2/4-2/25	W	4-7yrs
39765	Sac City College	5-5:30pm	2/5-2/26	Th	4-7yrs
39758	N. Natomas Cm Pk	5-5:30pm	3/2-3/23	M	4-7yrs
39762	Orchard Pk	5-5:30pm	3/3-3/24	T	4-7yrs
39803	Lewis Pk	5-5:30pm	3/4-3/25	W	4-7yrs
39766	Sac City College	5-5:30pm	3/5-3/26	Th	4-7yrs
39759	N. Natomas Cm Pk	5-5:30pm	3/30-4/20	M	4-7yrs
39763	Orchard Pk	5-5:30pm	3/31-4/21	T	4-7yrs
39804	Lewis Pk	5-5:30pm	4/1-4/22	W	4-7yrs
39767	Sac City College	5-5:30pm	4/2-4/23	Th	4-7yrs
39760	N. Natomas Cm Pk	5-5:30pm	4/27-5/18	M	4-7yrs
39764	Orchard Pk	5-5:30pm	4/28-5/19	T	4-7yrs
39805	Lewis Pk	5-5:30pm	4/29-5/20	W	4-7yrs
39768	Sac City College	5-5:30pm	4/30-5/21	Th	4-7yrs

Pre-Academy Tennis

Beginner/Intermediate class.

Fee: \$50

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39806	N. Natomas Cm Pk	5:30-6:30pm	2/2-2/23	M	8-17yrs
39810	Orchard Pk	5:30-6:30pm	2/3-2/24	T	8-17yrs
39852	Lewis Pk	5:30-6:30pm	2/4-2/25	W	8-17yrs
39814	Sac City College	5:30-6:30pm	2/5-2/26	Th	8-17yrs
39807	N. Natomas Cm Pk	5:30-6:30pm	3/2-3/23	M	8-17yrs
39811	Orchard Pk	5:30-6:30pm	3/3-3/24	T	8-17yrs
39853	Lewis Pk	5:30-6:30pm	3/4-3/25	W	8-17yrs
39815	Sac City College	5:30-6:30pm	3/5-3/26	Th	8-17yrs
39808	N. Natomas Cm Pk	5:30-6:30pm	3/30-4/20	M	8-17yrs
39812	Orchard Pk	5:30-6:30pm	3/31-4/21	T	8-17yrs
39854	Lewis Pk	5:30-6:30pm	4/1-4/22	W	8-17yrs
39816	Sac City College	5:30-6:30pm	4/2-4/23	Th	8-17yrs
39809	N. Natomas Cm Pk	5:30-6:30pm	4/27-5/18	M	8-17yrs
39813	Orchard Pk	5:30-6:30pm	4/28-5/19	T	8-17yrs
39855	Lewis Pk	5:30-6:30pm	4/29-5/20	W	8-17yrs
39817	Sac City College	5:30-6:30pm	4/30-5/21	Th	8-17yrs

Jr. Excellence Tennis

Students must have knowledge of tennis strokes and be able to execute them. High school players are encouraged to participate. (Students accepted at Instructor's discretion.)

Fee: \$32

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39856	N. Natomas Cm Pk	6:30-8pm	2/2-2/23	M	8-17yrs
39860	Orchard Pk	6:30-8pm	2/3-2/24	T	8-17yrs
39902	Lewis Pk	6:30-8pm	2/4-2/25	W	8-17yrs
39864	Sac City College	6:30-8pm	2/5-2/26	Th	8-17yrs
39857	N. Natomas Cm Pk	6:30-8pm	3/2-3/23	M	8-17yrs
39861	Orchard Pk	6:30-8pm	3/3-3/24	T	8-17yrs
39903	Lewis Pk	6:30-8pm	3/4-3/25	W	8-17yrs
39865	Sac City College	6:30-8pm	3/5-3/26	Th	8-17yrs
39858	N. Natomas Cm Pk	6:30-8pm	3/30-4/20	M	8-17yrs
39862	Orchard Pk	6:30-8pm	3/31-4/21	T	8-17yrs
39904	Lewis Pk	6:30-8pm	4/1-4/22	W	8-17yrs
39866	Sac City College	6:30-8pm	4/2-4/23	Th	8-17yrs
39859	N. Natomas Cm Pk	6:30-8pm	4/27-5/18	M	8-17yrs
39863	Orchard Pk	6:30-8pm	4/28-5/19	T	8-17yrs
39905	Lewis Pk	6:30-8pm	4/29-5/20	W	8-17yrs
39867	Sac City College	6:30-8pm	4/30-5/21	Th	8-17yrs

Adult Tennis

For beginner, intermediate, and advanced players. A refresher course to the game or sharpening you strategy skills.

Fee: \$60

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
39906	N. Natomas Comm. Pk	6:30-8pm	2/2-2/23	M	18yrs+
40552	Orchard Pk	6:30-8pm	2/3-2/24	Tu	18yrs+
40556	Lewis Pk	6:30-8pm	2/4-2/25	W	18yrs+
40560	Sacramento City Coll	6:30-8pm	2/5-2/26	Th	18yrs+
39907	N. Natomas Comm. Pk	6:30-8pm	3/2-3/23	M	18yrs+
40553	Orchard Pk	6:30-8pm	3/3-3/24	Tu	18yrs+
40557	Lewis Pk	6:30-8pm	3/4-3/25	W	18yrs+
40561	Sacramento City Coll	6:30-8pm	3/5-3/26	Th	18yrs+
39908	N. Natomas Comm. Pk	6:30-8pm	3/30-4/20	M	18yrs+
40554	Orchard Pk	6:30-8pm	3/31-4/21	Tu	18yrs+
40558	Lewis Pk	6:30-8pm	4/1-4/22	W	18yrs+
40562	Sacramento City Coll	6:30-8pm	4/2-4/23	Th	18yrs+
39909	N. Natomas Comm. Pk	6:30-8pm	4/27-5/18	M	18yrs+
40555	Orchard Pk	6:30-8pm	4/28-5/19	Tu	18yrs+
40559	Lewis Pk	6:30-8pm	4/29-5/20	W	18yrs+
40563	Sacramento City Coll	6:30-8pm	4/30-5/21	Th	18yrs+

Sports CONTINUED

Pee-Wee 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.

Instructor: Kenneth Selby

Fee: \$32

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38952	McKinley Pk	4-4:30pm	2/2-2/25	M/W	4-7yrs
38953	McKinley Pk	4-4:30pm	3/2-3/25	M/W	4-7yrs
38954	McKinley Pk	4-4:30pm	3/30-4/22	M/W	4-7yrs
38955	McKinley Pk	4-4:30pm	4/27-5/20	M/W	4-7yrs

Pee-Wee II

Designed for the student who has successfully completed Pee-Wee I Tennis and who is looking to learn more fundamentals and mechanics of tennis. Tennis balls are provided and racquets available upon request.

Instructor: Kenneth Selby

Fee: \$32

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38956	McKinley Pk	4-4:30pm	2/3-2/26	T/Th	4-7yrs
38957	McKinley Pk	4-4:30pm	3/3-3/26	T/Th	4-7yrs
38958	McKinley Pk	4-4:30pm	3/31-4/23	T/Th	4-7yrs
38959	McKinley Pk	4-4:30pm	4/28-5/21	T/Th	4-7yrs

Junior Advanced Beginning Tennis

Designed for the student who knows tennis basics or has successfully completed Junior Beginning Tennis. Class time will be spent on review of strokes and proper body mechanics. Consistency and repetition will be emphasized and practiced. Please bring your own tennis racket. Instructor will furnish the tennis balls.

Instructor: Kenneth Selby

Fee: \$60

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37152	McKinley Pk	4:30-6pm	2/3-2/26	T/Th	8-15yrs
37153	McKinley Pk	4:30-6pm	3/3-3/26	T/Th	8-15yrs
37154	McKinley Pk	4:30-6pm	3/31-4/23	T/Th	8-15yrs
37155	McKinley Pk	4:30-6pm	4/28-5/21	T/Th	8-15yrs

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. Instructor will furnish the tennis balls.

Instructor: Kenneth Selby

Fee: \$48

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37105	McKinley Pk	8:30-9:55am	1/31-2/21	Sa	8-15yrs
37102	McKinley Pk	4:30-5:25pm	2/2-2/25	M/W	8-15yrs
37106	McKinley Pk	8:30-9:55am	2/28-3/21	Sa	8-15yrs
37103	McKinley Pk	4:30-5:25pm	3/2-3/25	M/W	8-15yrs
37107	McKinley Pk	8:30-9:55am	3/28-4/18	Sa	8-15yrs
37104	McKinley Pk	4:30-5:25pm	3/30-4/22	M/W	8-15yrs
37108	McKinley Pk	4:30-5:25pm	4/27-5/20	M/W	8-15yrs

Junior Tennis Clinic

Through various eye-hand coordination drills and movements, students develop/improve the basic skills and strokes of the game. Please bring your own tennis racket, a pair of sneakers, a big smile and we'll do the rest. Instructor will furnish the tennis balls.

Instructor: Kenneth Selby

Fee: \$80

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37156	McKinley Pk	9-11am	4/6-4/10	M-F	8-15yrs

**USTA Sanctioned
Tennis Tournaments**

Sacramento City College 2009
 Future Stars 2000's Junior Open & Challenger - June 6, 7
 Future Stars 2000's Junior Challenger & Novice - August 15, 16
 Fee: \$35 Singles; \$21 Doubles per person
 For more info: (209) 483-8430

McKinley Park 2009
 Jr. Challenger/Novice - April 11, 12, 18, 19
 Events: Boys/Girls Singles 10, 12, 14, 16, 18
 Fee: \$36
 Jr. Open/Novice May 23, 24, 25
 Events: Boys/Girls Singles 10, 12, 14, 16, 18
 Fee: \$33
 For more info: 916-808-6054

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

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

Sports CONTINUED

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. Instructor will furnish the tennis balls.

Instructor: Kenneth Selby

Fee: \$52

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37205	McKinley Pk	11am-12:30pm	1/31-2/21	Sa	16yrs+
37208	McKinley Pk	5:30-6:25pm	2/2-2/25	M/W	16yrs+
37206	McKinley Pk	11am-12:30pm	2/28-3/21	Sa	16yrs+
37209	McKinley Pk	5:30-6:25pm	3/2-3/25	M/W	16yrs+
37207	McKinley Pk	11am-12:30pm	3/28-4/18	Sa	16yrs+
37210	McKinley Pk	5:30-6:25pm	3/30-4/22	M/W	16yrs+
37211	McKinley Pk	5:30-6:25pm	4/27-5/20	M/W	16yrs+

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. Instructor will furnish the tennis balls.

Instructor: Kenneth Selby

Fee: \$52

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37212	McKinley Pk	6:30-7:25pm	2/2-2/25	M/W	16yrs+
37213	McKinley Pk	6:30-7:25pm	3/2-3/25	M/W	16yrs+
37214	McKinley Pk	6:30-7:25pm	3/30-4/22	M/W	16yrs+
37252	McKinley Pk	6:30-7:25pm	4/27-5/20	M/W	16yrs+

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. Instructor will furnish the tennis balls.

Instructor: Kenneth Selby

Fee: \$52

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38933	McKinley Pk	7:30-8:25pm	2/2-2/25	M/W	16yrs+
38934	McKinley Pk	7:30-8:25pm	3/2-3/25	M/W	16yrs+
38935	McKinley Pk	7:30-8:25pm	3/30-4/22	M/W	16yrs+
38936	McKinley Pk	7:30-8:25pm	4/27-5/20	M/W	16yrs+

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. \$20 for each additional family member.

Instructor: Kenneth Selby

Fee: \$20 2nd Family Member / \$30 1st Family Member

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37202	McKinley Pk	10-11am	1/31-2/21	Sa	All Ages
37203	McKinley Pk	10-11am	2/28-3/21	Sa	All Ages
37204	McKinley Pk	10-11am	3/28-4/18	Sa	All Ages

Private Tennis Lessons

A one hour lesson with Ken Selby. A punch card valid for 4 private one hour lessons can be purchased at a Public Recreation Front Counter.

Instructor: Kenneth Selby

Fee: \$45

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38937	McKinley Pk	8am-8pm	1/31-2/21	Sa-Su	All Ages
38938	McKinley Pk	8am-8pm	2/28-3/21	Sa-Su	All Ages
38939	McKinley Pk	8am-8pm	3/28-4/18	Sa-Su	All Ages

Private Tennis Lessons

A one hour lessons with Lance Tuner, PTR Certified, former #1 Player at Pacific in Stockton. A punch card valid for 4 private one hour lessons can be purchased at a Public Recreation Front Counter.

Instructor: Lance Turner

Fee: \$45

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
40564	N. Natomas Cm. Pk	8am-8pm	1/31-2/21	Daily	All Ages
40568	Orchard Pk	8am-8pm	1/31-2/21	Daily	All Ages
40572	Lewis Pk	8am-8pm	1/31-2/21	Daily	All Ages
40565	N. Natomas Cm. Pk	8am-8pm	2/28-3/21	Daily	All Ages
40569	Orchard Pk	8am-8pm	2/28-3/21	Daily	All Ages
40573	Lewis Pk	8am-8pm	2/28-3/21	Daily	All Ages
40566	N. Natomas Cm. Pk	8am-8pm	3/28-4/18	Daily	All Ages
40570	Orchard Pk	8am-8pm	3/28-4/18	Daily	All Ages
40574	Lewis Pk	8am-8pm	3/28-4/18	Daily	All Ages
40567	N. Natomas Cm. Pk	8am-8pm	4/25-5/23	Daily	All Ages
40571	Orchard Pk	8am-8pm	4/25-5/22	Daily	All Ages
40575	Lewis Pk	8am-8pm	4/25-5/22	Daily	All Ages

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

Adult Sports

Many exciting and varied opportunities are available for those who wish to participate in team sports. Whether you are interested in participating in an informal recreational league, a highly competitive level league or in a closed/customized league, we have just the league for you! For more information on sports programs offered by the Department of Parks and Recreation see [www.cityofsacramento.org/parks and recreation/recreation/sports.htm](http://www.cityofsacramento.org/parks%20and%20recreation/recreation/sports.htm)

Baseball

We offer all levels of baseball from recreational to competitive. Three different, eight-game seasons are offered during the year. Games are played on Sunday mornings and afternoons. Games are played at various baseball diamonds throughout the city. Two umpires are assigned per game, bases are provided, ball diamonds are prepared and division winners receive 15 individual awards. We also offer a 24-game season league, which include playoff games. This league is also offered on Sunday mornings/afternoons with two umpires, bases ball diamonds prepared and division winners receiving 15 individual awards. For additional information regarding these leagues, please call 808-2307.

Night Softball Leagues

Think you can hit a slow pitched softball 325 feet? Or think you can go from home-to-third in less than nine seconds? Can you "hose" a runner at home from centerfield?

Or maybe you have never played organized sports in your life? We have the league for your team! We offer all levels of softball from recreational to competitive. Three different, eight-game seasons are offered during the year. Games are scheduled Monday through Friday evenings for Co-Rec, Women and Men leagues. Games are played at various lighted softball diamonds throughout the city. Two umpires are provided per game, scorekeepers are included, game balls are provided and division winners receive 15 awards. For additional information regarding these leagues, please call 808-2307.

Sacramento Softball Complex

The Sacramento Softball Complex is a four-diamond facility offering leagues and tournament play for men, women, and coed teams of all levels. Complex leagues are offered Sunday through Friday nights. We provide a scorekeeper, scoreboard, softball and league standings for each game. If you want to play at the best facility in the Sacramento area, that has an air-conditioned full service sports café, this is the place for you. For more information or to get on our mailing list for the next league, call 808-6087.

Twilight Softball League

This is a strictly recreational softball league. Teams consist of families, co-workers and friends who want to play and stay in shape, but do not want that competitive, win-at-all-cost type of league. These leagues have no awards, no umpires, no scorekeeper, no league standings and teams supply all necessary equipment. Games are played at 6pm or 7pm, at non-lighted softball diamonds. Two different, eight-game seasons are offered during the year. Games are scheduled on Monday through Friday evenings for Co-Rec, Women and Men leagues.

"Closed" leagues consisting of teams within their own business, division, subsidiary and/or branch are also offered. Leagues can be custom made. The league representative may keep standings and may request umpires for an additional charge and also may request a lighted softball diamond at an additional charge. Entry fee varies depending on your league set up. For additional information regarding these leagues, please call 808-6173.

Basketball

Basketball leagues for both men and women are offered at various locations throughout the City of Sacramento. We offer leagues at various competitive levels in the public and closed league format. If your business would like to form their own league or if you have a team you would like to get into a league, call 808-6173 for more information or to get on our mailing list.

Volleyball

Volleyball leagues are offered for men, women and coed at both the recreational and competitive levels. Indoor volleyball leagues are played at various gyms throughout Sacramento. Our sports programming staff can also develop closed leagues to meet your needs. For more information or to get on our mailing list for the next league, call 808-6173.

Natomas Adult Softball League

Get ready for some good-time softball right in your neighborhood! It's all about fun, supporting each other, exercise, and sportsmanship. We offer all levels of softball from recreational to competitive. Three different, eight game seasons are offered during the year. The leagues will be played in the evenings at Northgate Park. Two umpires are provided per game, scorekeepers are included, game balls are provided and division winners receive 15 individual awards. Whether you have a whole team or you are an interested individual, please call 808-7805 for more information.

Natomas Charter School Adult Sports Leagues

Basketball and volleyball leagues are offered at the brand new Natomas Charter School Gymnasium. We offer men, women, and co-ed leagues at various levels of competition for both basketball and volleyball. For additional information regarding these leagues, please call 808-7805.



Classes registration information-
see page 50

Classes registration form-
see page 49

Ethel Hart Center

The Ethel Hart Center is a gathering place where adults and seniors 50 years+ can participate in an array of programs and activities with other active adults. For a schedule of classes and activities, please call us at 808-5462, drop by to see us, or visit us online at <http://www.cityofsacramento.org/hartcenter>

Also, many fitness, art, and other enjoyable classes are listed in the Special Interest Courses section. The following programs and services are available at the Center:

Leisure, Learning and Fun

Learn something new!

Ballroom Dance	Manitos (Social group for Spanish speakers)
Bingo	Matinee Movies
Bridge—several days each week	Older Women's League
Ceramics	Painting a New Language
Conversational Spanish	Pastel Landscapes
Creative arts	Photography Technology
Creative Writing & Poetry	Pinochle
Current Events Discussion Groups	Poetry workshop
Deaf Seniors Social	Scrabble & Crossword
Drawing	Sewing
Friendship Cafe—Lunch M-F at 11:30am	Social group for Visually Impaired
Gray Panthers	Stained Glass
Great Books Discussion	Stamp Collecting
Karaoke	Stitchery Circle
Life History Writing	Wii
Line Dancing	

Fitness Programs

Fitness is a top priority at the Hart Center! Twelve classes—from Tai Chi to weight training—are held each week. Check out the Special Interest Courses section starting for class schedules.

Senior Computer Learning Program

Not Just for Kids Anymore!

For most of us who grew up before the age of technology, getting started on your home computer may seem daunting. Fear no more, as SeniorNet classes have opened up the world of computers to millions of older adults around the world. If you are over 50 and have a desire to join the age of information, our classes with caring and talented instructors who provide personal attention will make your journey more enjoyable. Many computer classes are very expensive, but SeniorNet computer classes run for 8 weeks at a total course fee of \$40.

Learn to use a mouse and other computer basics. Become acquainted with the Vista desktop, sidebar, and gadgets to feature personalized data in real time, such as local weather conditions. Improve your skills in the Office Suite, including creating Excel

spreadsheets, Power Point presentations, or Word documents through the Microsoft Unlimited Potential Series. Our computer volunteers will assist you in choosing the appropriate course for your skill level at Orientation and Registration. Call us for the dates for upcoming classes or learn more at www.hartcomputerclass.org

Writing Our Life Stories

Saturday, April 25—Hart Senior Center and Cosumnes River College (CRC) will sponsor the second annual writers' conference, "Writing Our Life Stories," on Saturday, 4/25 from 8am to 4:30 pm at Cosumnes River College. Keynote speaker is James D. Houston, author of eight novels including *Bird of Another Heaven* and *Snow Mountain Passage* and several non-fiction works including *Farewell to Manzanar*, co-authored with Jeanne Wakatsuki Houston. Workshops led by locally and nationally recognized experts will focus on various formats to write your personal story, such as autobiographical narrative, poetry, memoir and journaling. Registration fee is \$30 and includes lunch. For registration information and additional details, please call 808-5462.

Second Saturday Pancake Breakfast

Come and enjoy pancakes, bacon, fruit and refreshments with family and friends at the Second Saturday breakfast. The cost is \$3 per person and folks of all ages are welcome. Please purchase your tickets by Thursday prior.

Triple R Adult Day Program

Our specialized adult day program for people with dementia provides recreational activities for a loved one while family members take a break. Open M-F 7:30am–6pm. For more information, please see next page.

Free On-Site Services

Forms Assistance
Hire-A-Senior Counseling Program
Brown Bag Pharmacy
Legal Service Advocates
Health Insurance Counseling and Advocacy Program

Self-Help/Support Groups

"TOPS" (Taking Off Pounds Sensibly)
Caregivers' Support Group

Latino Dance and Culture Evening

1st & 3rd Thursdays 6:15-8:15pm

Come learn about Latin culture and dance to the beat of cumbia, salsa, bolero, norteno, danzon, and more! Featuring music by "DJ" Omar and delicious Mexican food! Cost: donations of any amount appreciated. For more information please call Maria Lueras at 808-7324. Ethel Hart Center, 915 27th Street (27th & J)

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

Caring Neighborhoods Program

Make a difference in the life of an elderly neighbor. . . Become a Caring Neighbor! Caring Neighborhoods is a neighborhood-based volunteer program, where neighbors work together to offer a helping hand to their elderly neighbors. Small tasks such as sharing a friendly visit with an older neighbor or changing a light bulb for a frail senior can help an elderly neighbor live safely and independently in their longtime home. There is something that we can all do to help! Find out how you and your neighbors of all ages can create your own Caring Neighborhood group and touch the lives of your elderly neighbors. One-time community service opportunities are also available. For more information, contact 808-1594 or visit www.caringneighborhoods.org.

Triple 'R' Adult Day Program

An adult day program for people with dementia.

While your loved one is having fun in our program, you as the caregiver get a much deserved break. Specializing in dementia care, our trained and compassionate staff is uniquely prepared to face the challenges experienced by people with memory loss. For more information, call 808-1592, visit www.tripler.org, stop by one of our sites:

Midtown Center—Hart Senior Center

915 27th Street, Sacramento, CA 95816 808-8375
Open Monday-Friday, 7:30am-6pm

Greenhaven Center—Asian Community Center

7375 Park City Drive, Sacramento, CA 95831 808-4003
Misa Takagi, Program Coordinator
Open Monday, Tuesday and Thursday, 7:30am-6pm

North Sacramento Center*—Woodlake Elementary School

700 Southgate Drive, Sacramento, CA 95815 808-6475
Open Wednesday and Friday, 7:30am-6:00pm

*Our North Sacramento Center welcomes "Mi Ranchito," the newest addition of affordable adult day care programs offered by the Triple-R program. Mi Ranchito celebrates Latino culture through music, dance, food and other social activities designed especially for older adults. Enjoy the company of others while engaging in cultural activities and sharing stories about days gone by. The bilingual staff is trained to meet special age-related memory and personal care needs. If getting together with others for some fun and laughter would do you some good, "El Ranchito" may be perfect for you! Call project leader Vera Lifsher at (916) 808-6475 for more information.

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

50+ Wellness Program

Staying active and healthy is vital to enjoying the later years in our lives. The 50+ Wellness Program offers a variety of programs to help you do just that. From a quarterly 50+ Wellness Newsletter to exercises classes, a hiking group, annual weeklong camps and more, we have something for everyone! 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 the following 50+ Wellness programs. Check out the Special Interest Courses section for class schedules or look below for our FREE classes!

Stretch n' Flex

Includes stretching and strengthening exercises in a fun group setting! Tuesday and Thursday, 8 to 9 am. Belle Cooledge CC, 5699 South Land Park Drive 808-5610

Chi Gong for Special Populations

A blending of Chi Gong exercise, a movement and breathing patterns similar to Tai Chi, and the therapeutic aspects of this traditional Chinese practice are brought in this class for people of all abilities. Tuesdays 6:30-8:30 pm. Evelyn Moore CC, 1402 Dickson Street 808-1593.

Neighborhood Walk

Are you interested in joining or starting a walking program to improve your health, but don't want to walk alone? Sign up with NEIGHBORHOOD WALK and walk with people in your neighborhood! Currently there are active walk groups at Tahoe Park, Campus Commons near Sac State, Garcia Bend in the Pocket area, Meadowview from Pannell Meadowview Community Center, William Land Park, Howe Park off Bell, the City Cemetery, Oki Park in College Greens, South Land Park from the Belle Cooledge Community Center, South Natomas from the South Natomas Community Center, and North Highlands. Join an existing group or to find out how to start a walk group in your own neighborhood!

50+ Wellness Monthly Hiking Group

We meet one Saturday a month (except May, August, and December) to hike with other 50+ adults in and around Northern California and the greater Sacramento area. Hikes are typically 4 to 6 miles in length and less than 1000 feet elevation gain. All skill levels welcome!

Come to Camp with 50+ Wellness!

The 50+ Wellness Program offers two annual camps at Camp Sacramento, located in the beautiful El Dorado National Forest!

Adventure Camp, August 24-28, includes adventures such as kayaking, day hikes, horseback riding, biking and more for first timers and seasoned participants alike!

Senior Camp, August 31-September 4, includes short day hikes and lots of great workshops, including yoga, water color, clay work, story telling and more. Tell your friends and come spend 5 days and 4 nights in rustic wood cabins for as little as \$275 for the week, meals included!

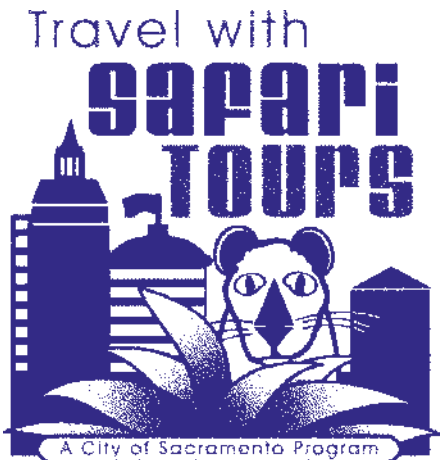
Are you 50+ and play sports?

Through our Sports for Life! Series, we offer unique tournaments in archery, basketball and soccer for the 50+ athlete. Whether you have played for years, just recently took up a sport, are serious about winning or want to have a good time playing sports, you are welcome! Free agent accepted.

Get in touch today! For more information about any 50+ Wellness program or to be placed on specific mailing lists, please call us at 808-1593 or send us an email at fiftypluswellness@cityofsacramento.org

One-Day Tours

808-8687



Travel with Safari Tours...your City of Sacramento recreational adult travel program! You will experience the spirit of adventure and meet many new friends along the way.

Museum Day, SF (AW) 1/17/09

Tour includes: Admission to the Yves Saint Laurent Exhibit at the de Young Museum (the de Young is the only US venue for this show, there will be more than 100 accessorized garments in the show), admission to the "Museums of Berlin" and the "Legacy of James Simon" at the Legion of Honor, transportation and driver gratuity included. Arden Way pick-up location only. Deadline for final payment is December 26, 2008.

Fee: \$77

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37902	San Francisco	TBA	1/17	Sa	18yrs+

February Flowers Valentine Excursion (AW) 2/14/09

Featuring Tulipmania on Pier 39 San Francisco

Tour includes: Tulipmania on Pier 39 which is made up of 35,000 tulips in a rainbow of colors, free time on your own to browse and enjoy. After lunch at Swiss Louis, visit the Pier 39 Greenhouse. Re-board the coach and make a stop at Annie's Annuals, 2.5 acres of Plant Heaven, overflowing with display gardens, and thousands of rare and exciting varieties of plants that are found nowhere else. There is plenty of room for your purchases under the bus, so you can take home lots of early spring color! Transportation and driver gratuity included.

Menu—Entrée Choice of Chicken Parmigiana (chicken cutlet topped with cheese & baked in a tomato sauce) or Sea Bass Portofino (fillet sautéed with garlic, diced tomatoes & lemon butter & steamed mussels), green salad, ice cream with fruit puree and coffee or tea. Please specify your entrée choice when signing up. Arden Way pick-up location only. Deadline for final payment is January 23, 2009.

Fee: \$74

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37903	San Francisco	TBA	2/14	Sa	18yrs+

San Francisco Flower and Garden Show 3/19/09

(San Mateo Fairgrounds) w/Late Lunch at Beach Chalet Restaurant

Garden lovers take note! A floral funfest for you and your friends. Enjoy thousands upon thousands of flowers and plants with all their rich colors, fragrances and textures. Four acres of inspiring gardens, free seminars for all gardening levels, and shopping at 300 exhibits all strictly related to gardening, outdoor living and gardeners. We will spend four hours at this show and then stop for an included late lunch at the beautiful Beach Chalet Restaurant overlooking the Pacific Ocean. South Hills, Camellia Center and Arden Way pick up locations. Deadline for final payment is Feb. 25, 2009.

Fee: \$105

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37954	San Francisco	TBA	3/19	Th	18yrs+

Filoli Gardens and Mansion 4/9/09

Visit the extensive sixteen-acres of beautiful formal gardens that surround the gracious mansion. We will have a 2 hour docent led tour of the mansion and gardens, with an additional 2 hours to enjoy a no-host lunch at the café and shopping in the Garden Shop where there is a wonderful array of items for the home and garden, including a selection of gardening books, supplies, plants, and seeds. Filoli's location is adjacent to the Crystal Springs Watershed and the land surrounding the estate provides a magnificent backdrop for the formal garden. Filoli survives today as one of America's finest historic gardens. Stop at yet to be determined location on way home for an additional shopping opportunity. South Hills, Camellia Center and Arden Way pick-up locations. Deadline for final payment is March 19, 2009.

Fee: \$64 (does not include meals)

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37955	Woodside	TBA	4/9	Th	18yrs+

Asparagus Festival, Stockton 4/24/09

Join us as we travel to the Downtown Stockton waterfront for this 'Best of the West' food fest. Check out the great asparagus dishes in Asparagus Alley, or try a tasty beverage in the Spear-It's of the Valley tent! Don't miss festival favorites—the Sky Dogs and Tyson, the Skateboarding Bulldog. New this year is Professional Vault League Competition featuring many of America's finest Olympians—guaranteed to be exciting! You can learn from the pros in the Celebrity Kitchen featuring Martin Yan. There are expansive shopping opportunities, visit the Arts & Crafts area, the Home & Garden Expo, the Stockton Certified Farmers Market and many more vendors! A fun filled day without the stress of finding a good parking spot! South Hills, Camellia Center and Arden Way pick-up locations. Deadline for final payment is April 3, 2009.

Fee: \$51

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37956	Stockton	TBA	4/24	F	18yrs+

Wicked! (AW)**4/29/09**

Wicked was the winner of 14 major awards including three Tony Awards. It returns to San Francisco where it had its world premiere before taking Broadway by storm. It continues to play to sold out audiences in New York. Tour Includes: Ticket to "Wicked" at the Orpheum Theatre (Orchestra Seats), All West Transportation, and Driver Gratuity. Before the show enjoy free time on Pier 39 for lunch on your own. Arden Way pick-up location only. Deadline for full payment: Jan. 20, 2009

Fee: \$145

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
35702	San Francisco	TBA	4/29	W	All Ages

Extended Trips**New Death Valley Adventure (AW)****Tuesday–Saturday, February 24-28**

Tour includes: Day one, travel across the beautiful Sierra to our first nights lodging at Best Western Tonopah. Day two, tour Scotty's Castle and check in for two nights lodging at Furnace Creek Ranch at Death Valley. Enjoy a BBQ under the stars. Day three, tour Artists Drive and Titus Canyon aboard one of our Pink Jeep Trekking Vehicles (the pink jeeps are fully enclosed 'suburban' type vehicles that have been specially constructed for comfort—each has 10 captain style seats), also visit Dante's View outlook, a site only available to cars or our pink jeep tour. Day four, visit Mojave Visitor's Center and enjoy a nights lodging at the Best Western Crystal Inn in Bakersfield. Day five travel home to Sacramento. Meals included are 2 Continental Breakfasts, 3 Breakfasts, 1 Boxed Lunch, 1 Dinner. All West Transportation, luggage handling and driver gratuity are included. City of Sac. Corp Yard, 5730 24th Street pick-up location. Overnight parking available in the employee lot. Park at your own risk. Deadline for final payment is January 10, 2009.

Fee: \$1,085 Double Occupancy / \$1,320 Single Occupancy

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37952	Death Valley	TBA	2/24-2/28	T-Sa	18yrs+

Amtrak through the Mountains (AW)**Monday – Tuesday, March 2-3**

Enjoy views of the snowy Sierra from the warm roomy comfort of your seat! Tour includes: All West Motorcoach Transportation to the train station, Amtrak ride from Sacramento to Reno, overnight accommodations at the Silver Legacy with BONUS \$5.00 cash and \$3.00 food coupon and a Buffet Breakfast. On the return trip enjoy a 4 hour stop at Boomtown with a Bonus of \$5.00 cash and a \$5.00 food coupon. Luggage handling and driver gratuity are included. City of Sac. Corp Yard, 5730 24th Street pick up location. Overnight parking available in the employee lot. Park at your own risk. Deadline for final payment is January 10, 2009.

Fee: \$159 Double Occupancy / \$194 Single Occupancy

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
37953	Reno	TBA	3/2-3/3	M-T	18yrs+

Tucson in Springtime (AW)**Wednesday – Wednesday, April 22–29**

Tour the Historical Pima Air & Space Museum, visit the fascinating Arizona-Sonora Desert Museum, and explore the Mission San Xavier Del Bac. We will visit Saguaro National Park and ride the tram thru Sabino Canyon. Visit Tombstone Studios with lunch. Also included is a guided tour of the Old West Town of Bisbee with lunch. Explore Tombstone Historical Town and keep an eye out for Wyatt Earp. Cruise on the Colorado River with box lunch. Four Nights at the Hilton in Tucson with daily breakfasts. One Night at the Spa Resort Casinos in Palm Springs with Breakfast & Dinner. One Night at Tachi Palace Resort & Casino in Lemoore. All West Transportation, luggage handling and driver gratuity included. City of Sac. Corp Yard, 5730 24th Street pick-up location. Overnight parking available in the employee lot. Park at your own risk. Deadline for final payment is March 1, 2009.

Fee: \$1,399 Double Occupancy / \$1,786 Single Occupancy

COURSE#	LOCATION	TIMES	DATES	DAY	AGE
38852	Safari Tours	12am-11:59pm	4/22-4/29	Daily	18yrs+

(AW) indicates an All West Coachlines Partner trip. Trip insurance is recommended for all extended trips.

**Questions most frequently asked about Safari Tours****How do I get more information about a tour?**

Request an informational Adventure Guide and Reservation Request form for tour (s) from our Tour Desk at 916-808-TOUR (8687).

How do I make my reservation?

Complete a Safari Tours Reservation Request Form and do one of the following:

MAIL your signed and completed Reservation Request Form and payment (check, money order or Visa/Master Card number and expiration date) to SAFARI TOURS, 4623 T Street, Sacramento 95819-4743.

FAX your completed Reservation Request Form to 916-808-3565...be sure to include the Visa/MasterCard information and sign the form.

WALK-IN your completed Reservation Request Form and payment by check, money order, cash or Visa/MasterCard to the Registration Desk at the Coloma Community Center, 4623 T Street, Second Floor, Auburn Room from 10 am to 4:00 pm Monday through Friday.

What is included in the tour price?

Your SAFARI TOUR price includes transportation, hotel accommodations, site-seeing, admissions, meals and any other services as specified in the Tour Adventure Guide.

What happens if I need to cancel my reservation?

If you must cancel your reservation, we will issue you a refund of fees paid up to that point less \$10 per person reservation, as long as we receive the individual's written cancellation request prior to the Final Payment Due Date. After that date, refunds will not be issued.

Sports, Social & Fitness, and Camping & Outdoor Education Opportunities for Individuals with Disabilities

Quarterly newsletter and monthly calendar of events available online at www.accessleisuresac.org

Special Events, Trips and Excursions

These fun events are for teens and adults with developmental disabilities. Some of the activities for the spring months include hikes, holiday-themed dances and dinners, gambling trip, professional basketball and baseball, college sports, and other nearby community events. For more information, call 808-6045.

Social Programs

Social programs are community social activities open to teens and adults with intellectual, and/or physical disabilities. Monthly activities include movies, live theater, table games, crafts, low-impact exercise, and dinner outings. For more information, call 808-6045.

Social Sports

The Sports programs are open to highly active teens and adults. Activities during the spring months include the Fall-Winter-Spring Bowling Leagues, Bocce and Walking for Fitness programs. For more information, call 808-6045.

After School Teen Programs

The Teen Program is an after-school recreation and social program for youth ages 13-22 who have exceptional needs. Hours of operation are after school until 6pm on school days. Activities promote the social, physical and emotional development of participants. Teen Program offers: Outdoor Sports; Swimming, Indoor Games; Crafts; Community Outings; Socialization; Friendships; Independence and FUN! The Access Leisure Teen Programs are vendorized through Alta California Regional Center. Contact your Alta Service Coordinator at 978-6400. Call the Teen Program main line at 808-6085 M-F between the hours of 10am-12nn. Visit Teen Program's website at www.accessleisureteenprogram.com.

Four locations:

C.K. McClatchy High School—Sac City Unified School District
Email Coordinator Jeff Parmelee at jparmelee@cityofsacramento.org
Laurel Ruff Learning Center—San Juan Unified School District
Email Coordinator Dara Schneider at dschneider@cityofsacramento.org
Discovery High School—Natomas Unified School District
Email Coordinator Carl Gayle at cgayle@cityofsacramento.org
Harriet Eddy Middle School—Elk Grove Unified School District
Email Coordinator Lorena Sanchez at losanchez@cityofsacramento.org

**Volunteer opportunities
are available at all
Access Leisure events.**

Camp and Outdoor Recreation Programs

Camp C.O.O.L. Dates: Frid, 2/6—Sun, 2/8. Camp Challenge Ourselves through Outdoor Leisure is a three-day two night residential camp for young adults age 10-25 with physical disabilities. S.N.O.W. Camp Dates: Frid, 2/27 – Sun, 3/1. Supporting New Opportunities through Winter Sports is a three-day two night residential camp for young adults age 15 and older with intellectual disabilities. Access Leisure is also considering many other fun and exciting programs for adventurers of all abilities this spring, such as: Snowshoeing, and other local outdoor education trips. Also look for the "Walk About Club" – hiking trips for different levels and a "Survival Skills Day" that will teach basic survival skills for the camping enthusiast. Contact Jenny Yarrow at 808-6017 or jyarrow@cityofsacramento.org.

Sled Hockey

This fast and fun sport is being offered at Skatetown ice arena in Roseville. Sled Hockey is played just like regular ice hockey, except you sit in your skate or sled. Sleds are available at Skatetown and both individuals with disabilities and without disabilities are invited to participate. Contact Janice Van Dyck at 974-7791 or visit www.sacramentosledhockey.org.

River Cats Independence Field (RCIF) Spring Youth Baseball League

For youth with physical or cognitive disabilities age 4 years old through school age. All Games are played at the fully accessible complex of River Cats Independence Field. This rubberized surface allows freedom of movement for youth who use wheelchairs, walkers, crutches, or no devices. RCIF Baseball League does not hold practice sessions, all warm ups, drills and skills are taught prior to game time. Contact Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org. Website www.rivercatsindependencefield.com/

A's Wheelchair Softball Team

Come play wheelchair softball with the Oakland A's affiliate MLB wheelchair softball team. This competitive team is always looking for new players to grow and improve the team. Players must be 18 and older and play in a manual wheelchair. We have sports wheelchair for athlete to use until they can get their own. Play Ball! Contact Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org.

Challenger Baseball

Open to children ages 5-21 with either physical or developmental disabilities. Challenger Baseball plays a ten-game season and has many social events throughout the year. Challenger Baseball is played on Sunday afternoons at various ball fields throughout the City of Sacramento. Contact Karen Pack at 381-0898. For Challenger Baseball in the Tri-City region go to webpage www.tricitylittleleague.com.

Beginner Power Soccer

Call for information on class times and location. This class is offered to children 8 and up that use a power wheelchair for mobility. Contact Steve Hornsey at 808-2340 or shornsey@cityofsacramento.org.

Adaptive Golf Program

Whether you are a first time golfer or a seasoned veteran, check out the Adaptive Golf Program, offer by Disabled Sports USA, for individuals of all abilities.

Contact Chris Clark at 722-6447.

Golfing for All

Sacramento is extremely lucky to have three golf courses where trained staff is available teach golfers of all ages and abilities. An Adaptive Golf Cart is available at Haggin Oaks, and Cherry Island Golf Courses. The First Tee (formerly "Say Golf") program is in William Land Park

To Schedule Lessons:

The First Tee in William Land Park Call 765-5459
 Haggin Oaks, 3645 Fulton Ave Call 575-2530
 Cherry Island Golf Course, 2360 Elverta Rd..... Call 575-4653
 Bing Maloney, 6801 Freeport Blvd..... Call 433-2283

Sacramento Capitals Wheelchair Tennis Association

Learn the game of wheelchair tennis and play a mainstream game that is fun for the whole family. Play alongside or against your able bodied family and friends. Weather you are a beginner or seasoned player, the SCWTA will welcome all. Contact Jolene Wells at 425-6757 to find out more about SCWTA activities and tournament schedule for Northern California.

Adaptive Cycling

Youth age 8 through adults

Get some fresh air, exercise and make some new friends on our weekend rides along the American River Bike trail. Look at the Access Leisure website to see upcoming events and rides. The program has hand cycles for participants to try out as well as Freedom Rider Rep, Bob Vogel, can bring out some of their newest equipment upon request. For further information or ride suggestions contact Rick Mason at sacycle@sbcglobal.net.

Very Special Arts Sacramento

Very Special Arts programs provide workshops, activities, art shows and performances for children with and without disabilities. These special activities allow children to express themselves through arts, crafts, and drama. Call Alice Parente at 808-6747.

got healthcare?



1-866-850-4321

Sacramento's Children's Healthcare Initiative

FREE or low cost health coverage for your child or teen and expecting mothers!

Cover the Kids is dedicated to helping families fill out health coverage applications for their children and providing families with information on health related resources.

Programs Include: Medi-Cal, Healthy Families, Kaiser Permanente Child Health plan, Pregnancy Medi-Cal, Healthy Kids, and Aim. For more information or to set an appointment please call us toll-free at 1-866-850-4321.

Monday – Thursday 9am-8pm

Friday – Saturday 9am-5pm

Cover the Kids will help you complete your child's application in your language!

Cover the Kids, Sacramento's Children's Health Initiative, is a collaborative effort funded by Blue Shield of California Foundation, California Healthcare Foundation, City of Sacramento, County of Sacramento, First 5 California, First 5 Sacramento, Kaiser Permanente, Mercy, Sierra Healthy Foundation, Sutter Medical Center, Sacramento, The California Endowment, The David and Lucile Packard Foundation, UC Davis Health System, and United Way.

For more information please visit our website at

www.coverthekids.com

Shepard Garden & Art Center

The Shepard Garden and Art Center, located at 3330 McKinley Boulevard in McKinley Park, is the home to more than 50 garden and art clubs ranging from the African Violet Society to the Textile Arts Association. Clubs meet weekly or monthly for educational and demonstration sessions and sponsor shows annually. All activities at the center are open to the public. New garden and art clubs are welcome to join. The facility (with an outdoor garden) is available for meetings and private gatherings. For more information, complete listing of clubs and meetings or show times, please call 264-8800.

January 10	Sacramento Potters Group Seconds Sale
February 7-8	Sacramento Weavers & Spinners Sale & Show
March 14	Sacramento Rose Society
March 21	Perennial Plant Sale
March 28-29	SGAC Spring Plant Sale
April 4-5	Capitol City African Violet Sale
April 18	Sacramento Iris Society Show
April 25-26	Sacramento Rose Society Show & Sale
May 2-3	Sacramento Cactus & Succulent Show & Sale
May 9	Sacramento Geranium Society Show & Sale
May 16-17	Satsuki-Aikokai Show & Sale
May 30-31	American Bonsai Association Show and Sale

Sierra 2 Center

The historic Sierra 2 Center, 2791 24th St., is a charming setting for receptions, celebrations, memorials, classes and meetings. Two of the rooms have attached courtyards, and dance, hula, and other classes are offered in our dance studios. The 24th Street Theatre is a wonderful location for large meetings, lectures, and performances. All rooms are affordable and available seven days a week, including evenings. The convenient location with has free parking on-site as well as plentiful street parking. Please call 452-3005 or visit www.sierra2.org for more information.

Marjorie R. Smith Walk-Through Gallery

at the Coloma Community Center
4623 T Street, Sacramento

Ceramics • Collages • Painting
Textiles • Drawing • Photography

Dedicated in 1989 to display art work by children and local artisans. If you wish to have your group or individual art displayed in the gallery, at no charge. Call 808-6060 to book your show or email sacrecreation@cityofsacramento.org

Applications now being accepted.



Learn it Live it Love it
Your local Community Center
So much to offer you!

A safe environment, lots of fun and activities too!

KIDS • TEENS • ADULTS • SENIORS
RECREATION • SPORTS • ARTS & CRAFTS • DRAMA

Belle Cooledge Community Center
5699 South Land Park Drive • 808-5610

Clunie Community Center
601 Alhambra Boulevard • 808-5264

Coloma Community Center
4623 T Street • 808-6060

East Portal Park Clubhouse
M Street and Rodeo Way • 808-6060

Elmo Allen Slider Clubhouse at Max Baer Park
7851 35th Avenue • 808-3761

Evelyn Moore Community Center
1402 Dickson Street • 808-5610

George Sim Community Center
6207 Logan Street • 808-3761

George Sim is closed for expansion. Look for a beautiful new lobby, activity wing and separate gymnasium in late 2009

Joe Mims Jr. Hagginwood Community Center
3271 Marysville Boulevard • 808-6439

Johnston Community Center
231 Eleanor Avenue • 808-6419

Oak Park Community Center
3425 Martin Luther King Jr. Boulevard • 808-6151

Pannell/Meadowview Community Center
2450 Meadowview Road • 808-6680

Robertson Community Center
3525 Norwood Avenue • 808-6419

South Natomas Community Center
2921 Truxel Road • 808-1571

Southside Clubhouse
2051 6th Street • 808-5264

Woodlake Community Center
500 Arden Way • 808-6439

Specialized Facilities

Most City facilities will be closed during City of Sacramento holidays on Jan. 1, Jan. 19, Feb. 16, and March 30.

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 \$35, good for 20 visits on the jogging trail with use of showers. For more information, call 808-5331 or 808-2306.

The Department of Parks and Recreation may close programs on certain days for special programming on short notice.

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
All Department of Parks and Recreation dog parks are fenced, with a double-gate system for safety.
Open Sa.m. to 10 p.m. daily

- Bannon Creek Park**
.6 acre park located on Bannon Creek Dr off of Azevedo Dr, North Sacramento
- Granite Regional Park**
2 acre park located at 8200 Ramona Ave off of Power Inn Rd, South/East Sacramento
- Glenbrook Park**
1 acre park located at 8500 La Riviera Dr, East Sacramento
- Jacinto Creek Park**
2 acre park located at 8600 West Stockton Blvd, South Sacramento
- Partner Park**
2.5 acre park located behind Belle Cooledge Community Center at 5699 South Land Park Dr, South Sacramento
- Regency Community Park**
2 acre park located at 5500 Honor Pkwy, North Natomas
- Tanzanite Park**
2 acre park located at 2220 Tanzanite Way, North Natomas

Camp Sacramento Family Camp

... Making memories to last a lifetime



Great food!
Great staff!

Great experience for the whole family!

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



Support Friends of Camp Sacramento
Join Friends for a nominal annual fee (\$15) and become a part of the rich tradition of caring campers. Dues raised by Friends of Camp Sacramento go towards camp improvements and specialty items to make camp more enjoyable. Friends also help spruce camp up in the spring and put things away in the fall. Enjoy the great outdoors? Love coming to Camp Sac? What better way to show your support year-round than by joining the group. Friends of Camp Sacramento meet monthly during the off-season and welcomes new members at any time. Meeting attendance is not required, just a love for camp.

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.)

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.

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

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.

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

CAMP SACRAMENTO FAMILY CAMP DATES 2009

Mini 1: June 21 - 24	Week 1: July 6 - July 11
Mini 2: June 24 - 27	Week 3: July 20 - 25
Mini 3: June 28 - July 1	Week 5: August 3 - Aug. 8
Mini 4: July 1 - 4	Week 6: Aug. 10 - 15
Mini 5: July 12 - 15	Adventure Camp: Aug. 24-28
Mini 6: July 15 - 18	Senior Camp: Aug. 31 - Sept. 4
Mini 7: July 26 - 29	Labor Day Weekend:
Mini 8: July 29 - August 1	September 4 - September 7

Friends of Camp Sacramento, Summer's Last Fling

FAMILY CAMP FEES FOR 2009

All Inclusive - food, lodging, and activities

Weekly Camp Rates

AGE	RESIDENT	NON-RESIDENT
Age 16 and Over	\$393	\$473
Age 11-15 Inclusive	\$290	\$351
Age 6-10 Inclusive	\$209	\$249
Age 3-5 Inclusive	\$112	\$137
Age 2 and Under Free	Free	Free

MINI-VACATION CAMP RATES

AGE	RESIDENT	NON-RESIDENT
Age 16 and Over	\$220	\$265
Age 11-15 Inclusive	\$155	\$195
Age 6-10 Inclusive	\$123	\$148
Age 3-5	\$72	\$91
Age 2 and Under	Free	Free

These are the rates for the 2009 Family Camp sessions. Residency is determined by our Sacramento office. If you have any questions, please call 808-6098 for information and to make your reservation; staff can check your residency at that time.

2009 Park Projects

The Park Planning and Development Services Division is responsible for park planning; parkland acquisition; park master planning; design and development of new parks; renovation of existing neighborhood, community and regional parks; design and development of bikeways; and open space throughout the City. For more information on the planning, design and development of City parks call 808-1949. For further information on current park master planning and construction see www.cityofsacramento.org/parksandrecreation/parks/sites/online.

Hampton Park

Wayne Scott Drive, Meadowview

Development of this 4.0-acre joint-use park/detention basin includes two children's playgrounds and swing area, a shaded group picnic area, half basketball court, a bantam soccer field, site furniture, pathway lighting, and walkways. The park was opened in February 08.

Regency Community Park–Phase 2

5500 Honor Parkway, North Natomas

Develop of Phase 2 of this community park will include landscape of the remaining eight (8) acres of the park, a fully accessible children's play area, a soccer field, group picnic areas, and small and large dog parks. Phase 2 of this park was opened in spring 08.

Peregrine Park

3031 Guadalajara Way, North Natomas

Development of this 8.4-acre neighborhood park includes landscaping, a bug-themed children's playground with a flower and butterfly shade canopy, a group picnic area with a large shade structure and tables, a basketball court, turf volleyball court, a handball wall, softball field, a bantam soccer field, a bikeway, nature area and site furniture. The park was completed and opened in spring 08.

Witter Ranch Park–Phase 2

Saintsbury Dr. at Far Niente Way/North Natomas

Installation of a restroom, shade structure over the existing picnic area, children's tot lot and artwork. The improvements were completed and opened in spring 08.



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

Nuevo Park Improvements

3432 Paseo Nuevo Street, North Sacramento

The park improvements included the installation of a fourth-themed children's playground with large climbing boulders, swings and four colorful bug spring riders. The group picnic area is covered by a shade structure, with tables and a group grill. Additional improvements include site furniture, boulders and colorful landscaping. The playground and group picnic area were completed in spring 08.

Jacinto Creek Park–Phase 2

8600 West Stockton Blvd. Adjacent to Irene West School, South Sacramento

Phase 2 of this 11-acre community park includes a 2-acre dog park with seating, large earth mound with a dog tunnel through the center, benches, tables, dog information board and pet fountain. This second phase of the park also includes a restroom, youth bantam soccer field, active senior fitness equipment, and public artwork. Phase 2 was completed and opened in June 08.

Shasta Community Park–Phase 1

7407 Shasta Avenue. Across from Cosumnes River College, South Sacramento

Phase 1 of this 21.2 -acre community park includes 10.5-acres of park landscape development with shade trees and colorful planters, a regulation soccer field, a softball field, two horseshoe courts, a turf volleyball court, walking and jogging trail with exercise stations, two story booked themed children's playgrounds base on "The Swiss Family Robinson" and "Treasure Island" books tree house play structure and a pirate ship, with a full sized large colorful whale, tiger and treasure chest all on a water colored rubber surfacing with a blue whale, fish and sand crabs. The playground is surrounded by large palm trees with tropical landscape, two large group picnic shade structures with tables and grills, individual picnic areas, a restroom, parking lot, pathway lighting and "Peter Rabbit" public sculpture. Phase 1 of the park is expected to be completed and opened by spring 09. Shasta Park also has the Valley Hi/North Laguna Creek Public Library which will be opened in mid summer 09. Phase 2 of Shasta Community Park will begin construction in late spring 09.



Sacramento City Code 12.72.135
prohibits smoking in all City parks.

Urban Forest Services

Urban Forest Services is now part of the Department of Transportation. For more information call 808-6345 or email urbanforestry@cityofsacramento.org.

Parks Services

Park Services maintains more than 210 developed parks and open spaces totaling more than 2,000 acres. This includes neighborhood, community, and regional parks with playgrounds, play equipment, picnic areas, sports fields, basketball courts, boat launch ramps, restrooms, community centers and other special facilities. Many miles of parkways, waterways and off-street bikeways are also maintained by this section. Additionally, Park Services provides grounds maintenance for several city facilities and pedestrian areas including City Hall, the Crocker Art Museum and the K Street Mall. You can report City park maintenance concerns such as broken sprinklers, nonworking lights or safety issues by calling 433-6305. To check availability call 808-6060. Applications: see www.cityofsacramento.org/activitypermits. For a list of existing parks and amenities see www.cityofsacramento.org/parksandrecreation/parks online.

Park Safety Services

The mission of Park Safety Services is to provide guests and neighbors of the City parks, open spaces and urban forest with a safe and trouble-free environment. If you have safety concerns, observations, on-site problems or comments about City parks, please contact Park Safety Services staff at 808-6093 or email parksafety@cityofsacramento.org.

Park and Urban Forest Volunteer Opportunities

Volunteers are invited to help with various stewardship activities in city parks, trails, and natural areas. Activities vary by season, and training and tools will be provided, so no prior experience is needed, only the desire to help. Opportunities are available in all neighborhoods, and many activities are great for large groups, families, or youth groups with adult supervisors. Volunteers should wear closed toed shoes and are encouraged to bring a pair of work gloves. One day or short-term service activities are also available. To help or for more information, please contact Julie Mier at 808-2285 or email jmier@cityofsacramento.org

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

City parks are a favorite place for picnics, family get-togethers and office outings.



A *Certificate for Park Use* entitles you to a specific group picnic area in a City park. Group Areas may include multiple tables, barbecues or gazebo. Park availability can be viewed any time by visiting www.parksandreconline.cityofsacramento.org. On-line viewing is for planning purposes only. Spots may become unavailable at anytime.

Permits are issued for the convenience of users and guarantee exclusive use of a particular location for a specific time and date. Applications will not be accepted fewer than three business days prior to the proposed use date. Applications for Saturday/Sunday Park use must be received by Wednesday at 12nn.

Park Use Fees

Neighborhood and Community Parks

Uncovered Area - \$23 per area or per 50 guests

Neighborhood and Community Parks

Covered Area - \$35 per area or per 50 guests

Regional Parks - Granite Park, Del Paso Park

\$50 per area or per 50 guests

Premium Park Facilities - William Land Park, McKinley Park, Bannon Creek Barn

\$65 per area or per 50 guests

For More Information

-See www.cityofsacramento.org/activitypermits

-Call 808-6060

-Email sacrecreation@cityofsacramento.org

Aquatics

The Aquatics Section offers a variety of aquatics programming during the late spring at Pannell Meadowview Pool and at Natomas High School Pool. Spring programs may include limited recreational swimming, lap swim, and water aerobics. For specific program dates and times, pick up a schedule at either pool. For more information, please call the general aquatics line at 808-2306, email aquatics@cityofsacramento.org or visit our website at www.cityofsacramento.org/recreation

Pannell Meadowview Recreational Pool

Located next to Samuel C. Pannell Meadowview Community Center at 2450 Meadowview Rd. Phone: 808-6622 or 808-2306. For specific program dates and times, pick up a schedule at the pool.

Masters Swimming

For information, contact (916) 923-5174 or www.sacmasters.org

Pool Rental Rates

Call 808-6060 for pool rental information. Plan now for summer pool rentals. Rental rates vary. Please visit our website at www.cityofsacramento.org/parksandrecreation/recreation/aquatics/poolsrental

Pannell Meadowview Wading Pool Rental Rates

Fee: 2 hours for \$90. Each additional hour is \$45. Available for reservation Sunday mornings only from 9am-12:45pm—dates are limited, please call 808-2306.

Natomas High School Pool

3301 Fong Ranch Rd, near Truxel and San Juan Rds. Located at the north end of the high school adjacent to the football stadium. Phone: 566-3644

Spring programs may include limited recreational swimming, lap swim, and water aerobics. For specific program dates and times, pick up a schedule at the pool or call 566-3644.

Adult Lap Swim

Regular physical activity has been associated with better health and longer life. According to the Department of Health & Human Services, 61% of adults in the U.S. are overweight! Swimming laps for exercise will help you fight obesity. Most swimming pools offer special lap swim times during mornings, evenings and weekends. Lap swim is for 16 years and up. Sign up at the pool for a \$35 punch card (good for 20 swims), or \$3 per visit. Some dates may be unavailable due to training or department activities.

Offered at Pannell Meadowview Pool & Natomas High School Pool
Dates/Times TBA

Water Aerobics

Men and women 16 years and up are encouraged to shape up with Water Aerobics! Regular physical activity has been associated with better health and longer life. Water exercise is very therapeutic, low impact and can improve your cardiovascular system as well as help fight obesity. This class is offered at Pannell Meadowview Pool and Natomas High School Pool. Purchase a \$20 punch card (good for 8 classes) at the pool. One visit is \$4. Some dates may be unavailable due to training or department activities.

Offered at Pannell Meadowview Pool & Natomas High School Pool
Dates/Times TBA

Pools may close due to City of Sacramento training, activities and events.

For up-to-date information, please visit the city WEBSITE!

Please email your suggestions and comments to aquatics@cityofsacramento.org

RECREATIONAL SWIM ADMISSION FEES

Children (17 & under)	\$1
Adults (18+)	\$2
Lap Swim	\$35 punch card (20 swims) or \$3 per visit
Water Aerobics	\$20 punch card (8 classes) or \$4 per visit

FEES ARE SUBJECT TO CHANGE

Ask about the Sacramento Aquatics Competitive Swim Team that swims at Natomas HS year 'round. Phone: 267-7926

Get Paid To Wear Shades! JOIN THE CITY OF SACRAMENTO AQUATICS TEAM!

Many summer job opportunities are available. City lifeguards are eligible for bonuses and free CPR and First Aid classes. Starting pay for first year lifeguards is \$10.52 per hour. If you have questions or would like to receive an application packet, call 808-2306 or visit www.cityofsacramento.org/parksandrecreation/employ for more information and specific job descriptions.

Pool Manager	Asst. Pool Manager	
Senior Lifeguard	Lifeguard	Cashier

All programs, hours, and dates are subject to change or cancellation

Aquatics CONTINUED

Summer Preview

VISIT THE WEB FOR AQUATICS INFORMATION AVAILABLE APRIL 1

Swim Lessons

Swim lessons for Summer 2009 will begin at your local pool on 6/22. We offer a wide variety of levels, including bubble-blowers, adult and Access Aquatics lessons. Look for your Summer 2009 Recreation and Community Programs Directory for registration information. Call 808-2306 for additional information.

Swim Team

Mark your calendars! Our Recreational Swim League begins 6/15. League Championships will be held 8/8 & 8/9. Dual meets are Saturdays, 6/27-7/25. Freestyle/backstroke trials are 8/1. (Dates are subject to change)

Junior Lifeguard Academy

Teens 12-14 can learn useful skills as a junior lifeguard. Classes begin mid July.

Lifeguard Training Academy

The Aquatics Section will be offering training opportunities for persons 15 years and over that are interested in developing job skills to become a lifeguard. If you want to be a lifeguard for Summer 2009, it's not too early to start planning! The cost of the class is \$100. You must attend all days of the course. Please note that some classes are on weekends, weekdays (spring break schedule) or weekday evenings. (\$100 fee will be reimbursed to persons who pass this course, apply to work for the City of Sacramento and SUCCESSFULLY COMPLETE the season). City lifeguards are eligible for bonuses and free CPR and First Aid classes. Don't wait until June to train to be a lifeguard! For detailed program information, call 808-2305 or visit our web page at www.sacramentolifeguardacademy.com

Special Events

For more information on the events listed below, and additional special events scheduled throughout the year, visit the Parks and Recreation web site at www.cityofsacramento.org/parksandrecreation/events.

Annual Egg Hunt Events

Join us for our Annual Egg Hunt events in April 2009. Each year, egg hunt events bring the whole community together by offering a fun celebration for the whole family to enjoy, and this year promises to be no different with hundreds of area children expected to be in attendance. In addition to the egg hunt, free children's activities will be provided by the Department of Parks and Recreation. Dates TBA. For more information, please call 808-3821.

Creek Week 2009

Join the Celebration. Become a part of this volunteer effort to celebrate and enhance many of Sacramento County's creeks by participating in docent led activities centered on urban creeks. The 19th Annual Creek Week begins on Friday April 17, and ends Saturday, April 25, with a county-wide creek clean up. Teams cleaning creeks from all over the county will celebrate afterward with a barbecue lunch, music, contests, and games. In addition, many environmentally related city, county, and non-profit organizations will have booths providing all sorts of free, useful information and fun activities. To see how you can help or find out about the many activities scheduled during the week call the Urban Creeks Council at 454-4544 or visit www.creekweek.net

Senator Steinberg's 2009 Passport to Summer Youth Fair

The 8th Annual Passport to Summer Youth Fair is set for May 17, 2009 from 11am-2pm at Southside Park. Passport to Summer is a one-stop-shop for many safe and fun summer activities for children and youth. Local Parks and Recreation departments and community organizations will showcase summer programs, youth employment, internship and volunteer opportunities. There will also be fun children's activities, a bounce house, multicultural entertainment, raffles and a free lunch for all. For more information, please call 338-6577.



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



Classes registration information-
see page 50

Classes registration form-
see page 49

GO GREEN!

*It's fast, easy and
free to register online.*



Sign up now for most leisure enrichment courses
at www.parksandreconline.cityofsacramento.org

Registration Form

Yes, I have moved and my new address is below.

Avoid Delays!

Be sure to include your signature on the bottom of the registration form. Please make checks payable to City of Sacramento for the correct amount when submitting your registration. Underpaid or incomplete registrations will be returned to you.

Payer's Name _____ Home Phone _____
 Address _____
 City _____ State _____ Zip _____
 Email address: _____
 Parent's Name _____ Home Phone # _____

CLASSES REGISTRATION							
Course Number	Activity Name	Location	Time	Start Date	Participant's Name	Age <small>If under 18yrs</small>	Fee

Cash
 Check or money order enclosed payable to: **City of Sacramento** (A \$25 service charge will be charged for all returned checks)
 Visa # _____ Exp. date _____
 Verification Code (last 3 digits on signature strip) _____
 MasterCard # _____ Exp. date _____
 Authorized signature _____

Entered

I have read the Hold Harmless Agreement on the reverse (box must be checked to complete registration process)

Parent/Adult Signature Date _____

You must read the above statements and sign this registration form to be registered into a City of Sacramento Recreation Program.

Hold Harmless Agreement For Participation In City Of Sacramento Recreation And Leisure 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, death or property damage connected with my participation even though that liability may arise out of their negligence or carelessness. This release 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 persons caused by the aforementioned. If a participant's behavior interferes with the program, I will be contacted. Further disciplinary problems may result in expulsion from the program.

Refunds/Cancellations/Transfer: The City of Sacramento reserves the right to cancel, combine or divide courses; to change the time, date or place of courses; to change the instructor; and to make other changes which become necessary to ensure a quality experience for the participants. Participants will be notified if the course is filled or canceled. Our staff will assist you in selecting another activity, registering for another course or receiving a refund. If insufficient enrollment causes an activity to be cancelled or in the event that the staff must cancel a course for which you have registered, we will contact you and offer you an option of transferring to another session or receiving a full refund check by mail in 3 weeks. No requests for refunds or transfers will be accepted after an activity has started, except in the 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. Transaction fees are non-refundable.

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

Consent to Photograph, Film or Tape: I agree to have photographs, films, videotapes or tape recordings taken of me or minor child registered under my signature while participating in City of Sacramento programs. I permit these photographs, films or tapes to be released to be used in publications, promotional materials, web site, and for other public information purposes by the City of Sacramento. If I do not consent, Parks and Recreation staff leading the program for which I am registered must be informed of and record my non-consent.

Privacy Statement: The information you provide is accessible only by Department and Recreation registration 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.

Three Quick and Easy Ways to Register for Classes

Internet Registration

Go to www.parksandrecreation.cityofsacramento.org to register online. It's fast, easy and free.

Mail In Your Completed Registration

With the correct fees to:

Registration

4623 T Street

Sacramento, CA 95819

Come and See Us to Register

- South Natomas Community Center, 2921 Truxel Road
10am-5:30pm, Monday through Friday
- Samuel C. Pannell Meadowview, 2450 Meadowview Road
8am-4:30pm, Monday through Friday
- Belle Coolidge, 5699 South Land Park Drive
8am-4pm, Monday through Friday
- Coloma Community Center, 4623 T Street
10am-4pm, Monday through Friday

Site Directory

A M Winn ES.....	3351 Explorer Dr	J. Bonnheim ES.....	7300 Marin Ave
A. Birney ES.....	6251 13th Street	J. Cabrillo ES.....	1141 Seamas Ave
A. Lincoln ES.....	3324 Glenmoor Dr	Jedediah Smith ES.....	401 McClatchy Wy
American Lakes ES.....	2800 Stonecreek Dr	Jefferson ES.....	2001 Pebblewood
B. Henschel Pk.....	160 45th St	John Bidwell ES.....	1730–65th Ave
Babcock ES.....	2400 Cormorant Wy	John Cabrillo ES.....	1141 Seamas Ave
Bannon Creek ES.....	2775 Millcreek Dr.	John Reith ES.....	8401 Valley Lark Dr
Bell Ave ES.....	1900 Bell Ave.	Lewis Pk.....	6570 Park Riviera Wy
B. Cooledge CC.....	5699 S. Land Pk Dr	Lisbon ES.....	7555 South Land Pk Dr
C. Greenwood ES.....	5457 Carlson Dr	Main Ave ES.....	1400 Main Ave
C. Wenzel ES.....	6870 Greenhaven Dr	Mark Twain ES.....	4914 58th Street
Cabrillo ES.....	1141 Seamas Ave.	McKinley Pk.....	3330 McKinley Bl
Caesar Chavez ES.....	7500–32nd Street	N. Natomas Cm Pk.....	N. Bend Dr and Gateway Pl Bl
Camellia Basic ES.....	6600 Cougar Dr	Natomas CS.....	4600 Blackrock Dr
Castori ES.....	1801 South Ave.	Northwood ES.....	2630 Taft St
Clayton B. Wire ES.....	5100 El Paraiso Ave	Oak Pk CC.....	3425 Martin Luther King Bl
Clunie CC.....	601 Alhambra Bl	Orchard Pk.....	W. River Dr. and Bergamo Wy
Coloma CC.....	4623 T St	P. Express ES.....	1250 56th Ave
Crocker/Riverside ES.....	2970 Riverside Bl	Pkway ES.....	4720 Forest Pkwy
David Lubin ES.....	3535 M Street	Peter Burnett ES.....	6032 36th Ave
Del Paso ES.....	590 Morey Ave	Regency Pk ES.....	5901 Bridgecross Dr
E. Hart Senior CC.....	915 12th St	Robla ES.....	5248 Rose St
E. Phillips ES.....	2930 21st Ave	S. Natomas CC.....	2921 Truxel Rd
Earl Warren ES.....	5420 Lowell Street	Pannell/Mdvw CC.....	2450 Meadowview Rd
East Portal Clbhse.....	51st St and Rodeo Dr	Sac City College.....	3835 Freeport Bl
E. Portal Pk.....	51st St and Rodeo Dr	S. Truth Pk.....	7360 Gloria Dr
Elder Creek ES.....	7934 Lemon Hill Ave	Sierra View ES.....	3638 Bainbridge Dr
Ethel I. Baker ES.....	5717 Laurine Wy	Smythe ES.....	2781 Northgate Bl
Freemont Pk.....	1515 Q St.	Strauch ES.....	41 Northstead Dr
Freeport ES.....	2118 Meadowview Road	Sutter MS.....	3150 I St
Fruit Ridge ES.....	4625 44th Street	Suttersville ES.....	4967 Monterey Wy
G. Didion ES.....	6490 Harmon Dr	T. Judah ES.....	3919 McKinley Bl
Glenn Hall Pk.....	5415 Sandburg Dr	Tahoe ES.....	3110 60th St
Glennwood ES.....	201 Jessie Ave	Tahoe Pk.....	3501 59th St
Golden Empire ES.....	9045 Canberra Dr	Taylor Street ES.....	4350 Taylor St
H Allen Hight ES.....	3200 North Pk Dr	Two Rivers ES.....	3201 W River Dr
H W Harkness ES.....	2147 54th Ave	Village ES.....	6845 Larchmont Dr
H. Bancroft ES.....	2929 Belmar Street	Washington ES.....	520 18th St
H. Leimbach ES.....	8101 Grandstaff Dr	William Land ES.....	2120 12th St
Hagginwood CC.....	3271 Marysville Bl	W. Land Pk.....	4000 S. Land Pk Dr
Harmon Johnson ES.....	2591 Edgewater Rd	Witter Ranch ES.....	3790 Poppy Hill Wy
Heron ES.....	5151 Banfield Dr	Woodlake ES.....	700 Southgate Rd
Hollywood Pk ES.....	4915 Harte Wy	Woodridge ES.....	5761 Brett Dr
Isador Cohen ES.....	9025 Salmon Falls Dr		



Camp Sacramento
*Family camping adventure
in the beautiful Sierras*
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Special Interest Courses
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Community Gardens
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**Register online - it's fast,
easy and FREE!**

www.parksandreconline.cityofsacramento.org



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