COME OUT & PLAY
CLASSES, PROGRAMS, AND EVENTS

Spring/Summer 2019

City of SACRAMENTO
Youth, Parks, & Community Enrichment
KEY DATES

3/1  Spring/Summer 2019 registration begins
3/16  Youth and Resource Job Fair
4/1  First day of Spring/Summer Activities
4/20  Underwater Easter Egg Hunt see back cover
4/20  District Egg Hunts, see page 41
5/17  District Movie Nights Kick Off, see page 17
6/1  H@ck the Park, see website for details
6/14  Aquatics Summer Kick Off, see page 20
7/4  4th of July

Register online at https://apm.activecommunities.com/cityofsacypce

Contact Us

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

YPCE Executive Team

<table>
<thead>
<tr>
<th>Shannon Brown</th>
<th>Interim Director</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eugene Loew</td>
<td>Park Maintenance Manager</td>
</tr>
<tr>
<td>Kim Mohler</td>
<td>Youth Division Manager</td>
</tr>
<tr>
<td>Sylvia Fort</td>
<td>Community Enrichment Division Manager</td>
</tr>
<tr>
<td>Kriztina Palone</td>
<td>Interim Neighborhood Services Manager</td>
</tr>
<tr>
<td>Raymond Costantino</td>
<td>PPDS Manager</td>
</tr>
</tbody>
</table>

Parks & Recreation Commission

<table>
<thead>
<tr>
<th>District 1 Sumit Mehta</th>
</tr>
</thead>
<tbody>
<tr>
<td>District 2 Fatima Malik</td>
</tr>
<tr>
<td>District 3 David Guerrero</td>
</tr>
<tr>
<td>District 4 Julie Murphy</td>
</tr>
<tr>
<td>District 5 Joe Flores</td>
</tr>
<tr>
<td>District 6 Tyler Aguilar</td>
</tr>
<tr>
<td>District 7 Devin Lavelle</td>
</tr>
<tr>
<td>District 8 Chinua Rhodes</td>
</tr>
<tr>
<td>Mayor Asst. Rita Gallardo Good</td>
</tr>
<tr>
<td>At large Terri Kletzman</td>
</tr>
<tr>
<td>At large Jason Law</td>
</tr>
</tbody>
</table>

Access for All

The City of Sacramento Department of Youth, Parks, and Community Enrichment believes that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. We welcome people with disabilities into our recreation programs through specialized programs and inclusion opportunities. We will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination of programs, services, and activities for individuals with disabilities. In order to best accommodate your individual needs we ask that you let us know of any accommodations needed at the time of registration and/or at least 48 hours in advance of a program. For further information on accommodation requests contact Annie Desalernos, adesaler@cityofsacramento.org, 916-808-3809. 711 California Relay Service (which is also capable of handling TTY calls) is also available. The 711 service is available for those calling from within California.
# TABLE OF CONTENTS

**Access Leisure** ............. 45-47
- Residential Camp Programs .... 45
- Social Programs .................. 46
- Sports ................................ 46
- Veteran Programs .................. 46

**Adult Fun and Fitness** ............ 48-55
- Dance & Music .................... 49
- Dog Obedience ..................... 53
- Movement & Fitness .............. 48
- Rowing ............................. 52
- Softball ........................... 54-55
- Tennis ................................ 50-51

**Aquatics** ......................... 20-28
- Class listings ..................... 24-27
- Lifeguard Training ............... 23
- Recreational Swim ............... 21
- Summer Special Classes .......... 20
- Swim Team ........................ 28

**Community Centers** ............. 12-16
- Belle Cooledge CC ................. 13
- Coloma CC .......................... 12
- George Sim CC ..................... 13
- Joe Mims Jr. Hagginwood CC ..... 14
- Oak Park CC ........................ 15
- Sam and Bonnie Pannell CC ...... 16
- South Natomas CC ................ 12

**Older Adult Services** ............. 56-60
- Movement ............................. 56-58
- Hart Senior Center .................. 59-60
- Triple – R Adult Day Center .......... 60

**Registration Form** .............. 63

**Parks Map** ....................... 18-19

**Trips and Tours** ................. 61-62

**Youth and Teens** ............... 29-44
- Child care: School Age .......... 30
- Child care: Tiny Tots ............. 29
- Dance and Gymnastics ............ 35
- Golf .................................. 37-39
- Martial Arts ........................ 36
- Music and Drama .................. 34
- Skate Parks ........................ 33
- Soccer ............................... 40-41
- Summer Camps .................... 31-33
- Tennis ................................ 42
- Youth Civic Engagement .......... 43
- Youth Employment ............... 44

**YPCE News** ...................... 5
- Community Enrichment Division ...... 6
- Park Maintenance Division .......... 7
- Park Planning & Development Services .... 9
- Youth Division ..................... 5
Want to register for a program?
Registration starts Friday, March 1, 2019

There are multiple ways to register:

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

**In Person**
Coloma Community Center
4623 T Street • (916) 808-6060
S. Natomas Community Center
2921 Truxel Road • (916) 808-1571
Sam & Bonnie Pannell Community Center
2450 Meadowview Road • (916) 808-6680
Please call individual Center for hours of operation.

Mail completed registration form on page 63 and fees to:
Registration
4623 T Street, Ste. B
Sacramento, CA 95819

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

Youth, Parks, & Community Enrichment (YPCE, pronounced Yip-See to our friends), has a newly formed Youth Division. The Youth Division aligns youth serving programs into one area. Using a youth development approach, the Youth Division sets a high standard for programming.

The manager for the newly formed division is Kim Mohler. Kim comes with over 30 years of experience delivering recreation programs. Kim is an advocate for young people and has pioneered the youth development movement in our department. She has launched organizational change by creating partnerships and aligning the practices of youth development principles. She recognizes the importance of creating partnerships with school districts, community-based organizations, and non-profits to enhance program delivery to Sacramento’s youth.

Kim is a well-respected and well-liked manager, with strong leadership skills. She not only advocates for young people, she also nurtures and cultivates opportunities for department staff. Overall, Kim believes in the empowerment of people.

Kim directly manages the three primary units in the Youth Division. Each unit provides experiences and support that foster the development of young people. In each unit, Sacramento youth are supported through five fundamental pathways: safety, healthy relationships, engagement, connecting to community, and relevant skill building. The programs in the following areas allow youth to practice newly acquired skills in safe and supportive environments:

**Youth Employment** – Provides pathway opportunities for young people between the ages of 10-18 that focus on vocational and employment skills training. Youth gain 21st century skills needed for future success in academics and career. Programs include: Landscape & Learning, Prime Time Teen, Young Leaders of Tomorrow, and the Workforce Innovation and Opportunities Act (WIOA).

**Civic Engagement** – Provides opportunities for young people, age 14-24, to develop the tools and skill sets needed to emerge as leaders in their communities bringing youth voice to real city and community issues. Programs include the Sacramento Youth Commission and Summer at City Hall.

**Expanded Learning and Enrichment** – Provides a wide array of enrichment opportunities that promote life-long learning and skill-development for school-age youth. Programs include the 4th R licensed childcare, Sacramento START, youth sports, PASSage, and summer recreation programs.

Thank you, Kim, for your many years of leadership, and continued dedication and commitment to the development and success of Sacramento’s youth!

Kim Mohler with Councilmember Jay Schenirer, District 5, and YPCE Interim Director Shannon Brown
Community Enrichment Division

Joanna’s Kids “R” It – 34 years of dedication and commitment to Sacramento Youth

For 34 years Joanna’s Kids “R” It has provided quality programs at an affordable price for Sacramento youth. Students enjoy a supportive, non-competitive environment to discover, explore, and develop their skills in the arts of ballet, tap, and jazz dance, as well as in floor gymnastics. Joanna’s Kids learn that success and achievement are accomplished regardless of body type or the standards of the competitive community. Joanna and staff show a genuine care and commitment to each and every student and recognize the invaluable life skills taught through her program. Joanna’s dedication to providing everyone with an opportunity to explore and discover their talents in gymnastics and dance is reflected in the awards she has received over the years by special needs and inclusion organizations in the Sacramento area.

We are honored that Joanna has chosen YPCE as home to the many programs she offers. It is our belief, that the Kids “R” It “family” of students feels equally as blessed to have her, evident in their ongoing support during her yearlong battle, and successful fight against cancer. Way to go Joanna!

Here are a few things Joanna’s dance & gymnastics family had to say about her and the Kids “R” It program:

“Words cannot adequately express how grateful I am that I found Joanna’s program. Joanna has become far more than my daughter’s dance teacher. Joanna has become one of her mentors. My daughter has not only learned to dance but how to be strong, happy, and confident. She has learned how to smile and work through tough moments in her life, from Joanna. She has also learned how to care about who she is and what she does, more than what she looks like. I have had no regrets and Joanna’s program has surpassed my expectations.”

– Shelby’s Mom

“I knew I wanted my girls in dance—and by luck I found Kids “R” It. It was everything I was looking for—a chance to learn and work with other kids and adults without the pressure of perfection. Being able to take gymnastics was an added bonus. I love everything about Joanna’s program. Joanna and her staff are extended family who love my girls like their own family. Every child is given an opportunity to succeed, and they do because Joanna believes in them and they know she values them for what they are.”

– E Duarte

Congratulations Joanna, on 34 phenomenal years of leading, shaping, and inspiring multiple generations of young Sacramento dancers and gymnasts. Your passion and dedication is unparalleled and it has been a joy to see that passion instilled in our youth. Thank you for letting us be a part of it. We look forward to many more successful years to come.
Be a Volunteer!

Sacramento has one of the largest urban tree canopies in the world. A 2017 Treepedia Project MIT Study ranked Sacramento as the Greenest city in the States. Globally, we rank third after Vancouver and Singapore. A large portion of these trees are located within our 200 plus city of Sacramento parks. Sustaining their surrounding environment requires a tremendous amount of labor and energy.

YPCE’s Park Maintenance division is tasked with this responsibility. When there are just not enough hands to go around, the department calls on it’s secret weapon... VOLUNTEERS. During fiscal year 2018, YPCE logged in an astounding 141,967 volunteer community service hours. Some of our most dedicated volunteers have been our governmental representatives. Mayors (both current and former) as well as city council members and city managers go beyond city hall and out into the trenches to aid in the volunteer cause. Whether you are an army of one or a large contingency of volunteers, the objective is always the same: “Maintain and preserve our great natural recreational resource for future generations of families, flora and fauna” ...Be a volunteer.
Community Gardens

Let’s Get Growing...Grow with Us!

The City of Sacramento offers gardening space for growing vegetables, flowers, and herbs. The gardens provide opportunities for all ages, gardening levels and abilities. For more information visit us at

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

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

Community Gardener John Hunt grew this large pumpkin in his 20x20 plot at the Martin Luther King Jr. Community Garden, one of 15 community gardens in the City’s program.

The pumpkin was growing at a rate of 35 pounds and 4” increase in circumference each day at the height of it growing. The end weight was almost 900 pounds!

Pictured is Will and Sean Campbell (grandsons of Bill Maynard of the City’s Community Garden Program)
The City of Sacramento’s Department of Youth, Parks, & Community Enrichment plans, develops, and maintains neighborhood, community, and regional parks in Sacramento. During 2017-2018, the City opened one new park to the public, and made improvements to four other parks throughout Sacramento. R. Burnett Miller Park was finished in December 2017, improvements at River Cats Independence Field were completed in November 2018, Fort Natomas Playground was finished in October 2018, American River Trail enhancements were completed on January 17, 2018, and the Mangan Community Park Master Plan was approved in November 2018. Find out more information about each of these new projects below.

**R. Burnett Miller Park**

R. Burnett Miller Park is a 0.9-acre neighborhood park in the McKinley Village area. The park is designed for youth recreation and includes a tot playground for kids two to five years old, an adventure play area for older children, two pickleball courts, concrete game tables, and turf mounds. The park is located next to the private McKinley Village Recreation Center.
Independence Field
River Cats Independence Field is a local baseball field adjacent to the Samuel C. Pannell Meadowview Community Center. Recent renovations to the baseball field include resurfacing and new striping. The Field’s rubberized surface is ideal for players who use manual or powered wheelchairs, walkers, or crutches.

Fort Natomas Playground
Improvements at Fort Natomas Playground in South Natomas consist of irrigation and landscaping improvements, storm drain adjustments, and rubber surfacing. The park includes seven shade structures to provide relief from the heat, an adventure play area, and is located adjacent to the public Natomas Rose Garden.
American River Trail Enhancements
The American River Parkway Trail in Sutter’s Landing Park was recently enhanced. The three-quarter mile multi-use trail now includes a trailhead plaza with decorative concrete flatwork. There are new bike racks, trash receptacles, and interpretive signs detailing the three acres of habitat restoration on the banks of the American River.

Master Plans
Mangan Community Park is an 8.29-acre park located in Land Park. Anticipated improvements for the park under the Mangan Community Park Master Plan include an expanded pool area, additional shade areas, a grass volleyball court, a walking path with fitness equipment, bike parking, and public art. Sports lovers already appreciate the park’s existing amenities including soccer fields, horseshoe pits, a basketball court, and a softball field.
COMMUNITY CENTERS

SOUTH NATOMAS COMMUNITY CENTER

2921 Truxel Blvd
Sacramento, CA 95833
916-808-1571

Hours Of Operation: M-Th 8:30am - 8:00pm
Friday: Closed (except Tiny Tot and Leisure Classes)
Sa 10:00am - 3:00pm; Su Closed

Adult Programs

Wellness Room  This room is equipped with Nautilus-type machines for weight lifting and several cardio machines. The Wellness Room is open to participants 16 yrs. and up (under 18 parent waiver required). Please be sure to wear proper workout attire and footwear, and don’t forget a towel! Fee: $10.00/mo No prorating.
M-Th  8:30am - 8:00pm
Sat  10:00am - 3:00pm

Stitching and Crafts Workshop  Everyone is welcome to attend this free workshop. Bring your own knitting, crocheting, quilting, or sewing project to this group of experienced crafters. You can socialize and get help with techniques for any projects you have in mind.
Th  10:00am - 12:00pm  Free

Older Adult Programs

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

Coffee Social  Come enjoy warm coffee and pastries with friends. Get updated on community events and enjoy a nice game or two. Free
1st & 3rd Tu 10:00am

Senior Social Luncheon  Join your friends and neighbors for lunch, and fun & games. Sign up at the Front Counter.
2nd Tu 10:00am

Walking Club  The group gathers in the lobby of the Center twice per week and walks for 45 mins to an hour around the neighborhood. Go at your own pace. It’s a great way to start the day!
Tu/Th  8:30am or 9:00am
Call to confirm start time, changes seasonally

COLOMA COMMUNITY CENTER

4623 T Street
Sacramento, CA 95819
916-808-6060

Hours Of Operation: 8am-4pm (open until 9pm for Leisure Enrichment Classes)
Reservation Office Hours: M-F 9am-4pm

RESERVATION INFORMATION
Looking for a premier location for your event? Look no further. The Coloma Community Center can host intimate meetings of 25 persons or accommodate large events. Call 916-808-6060 for details.
**Youth/Teens**

**Rec Express**  afterschool enrichment program for youth ages 6-12. Structured homework time (2:30 pm), indoor & outdoor recreational activities, life skills workshops and much more.  
M-F 2:30pm - 5:30pm  1/7 - 5/17  Free

**Elementary School basketball**  co-ed 4-6th grade gals & guys participated in this recreational league.  
Practice: 2 days per week.  
Games on Sa begins mid-January  Free

**Teen Squad**  Come out and KICK IT! Ages 12-17 yrs. Old (6th grade +) are invited to join in the fun. Indoor & outdoor play, arts & crafts, board games, sport tournaments, health & fitness information, cooking workshops, guest speakers, video game challenges and much more!  
Tu W Th 5:00pm - 7:30pm  1/7 - 5/17  Free

**Middle School basketball**  co-ed 6-7-8th grade gals & guys participated in this recreational league.  
Practice: 2 days per week.  
Games on Sa begins mid-January  Free

**Merit Program**  Youth driven community action team. Workshops: life skills, career & education developm ent, special event and community service planning. This program is open to high school seniors in need of community service credit required for graduation.  
Begin s 2/4  Free

**Adults**

**Hmong Social Group**  Chaw Kajsia: An inclusive socialization group for Hmong senior 55+. Come join us weekly for fun activities, interact with others, monthly outings, potluck, and get connected to available resources in your local community.  
Sponsored by El Hogar Community Services, Inc./SeniorLink  
Th 12:30pm - 2:00pm  Free

**Fitness Center**  Come and enjoy the Fitness Center: has treadmills, stair steppers, cardiovascular and weight lifting equi pment that will provide participants a chance to tone, firm, stretches, flex, and lift to enhance and strengthen body muscles. Great for those interested in healthier lifestyles. Open during all business regular hours.  
Free

**Community Special Events**

**Annual Dr. Seuss Literacy event (Book Fair & Fun)**  
S 2/23

**Annual Community Egg-stravaganza**  
S 4/20

**Neighborhood Association Meetings**

**A.G.E.N.A. (Avondale/ Glen Elder Neighborhood Association)**  
2nd W of each month  6:00pm

South East Village Neighborhood Association  
bi-monthly 2nd W  6:00pm
JOE MIMS JR HAGGINWOOD COMMUNITY CENTER

3271 Marysville Blvd
Sacramento, CA 95815
916-808-6439

Hours Of Operation: M-Th 10:00am – 8:00pm  
F 10:00am – 5:00pm

The Joe Mims Hagginwood CC is located in the north area of Sacramento. Our facility and park are the focal point of the North Area which provides two buildings for programs and rentals. The main community center has two meeting rooms, front office, lobby space, outdoor patio and a breezeway leading to the historic building. The historic building has a large auditorium & stage, a warming kitchen and two game rooms for youth and teens. The Hagginwood Park has beautiful shade trees, a playground for kids, basketball courts, large grassy areas, picnic areas and the Grantland Johnson all weather, multiuse field.

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

The Grantland Johnson Field was named in honor of Grantland Johnson, a native of Del Paso Heights who served his community in multiple elected positions. The field features synthetic turf and sports field lights. It meets FIFA standards of measurement, sizing up at 60.96m (200ft) by 91.44m (300ft). The field also features regulation soccer goals, nets, perimeter fencing, and onsite restrooms. To reserve this field call Coloma Community Center 916-808-6060.

Youth/Teen Programs

Rec Express and Teen Unity  Youth (6-11yrs) and Teens (11-15yrs) can join us afterschool and jump into some fun! Play pool, ping pong, table games, active games & sports. Create art projects, join in with drama and music. Work on their homework and eat snacks. Some field trips and fun that the youth help plan. This afterschool program is geared toward youth who want to socialize in a safe fun positive environment. Space is limited. Register at the front office. Free
M,T, Th, F 3:00pm - 6:00pm  
W 1:00pm - 4:00pm  
Sept to May

Afterschool Sports  Youth 4-8th grades can join us for seasonal afterschool and Saturday play. Low impact recreational leagues include Basketball, Football and you name it. Each season offers a different fun way to get fit, learn a sport, participate in skills, drills, teamwork, challenges & league play. Free
Tu/Th 3:00pm – 5:00pm Sep- May  
Some Sa time vary  
Sep- May

Family Programs

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

Older Adult/Senior

Meals On Wheels (MOW) features the All Season’s Cafe for Seniors over 60 Seniors can come and enjoy a nutritious hot lunch. This program is for seniors who want to meet new friends, socialize with other seniors from the community, keep their mind sharp and learn about nutrition & other senior related topics from guest presenters. MOW offers this service for seniors over 60 years of age. Donations accepted but not required. Stop by our front office for a registration form.
T,W,Th 11:30am – 12:30/1:00pm

Senior Progressive Bingo  Seniors can hang out while sipping coffee, eating snacks and playing BINGO. The more you attend and win the better chance you have to win the monthly Grand Prize. Free
1st & 3rd W 11:00am  
2nd & 4th Tu 12:30pm

Senior Link  Seniors can participate in weekly senior activities such as karaoke, arts, scrap booking, table games and more. The choice is yours! Must register with El Hogar/Senior Link. More info call 916-956-0935
W 1:00pm – 2:30pm

Other Adult Senior programs coming soon:  
Pilates, Zumba, Chair Yoga, Yoga, Active Aging and more. Looking for more suggestions. Call for start dates and your ideas 916-808-6439. Nominal monthly fee applies to these soon to be announced Leisure Enrichment Classes.

Tai Chi For Adults & Seniors  Tai Chi is an internal martial art which uses the body’s own energy to protect and heal itself. It is taught in slow, highly effective movements which are accessible to many different people and ages. Cost $30 per month. See instructor for registration details. Try a class before you join!!
Tu/Th 10:00am – 11:30am

Community Support Groups

Counseling and Anger Management  
F 2:00pm – 4:00pm

Grandparents Support Group  
2nd & 4th M 10:00am – 12:00pm

NA support Group with ARANA  
1st F 6:00pm

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

Church Of Christ  
Su 11:00am – 3:00pm
COMING UP & PLAY  CLASSES, PROGRAMS & EVENTS

OAK PARK COMMUNITY CENTER

3425 Martin Luther King Jr. Blvd.
Sacramento, CA 95817
916-808-6151

Hours Of Operation: M-F 10:00am – 8:00pm
and Sa 9:00am – 3:00pm; Closed Su

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

Youth & Teens

Rec Express Program  Join in the afterschool fun – group sports, games, team building, tournaments, fitness information, cooking, challenges snacks, guest speakers, and much more. Grades 1st-6th.
M-F 2:00pm – 4:30pm Sep-May
Th 1:00pm Sep-May

Teen Scene Program  Teens 7th-11th grades come and Kick It! Join in the fun of music, ping pong, air hockey, pool, X-Box, life skills, arts & crafts, board games, skill building, tournaments, fitness cooking workshops, guest speakers, challenges and much more.
This afterschool program is geared toward youth who want to socialize in a safe fun positive environment.
M-F 4:30pm – 7:00pm Sep to May

After School Sports  Gals and guys 4-8th grades can join us for seasonal afterschool and Saturday play. Low impact recreational leagues include basketball, flag football and you name it. Each season offers a different fun way to get fit, learn a sport, participate in skills, drills, teamwork, challenges and league play.
Practices are 2 days per week with league play on Saturdays.

DS Hot Spot  Late Nite Friday program for teens ages 13-19. Hang out with friends - indoor basketball, DJ, movies, dance, recreation, tournaments, snacks, video games, air hockey, pool, foosball, field trips and much more. All participants must have completed registration form on file. See center for details.
F 7:00pm – 11:00pm
Free

Summer Programs

Kids Kamp  Free summer program with Cool Staff and Awesome Stuff to Do. You will enjoy the variety of recreation activities as well as the field trips and special events like swimming, Kreative Kids classes, summer carnivals, pajama jam dance and much more. Ages 6yrs-12yrs. Free
M-F 10:00am – 4:00pm 6/24-8/16

Inspire Me Leadership Program  Teens 12-16 can join this leadership program and learn about life skills, job readiness, college, and more. Communication, media, youth development, fun and field trips
M-F 1:00pm – 4:00pm 6/24-8/2

Teen Scene Summer program  Teens 7th-11th grades come and Kick It! Join in the fun of music, ping pong, air hockey, pool, X-Box, life skills, arts & crafts, board games, skill building, tournaments, fitness cooking workshops, guest speakers, challenges and much more.
Socialize in a safe fun positive environment. Enjoy a variety of group recreation activities as well as swimming, field trips, life skills, guest speakers and much more.
Summer program with Cool Staff and Awesome Stuff to Do. Ages 13-17. Free.
M-F 4:00pm – 7:00pm 6/27-8/19

Adults

Fitness Room  A chance to tone, firm, stretch, flex, and lift to enhance and strengthen body muscles. Great for those interested in healthier lifestyles. This is a co-ed facility for ages 18 and up. Our equipment includes treadmills, elliptical, stationary bicycles, weight machines and free weights. Registration form, workout attire and a towel are required to participate in this program. Free. Open during business hours. Sign up for machine instruction.

Ping Pong  You don’t have to be good, you just have to want to play. Practice your spin with others. Age 18+. Free
M-W 10:30am – 2:30pm

Jammin’ Gym  Jam over for a pickup game of basketball in our indoor gym. Age 18+.
Th 5:30pm – 7:45pm
Free

Adult Game Room  Air hockey, foosball, ping pong, pool, computer access for adult recreation. Age 18+
M-F 10:00am – 1:00pm
S 9:00am – 2:30pm

50+ Older Adults

Senior Social  Enjoy fun theme activities and games, music, a friendly game of bingo, guest speakers. Bring your own sack lunch and make new friends. Age 50+.
2nd Tu 11:00am – 1:00pm  Free

Basics of Computers classes  Older Adults are invited to join our computer classes to learn or brush up on technology. Check with us for class topics and dates. Age 50+.
F 1:30pm  Free

Strech and Fitness  Join us for chair or mat exercises to stretch and strengthen your muscles. Age 50+.
Tu F 10:30am  Free

Movie Matinee  Join us for flicks and friends. We may show a classic or a new release on our big screen with surround sound. Age 50+.
1st & 3rd M 2:00pm  Free

Ceramics  Handbuilding and pinching makes fabulous little dishes, pots, and beads. Join the fun and learn while playing. Age 50+.

Senior Link activities

Seniors can participate in weekly senior activities such as belly dance, nutrition, fitness and more. The choice is yours! Must register with El Hogar/Senior Link. More info call 916-956-0935.

Family Programs

Families can enjoy a themed evening of fun as they bond with their family, neighbors, volunteers and staff. Fall Family Festival, Winter Wonderland, Egg Hunt Eggstravaganza. Dates vary watch for flyers. Sign up to be notified of these special events.

Community Support Groups

Narcotics Anonymous
T 6:00pm
Youth Xplosion
1st 2nd 3rd Sa 10:00am

Eggstravaganza
D8 HotSpot  This Teen program is held on the First Friday of the month and includes Break Dancing, Basketball, Teen Basement, Games and Food. You must register for this program.  
   F  7:00pm - 10:30pm  Free

Older Adults

All Seasons Café  The All Seasons Café serves lunch to those 60 and over with a reservation made the day ahead. Lunch is served at 11:45am. (meals are served through Meals on Wheels) The Café also has activities before and after lunch with guest speakers, entertainment and special events.  
   The café opens at 10:30am  MWThF  
   Ceramics  Lead by a talented volunteer, this is a fun and social group who create projects using slip casting. It’s really easy and the group welcomes newcomers.  
   WF  10:00am - 3:00pm  Fee $2/mo and $5 for slip  
   General Crafters Workshop  Volunteer lead, this workshop involves knitting, quilting, and other fun crafts. Anyone wishing to learn something new or who has a talent in a certain area is welcome to join in.  
   Th  10:30am - 3:00pm  
   Manitos (Spanish Speaking)  “Manitos Sur” invites Spanish-speaking members, age 50+, to participate in social, educational and recreational activities. “Manitos” is composed mainly of participants from Latino Cultures, but others are welcome to participate if they wish to practice their Spanish.  
   F  9:00am - 1:00pm  
   Duplicate Bridge  The Sacramento Diamonds Duplicate Bridge Club is always looking for new players and they are willing to teach you. Come in and play a few rounds.  
   M  9:30am - 3:30pm  
   Bid Whist Card Game  Bid whist is a partnership trick-taking variant of the classic card game whist. As indicated by the name, bid whist adds a bidding element to the game that is not present in classic whist.  
   WF  12:30pm - 4:30pm  
   Open Aerobics  Please fill free to come work out with a fun and friendly group to videos as it will get you moving towards better health. Wear tennis shoes and comfortable clothes.  
   M,W,F  10:30am - 11:30am  
   Senior Computer Lab  Volunteer staff can help you with internet questions, help set up emails, and sometimes can help out with cell phone questions.  
   Th F  10:00am - 12:00pm  Free

Adults

Exercise Room  This is a co-ed facility for ages 16 and up. Registration form, workout attire and a towel are required to participate in this program. Our equi pment includes treadmills, stationary bicycles, weight machines and free weights. Fee $10/mo (collected at the beginning of each month) and is open during business hours.

Line Dancing with Liz  Dancing to Pop, R&B/Soul, and Jazz music, this line dance class will teach you to actually move your body, improve your balance, help you find the beat, teach you basic footwork, improve your confidence, provide you with a dance outlet whether you have a partner or not, and provide you a way to practice. A fun way to get your healthy aerobic exercise.  
   W  4:45pm - 5:45pm  
   Walking Club  This is a free walking club open to the public. Come join us for 30-45 minute neighborhood walk to benefit your health. The group meets and signs in at the Center lobby. We also have indoor walking during the same time period. Join the walkers on  
   M W F  8:30am  
   Zumba  Zumba is a dance fitness program that provides an exciting party atmosphere full of Latin, Hip Hop, and international music. Zumba is fun, effective, easy to do, and promotes the perfect balance of cardio and toning.  
   M  5:30pm - 6:30pm  Fee: $15/mo  
   Tai Chi Classes  Tai Chi class for beginners. Low impact exercise, helps improve balance and reduce risk of falls.  
   W  9:30am - 10:30am  Fee: $20/mo  
   Tai Chi Quan & Tai Chi Sword Advanced  
   S  9:00am - 11:30am  Fee: $55/mo  
   Non-Violent Floor Hockey  This is a co-ed open gym type floor hockey offered to ages 20 and older.  
   M  7:00pm - 9:00pm  Fee: $7/night  
   For more information contact: sacramentofloorhockey.com.

Jammin Gym  Open Gym Basketball  Participants must be over 16 yrs of age. Limited space.  
   Tu  6:00pm - 9:00pm  Free

Community Support Groups

Meadowview Neighborhood Association  
   1st  Th  
   Narcotics Anonymous  
   Every Th at 7:30pm  
   National Council of Negro Women  
   3rd  Sa  
   Friends of Allensworth  
   Various F
COUNCIL DISTRICT 1
- North Natomas Park
  Friday, 6/21
  8:30pm – 1:00pm
- North Natomas Park
  Friday, 7/12
  8:30pm – 10:30pm
- North Natomas Park
  Friday, 7/26
  8:30pm – 10:30pm
- North Natomas Park
  SUMMER SUNSET PARTY/
  MOVIE NIGHT
  Friday, 8/9
  8:30pm – 10:30pm

COUNCIL DISTRICT 2
FOR DISTRICT 2 MOVIE NIGHT
INFORMATION AND INQUIRIES,
PLEASE CALL (916) 808-7002

COUNCIL DISTRICT 3
SCREEN ON THE GREEN
- Glenn Hall Park
  Friday, 7/26
  8:15pm – 10:00pm
- Gardenland Park
  Saturday, 7/27
  8:15pm – 10:00pm

COUNCIL DISTRICT 4
- Marina Vista/Alder Grove
  Friday 8/23
  7:50pm
- Washington Park
  Friday, 9/13
  7:15pm
- William Land Park
  Saturday, 9/14
  7:15pm

COUNCIL DISTRICT 5
- Belle Cooledge Library
  Friday, 5/17
  Time TBD
- McClatchy Park
  Friday, 8/9
  Time TBD
- Hollywood Park
  Date and Time TBD

COUNCIL DISTRICT 6
- Tahoe Park
  Friday, 8/23
  Sundown
- Artivio Guerrero Park
  Friday, 9/6
  Sundown
- Oki Park
  Friday, 9/13
  Sundown

COUNCIL DISTRICT 7
- Mesa Grande Park
  Friday, 6/7
  Time TBD
- Garcia Bend Park
  In Addition to Trucks and Such
  Friday 8/16
  Time TBD
- Garcia Bend Park
  In Addition to Trucks and Such
  Friday 9/20
  Time TBD

COUNCIL DISTRICT 8
- Steve Jones Park
  Friday, 7/26
  7:00pm – 9:30pm
- 24th Street Bypass Park
  Friday, 8/9
  7:00pm – 9:30pm
- Wood Park
  Friday, 8/23
  7:00pm – 9:30pm

MORE INFORMATION ON COUNCIL EVENTS:
WWW.CITYOF SACRAMENTO.ORG/MAYOR-COUNCIL
Find skate parks near you in the Youth and Teen section, page 33
Recreation Swim
Recreation swim is available for everyone to enjoy a safe and fun experience at the pools. Come join us on the inflatable obstacle courses on select days and make a splash!
Age: All ages
Location: Various Locations
Fee: $2 for Children (17 and under) $4 for Adults (18+); Wading Pools: Free Admission

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

Summer Kick Off
Come join us on June 14th for $1 admissions at all pools. Come kick off the Summer right with a relaxing and fun time at the pools.
Recreation swim will be from 1 – 5 p.m. on this day at all pools. We look forward to your visit and the beginning of our summer recreation swim season!
Age: All ages
Location: Various Locations
Fee: $1

Underwater Egg Hunt
Join us for an Egg Hunt in our heated pool! Collect floating and sinking eggs during this special rec swim and redeem them for prizes.
Non-swimmers must be accompanied by an adult within an arm's reach.
Age: All ages
Location: Pannell Meadowview Pool
Fee: $2
9552 12 pm-2 pm 4/20 Sa

Summer Reading Program
Reading and swimming are lifelong skills we encourage all youth to develop. At select libraries, youth can earn free admission to rec swim by reading books! Check our website for details and participating libraries at www.cityofsacramento.org/aquatics
Age: All ages
Location: Various
Fee: Free

Lap Swim
Lap swim is the perfect way to work out while enjoying our outdoor pools. Lap swim time is offered at Clunie, Southside, Pannell Meadowview, and Tahoe Pools. Visit the website for more information. Participants must be able to swim continuously and observe circle swim etiquette.
Age: All ages
Fee: $5 daily

Water Aerobics
Looking for a low impact work out designed to burn calories and tone up muscles? Join us for Water Aerobics at one of our participating pools! For more information on how to register for classes, visit our website at www.cityofsacramento.org/aquatics. Prices will vary based on number of days and weeks in each session.
Age: All ages
Location: Various Locations
Fee: Varies
Schedule Exceptions: No class July 4th

Pool Rentals
Private pool rentals are available. Contact the aquatics office for details on availability and the reservation process. Reservations for all pools can be made in person at the Aquatics Office in the Coloma Community Center starting May 1st. Reservations must be completed two weeks in advance of desired date and require an accurate count of people attending.
Age: All ages
Location: Various Locations
Instructor: N/A
Fees: See below
1-50 people $87.50 per hour (minimum 2 hours + $150-dollar security deposit)
51-100 people $125 per hour (minimum 2 hours + $150-dollar security deposit)
101-200 people $180 per hour (minimum 2 hours + $150-dollar security deposit)
Wading Pool $65 per hour (minimum 2 hours + $100-dollar security deposit)
## CITY OF SACRAMENTO COMMUNITY POOLS
### RECREATION SWIM HOURS

<table>
<thead>
<tr>
<th>Pool Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CABRILLO POOL</strong></td>
<td>1648 65th Avenue</td>
<td>916-433-6271</td>
<td>Monday: 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 12:00 – 4:00 pm, Thursday: 12:00 – 4:00 pm, Committed 1:00 – 5:00 pm, Saturday: 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>CLUNIE POOL</strong></td>
<td>601 Alhambra Boulevard</td>
<td>916-264-5301</td>
<td>Monday: 5/27/6/6, 6/3/6, 6/7/6, 6/19/6, 10:00 – 5:00 pm, Closed 12:00 – 4:00 pm, Tuesday: 3:00 – 7:00 pm, Wednesday: 10:00 – 5:00 pm, Thursday: 10:00 – 5:00 pm, Friday: 10:00 – 5:00 pm, Saturday: 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>DOYLE POOL</strong></td>
<td>2827 Mendel Way</td>
<td>916-566-6420</td>
<td>Monday: 6/4/6, 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 12:00 – 4:00 pm, Thursday: 12:00 – 4:00 pm, Friday: 12:00 – 4:00 pm, Saturday: Closed 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>HALL POOL</strong></td>
<td>5201 Carlson Drive</td>
<td>916-277-6071</td>
<td>Monday: 6/15/6/18, 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 12:00 – 4:00 pm, Thursday: 12:00 – 4:00 pm, Friday: 12:00 – 4:00 pm, Saturday: Closed 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>JOHNSTON POOL</strong></td>
<td>231 Eleanor Avenue</td>
<td>916-566-6421</td>
<td>Monday: 6/3/6/4, 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 12:00 – 4:00 pm, Thursday: 12:00 – 4:00 pm, Friday: 12:00 – 4:00 pm, Saturday: Closed 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>MANGAN POOL</strong></td>
<td>2140 34th Avenue</td>
<td>916-433-6272</td>
<td>Monday: 6/15/6/18, Closed 12:00 – 4:00 pm, Tuesday: 3:00 – 7:00 pm, Wednesday: 1:00 – 5:00 pm, Thursday: 1:00 – 5:00 pm, Friday: 1:00 – 5:00 pm, Saturday: Closed 1:00 – 5:00 pm, Sunday: Closed 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>MCCLATCHY POOL</strong></td>
<td>3500 5th Avenue</td>
<td>916-277-6041</td>
<td>Monday: 6/15/6/18, Closed 12:00 – 4:00 pm, Tuesday: 3:00 – 7:00 pm, Wednesday: 1:00 – 5:00 pm, Thursday: 1:00 – 5:00 pm, Friday: 1:00 – 5:00 pm, Saturday: 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>NATOMAS HS POOL</strong></td>
<td>3301 Fong Ranch Road</td>
<td>916-566-3644</td>
<td>Monday: 6/15/6/18, Closed 12:00 – 4:00 pm, Tuesday: 3:00 – 7:00 pm, Wednesday: 1:00 – 5:00 pm, Thursday: 1:00 – 5:00 pm, Friday: 1:00 – 5:00 pm, Saturday: 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>OKI POOL</strong></td>
<td>2715 Wissemann Drive</td>
<td>916-277-6160</td>
<td>Monday: 6/15/6/18, Closed 12:00 – 4:00 pm, Tuesday: 3:00 – 7:00 pm, Wednesday: 1:00 – 5:00 pm, Thursday: 1:00 – 5:00 pm, Friday: 1:00 – 5:00 pm, Saturday: 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>PANELL MEADOWVIEW POOL</strong></td>
<td>2450 Meadowview Road</td>
<td>916-808-6622</td>
<td>Monday: 6/15/6/18, Closed 12:00 – 4:00 pm, Tuesday: 3:00 – 7:00 pm, Wednesday: 1:00 – 5:00 pm, Thursday: 1:00 – 5:00 pm, Friday: 1:00 – 5:00 pm, Saturday: 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>SIM POOL</strong></td>
<td>6207 Logan Way</td>
<td>916-808-3788</td>
<td>Monday: 6/15/6/18, 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 12:00 – 4:00 pm, Thursday: 12:00 – 4:00 pm, Friday: 12:00 – 4:00 pm, Saturday: Closed 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>SOUTHSIDE POOL</strong></td>
<td>2107 6th Street</td>
<td>916-264-5357</td>
<td>Monday: 6/15/6/18, 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 3:00 – 7:00 pm, Thursday: 3:00 – 7:00 pm, Friday: 3:00 – 7:00 pm, Saturday: Closed 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
<tr>
<td><strong>TAHOE POOL</strong></td>
<td>3501 95th Street</td>
<td>916-277-6072</td>
<td>Monday: 6/15/6/18, Closed 12:00 – 4:00 pm, Tuesday: 3:00 – 7:00 pm, Wednesday: 1:00 – 5:00 pm, Thursday: 1:00 – 5:00 pm, Friday: 1:00 – 5:00 pm, Saturday: 1:00 – 5:00 pm, Sunday: 1:00 – 5:00 pm</td>
</tr>
</tbody>
</table>

### CITY OF SACRAMENTO WADING POOLS
### RECREATION SWIM HOURS

<table>
<thead>
<tr>
<th>Pool Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bertha Henschel</strong></td>
<td>160 45th St</td>
<td>916-808-2306</td>
<td>Monday: 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 12:00 – 4:00 pm, Thursday: 12:00 – 4:00 pm, Closed 1:00 – 5:00 pm, Saturday: 100 – 5:00 pm, Sunday: 100 – 5:00 pm</td>
</tr>
<tr>
<td><strong>Colonial</strong></td>
<td>19th Avenue &amp; 53rd St</td>
<td>916-808-2306</td>
<td>Monday: 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 12:00 – 4:00 pm, Thursday: 12:00 – 4:00 pm, Closed 1:00 – 5:00 pm, Saturday: 100 – 5:00 pm, Sunday: 100 – 5:00 pm</td>
</tr>
<tr>
<td><strong>Robertson</strong></td>
<td>3525 Norwood Ave</td>
<td>916-808-2306</td>
<td>Monday: 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 12:00 – 4:00 pm, Thursday: 12:00 – 4:00 pm, Closed 1:00 – 5:00 pm, Saturday: 100 – 5:00 pm, Sunday: 100 – 5:00 pm</td>
</tr>
<tr>
<td><strong>William Land</strong></td>
<td>13th Ave &amp; 13th St</td>
<td>916-808-2306</td>
<td>Monday: 3:00 – 7:00 pm, Tuesday: 12:00 – 4:00 pm, Wednesday: 12:00 – 4:00 pm, Thursday: 12:00 – 4:00 pm, Closed 1:00 – 5:00 pm, Saturday: 100 – 5:00 pm, Sunday: 100 – 5:00 pm</td>
</tr>
</tbody>
</table>
Level 1 for ages 6-12
Level 1 is an introductory swim lesson level that focuses on water adaptability skills. Swimmers will work on learning to submerge their face, float on both their front and back with a floatation aid, and work on breath control.

Prerequisites:
- Must be able to follow direction of swim instructor and sit independently on the edge of the pool.
- Must be able to demonstrate breath control by taking a breath, submerging their face under water, coming up for air, taking another breath and repeating 10 times.
- Must be able to float on front with the aid of a floatation device for 10 seconds while their face is submerged in the water.
- Must be able to float on back with the aid of a floatation device for 10 seconds while their ears are submerged in water.

Level 2 for ages 6-12
Level 2 is for swimmers who are comfortable in the water. This level focuses on rudimentary swimming skills such as floating independently and working on gaining the ability to swim on their front and back.

Prerequisites:
- Must be able to swim independently on their front using any kind of arm and kicking action to propel themselves 5 yards.
- Must be able to swim independently on their back using any kind of arm and kicking action to propel themselves 5 yards.
- Must be able to float on their front independently for 10 seconds while their face is submerged in the water.

Level 3 for ages 6-12
Level 3 focuses on teaching children the mechanics of front crawl, backstroke, and elementary backstroke arms.

Prerequisites:
- Must be able to swim independently on their front using any kind of arm and kicking action to propel themselves 5 yards.
- Must be able to swim independently on their back using any kind of arm and kicking action to propel themselves 5 yards.

Intro to Competitive Swimming for ages 6-17
Intro to Competitive Swimming class is for the aspiring competitive swimmer. With a focus on endurance and swimming longer distances for the competitive strokes, this level is designed to get swimmers ready to participate on swim team. Additionally, students will learn about practice sets, racing, starts and turns.

Prerequisites:
- Swim 15 yards of front crawl.
- Swim 15 yards of backstroke.
- Must be able to float on their front independently for 10 seconds while their face is submerged in the water.
Teen ages 12-15
Teen Swimming Level teaches swimming skills for teens and is appropriate for students that have little to no swimming experience as well as students that want to refine their current swimming skills.
Prerequisites:
• No swimming skills are required.

Adult ages 16+
Adult Swim Level teaches swimming skills for adults and is appropriate for students that have little to no swimming experience as well as students that want to refine their current swimming skills.
Prerequisites:
• No swimming skills are required.

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

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

Free Swim Lessons
Join us for a portion of our swim instructor training where our instructors get experience teaching kids and you get free swim lessons! Free swim lessons will take place from June 18th to June 20th. Sign up early as limited space is available.
Visit www.cityofsacramento.org/aquatics for more information.
Age: All ages
Location: Various Locations
Fee: Free

Lifeguard Training
This American Red Cross Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Participants will learn how to provide professional-level care for breathing and cardiac emergencies, injuries, sudden illnesses and water emergencies until emergency medical services (EMS) personnel take over. Successful completion of the program includes a certification in American Red Cross Lifeguarding, First Aid and CPR/AED.
Prerequisites:
• Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
• Tread water for 2 minutes using only the legs with hands placed under your armpits.
• Complete a timed event within 1 minute, 40 seconds.
• Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed.
• Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
• Return to the surface and swim 20 yards on your back and return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.
Age: 15 and up
Location: Pannell Meadowview Pool
Fee: $185 ($150 may be reimbursed to persons who pass this course, apply to and work for the City of Sacramento Aquatics section and successfully complete the 2019 season.)

Junior Lifeguard Camp
Junior Lifeguard Camp is a week-long program that provides a foundation of lifeguarding, helping youth make a smooth transition to our American Red Cross Lifeguard course. Each camp covers the same essential core material of lifeguarding, but, also places an additional emphasis on different sets of skills depending on the week attended. Enroll in one, two, or all three camps and start building lifeguard skills.
Age: 12 to 15 years old
Fee: $39
Schedule Exceptions: No class July 4th

Natomas Pool
8743 10 am – 2 pm 6/24-6/28 M,Tu,W,Th,F
8745 10 am – 2 pm 7/15-7/19 M,Tu,W,Th,F

Clunie Pool
8744 10 am – 3 pm 7/1-7/5 M,Tu,W,F
8746 10 am – 3 pm 7/15-7/19 M,Tu,W,Th,F
### CLUNIE POOL WEEKDAY SWIM LESSONS

#### T, W, & Th (2 Weeks)

**Dates:**
- Session 1: 6/25-7/3*
- Session 2: 7/9-7/18
- Session 3: 7/23-8/1
- Session 4: 8/6-8/15

**Fee:** $56*  *Session 1 is prorated due to no lesson on the 4th of July

<table>
<thead>
<tr>
<th>Session</th>
<th>11:40 am-12:10 pm</th>
<th>12:15 pm-12:45 pm</th>
<th>5:15 pm-5:45 pm</th>
<th>5:50 pm-6:20 pm</th>
<th>6:25 pm-6:55 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Parent and Child for 6 months to 3 years old</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td>8678</td>
<td>8680</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td>8679</td>
<td>8681</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td>8682</td>
<td>8683</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td>8684</td>
<td>8685</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Preschool Level 1 for ages 3, 4 &amp; 5</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td>8686</td>
<td>8687</td>
<td>8688/8699</td>
<td>8697</td>
<td>8690</td>
</tr>
<tr>
<td>S2</td>
<td>8691</td>
<td>8692</td>
<td>8693/8694</td>
<td>8695</td>
<td>8696</td>
</tr>
<tr>
<td>S3</td>
<td>8698</td>
<td>8700</td>
<td>8702/8703</td>
<td>8706</td>
<td>8708</td>
</tr>
<tr>
<td>S4</td>
<td>8699</td>
<td>8701</td>
<td>8704/8705</td>
<td>8707</td>
<td>8709</td>
</tr>
<tr>
<td><strong>Preschool Level 2 for ages 3, 4 &amp; 5</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td>8710</td>
<td>8716</td>
<td>8712</td>
<td>8713</td>
<td>8714</td>
</tr>
<tr>
<td>S2</td>
<td>8715</td>
<td>8716</td>
<td>8717</td>
<td>8718</td>
<td>8719</td>
</tr>
<tr>
<td>S3</td>
<td>8720</td>
<td>8722</td>
<td>8724</td>
<td>8726</td>
<td>8728</td>
</tr>
<tr>
<td>S4</td>
<td>9487</td>
<td>9488</td>
<td>8725</td>
<td>8727</td>
<td>8729</td>
</tr>
<tr>
<td><strong>Level 1 for ages 6-12</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td>8746</td>
<td>9479</td>
<td>8747</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td>8750</td>
<td>9480</td>
<td>8751</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td>8752</td>
<td>9481</td>
<td>8755</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td>8753</td>
<td>9482</td>
<td>8756</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Level 2 for ages 6-12</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td>8757</td>
<td>8758</td>
<td>8760</td>
<td>8761</td>
<td>8765</td>
</tr>
<tr>
<td>S2</td>
<td>8767</td>
<td>8748</td>
<td>8768</td>
<td>8769</td>
<td>8770</td>
</tr>
<tr>
<td>S3</td>
<td>8780</td>
<td>8778</td>
<td>8776</td>
<td>8774</td>
<td>8771</td>
</tr>
<tr>
<td>S4</td>
<td>8781</td>
<td>8779</td>
<td>8777</td>
<td>8775</td>
<td>8772</td>
</tr>
<tr>
<td><strong>Level 3 for ages 6-12</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td>8784</td>
<td>8785</td>
<td>8786</td>
<td>8830/8831</td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td>8832</td>
<td>8833</td>
<td>8834</td>
<td>8835/8836</td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td>8837</td>
<td>8839</td>
<td>8841</td>
<td>8844/8845</td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td>8838</td>
<td>8840</td>
<td>8842</td>
<td>8846/8847</td>
<td></td>
</tr>
<tr>
<td><strong>Level 4 for ages 6-12</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td></td>
<td></td>
<td>8856</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td></td>
<td></td>
<td>8857</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td></td>
<td></td>
<td>8858</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td></td>
<td></td>
<td>8859</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Level 4/5 Combo for ages 6-12</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td>8848</td>
<td></td>
<td>8849</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td>8850</td>
<td></td>
<td>8851</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td>8854</td>
<td></td>
<td>8852</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td>8855</td>
<td></td>
<td>8853</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Level 5 for ages 6-12</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td></td>
<td></td>
<td>8860</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td></td>
<td></td>
<td>8861</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td></td>
<td></td>
<td>8862</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td></td>
<td></td>
<td>8863</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Intro to Competitive Swimming</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td></td>
<td></td>
<td></td>
<td>8864</td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td></td>
<td></td>
<td></td>
<td>8865</td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td></td>
<td></td>
<td></td>
<td>8866</td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td></td>
<td></td>
<td></td>
<td>8867</td>
<td></td>
</tr>
<tr>
<td><strong>Teen Swim Lesson for ages 12-15</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td></td>
<td></td>
<td>8881</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td></td>
<td></td>
<td>8882</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td></td>
<td></td>
<td>8883</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td></td>
<td></td>
<td>8884</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Adult Beginner for ages 16+</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td></td>
<td></td>
<td>8868</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td></td>
<td></td>
<td>8869</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td></td>
<td></td>
<td>8870</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td></td>
<td></td>
<td>8871</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Adult Interm / Adv. for ages 16+</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S1</td>
<td></td>
<td></td>
<td>8872</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td></td>
<td></td>
<td>8873</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td></td>
<td></td>
<td>8874</td>
<td></td>
<td></td>
</tr>
<tr>
<td>S4</td>
<td></td>
<td></td>
<td>8875</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
DOYLE POOL
WEEKDAY SWIM LESSONS

T.W, & Th (2 Weeks)
Dates:   Session 1: 6/25-7/3*
Session 2: 7/9-7/18
Session 3: 7/23-8/1
Fee: $56* *Session 1 is prorated due to no lesson on the 4th of July

<table>
<thead>
<tr>
<th>Session</th>
<th>11:05 am-11:35 am</th>
<th>11:40 am-12:10 pm</th>
<th>12:15 pm-12:45 pm</th>
<th>5:15 pm-5:45 pm</th>
<th>5:50 pm-6:20 pm</th>
<th>6:25 pm-6:55 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>S1</td>
<td>9203</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td>9204</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td>9205</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preschool Level 1 for ages 3, 4 &amp; 5</td>
<td>9210</td>
<td>9209</td>
<td>9208</td>
<td>9211</td>
<td>9212</td>
<td>9213/9214</td>
</tr>
<tr>
<td>S2</td>
<td>9215</td>
<td>9217</td>
<td>9219</td>
<td>9221</td>
<td>9223</td>
<td>9225/9226</td>
</tr>
<tr>
<td>S3</td>
<td>9216</td>
<td>9218</td>
<td>9220</td>
<td>9222</td>
<td>9224</td>
<td>9227/9228</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9229/9230</td>
<td>9231</td>
<td>9232</td>
<td>9233</td>
<td>9234</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9235/9236</td>
<td>9240</td>
<td>9245</td>
<td>9248</td>
<td>9250</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9238/9239</td>
<td>9242</td>
<td>9247</td>
<td>9249</td>
<td>9254</td>
</tr>
<tr>
<td>Level 1 for ages 6-12</td>
<td>9258</td>
<td>9261</td>
<td>9265</td>
<td>9266/9267</td>
<td>9268</td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td>9273</td>
<td>9279</td>
<td>9285</td>
<td>9288/9291</td>
<td>9298</td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td>9277</td>
<td>9282</td>
<td>9287</td>
<td>9293/9295</td>
<td>9301</td>
<td></td>
</tr>
<tr>
<td>Level 2 for ages 6-12</td>
<td>9305</td>
<td>9308</td>
<td>9310/9311</td>
<td>9313</td>
<td>9314/9315</td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td>9307</td>
<td>9324</td>
<td>9326/9327</td>
<td>9330</td>
<td>9332/9333</td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td>9319</td>
<td>9325</td>
<td>9328/9329</td>
<td>9331</td>
<td>9334/9335</td>
<td></td>
</tr>
<tr>
<td>Level 3 for ages 6-12</td>
<td>9336</td>
<td>9337</td>
<td>9338</td>
<td>9339</td>
<td>9340</td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td>9341</td>
<td>9343</td>
<td>9345</td>
<td>9347</td>
<td>9349</td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td>9342</td>
<td>9344</td>
<td>9346</td>
<td>9348</td>
<td>9350</td>
<td></td>
</tr>
<tr>
<td>Level 4 for ages 6-12</td>
<td>9350</td>
<td>9351</td>
<td>9352</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S2</td>
<td>9356</td>
<td>9353</td>
<td>9354</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 5 for ages 6-12</td>
<td>9352</td>
<td>9353</td>
<td>9354</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9360</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro to Competitive Swimming</td>
<td>9355</td>
<td>9356</td>
<td>9357</td>
<td>9358</td>
<td>9359</td>
<td>9360</td>
</tr>
<tr>
<td>S2</td>
<td>9361</td>
<td>9362</td>
<td>9363</td>
<td>9364</td>
<td>9365</td>
<td></td>
</tr>
<tr>
<td>S3</td>
<td>9362</td>
<td>9363</td>
<td>9364</td>
<td>9365</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9375</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9376</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9377</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9378</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9380</td>
<td></td>
</tr>
</tbody>
</table>

GLENN HALL, MANGAN, OKI, SOUTHSIDE
WEEKDAY SWIM LESSONS

T.W, & Th (2 Weeks)
Dates:   Session 1: 6/25-7/3*
Session 2: 7/9-7/18
Session 3: 7/23-8/1
Session 4: 8/6-8/15
Fee: $56* *Session 1 is prorated due to no lesson on the 4th of July

<table>
<thead>
<tr>
<th>Session</th>
<th>11:15 am-11:45 am</th>
<th>11:15 am-11:45 am</th>
<th>11:15 am-11:45 am</th>
<th>11:15 am-11:45 am</th>
</tr>
</thead>
<tbody>
<tr>
<td>S1</td>
<td>9241</td>
<td>9262</td>
<td>9263</td>
<td>9264</td>
</tr>
<tr>
<td>S2</td>
<td>9243</td>
<td>9269</td>
<td>9270</td>
<td>9271</td>
</tr>
<tr>
<td>S3</td>
<td>9244</td>
<td>9274</td>
<td>9275</td>
<td>9276</td>
</tr>
<tr>
<td>S4</td>
<td>9246</td>
<td>9278</td>
<td>9280</td>
<td>9281</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 1 for ages 6-12</td>
<td>9251</td>
<td>9283</td>
<td>9284</td>
<td>9286</td>
</tr>
<tr>
<td>S2</td>
<td>9252</td>
<td>9289</td>
<td>9290</td>
<td>9292</td>
</tr>
<tr>
<td>S3</td>
<td>9253</td>
<td>9294</td>
<td>9296</td>
<td>9297</td>
</tr>
<tr>
<td>S4</td>
<td>9255</td>
<td>9299</td>
<td>9300</td>
<td>9302</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 3 for ages 6-12</td>
<td>9256</td>
<td>9303</td>
<td>9304</td>
<td>9306</td>
</tr>
<tr>
<td>S2</td>
<td>9257</td>
<td>9307</td>
<td>9309</td>
<td>9312</td>
</tr>
<tr>
<td>S3</td>
<td>9259</td>
<td>9316</td>
<td>9318</td>
<td>9320</td>
</tr>
<tr>
<td>S4</td>
<td>9260</td>
<td>9321</td>
<td>9322</td>
<td>9323</td>
</tr>
</tbody>
</table>
TAHOE POOL
WEEKDAY SWIM LESSONS

T, W, & Th (2 Weeks)
Dates: Session 1: 6/25-7/3*
       Session 2: 7/9-7/18
       Session 3: 7/23-8/1
       Session 4: 8/6-8/15
Fee: $56* *Session 1 is prorated due to no lesson on the 4th of July

<table>
<thead>
<tr>
<th>Session</th>
<th>11:40 am-12:10 pm</th>
<th>12:15 pm-12:45 pm</th>
<th>5:15 pm-5:45 pm</th>
<th>5:50 pm-6:20 pm</th>
<th>6:25 pm-6:55 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent and Child for 6 months to 3 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1</td>
<td>8888</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$2</td>
<td>8895</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$3</td>
<td>8836</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$4</td>
<td>8897</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preschool Level 1 for ages 3, 4 &amp; 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1</td>
<td>8903</td>
<td>8866</td>
<td>8901</td>
<td>8902</td>
<td></td>
</tr>
<tr>
<td>$2</td>
<td>8906</td>
<td>8898</td>
<td>8904</td>
<td>8905</td>
<td></td>
</tr>
<tr>
<td>$3</td>
<td>8907</td>
<td>8899</td>
<td>8908</td>
<td>8909</td>
<td></td>
</tr>
<tr>
<td>$4</td>
<td>8910</td>
<td>8900</td>
<td>8911</td>
<td>8912</td>
<td></td>
</tr>
<tr>
<td>Preschool Level 2 for ages 3, 4 &amp; 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1</td>
<td>8887</td>
<td>8916</td>
<td>8923</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$2</td>
<td>8913</td>
<td>8917</td>
<td>8922</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$3</td>
<td>8914</td>
<td>8918</td>
<td>8921</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$4</td>
<td>8915</td>
<td>8919</td>
<td>8920</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 1 for ages 6-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1</td>
<td>8889</td>
<td>8924</td>
<td>8925</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$2</td>
<td>8926</td>
<td>8929</td>
<td>8932</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$3</td>
<td>8927</td>
<td>8930</td>
<td>8933</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$4</td>
<td>8928</td>
<td>8931</td>
<td>8934</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 2 for ages 6-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1</td>
<td>8890</td>
<td>8935</td>
<td>8936</td>
<td>8937</td>
<td></td>
</tr>
<tr>
<td>$2</td>
<td>8938</td>
<td>8941</td>
<td>8944</td>
<td>8947</td>
<td></td>
</tr>
<tr>
<td>$3</td>
<td>8939</td>
<td>8942</td>
<td>8945</td>
<td>8948</td>
<td></td>
</tr>
<tr>
<td>$4</td>
<td>8940</td>
<td>8943</td>
<td>8946</td>
<td>8949</td>
<td></td>
</tr>
<tr>
<td>Level 3 for ages 6-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1</td>
<td>8891</td>
<td>8953</td>
<td>8957</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$2</td>
<td>8950</td>
<td>8954</td>
<td>8958</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$3</td>
<td>8951</td>
<td>8955</td>
<td>8959</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$4</td>
<td>8952</td>
<td>8956</td>
<td>8960</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 4 for ages 6-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1</td>
<td></td>
<td></td>
<td>8892</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$2</td>
<td></td>
<td></td>
<td>8962</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$3</td>
<td></td>
<td></td>
<td>8963</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$4</td>
<td></td>
<td></td>
<td>8964</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 4/5 Combo for ages 6-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1</td>
<td>8893</td>
<td></td>
<td></td>
<td>8894</td>
<td></td>
</tr>
<tr>
<td>$2</td>
<td>8965</td>
<td></td>
<td></td>
<td>8968</td>
<td></td>
</tr>
<tr>
<td>$3</td>
<td>8966</td>
<td></td>
<td></td>
<td>8969</td>
<td></td>
</tr>
<tr>
<td>$4</td>
<td>8967</td>
<td></td>
<td></td>
<td>8970</td>
<td></td>
</tr>
<tr>
<td>Level 5 for ages 6-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8894</td>
</tr>
<tr>
<td>$2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8968</td>
</tr>
<tr>
<td>$3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8969</td>
</tr>
<tr>
<td>$4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8970</td>
</tr>
</tbody>
</table>
PANNELL MEADOWVIEW POOL

WEEKDAY SWIM LESSONS

T,W, & Th (2 Weeks)

Dates:  
Session 1: 6/25-7/3*  
Session 2: 7/9-7/18  
Session 3: 7/23-8/1  
Session 4: 8/6-8/15

Fee: $56*  
*Session 1 is prorated due to no lesson on the 4th of July

S1 8973 8978 8980  
S2 9026 9034 9036  
S3 9028 9037 9039  
S4 9031 9042 9045

Preschool Level 1  
for ages 3, 4 & 5

S1 8984/8985 8987 8989  
S2 9047/9048 9150 9151  
S3 9152/9153 9154 9155  
S4 9156/9157 9158 9159

Preschool Level 2  
for ages 3, 4 & 5

S1 8990 8991 8993  
S2 9160 9175 9176  
S3 9161 9177 9178  
S4 9162 9179 9180

Level 1  
for ages 6-12

S1 8994 8996 8997  
S2 9163 9181 9182  
S3 9164 9183 9184  
S4 9165 9185 9186

Level 2  
for ages 6-12

S1 8999 9000 9001  
S2 9166 9187 9188  
S3 9167 9189 9190  
S4 9168 9191 9192

Level 3  
for ages 6-12

S1 9007 9008  
S2 9169 9193  
S3 9170 9194  
S4 9171 9195

Level 4/5 Combo  
for ages 6-12

S1 9015  
S2 9172  
S3 9196  
S4 9197

Intro to Competitive Swimming

S1 9017  
S2 9173  
S3 9198  
S4 9199

Teen Swim Lesson  
for ages 12-15

S1 9019  
S2 9174  
S3 9200  
S4 9201

Adult Swim Lesson  
for ages 16+

SATURDAY
MINI LESSONS

Sat (3 Weeks)

Dates:  
Mini Session 1: 6/22-7/6  
Mini Session 2: 7/13-7/27  
Mini Session 3: 8/3-8/17

Fee: $28

Levels:  
Parent and Child for 6 months to 3 years old
Preschool Level 1 & 2 Combo for ages 3, 4 & 5
Level 1 & 2 Combo for ages 6-12
Level 3 for ages 6-12

Parent & Child  
6 mo-3 yr

Preschool Level 1/2  
5, 4, 5 yr

Level 1/2  
6-12 yr

Level 3  
6-12 yr

S1 9364 9367 9370  
S2 9365 9368 9371  
S3 9366 9369 9372

Cabrillo  
Mini-S1  
Mini-S2  
Mini-S3  

Clunie  
Mini-S1  
9388 9376 9381 9384  
Mini-S2  
9389 9377 9382 9385  
Mini-S3  
9390 9378 9383 9386

Doyle  
Mini-S1  
9400 9391 9394 9397  
Mini-S2  
9401 9392 9395 9398  
Mini-S3  
9402 9393 9396 9399

George Sim  
Mini-S1  
9403 9406 9409  
Mini-S2  
9404 9407 9410  
Mini-S3  
9405 9408 9411

Glenn Hall  
Mini-S1  
9412 9415 9418  
Mini-S2  
9413 9416 9419  
Mini-S3  
9414 9417 9420

Johnston  
Mini-S1  
9421 9424 9427  
Mini-S2  
9422 9425 9428  
Mini-S3  
9423 9426 9429

Mangan  
Mini-S1  
9430 9433 9436  
Mini-S2  
9431 9434 9437  
Mini-S3  
9432 9435 9438

McClatchy  
Mini-S1  
9440 9443 9446  
Mini-S2  
9441 9444 9447  
Mini-S3  
9442 9445 9448

Oki  
Mini-S1  
9451 9453 9456  
Mini-S2  
9452 9455  
Mini-S3  
9450 9454 9457

Southside  
Mini-S1  
9458 9461 9464  
Mini-S2  
9459 9462 9465  
Mini-S3  
9460 9463 9466

Tahoe  
Mini-S1  
9476 9479 9472  
Mini-S2  
9477 9478 9474  
Mini-S3  
9478 9479 9475
Swim team offers a summer of swim training and competition in our Rec Swim League. Swimmers will refine their strokes, learn starts, turns, and work on building endurance and speed. Teams offer multiple practices a week and the opportunity to attend multiple swim meets throughout the season.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Age</th>
<th>Practice Times</th>
<th>Days</th>
<th>Course #</th>
<th>Age</th>
<th>Practice Times</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clunie Marlins Swim Team</td>
<td></td>
<td></td>
<td></td>
<td>Natomas Dolphins Swim Team</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8754</td>
<td>7 &amp; 8</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
<td>8815</td>
<td>7 &amp; 8</td>
<td>9am - 10am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8773</td>
<td>7 &amp; 8</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
<td>8810</td>
<td>7 &amp; 8</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8791</td>
<td>9 &amp; 10</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
<td>8816</td>
<td>9 &amp; 10</td>
<td>9am - 10am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8782</td>
<td>9 &amp; 10</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
<td>8811</td>
<td>9 &amp; 10</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8763</td>
<td>11 &amp; 12</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
<td>8817</td>
<td>11 &amp; 12</td>
<td>9am - 10am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8783</td>
<td>11 &amp; 12</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
<td>8812</td>
<td>11 &amp; 12</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8764</td>
<td>13 &amp; 14</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
<td>8818</td>
<td>13 &amp; 14</td>
<td>9am - 10am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8787</td>
<td>13 &amp; 14</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
<td>8813</td>
<td>13 &amp; 14</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8766</td>
<td>15+</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
<td>8819</td>
<td>15+</td>
<td>9am - 10am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8788</td>
<td>15+</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
<td>8814</td>
<td>15+</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>Glenn Hall River Rats Swim Team</td>
<td></td>
<td></td>
<td></td>
<td>Pannell Meadowview Killer Whales Swim Team</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8820</td>
<td>7 &amp; 8</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8789</td>
<td>7 &amp; 8</td>
<td>10:30am - 11:30am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8825</td>
<td>7 &amp; 8</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8796</td>
<td>7 &amp; 8</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8821</td>
<td>9 &amp; 10</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8762</td>
<td>9 &amp; 10</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8826</td>
<td>9 &amp; 10</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8797</td>
<td>9 &amp; 10</td>
<td>10:30am - 11:30am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8822</td>
<td>11 &amp; 12</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8792</td>
<td>11 &amp; 12</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8827</td>
<td>11 &amp; 12</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8798</td>
<td>11 &amp; 12</td>
<td>10:30am - 11:30am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8823</td>
<td>13 &amp; 14</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8793</td>
<td>13 &amp; 14</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8828</td>
<td>13 &amp; 14</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8799</td>
<td>13 &amp; 14</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8824</td>
<td>15+</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8794</td>
<td>15+</td>
<td>10:30am - 11:30am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8829</td>
<td>15+</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8795</td>
<td>15+</td>
<td>7:15pm - 8:15pm</td>
<td>Tu,W,Th,F</td>
</tr>
</tbody>
</table>

Course # | Age  | Practice Times   | Days         | Course # | Age  | Practice Times   | Days         |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Oki Manta Rays Swim Team</td>
<td></td>
<td></td>
<td></td>
<td>Pannell Meadowview Killer Whales Swim Team</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8820</td>
<td>7 &amp; 8</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8800</td>
<td>7 &amp; 8</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8825</td>
<td>7 &amp; 8</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8805</td>
<td>7 &amp; 8</td>
<td>6pm - 7pm**</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8821</td>
<td>9 &amp; 10</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8801</td>
<td>9 &amp; 10</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8826</td>
<td>9 &amp; 10</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8806</td>
<td>9 &amp; 10</td>
<td>6pm - 7pm*</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8822</td>
<td>11 &amp; 12</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8802</td>
<td>11 &amp; 12</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8827</td>
<td>11 &amp; 12</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8807</td>
<td>11 &amp; 12</td>
<td>6pm - 7pm**</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8823</td>
<td>13 &amp; 14</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8803</td>
<td>13 &amp; 14</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8828</td>
<td>13 &amp; 14</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8808</td>
<td>13 &amp; 14</td>
<td>6pm - 7pm**</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8824</td>
<td>15+</td>
<td>10am - 11am</td>
<td>M,Tu,W,Th</td>
<td>8804</td>
<td>15+</td>
<td>10am - 11am</td>
<td>Tu,W,Th,F</td>
</tr>
<tr>
<td>8829</td>
<td>15+</td>
<td>6pm - 7pm*</td>
<td>M,Tu,W,Th</td>
<td>8809</td>
<td>15+</td>
<td>6pm - 7pm**</td>
<td>Tu,W,Th,F</td>
</tr>
</tbody>
</table>

Prerequisites:
• Swimmer must be able to swim 25 yards front crawl with face in the water and any breathing pattern. Additionally, swimmers must be able to swim 25 yards of back crawl.

Age: 7 to 17 years old
Location: Various Locations
Instructor: N/A
Fee: $99
Schedule Exceptions: No class on July 4th

*Glenn Hall Mondays 7:15pm-8:15pm
**Oki Fridays 7:15-8:15pm
Come learn, play, and grow with our Tiny Tot Time program!

Tiny Tot Time is a recreation program for preschool-aged children. Activities include indoor & outdoor games, arts & crafts, music, stories, and field trips. For information on how to enroll your child, please contact the site of your choice directly. There is a $30.00 non-refundable fee for all Tiny Tot Time locations.

**TINY TOT TIME**

**Coloma Community Center**  
4623 T Street, 277-6066 / Director: Becky Castro  
M/W/F......................... 9:00-11:30am...........................$195/mo  
M/W/F.........................12:00-2:30pm...........................$195/mo  
Tu/Th.........................9:00-11:30am...........................$170/mo

**McKinley Park**  
33rd and H Street, 448-4273 / Director: Grace Mattox  
M/W/F......................... 9:00am-12:00pm..........................$195/mo  
Tu/Th......................... 9:00-11:30am...........................$155/mo  
Arts, Crafts, and More  
Tu..............................12:00-2:00pm...........................$120/mo  
Mommy/Daddy and Me  
M/W............................ 12:00-1:30pm...........................$85/mo

**S. Natomas Community Center**  
2921 Truxel Road, 808-1578 / Director: Ashley Ramsey  
M/W/F......................... 9:00-11:30am...........................$195/mo  
M/W/F.........................(Full Day) 9:00am-1:00pm.....$300/mo  
Tu/Th......................... 9:00-11:30am...........................$170/mo

**EDGE (TK Program)**  
Tu/W/Th.....................10:00am-2:00pm (Full Day)...$375/mo

**William Land Park**  
1400 13th Ave., 264-5211 / Director: Rachael Hinrichsen  
Both M/W/F classes have $10 material fee per month  
Both T/Th Classes have $5 material fee per month  
M/W/F......................... 8:45-11:30am...........................$185/mo  
M/W/F.........................12:00-2:45pm...........................$175/mo  
Tu/Th........................... 9:15-11:30am...........................$150/mo  
Tu/Th...........................12:00-2:15pm...........................$150/mo
The 4th "R" provides School-Age Child Care for Kindergartners-6th graders, emphasizing RECREATION! We have on-site locations at many elementary schools in the Sacramento area. We provide before and after school care during the school year, including winter and spring break, and a full day program during the SUMMER!

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

We love what we do and we are here for you!

Call 808-6021, for more information, or contact the 4th “R” nearest you.

www.4thRchildcare.com

The 4th “R” is a licensed program with the State of California. License # 340311930
Summer Oasis

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

Registration begins April 1st. Program is for 1st-6th graders. Please make sure to enter grade when registering. NO program on July 4th.

Campers should bring lunch/snack, water and sunscreen. Camps will be offered in two sessions. Please register for both if you want all 8 weeks. For more information please call 808-6087.

Age: 1st – 6th grades
Location: East Portal park, Marriot park, Regency park and William Land park
Fee: $95

Schedule Exceptions: No class on July 4th

Southside Clubhouse

2051 6th St Sacramento CA 95818
Open Hours: Tu-Th 5 pm – 8 pm closed City Holidays
Computer Lab coming soon! Keep checking website for more information.

Youth and Teen Programs

Kids Kamp Summer Program: Ages 6-12 come hang out with us all summer long Mon – Friday 10am – 4pm June 24 – August 16. We do games, arts and crafts, swimming, field trips, cooking and more! Make new friends and have fun.

Registration date: in person at Southside Clubhouse Friday, May 17, 10 am – 12 pm and Friday, May 24, 4 pm – 6pm Cost: FREE

Wellness Programs

Yoga: Vinyasa yoga class Saturdays 10 am no class July 6, September 14
Cost: Free, waiver required, under 18 ok with parent permission

Jr. Giants Baseball

Junior Giants baseball is a non-competitive baseball program open to all boys and girls ages 5-14. Players will learn the fundamentals of the game in a safe, fun and positive environment. Participants will receive a shirt, hat and all necessary equipment needed to play. All games are played on Saturdays. Each team will also have one scheduled practice during the week. Practice days and times will be selected by the coach prior to the season.

Registration is open April 6th- May 31st. Program dates are June 1st-August 10th. All registration is done online @ http://sfjg-ssgs.siplay.com/site/

Registration date: in person at Southside Clubhouse Friday, May 17, 10 am – 12 pm and Friday, May 24, 4 pm – 6pm Cost: FREE

Age: 5-14
Location: Robla Community Park- 625 Bell Ave, Sacramento, CA 95838
William Land Regional Park- 3800 W. Land Park Dr, Sacramento, CA 95822
George Sim Park- 6207 Logan St, Sacramento, CA 95824
Fee: Free
Lego Robotics Marine Bots

Build a submarine or a crab boat, sea lion or a sea gull! In this week long camp explore the marine animals and machines while building working models of them with your favorite medium LEGO. Students will also program the models to give life to their creations while learning concepts like tilt sensors, motion sensors, pulleys, gears, rack and pinions etc. IntelliBricks will provide all the Lego and computers for the camp. Children cannot take home any Lego creations. **LEGO® group of companies does not sponsor, authorize or endorse any of our programs.**

Ages: 5 to 9 years
Location: Coloma CC
Cost: $160

9850 9:00am – 12:00pm 6/24 – 6/28 M-F

---

Stop-Motion Animation with Lego Minecraft

The LEGO® Minecraft Camp will introduce students to the basic foundations of stop-motion animation through the use of LEGO® construction and computer-based animation software. The camp’s theme is based on Minecraft and will contain a unique themed setting for each of the five days of camp, including castle, cave and end worlds. Students will create storyboards, take photos and animate their stories using the Frames 6 animation software. By the end of the camp, students will take home a workbook with resources on how to create their own animation projects, as well as a USB drive containing the video projects they created in the camp. IntelliBricks will provide all the materials required for the camp. Children cannot take home any Lego®.

Ages: 8 to 12 years
Location: Coloma CC
Cost: $160

9851 1:00pm – 4:00pm 6/24 – 6/28 M-F

---

Lego® Robotics Animal World with new Bluetooth Lego® Robotics

Dolphin, gorilla, fish or a spider! Possibilities are endless with our Lego® elements! This class features the new Lego® Robotics technology built on the next generation science standards. WeDo 2.0 is the latest creation from Lego® that uses Bluetooth technology to wirelessly connect your Lego® creations to the software. Children will build motorized Lego® models with this sophisticated technology and also understand how their animal robots communicate with the environment with variety of sensors. Children will learn programming in an intuitive way- letting students bring their creations to life while sharpening computational thinking skills. idealiLEGO® and touch screen computers for the camp. Children cannot take home any of their creations or LEGO® products. **LEGO® group of companies does not sponsor, authorize or endorse any of our programs.**

Ages: 5 to 9 years
Location: Coloma CC
Cost: $160

9848 9:00am – 12:00pm 7/8 – 7/12 M-F

---

JavaScript Coding and Electronics 101 for kids

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

Ages: 9 to 15 years
Location: Coloma CC
Cost: $160

9846 1:00pm – 4:00pm 7/8 – 7/12 M-F

---

SKYHAWKS SPORTS CAMPS

---

Hoopster Tots

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

Ages: 3 to 5 years
Min/Max: 6/12
Fee: $79

10038 2:30pm – 3:15pm 4/6 – 5/11 Sa 3-4 yr
10039 3:30pm – 4:15pm 4/6 – 5/11 Sa 4-5 yr

Basketball Clinic

This fun, skill-intensive program is designed for beginning to intermediate players. An active 6 weeks of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs.

Ages: 9 to 13 years
Location: Genevieve Didion Elem
Min/Max: 8/20
Fee: $89

10040 4:30pm – 5:30pm 4/6 – 5/11 Sa 6-9 yr
10041 5:45pm – 6:45pm 4/6 – 5/11 Sa 10-13 yr

Basketball Camp

This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility. Participants will receive a basketball, Skyhawks T-Shirt, and player evaluation award at the conclusion of camp. No Class July 4.

Ages: 6-12
Location: Genevieve Didion Gym
Fee: $195

10048 9:00am – 3:00pm 6/17 – 6/21 M-F
10049 9:00am – 3:00pm 7/1 – 7/5 M-F
10050 9:00am – 3:00pm 7/8 – 7/12 M-F
10051 9:00am – 3:00pm 8/5 – 8/9 M-F
Flag Football Camp
Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense all in a fun and positive environment. The week ends with the Skyhawks Super Bowl! Participants will receive a football, Skyhawks T-Shirt, and player evaluation award at the conclusion of camp.

Ages: 6-12
Location: North Natomas Regional Park
Cost: $145

Golf Camp
Boys and girls will learn the fundamentals of swinging, putting and body positioning. Using the SNAG* (Starting New At Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided. Participants will receive a Skyhawks T-Shirt and merit award at the conclusion of camp.

Ages: 6-12
Location: North Natomas Regional Park
Cost: $145

Volleyball Camp
All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through games-speed drills and daily scrimmages aimed at developing the whole player. Participants will receive a volleyball, Skyhawks T-Shirt, and player evaluation award at the conclusion of camp.

Ages: 7-13
Location: Genevieve Didion Gym
Cost: $145

Baseball Camp
Boys and girls learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. Participants will receive a Skyhawks T-Shirt and player evaluation award at the conclusion of camp.

Ages: 6-12
Location: North Natomas Regional Park
Cost: $145

SK8 Camp
Camps are open to all skill levels and for youth ages 5-15 years. Experienced skate instructors and staff will be teaching basic skateboard fundamentals as well as more technical skills for advanced skaters. This is a great opportunity for the youth of Sacramento to meet other skaters from the region and acquire some tricks at the same time. Fee includes skate instruction, snack, and t-shirt. All participants under 18 years of age are required to wear helmets.

Location: Sutter’s Landing Regional Park
Fee: $120

Skate Parks

<table>
<thead>
<tr>
<th>Skate Park</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baer Skate Park</td>
<td>7851 35th Ave, East Broadway</td>
</tr>
<tr>
<td>Granite Skate Park</td>
<td>8200 Ramona Ave, East Broadway</td>
</tr>
<tr>
<td>McClatchy Skate Park</td>
<td>3500 5th Ave, East Broadway</td>
</tr>
<tr>
<td>Orchard Skate Park</td>
<td>2936 West River Dr, South Natomas</td>
</tr>
<tr>
<td>Regency Community Skate Park</td>
<td>5500 Honor Pkwy, North Natomas</td>
</tr>
<tr>
<td>Reichmuth Skate Park</td>
<td>6135 Gloria Dr, Pocket Area</td>
</tr>
<tr>
<td>Robertson Skate Park</td>
<td>3525 Norwood Ave, North Sacramento</td>
</tr>
<tr>
<td>Robla Community Skate Park</td>
<td>625 Bell Ave, North Sacramento</td>
</tr>
<tr>
<td>Shasta Community Park Skate</td>
<td>7407 Shasta Ave, South Sacramento</td>
</tr>
<tr>
<td>Tanzanite Skate Park</td>
<td>2220 Tanzanite Ave, North Natomas</td>
</tr>
<tr>
<td>Warren Skate Park</td>
<td>7420 Vandenberg Dr, East Broadway</td>
</tr>
<tr>
<td>Wild Rose Skate Park</td>
<td>5200 Kankakee Dr, North Natomas</td>
</tr>
<tr>
<td>Winner’s Circle Skate Park</td>
<td>2415 Evergreen St, North Sacramento</td>
</tr>
<tr>
<td>Winner’s Circle Skate Park</td>
<td>2415 Evergreen St, North Sacramento</td>
</tr>
<tr>
<td>28th &amp; B Street Skate Park</td>
<td>20 28th St, Sacramento</td>
</tr>
</tbody>
</table>

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

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

Skaters are invited to ollie and grind our street course of quarter pipes, fun boxes and grind rails. 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), at 20 28th St, Sac 95816.

We also rent the park for birthday parties on weekends between 10am-12nn for $10 per child ($100 minimum). All sessions are supervised.

For more information, please contact 494-8724 or 808-6172. We are located at 28th and B Street Skate Park at 28th and B Street Skate Park at 28th and B Street. We are located at Sutter’s Landing Regional Park at 28th and B Streets (over the railroad tracks), at 20 28th St, Sac 95816.

Skate Parks

<table>
<thead>
<tr>
<th>Skate Park</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baer Skate Park</td>
<td>7851 35th Ave, East Broadway</td>
</tr>
<tr>
<td>Granite Skate Park</td>
<td>8200 Ramona Ave, East Broadway</td>
</tr>
<tr>
<td>McClatchy Skate Park</td>
<td>3500 5th Ave, East Broadway</td>
</tr>
<tr>
<td>Orchard Skate Park</td>
<td>2936 West River Dr, South Natomas</td>
</tr>
<tr>
<td>Regency Community Skate Park</td>
<td>5500 Honor Pkwy, North Natomas</td>
</tr>
<tr>
<td>Reichmuth Skate Park</td>
<td>6135 Gloria Dr, Pocket Area</td>
</tr>
<tr>
<td>Robertson Skate Park</td>
<td>3525 Norwood Ave, North Sacramento</td>
</tr>
<tr>
<td>Robla Community Skate Park</td>
<td>625 Bell Ave, North Sacramento</td>
</tr>
<tr>
<td>Shasta Community Park Skate Park</td>
<td>7407 Shasta Ave, South Sacramento</td>
</tr>
<tr>
<td>Tanzanite Skate Park</td>
<td>2220 Tanzanite Ave, North Natomas</td>
</tr>
<tr>
<td>Warren Skate Park</td>
<td>7420 Vandenberg Dr, East Broadway</td>
</tr>
<tr>
<td>Wild Rose Skate Park</td>
<td>5200 Kankakee Dr, North Natomas</td>
</tr>
<tr>
<td>Winner’s Circle Skate Park</td>
<td>2415 Evergreen St, North Sacramento</td>
</tr>
<tr>
<td>Winner’s Circle Skate Park</td>
<td>2415 Evergreen St, North Sacramento</td>
</tr>
<tr>
<td>28th &amp; B Street Skate Park</td>
<td>20 28th St, Sacramento</td>
</tr>
</tbody>
</table>

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

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

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

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

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. Course Fee is $74 for 4 classes.

Age: 6+
Location: Coloma CC
Instructor: Dianne Siagian
Fee: $80 for 4 classes

Mindful Me

Mindfulness Class with tips and tricks to help even the youngest child live a more meaningful and mindful life. Encourages Growth Mindset, Self-Regulation, Self-Awareness, and Community Impact. Reflection/Guided Meditation using Yoga Poses, Games and Positive Affirmations. Please wear comfortable clothing and bring a mat!! Extra Mats are available on first come first serve basis!

Age: 8-14
Location: Sam & Bonnie Pannell Meadowview CC
Instructor: JoShanna Giannini
Fee: $30/month

Afterschool Sports

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

Instructor: Community Center coach
Fee: Free
Dates: August 26 - November 16

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

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

Find more Teen classes and activities in the Adult Fun & Fitness section, pages 48-55 and in the Community Centers section, pages 12-16.
Baton Twirling

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

Age: 4+
Location: Coloma CC
Instructor: Kellie Perleman
No class 4/22 and no classes in July and August
Fee: $40

Joanna’s Kids “R” It Ballet, Tap, Jazz Dance & Floor Gymnastics Programs

Fee: $42 Class Fee / $32 2nd class or student / $27 3rd class or student
Pre-registration required.
Call 916-331-0554 for more information.

Joanna’s Kids “R” It has been providing quality programs at affordable prices throughout the Sacramento area for 34 years. Programs in both dance and gymnastics are standardized and curriculum based. All of our programs are for 1 hour each week.

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

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

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

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

Location:
South Natomas CC
Dance - Ballet, Tap & Jazz
Pre School Dance
Tuesdays at 11:15am - Ages 2-5
Tuesday 12:15 pm - Ages 5-6
Fridays 2:40 pm - Ages 2-4
Fridays at 6 pm - Ages 2-6
Saturdays 11 am - Ages 2-5
Beginning Elementary
Mondays 4:30 pm Ages 6-9
Saturday 12:15 pm - Ages 6-9
Fridays 3:40 pm - Ages 6-9yrs
Advanced Beginner
Saturday 1:30 - Ages 10 +
Fridays 4:40 pm - Ages 10 +
Intermediate - Instructor Placement
Mondays 5:30 pm - All Ballet
Fridays 5:30 pm - All Ballet
Tuesdays 3:45 pm -

Floor Exercise Gymnastics
Pre School Gymnastics
Thursdays 3:30 pm - Ages 2-6
Thursdays at 5:30 pm - Ages 2-6
Beginning Elementary
Thursdays at 3:30 pm - Ages 6 +
Advanced Beginner - Instructor Placement
Thursdays 3:30 pm -

Sac Show Biz

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

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

Location: Natomas CC
5:00pm – 6:00pm  Beginning Tap  T
6:00pm – 7:00pm  Adv Tap  T
7:00pm – 8:00pm  Hip Hop I  T
5:00pm – 6:00pm  Hip Hop I  W
6:00pm – 7:00pm  Adv Hip Hop  W
7:00pm – 8:00pm  Jazz  W

Location: Coloma CC
6:00pm – 7:00pm  Beg Tap  M
6:00pm – 7:00pm  Ballet IIB 8+  T
6:00pm – 7:00pm  Tap IB  T
5:00pm – 6:00pm  Ballet Ages 4-7  Th
6:00pm – 7:00pm  Hip Hop  Th
6:00pm – 7:00pm  Adv Tap  Th
7:00pm – 8:00pm  Adv Hip Hop  Th
10:00am – 11:00am  Tap/Hip Hop Ages 2-4  Sa
11:00am – 12:00pm  Tap/Hip Hop Ages 4-7  Sa
12:15pm – 1:00pm  Jazz Ages 6-10  Sa
1:00pm – 3:00pm  Competition Classes  Sa

Sac Show Biz

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

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

Location: Natomas CC
5:00pm – 6:00pm  Beginning Tap  T
6:00pm – 7:00pm  Adv Tap  T
7:00pm – 8:00pm  Hip Hop I  T
5:00pm – 6:00pm  Hip Hop I  W
6:00pm – 7:00pm  Adv Hip Hop  W
7:00pm – 8:00pm  Jazz  W

Location: Coloma CC
6:00pm – 7:00pm  Beg Tap  M
6:00pm – 7:00pm  Ballet IIB 8+  T
6:00pm – 7:00pm  Tap IB  T
5:00pm – 6:00pm  Ballet Ages 4-7  Th
6:00pm – 7:00pm  Hip Hop  Th
6:00pm – 7:00pm  Adv Tap  Th
7:00pm – 8:00pm  Adv Hip Hop  Th
10:00am – 11:00am  Tap/Hip Hop Ages 2-4  Sa
11:00am – 12:00pm  Tap/Hip Hop Ages 4-7  Sa
12:15pm – 1:00pm  Jazz Ages 6-10  Sa
1:00pm – 3:00pm  Competition Classes  Sa

Sac Show Biz

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

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

Location: Natomas CC
5:00pm – 6:00pm  Beginning Tap  T
6:00pm – 7:00pm  Adv Tap  T
7:00pm – 8:00pm  Hip Hop I  T
5:00pm – 6:00pm  Hip Hop I  W
6:00pm – 7:00pm  Adv Hip Hop  W
7:00pm – 8:00pm  Jazz  W

Location: Coloma CC
6:00pm – 7:00pm  Beg Tap  M
6:00pm – 7:00pm  Ballet IIB 8+  T
6:00pm – 7:00pm  Tap IB  T
5:00pm – 6:00pm  Ballet Ages 4-7  Th
6:00pm – 7:00pm  Hip Hop  Th
6:00pm – 7:00pm  Adv Tap  Th
7:00pm – 8:00pm  Adv Hip Hop  Th
10:00am – 11:00am  Tap/Hip Hop Ages 2-4  Sa
11:00am – 12:00pm  Tap/Hip Hop Ages 4-7  Sa
12:15pm – 1:00pm  Jazz Ages 6-10  Sa
1:00pm – 3:00pm  Competition Classes  Sa
MARTIAL ARTS

Yang Tai Chi
George Bonilla is a senior student of wushu master Xiaohong Wu, and a teacher within the Tong Xin Tai Chi Association. Tai Chi is an internal martial art which uses the body’s own energy to protect and heal itself. It is taught in slow, highly effective movements which are accessible to many different people and ages.

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

9593 10:00am – 11:30am 4/1 – 4/30 Tu/Th
9564 10:00am – 11:30am 5/1 – 5/3 Tu/Th
9595 10:00am – 11:30am 6/1 – 6/30 Tu/Th
9596 10:00am – 11:30am 7/1 – 7/31 Tu/Th
9597 10:00am – 11:30am 8/1 – 8/31 Tu/Th
9598 10:00am – 11:30am 9/1 – 9/30 Tu/Th

Ages: 6+

9827 5:30pm – 6:00pm 4/1 – 4/30 M/Th
9828 5:30pm – 6:00pm 5/1 – 5/31 M/Th
9829 5:30pm – 6:00pm 6/1 – 6/30 M/Th
9830 5:30pm – 6:00pm 7/1 – 7/31 M/Th
9831 5:30pm – 6:00pm 8/1 – 8/31 M/Th
9832 5:30pm – 6:00pm 9/1 – 9/30 M/Th

Yang Tai Chi

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).

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

Ages: 7-13

9971 6:45pm – 7:45 pm 4/2 – 4/30 M/W/Th
9972 6:45pm – 7:45 pm 5/2 – 5/31 M/W/Th
9973 6:45pm – 7:45 pm 6/4 – 6/28 M/W/Th
9974 6:45pm – 7:45 pm 7/2 – 7/30 M/W/Th
9975 6:45pm – 7:45 pm 8/1 – 8/30 M/W/Th
9976 6:45pm – 7:45 pm 9/5 – 9/27 M/W/Th

Ages: 13+

9977 7:45pm – 8:45pm 4/2 – 4/30 M/W/Th
9978 7:45pm – 8:45pm 5/2 – 5/31 M/W/Th
9979 7:45pm – 8:45pm 6/4 – 6/28 M/W/Th
9980 7:45pm – 8:45pm 7/2 – 7/30 M/W/Th
9981 7:45pm – 8:45pm 8/1 – 8/30 M/W/Th
9982 7:45pm – 8:45pm 9/5 – 9/27 M/W/Th

Ages: 4-5

9833 6:00pm – 6:45pm 4/1 – 4/30 M/Th
9834 6:00pm – 6:45pm 5/1 – 5/31 M/Th
9835 6:00pm – 6:45pm 6/1 – 6/30 M/Th
9836 6:00pm – 6:45pm 7/1 – 7/31 M/Th
9837 6:00pm – 6:45pm 8/1 – 8/31 M/Th
9838 6:00pm – 6:45pm 9/1 – 9/30 M/Th

Ages: Advanced 6+

9839 6:45pm – 7:30pm 4/1 – 4/30 M/Th
9840 6:45pm – 7:30pm 5/1 – 5/31 M/Th
9841 6:45pm – 7:30pm 6/1 – 6/30 M/Th
9842 6:45pm – 7:30pm 7/1 – 7/31 M/Th
9843 6:45pm – 7:30pm 8/1 – 8/31 M/Th
9844 6:45pm – 7:30pm 9/1 – 9/30 M/Th

Dragon Fire Martial Arts
Join us for a fun-filled hour of martial arts. You will be learning a variety of martial arts such as Tae Kwon Do, Yudo, Jiu Jitsu, and our Street Defense program. Martial Arts will help you build self-confidence, fight obesity, control stress, and increase leadership skills. Beginning and advanced students welcome. Material fee of $48 due to instructor for uniform.

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

Ages: 4-5

9827 5:30pm – 6:00pm 4/1 – 4/30 M/Th
9828 5:30pm – 6:00pm 5/1 – 5/31 M/Th
9829 5:30pm – 6:00pm 6/1 – 6/30 M/Th
9830 5:30pm – 6:00pm 7/1 – 7/31 M/Th
9831 5:30pm – 6:00pm 8/1 – 8/31 M/Th
9832 5:30pm – 6:00pm 9/1 – 9/30 M/Th

Ages: 6+

9833 6:00pm – 6:45pm 4/1 – 4/30 M/Th
9834 6:00pm – 6:45pm 5/1 – 5/31 M/Th
9835 6:00pm – 6:45pm 6/1 – 6/30 M/Th
9836 6:00pm – 6:45pm 7/1 – 7/31 M/Th
9837 6:00pm – 6:45pm 8/1 – 8/31 M/Th
9838 6:00pm – 6:45pm 9/1 – 9/30 M/Th

Ages: Advanced 6+

9839 6:45pm – 7:30pm 4/1 – 4/30 M/Th
9840 6:45pm – 7:30pm 5/1 – 5/31 M/Th
9841 6:45pm – 7:30pm 6/1 – 6/30 M/Th
9842 6:45pm – 7:30pm 7/1 – 7/31 M/Th
9843 6:45pm – 7:30pm 8/1 – 8/31 M/Th
9844 6:45pm – 7:30pm 9/1 – 9/30 M/Th
The 14 Components of an Athletic Golfer

*Visualization
*Awareness
*Core Values
*Catching
*Push/Pull
*Core Strength
*Rotation
*Kicking
*Locomotion
*Balance
*Jumping
*Agility

Golf Program Registration
Golf programs offered by our nonprofit partner The First Tee of Greater Sacramento are available at three City of Sacramento golf courses.
For registration or questions, please call or visit:

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

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

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

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

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

Effective in 2017, junior golfers (under age 18) can play golf at no charge at the City’s 9-hole golf courses in William Land Park and at Bing Maloney Golf Complex.
**Tots on the Tee (ages 3-4)**

Tots on the Tee is a junior golf program designed for children ages 3 and 4. Participants will be introduced to the basic concepts of the game, athletic movements to enhance hand and eye coordination development and The First Tee Core Values.

**Fee:** $99.95

**Location:**
- **Haggin Oaks** - Saturdays
  - March 23 - May 11
  - 11am - 12pm
  - Skip April 20 & 27
- **William Land** - Saturdays
  - June 15 - July 27
  - 11am - 12pm
  - Skip July 6

**Tots on the Course (ages 4-6)**

This class is recommended for children who have taken one session of Tots on the Tee. The coaching staff transforms the Learning Center into a 3-hole loop and children are taught the very basics of how to play more than one golf hole. They learn where to start the hole, where to stand when someone else is hitting and the overall flow of a golf hole.

**Fee:** $89.95

**Location:**
- **Haggin Oaks** - Wednesdays
  - May 1 - May 22
  - 6:00pm - 7:00pm
- **Haggin Oaks** - Thursdays
  - June 6 - June 27
  - 4:30pm - 5:30pm
- **William Land** - Thursdays
  - May 2 - May 23
  - 6:00pm - 7:00pm
  - June 6 - June 27
  - 6:00pm - 7:00pm

**Year Round Morning Program (ages 7+)**

The Year Round Morning Program is very similar to the Year Round After School Program, however the time of this class offers more options for our homeschool and charter school participants. It is a station based class that allows children to learn golf and athletic at their own pace, while still enjoying their time at the facility.

**Fee:** $189.95

**Locations:**
- **Bing Maloney, Haggin Oaks**
  - Tuesday and Thursday
  - February 5 – May 23
  - 10:30am - 12:00pm

**Year Round After School Program (ages 7+)**

The Year Round After School Program is a class in which not only participants work on all facets of their golf game, learn the skills of The First Tee, but also develop many athletic skills and movements which are critical in becoming an athlete and a more coordinated golfer. This program is special, in that children can come to the course and participate in class for up to three days a week! Whether a child is a beginner or intermediate golfer, stations are set up in a manner in which all skill levels can practice at their ability.

**Fee:** $269.95

**Weekly Drop-In $24.95**

**Locations:**
- **Bing Maloney** (Wed.), **Haggin Oaks** (Tues., thru Thurs.), **William Land** (Tues. & Thurs.)
  - February 5 - May 23
  - 4:00pm - 5:30pm

**FUNdamental Movement (ages 5-10)**

The FUNdamental Movement class is designed for children ages 5-10. It offers three sessions throughout the year on Saturday mornings from 9:00 a.m-10:30 a.m. Participants will experience The First Tee Nine Core Values™ and LifeSkills, the fundamentals of the golf game, as well as develop athletic skills that are not only beneficial to their golf game, but more importantly their overall health. The participant to coach ratio is 5 to 1 or less.

**Fee:** $124.95

**Locations:**
- **Haggin Oaks, William Land**
  - Saturdays
  - Orientation May 29 at 6:00pm
  - Tee times begin at 1:30pm
  - Skip July 2
- **Bing Maloney & William Land**
  - Orientation May 31 at 6:00pm
  - Tee times begin at 1:30pm
  - Skip July 3

**Little Linker Development Tour* (ages 7-12)**

This competitive playing program is designed for golfers age 7-12 years old. Little Linkers play from the Little Linker tees at the golf course they choose for their league. A season ending Tournament of Champions is hosted by the Hugh and Peggy Campbell family and presented by The First Tee of Greater Sacramento for the Club Champions of each age category from each participating course.

**Fee:** $199.95

**Eight-week program**

**Locations:**
- **Bing Maloney & William Land**
  - Tuesday
  - June 11 - August 6
  - Skip July 2
  - Tee times begin at 1:30pm
  - Orientation May 31 at 6:00pm

**Summer Camp (ages 5-18)**

Families now have many options in regard to participation dates in the summer camp program. If a child wants to attend four days during the summer months, they are welcome to, they do not have to be in the same week. All age groups will arrive and depart at the same time; however they will be split into age/ability appropriate groups.

- **1 Day Fee:** $64.95
- **4 Day Fee:** $239.95
- **16 Day Fee:** $799.95
- **All Summer Fee:** $1,399.95

**Location:**
- All camps are Monday-Thursday
  - June 10 - August 8
  - 8:30am - 1:00pm
  - Skip July 1-4

*Participants must be able to play 9 holes independently and in a timely fashion. Green fees are included.

**Junior Linker Development Tour* (ages 13-17)**

This competitive playing program is designed for golfers age 13 - 17 years old. Junior Linkers play from appropriate tees at the golf course chosen to match their skill level. This on-course program is all about “Playing to Learn” as opposed to “Learning to Play.”

**Fee:** $199.95

**Eight-week program**

**Locations:**
- **Bing Maloney & William Land**
  - Tuesday
  - June 11 - August 6
  - Skip July 2
  - Tee times begin at 1:30pm
  - Orientation May 31 at 6:00pm

*Participants must be able to play 9 holes independently and in a timely fashion. Green fees are included.
LPGA/USGA Girls Golf
(9 Hole Play League) (ages 8-18)
This program is one that tenured golfers can play in, as well as those who are just learning on course etiquette. The goal of the program is to not only prepare female high school golf participants for a successful season, but also welcome young ladies to the course and help build confidence (green fees are included).
Fee: $119.95
Location: Haggin Oaks - Thursdays
June 13 – August 8  Skip July 4

Girls Golf Clinics* (ages 4-18)
These FREE girls golf clinics are offered to introduce the game to young ladies who were considering getting involved. Girls will have a better understanding as to how classes are run at the three facilities. Clinics give the participants the opportunity to meet others of similar skill.

Haggin Oaks - Saturdays
May 18  2-3 pm
June 15  2-3 pm

*Must fill out registration form for Free Girls Golf Clinics

Golf in the City

Haggin Oaks
(916) 481-GOLF
www.hagginoaks.com

Bartley Cavanaugh
(916) 808-2020
www.bartleycavanaugh.com

Bing Maloney
(916) 808-2283
www.bingmaloney.com

William Land
(916) 808-2531
www.williamlandgc.com
**Mommy/Daddy & Me Soccer**

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

Age: at least 2 but less than 3 ½ years

Location: Cottonwood Park

Fee: $87

Schedule Exceptions: No class 5/27
10093 5:30pm – 6:00pm 4/22 – 6/10 M
10094 5:30pm – 6:00pm 7/8 – 8/26 M

Location: William Land Park – Doc Oliver Field

Fee: $108
10095 9:00am – 9:30am 4/12 – 6/7 F
10096 9:00am – 9:30am 7/12 – 8/30 F

**Tot/Pre Soccer**

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

Age: at least 3 ½ but less than 5 years

Location: Cottonwood Park

Fee: $87

Schedule Exceptions: No class 5/27
10087 4:45pm – 5:20pm 4/22 – 6/10
10088 4:45pm – 5:20pm 7/8 – 8/26

Location: William Land Park – Doc Oliver Field

Fee: $108
10089 9:40am – 10:15am 4/12 – 6/7 F
10090 3:40pm – 4:15pm 4/12 – 6/7 F

Location: East Portal Park

Fee: $108
10091 9:40am – 10:15am 7/12 – 8/30 F
10092 4:40pm – 5:15pm 7/12 – 8/30 F

**Soccer 1: Techniques & Teamwork**

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

Age: at least 4 but less than 5 years

Location: East Portal Park

Fee: $108

Schedule Exceptions: No class 5/27
10081 4:00pm – 4:45pm 4/22 – 6/10 M
10082 4:00pm – 4:45pm 7/8 – 8/26 M

Location: William Land Park – Doc Oliver Field

Fee: $108
10083 4:15pm – 5:00pm 4/12 – 6/7 F
10084 5:15pm – 6:00pm 7/12 – 8/30 F

Location: East Portal Park

Fee: $108

Schedule Exceptions: No class 5/27
10085 10:45am – 11:30am 4/6 – 6/8 Sa

**Minimum/Maximum Class Size:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Minimum</th>
<th>Maximum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mommy/Daddy</td>
<td>6</td>
<td>20</td>
</tr>
<tr>
<td>Tot/Pre Soccer</td>
<td>6</td>
<td>24</td>
</tr>
<tr>
<td>Soccer 1</td>
<td>6</td>
<td>24</td>
</tr>
<tr>
<td>Soccer 2</td>
<td>8</td>
<td>24</td>
</tr>
<tr>
<td>Soccer Camp</td>
<td>12</td>
<td>24</td>
</tr>
</tbody>
</table>
**Soccer 2: Skillz & Scrimsages**
Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimsages that emphasize application of finer technical points. All levels are welcome to come enjoy the world’s most popular game! All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

- Age: at least 7 but less than 11 years
- Location: William Land Park – Doc Oliver Field
- Fee: $108
  - 10075 5:00pm - 5:45pm  4/12 - 6/7  F
  - 10076 6:00pm - 6:45pm  7/12 - 8/30  F
- Fee: $98

**Soccer Camp, Level 1**
Spend a week enjoying the world’s most popular sport in a fun, recreational environment. Learn and practice core soccer skills like dribbling, passing & receiving, shooting and defense. Everyone is a winner as the week’s fun culminates in an age-appropriate “World Cup” tournament. All campers will receive Kidz Love Soccer Jersey. Campers should bring a full water bottle and a snack. ALL PARTICIPANTS MUST WEAR SHIN GUARDS. Soccer shoes and sunscreen are recommended.

- Age: at least 4 ½ but less than 7 years
- Location: East Portal Park
- Fee: $139
  - 10073 9:00am – 12:00pm 6/24 – 6/28  M-F

**Soccer Camp, Level 2**
Spend a week enjoying the world’s most popular sport in a fun, recreational environment. Learn and practice core soccer skills like dribbling, passing & receiving, shooting and defense. Everyone is a winner as the week’s fun culminates in an age-appropriate “World Cup” tournament. All campers will receive Kidz Love Soccer Jersey. Campers should bring a full water bottle and a snack. ALL PARTICIPANTS MUST WEAR SHIN GUARDS. Soccer shoes and sunscreen are recommended.

- Age: at least 7 but less than 11 years
- Location: East Portal Park
- Fee: $139
  - 10074 9:00am – 12:00pm 6/24 – 6/28  M-F

---

**EGG HUNTS**

**Council District 1**
- Helicopter Egg Drop
  - North Natomas Regional Park
  - Saturday, 4/20 at 8:30-11:00am

**Council District 2**
- Robla Community Park Egg Hunt
  - Saturday, 4/20, 1pm-2pm
- Hagginwood Park Egg Hunt
  - Saturday, 4/20, Time TBD

**Council District 3**
- Kiwanis 32nd Annual Easter Egg Hunt
  - Mckinley Park - Saturday 4/20, 6am-12pm

**Council District 4**
- Land Park Egg Hunt
  - Saturday, 4/13, 9am-11am
- River Oaks Community Association Egg Hunt
  - Saturday, 4/13, 12pm - 2pm

**Council District 6**
For City Council District 6 Egg Hunt Information and Inquiries, Please Call (916) 808-7006

**Council District 7**
- Garcia Bend Park Egg Hunt
  - Saturday, 4/20, 10am - 11am
- Mesa Grande Park Egg Hunt
  - Saturday, 4/20, 1pm - 2pm

**Council District 8**
For Information on District 8 Egg Hunt Information and Inquiries, Please Call (916) 808-7008

For more information about Council District events, please visit www.cityofsacramento.org/Mayor-Council
Family Fun Tennis
A new approach to family members of different ages and skill levels, together at the same time. Introduction of basic stroke mechanics through drills and games to share with your family members, as well as meeting others. Please bring your own tennis rackets. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: 8 and up
Location: McKinley Park
Instructor: Ken Selby
Fee: $40 per family

Junior Intermediate/Advanced 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. We will furnish the tennis balls. For more information call 916-264-8353.
Age: At least 8 but less than 16
Location: McKinley Park
Instructor: Ken Selby
Fee: $64

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 own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: At least 8 but less than 16
Location: McKinley Park
Instructor: Ken Selby
Fee: $64

Pee-Wee Junior Tennis II
Designed for the student who has successfully completed Pee-Wee I Tennis and who are looking to learn more fundamentals and mechanics of tennis. Tennis balls are provided and racquets available upon request. For more information please call 916-264-8353.
Age: At least 4 but less than 7
Location: McKinley Park
Instructor: Ken Selby
Fee: $40

Pee-Wee Junior Tennis I
Through eye-hand activities and games, children can develop a foundation for the basic skills of tennis. An introduction to become acquainted with handling a racquet, seeing balls bounce and having the two actions come together. Fun is the focus and parent participation is encouraged. Tennis balls are provided and racquets available upon request. For more information please call 916-264-8353.
Age: At least 4 but less than 7
Location: McKinley Park
Instructor: Ken Selby
Fee: $40

Private Tennis Lessons with Ken Selby
Sign-ups are taken on a continuous basis. Call Ken Selby at 916-264-8353 for an appointment before registering. Lessons offered as Private (1 player), Semi-Private (2-3 players), Small Groups (4-6 players). Private lessons are held at McKinley Park Tennis Courts
Age: 4 and up
Location: McKinley Park
Instructor: Ken Selby
Fee: $40 Private Lesson/ $50 Semi-Private (2-3 Players)/ $60 (4-6 Players)
On-going basis April – September 2019
Summer @ City Hall (S@CH)
The Summer @ City Hall (S@CH) program is a six-week summer program for current Sophomore and Junior high school students. The program is beginning its 9th year with more than 580 students graduating from the program. Under the Youth Division Civic Engagement section, this program has an underlying goal to expose students to the tools and skill set needed to be more civically engaged in their community to bring a youth voice to real city/neighborhood issues. Important components of the program include daily instructional classroom activities, access to ‘Life Skills’ workshops and a 42-hour internship assignment with a local governmental agency or organization. Class activities include a structured advocacy project (Project City Hall) and a Service Learning Project.

Age: Current Sophomores & Juniors ONLY  
Location: New City Hall  
915 I St, Sacramento, CA 95814  
Instructor: Maria Vides-Medal, (916) 808-6162 or mvmedal@cityofsacramento.org  
Fee: Online applications available March 8 – April 12, 2019  
8:30am – 12:00pm 6/17 – 7/31 M-F       Assigned internship in the afternoons

Sacramento Youth Commission (SYC)
The Sacramento Youth Commission (SYC) comprised of appointed youth community members was established June 15, 1993 as an advisory body to the City of Sacramento City Council. The mission of the SYC is to protect, preserve, enhance and advance the quality of life for Sacramento youth by advising the City Council and the public on issues relating to youth policies, programs, and opportunities.

Sacramento Youth Commission meetings are an opportunity to have your voice heard on youth matters & issues affecting young people throughout the communities in Sacramento.

Be part of the movement to bring the youth voice to the forefront by participating in the monthly SYC meetings. We look forward to seeing you at the next meeting!

Age: 14 to 19 at the time of appointment  
Location: New City Hall - Council Chamber 1st Floor  
915 I Street, Sacramento, CA 95814  
Instructor: Margarita White, (916) 808-6525 or mnwhite@cityofsacramento.org  
Fee: None  
6:00pm – 8:00pm 1/7 - 12/2*  
First Monday of every month except April meeting 4/4/19, and September meeting 9/9/19

*All meetings are subject to quorum

---

Sacramento Youth Commissioners

<table>
<thead>
<tr>
<th>District</th>
<th>Commissioner</th>
</tr>
</thead>
<tbody>
<tr>
<td>D1</td>
<td>Nayzak Wali-Ali</td>
</tr>
<tr>
<td>D1</td>
<td>Komal Khan</td>
</tr>
<tr>
<td>D2</td>
<td>Oscar Chavez</td>
</tr>
<tr>
<td>D2</td>
<td>Tereza Flores</td>
</tr>
<tr>
<td>D3</td>
<td>Joseph Sison</td>
</tr>
<tr>
<td>D3</td>
<td>Violet Wright</td>
</tr>
<tr>
<td>D4</td>
<td>Marjorie Shumate</td>
</tr>
<tr>
<td>D4</td>
<td>Maya Steinhart</td>
</tr>
<tr>
<td>D5</td>
<td>Solana Torres</td>
</tr>
<tr>
<td>D5</td>
<td>Zuhri Staley</td>
</tr>
<tr>
<td>D6</td>
<td>Naomi Piper-Bell</td>
</tr>
<tr>
<td>D6</td>
<td>Hana Ye</td>
</tr>
<tr>
<td>D7</td>
<td>Sophie Vang</td>
</tr>
<tr>
<td>D7</td>
<td>Jennifer Su</td>
</tr>
<tr>
<td>D8</td>
<td>Aria Russell</td>
</tr>
<tr>
<td>D8</td>
<td>Bernadette Tropel</td>
</tr>
<tr>
<td>At Large</td>
<td>Emily Kawada</td>
</tr>
<tr>
<td>At Large</td>
<td>Madeline Neill</td>
</tr>
</tbody>
</table>
The following programs are paid work experiences for young people. If you are interested in these programs, you must apply and go through the selection process.

**WORKFORCE INNOVATION & OPPORTUNITY ACT (WIOA)**

A strengths-based, paid work experience program, for high school seniors. WIOA partners with local government, private business, hospitality and the retail industry. Participants receive training in pre-employment skills such as resume writing, employer expectations, service learning, and career exploration.

The WIOA program works closely with schools and provides supportive services to students in need. Supportive services may include transportation assistance, tutoring, and counseling center referrals. Applicants must live in the City of Sacramento, be between the ages of 16-18, be on track to graduate high school, be eligible for a work permit and meet eligibility requirements. Spaces are limited. Youth are selected through an application and interview process. Applications available at the Belle Cooledge CC - 5699 S. Land Park Drive. For more information, please call 916-808-6023.

**LANDSCAPE & LEARNING (L&L)**

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

**PRIME TIME TEEN**

Provides fun, interactive work readiness training for young people between the ages of 13-17. Participants gain skills in job searching, resume development, completing job applications, interviewing, financial literacy, communication, leadership and community service. All participants who meet attendance goals and participate in a youth-led community service project will receive a $200 stipend. (Participants must have a signed copy of their social security card on file to receive stipend). Program is free. Spaces are limited. For more information, please call 916-808-8929.

<table>
<thead>
<tr>
<th>Program</th>
<th>Location</th>
<th>Time</th>
<th>Dates</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pannell Meadowview CC</td>
<td>9506 4:30pm - 7:30pm</td>
<td>6/17 - 8/8</td>
<td>M/W</td>
<td></td>
</tr>
<tr>
<td>Southside Clubhouse</td>
<td>9507 4:00pm - 7:00pm</td>
<td>6/17 - 8/8</td>
<td>T/Th</td>
<td></td>
</tr>
</tbody>
</table>

**SPRING PRIME TIME TEEN**

will be April 8-May 30

<table>
<thead>
<tr>
<th>Program</th>
<th>Location</th>
<th>Time</th>
<th>Dates</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mims-Hagginwood CC</td>
<td>3271 Marysville Blvd</td>
<td>9504 4:00pm - 7:00pm</td>
<td>T/Th</td>
<td></td>
</tr>
<tr>
<td>Sam &amp; Bonnie Pannell Center</td>
<td>2450 Meadowview Road</td>
<td>9505 4:30pm - 7:30pm</td>
<td>M/W</td>
<td></td>
</tr>
</tbody>
</table>
Summer Camp
A residential camp for youth and adults with intellectual and developmental disabilities. Camp Tuolumne Trails is located on 80 beautiful acres of Sierra Nevada wilderness outside the mountain community of Groveland, California, near the grandeur of Yosemite National Park. Activities include swimming, fishing, outdoor education, campfire, arts & crafts, hiking and drama. A rewarding and fun camping experience in a safe and nurturing environment.

Age: youth and adults with intellectual disabilities
Location: Camp Tuolumne Trails
Instructor: Access Leisure Program Coordinator, Jenny Yarrow - jyarrow@cityofsacramento.org
Fee: $500

Wheelchair Quad Rugby
Wheelchair or Quad Rugby is a fast-paced and competitive sport for individuals with physical disabilities that affect all four extremities. Players use special “Rugby Wheelchairs” to play the sport. These chairs are very maneuverable and can take a hit or two. Rugby players must be able to push their own wheelchairs. Introduction and practices are scheduled for Wednesday 6-9 pm.

Age: 16 and up
Location: Rosa Parks Middle School, 2250 68th Ave, Sacramento
Instructor: Kou Yang - Kyang2@cityofsacramento.org
Fee: $80

Rock & Roll Yosemite Camp
Yosemite National Park. This four (4) day, three (3) night tour will utilize handcycles, tandem cycles, or foot pedal recumbent cycles to tour the valley floor and is specifically designed for individuals with physical disabilities. There will be adaptive rock-climbing sessions on the granite rock wall led by Mark Wellman. Must be 21 years of age or older.

Age: 21 and older
Location: Yosemite National Park
Instructor: Access Leisure Program Coordinator, Jenny Yarrow - jyarrow@cityofsacramento.org
Fee: $450

Social Recreation Programs
Access Leisure provides recreational activities for people with intellectual and developmental disabilities. To receive the monthly calendar by email, please send request to jyarrow@cityofsacramento.org. To print a monthly calendar of events, visit: www.cityofsacramento.org/AdaptiveRecreationCalendar

Age: youth through adults
Locations: Monthly trips include: Lunch & Cinema, video-pizza night, evening socials, crafts, paint and sip, cooking and community events.
Special Events: Dances, local sporting events, casino trips, seasonal outings, outdoor adventures, and more.
Get Fit Club: Celebrate the fun and importance of fitness and regular physical activity in your life. Get in shape with friends and learn how to lead a healthier and more active lifestyle. The Get Fit Club will host a range of activities and will track your progress throughout the program. To celebrate participants hard work and dedication they will be entered in a local 5k walk/run and receive an Access Leisure Get Fit t-shirt at completion of the program
Day of Week: various

Sports, Social & Fitness, Camping & Outdoor Recreation Opportunities for Individuals with Disabilities
www.accessleisuresac.org.
Event information also posted at www.facebook.com/accessleisure.
Goalball

Goalball is a challenging team sport developed for people who are blind or visually impaired. It promotes exercise, team spirit, community involvement and social interaction.

Age: youth through adults
Location: CSU Sacramento
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: $60
8296 10am – 3:30pm Oct-June Saturday

River Cats Independence Field Youth Spring League

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

Age: 3 and older
Location: River Cats Independence Field- Pannell CC
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: $20
9536 TBA April-June SA
- contact us for specific dates

San Francisco Wheelchair Giants team try outs

Our Paralympic Sport Sacramento Club, in partnership with the San Francisco Giants and the Capital City Adaptive Athletes Foundation, is seeking male and female athletes, ages 18 and older who use manual wheelchairs that would like to try out to become members of our elite, San Francisco Giants wheelchair softball team. This team will be members of the National Wheelchair Softball Association and travel to regional and national events and tournaments. Must pre-register by April 25. Documentation of permanent disability to lower extremity and level of injury is required.

Age: 18 and older
Location: River Cats Independence Field- Pannell CC
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: No cost to try out. Fees for travel will vary
8am – 5pm 4/27-4/28 Sa-Su

“Thank You For Your Service” Sports Experience Day”

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

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

Age: 18 and older
Location: Bonnie and Samuel Pannell CC
Instructor: Michelle Tabarango, Mtabarango@cityofsacramento.org
Fee: No Cost, pre-registration is required
9:45am – 2:30am 4/25 Th

“Injured, ill and wounded Veterans sought”

Paralympic Sport Sacramento is seeking Veterans and Wounded Warriors with physical disabilities or those that are blind or visually impaired to participate in both Paralympic sports and recreational sport programs. Activities occur locally and regionally. Join us for our cycling program, wheelchair basketball, wheelchair softball, wheelchair rugby, swimming, goalball, or one of many other exciting opportunities.

Age: 18 and older
Location: Various program locations
Instructor: Annie Desalernos, adesalerno@cityofsacramento.org
Fee: various

Northern California-Nevada Adaptive Cycling Series Opener

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

Age: 5 through adults
Location: Lower Sunrise County Park
Instructor: Kou Yang, Kyang2@cityofsacramento.org
Fee: $10
9526 9:30am – 3:00pm 4/6 Sa

ACCESS LEISURE STAFF

PROGRAM SUPERVISOR:
Annie Desalerno  916-808-3809 adesalerno@cityofsacramento.org

VOLUNTEER INFORMATION:
For volunteer opportunities for all programs.
Michelle Tabarango  916-808-1205 mtabarango@cityofsacramento.org

PROGRAM COORDINATORS:
Jenny Yarrow  916-808-6017 jyarrow@cityofsacramento.org

Social & Fitness, Camps and outdoor recreation programs for youth and adults, with intellectual and or developmental disabilities.
Kou Yang, CTRS  916-808-6045 kyang2@cityofsacramento.org

Paralympic Sport Sacramento Club, for children, youth, adults, with physical disabilities, and wounded, injured or ill veterans.
Because of your generous support, in the past, River Cats Independence Field lives on! We invite you to join us for the festivities at our upcoming Grand Re-dedication Celebration. See the unveiling of the updated surface and scoreboard, the NEW shade structures, enjoy a ballpark lunch, and be inspired as athletes of all ages and abilities play a spirited game of baseball on our one-of-a-kind rubberized field.

River Cats Independence Field
Sam & Bonnie Pannell Community Center
2450 Meadowview Road
Sacramento, CA 95832

Schedule:
10:00am - Special thank you remarks
10:30am - Play Ball!
12:00pm - Lunch is served on the patio

Thank you Sacramento Fire and Local 522

RSVP Michelle Tabarango at:
mtabarango@cityofsacramento.org or call (916) 808-1205 by April 1, 2019
Music and Motion
Description: Exercise for Seniors with music using a combination of Yoga, Zumba, Tai Chi, and some sitting exercises. NO dress requirements.
Age: 40+
Location: Belle Cooledge CC
Instructor: Rowena Alberto
Fee: $12/month or $3/drop-in
Schedule Exceptions: all major holidays
9557 8:30am – 9:30am 4/19 – 4/30 W
9558 8:30am – 9:30am 5/1 – 5/31 W
9559 8:30am – 9:30am 6/1 – 6/30 W
9560 8:30am – 9:30am 7/1 – 7/31 W
9561 8:30am – 9:30am 8/1 – 8/31 W
9562 8:30am – 9:30am 9/1 – 9/30 W
Healthy Tai Chi & Chi Kung
Beginning
Description: Tai Chi class for beginners. Low impact exercise, helps improve balance and reduce risk of falls
Age: 6+
Location: Sam & Bonnie Pannell CC
Instructor: Xaio Hong Wu
Fee: $20
9644 9:30am – 10:30am 4/1 – 4/30 W
9650 9:30am – 10:30am 5/1 – 5/31 W
9651 9:30am – 10:30am 6/1 – 6/30 W
9652 9:30am – 10:30am 7/1 – 7/31 W
9653 9:30am – 10:30am 8/1 – 8/31 W
9654 9:30am – 10:30am 9/1 – 9/30 W
Tai Chi & Qi Gong for Adults
Description: Enjoy slow, low impact exercise that both strengthens your body and energizes the mind and spirit. Learn movements of the Original Yang Tai Chi form and Sin Tien Wu Ji Chi Kung exercises as taught by Grandmaster David Chin. Class includes push hand practice, applications, and more. No special equipment or uniform required. For any questions, please contact instructor Henry Gardiner at 916-502-3117.
Age: 17+
Location: Coloma CC
Instructor: Henry Gardiner
Fee: $60
9637 7:00pm – 8:00pm 4/1 – 4/30 M/W/Th
9638 7:00pm – 8:00pm 5/1 – 5/31 M/W/Th
9639 7:00pm – 8:00pm 6/1 – 6/30 M/W/Th
9640 7:00pm – 8:00pm 7/1 – 7/31 M/W/Th
9641 7:00pm – 8:00pm 8/19 – 8/31 M/W/Th
9642 7:00pm – 8:00pm 9/1 – 9/30 M/W/Th
Tai Chi 4 U
The practice of Tai Chi has become very popular way to achieve physical and mental health. Recent studies have found that long term practice shows favorable effects on enhancing balance, flexibility and cardiovascular fitness. Come and join us on a Tai Chi health journey in a nurturing environment. Yang Family Style Tai Chi hand and weapon forms are offered to all levels. Guang Ping Yang Style Tai Chi may be offered if there is enough interest. Visitors are welcome. For more information, please visit my website at www.sactc4u.com
Age: 15+
Location: Belle Cooledge CC
Instructor: Denny Fong
Fee: $35
9631 7:00pm – 9:00pm 4/1 – 4/30 T
9632 7:00pm – 9:00pm 5/1 – 5/31 T
9633 7:00pm – 9:00pm 6/1 – 6/30 T
9634 7:00pm – 9:00pm 7/1 – 7/31 T
9635 7:00pm – 9:00pm 8/1 – 8/31 T
9563 7:00pm – 9:00pm 9/1 – 9/30 T
Authentic Yang Taichi
Authentic Yang’s Taijiquan Advance class and basic class are mixed. The teacher is trained from the Yang Taiji family in China. We will learn through authentic yang tai chi, tai chi sword, sword, fan, and push hands training. Cultivating the most basic tai chi internal benefits for health, self-defense and thereby improving the quality of health.
Age: 6+
Location: Sam & Bonnie Pannell CC
Instructor: Xaio Hong Wu
Fee: $55
9643 9:00am – 11:30am 4/1 – 4/30 Sa
9645 9:00am – 11:30am 5/1 – 5/31 Sa
9646 9:00am – 11:30am 6/1 – 6/30 Sa
9647 9:00am – 11:30am 7/1 – 7/31 Sa
9648 9:00am – 11:30am 8/1 – 8/31 Sa
9649 9:00am – 11:30am 9/1 – 9/30 Sa
Line Dancing with Liz
Dancing to Pop, R&B/Soul, and Jazz music, this line dance class will teach you to actually move your body, improve your balance, help you find the beat, teach you basic footwork, improve your confidence, provide you with a dance outlet whether you have a partner or not, and provide you a way to practice. A fun way to get your healthy aerobic exercise.
Age: 17+
Location: Sam and Bonnie Pannell CC
Instructor: Elizabeth Bourrage
Fee: $20/month or $5/drop-in
9999 4:45pm – 5:45pm 4/1 – 4/30 Sa
9998 4:45pm – 5:45pm 5/1 – 5/31 Sa
9997 4:45pm – 5:45pm 6/1 – 6/30 Sa
9996 4:45pm – 5:45pm 7/1 – 7/31 Sa
9995 4:45pm – 5:45pm 8/1 – 8/31 Sa
9994 4:45pm – 5:45pm 9/1 – 9/30 Sa

Beginning/Intermediate Ballroom Dance
This class will give you confidence on the dance floor and in everyday life. Students will learn lead and follow along with popular dances such as the Fox trot, Waltz, Cha Cha, Salsa, Night Club Two Step and many more. Partners not required.
Age: 12+
Location: Belle Cooledge CC
Instructor: JoShanna Giannini
Fee: $35/month
9870 8:00pm – 9:00pm 4/1 – 4/30 Sa
9871 8:00pm – 9:00pm 5/1 – 5/31 Sa
9872 8:00pm – 9:00pm 6/1 – 6/30 Sa
9873 8:00pm – 9:00pm 7/1 – 7/31 Sa
9874 8:00pm – 9:00pm 8/1 – 8/31 Sa
9875 8:00pm – 9:00pm 9/1 – 9/30 Sa
9876 8:00pm – 9:00pm 4/1 – 4/30 Sa
9877 8:00pm – 9:00pm 5/1 – 5/31 Sa
9878 8:00pm – 9:00pm 6/1 – 6/30 Sa
9879 8:00pm – 9:00pm 7/1 – 7/31 Sa
9880 8:00pm – 9:00pm 8/1 – 8/31 Sa
9881 8:00pm – 9:00pm 9/1 – 9/30 Sa
9882 8:00pm – 9:00pm 4/1 – 4/30 Sa
9883 8:00pm – 9:00pm 5/1 – 5/31 Sa
9884 8:00pm – 9:00pm 6/1 – 6/30 Sa
9885 8:00pm – 9:00pm 7/1 – 7/31 Sa
9886 8:00pm – 9:00pm 8/1 – 8/31 Sa
9887 8:00pm – 9:00pm 9/1 – 9/30 Sa

Advanced Social Ballroom Dance
Advanced Ballroom dance instruction for those who have completed Beginning/Intermediate Ballroom dance or with instructor’s approval. Dances will include Fox Trot, Waltz, Swing, Cha Cha and many more. Partners not required. Dance instructor since 1955 currently teaching at American River College.
Age: all ages
Location: Belle Cooledge CC
Instructor: Eddie Lovato
Fee: $15
Tu 9852 7:00pm – 8:00pm 4/1 – 4/30 Tu
Tu 9853 7:00pm – 8:00pm 5/1 – 5/31 Tu
Tu 9858 7:00pm – 8:00pm 6/1 – 6/30 Tu
Tu 9859 7:00pm – 8:00pm 7/1 – 7/31 Tu
Th 9864 7:00pm – 8:00pm 8/1 – 8/31 Th
Th 9865 7:00pm – 8:00pm 9/1 – 9/30 Th

Mixed Level Yoga
Start your Monday and Wednesday mornings with a yoga practice designed to increase strength and flexibility, improve balance, and enhance the ability to relax. A mixed level class with optional modifications for poses to help you find your own personal zones of comfort and challenge. Beginners welcome.
Age: 18+
Location: South Natomas CC
Instructor: Ofer Levy
Fee: $35/month or $6/drop-in
9655 9:00am – 10:00am 4/1 – 4/30 M/W
9656 9:00am – 10:00am 5/1 – 5/31 M/W
9657 9:00am – 10:00am 6/1 – 6/30 M/W
9658 9:00am – 10:00am 7/1 – 7/31 M/W
9659 9:00am – 10:00am 8/1 – 8/31 M/W
9660 9:00am – 10:00am 9/1 – 9/30 M/W

International Choreographed Ballroom Dance
Choreographed ballroom dancing is many rhythms including Waltz, Foxtrot, Tango, Jive, West Coast Swing, Paso Doble, Rumba, Cha Cha, Slow Two-Step, Bolero and others. This class is ONLY for advanced level Roundalab Phase 4,5 and 6 dancers.
Age: 18+
Location: Coloma CC
Instructor: Win Robinson
Fee: $24
9673 6:30pm – 9:00pm 4/1 – 4/30 W
9674 6:30pm – 9:00pm 5/1 – 5/31 W
9675 6:30pm – 9:00pm 6/1 – 6/30 W
9676 6:30pm – 9:00pm 7/1 – 7/31 W
9677 6:30pm – 9:00pm 8/1 – 8/31 W
9678 6:30pm – 9:00pm 9/1 – 9/30 W

Scandinavian Dance
Many people around the U.S. enjoy the enchanting movement and music of the traditional folk dances of the Scandinavian countries (Denmark, Finland, Greenland, Iceland, Norway, Sweden, & the Faroe Islands). Although these dances originated in specific geographic areas populated by specific ethnic groups, today they are enjoyed by people of diverse ethnic groups, and there is no expectation that one’s ancestors came from Scandinavia. All that is required is an appreciation of the beautiful and moving music and dance from this part of the world.
Age: 13+
Location: Coloma CC
Instructor: Barry Moore
Fee: $48/month or $7/drop-in
W 10138 6:45pm – 9:00pm 4/1 – 5/20 W
10139 6:45pm – 9:00pm 6/3 – 7/22 M
10140 6:45pm – 9:00pm 7/29 – 9/23 M
10141 6:45pm – 9:00pm 9/30 – 11/18 M

Breathe Yoga
Hatha inspired class for All Bodies and Everybody, designed for you to go at your own pace within the community!!! Mindfulness Practices, Healthy Functional Movements (Modifications, Options and Props available). & Guided Relaxation will be offered. Please wear comfortable clothing, bring water, and a matt!! Extras Mats are available on a first come first serve basis!!!
Age: 18+
Location: Sam and Bonnie Pannell CC
Instructor: JoShanna Giannini
Fee: $35/month
9989 10:15am – 11:30am 4/1 – 4/30 Sa
9990 10:15am – 11:30am 5/1 – 5/31 Sa
9991 10:15am – 11:30am 6/1 – 6/30 Sa
9992 10:15am – 11:30am 7/1 – 7/31 Sa
9993 10:15am – 11:30am 8/1 – 8/31 Sa
9994 10:15am – 11:30am 9/1 – 9/30 Sa
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. Course Fee is $80 for 4 classes. Age: 6+
Location: Coloma CC
Instructor: Dianne Siagian
Fee: $80 for 4 classes
Private lessons are 30 mins long and meet once a week

Singing for Beginners
While it may be true that “everyone can sing”, not everyone feels that they know how. This class will provide a supportive environment to enable the release of the voice into tuneful singing. We will explore pathways to the singing voice through group exercises, games, “tone play” and simple songs. Engage in the process of learning and self-discovery.
Age: 16 years to Unlimited
Location: Coloma CC, Jamestown Room
Instructor: Christiana Quick-Cleveland
Fee: $75
9960 6:00pm – 7:30pm April W
9961 6:00pm – 7:30pm May W
9962 6:00pm – 7:30pm June W
9963 6:00pm – 7:30pm July W
9964 6:00pm – 7:30pm August W
9965 6:00pm – 7:30pm September W

Adult Advanced Beginning Tennis
Designed for students who know tennis basics and/or have successfully completed Adult Beginning Tennis. Class time will be devoted to the review of the five basic strokes, court movement, footwork, proper body mechanics and consistency in strokes through drills. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: 17 and up
Location: McKinley Park
Fee: $72
7986 6:30pm - 7:25pm 3/4 - 3/27 M/W
7990 6:30pm - 7:25pm 4/1 - 4/24 M/W
9714 6:30pm - 7:25pm 4/29 - 5/22 M/W
9715 7:30pm - 8:25pm 6/3 - 6/26 M/W
9716 7:30pm - 8:25pm 7/1 - 7/24 M/W
9717 7:30pm - 8:25pm 7/29 - 8/21 M/W
9718 7:30pm - 8:25pm 9/9 - 10/2 M/W

Adult Beginning Tennis
Designed for students who have little or no knowledge of the game of tennis and would like to learn! Students will learn the mechanics of five basic strokes, scoring and tennis etiquette. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: 17 and up
Location: McKinley Park
Fee: $72
7980 11:00pm – 12:30pm 3/2 – 3/23 Sa
9701 11:00pm – 12:30pm 3/30 – 4/20 Sa
9708 5:30pm – 6:25pm 4/1 – 4/24 M/W
9702 11:00pm – 12:30pm 4/27 – 5/18 Sa
9709 5:30pm – 6:25pm 4/29 – 5/22 M/W
9710 5:30pm – 6:25pm 6/3 – 6/26 M/W
9703 11:00pm – 12:30pm 6/8 – 6/29 Sa
9711 5:30pm – 6:25pm 7/1 – 7/24 M/W
9705 11:00pm – 2:30pm 7/6 – 7/27 Sa
9712 5:30pm – 6:25pm 7/29 – 8/21 M/W
9706 11:00pm – 12:30pm 8/3 – 8/24 Sa
9707 11:00pm – 12:30pm 9/7 – 9/28 Sa
9713 5:30pm – 6:25pm 9/9 – 10/2 M/W

Adult Intermediate/Advanced Tennis
Consistency is a must in this class. Players must be able to maintain continuous rallies from all positions of the court. Specialty shots will be taught such as drop shots, types of serves, slice and topspin. Please bring your own racket. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: 17 and up
Location: McKinley Park
Fee: $72
7993 6:30pm – 7:25pm 3/4 – 3/27 M/W
7990 6:30pm – 7:25pm 4/1 – 4/24 M/W
9714 6:30pm – 7:25pm 4/29 – 5/22 M/W
9715 7:30pm – 8:25pm 6/3 – 6/26 M/W
9716 7:30pm – 8:25pm 7/1 – 7/24 M/W
9717 7:30pm – 8:25pm 7/29 – 8/21 M/W
9718 7:30pm – 8:25pm 9/9 – 10/2 M/W

Adult Advanced Tennis
Designed for students who know tennis basics and/or have successfully completed Adult Beginning Tennis. Class time will be devoted to the review of the five basic strokes, court movement, footwork, proper body mechanics and consistency in strokes through drills. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.
Age: 17 and up
Location: McKinley Park
Fee: $72
7986 6:30pm - 7:25pm 3/4 - 3/27 M/W
9714 6:30pm - 7:25pm 4/29 - 5/22 M/W
9715 7:30pm - 8:25pm 6/3 - 6/26 M/W
9716 7:30pm - 8:25pm 7/1 - 7/24 M/W
9717 7:30pm - 8:25pm 7/29 - 8/21 M/W
9718 7:30pm - 8:25pm 9/9 - 10/2 M/W

Private Tennis Lessons
Sign-ups are taken on a continuous basis. Call Ken Selby at 916-264-8353 for an appointment before registering. Lessons offered as Private (1 player), Semi-Private (2-3 players), Small Groups (4-6 players). Private lessons are held at McKinley Park Tennis Courts.
Age: 4 and up
Location: McKinley Park
Fee: $40 Private Lesson/ $50 Semi-Private (2-3 Players)/ $60 (4-6 Players)
On-going basis April – September 2019

Multi-Level Aerobics
Multi-Level Aerobics is a professionally designed aerobic dance/exercise program choreographed to 80’s retro music that provides training for both aerobic and muscular fitness. Bring a mat or towel for the floor routines.
Age: 13+
Location: Belle Cooledge CC
Instructor: Janis Paular
Fee: $30
9667 4/2 - 4/30
9668 5/2 - 5/30
9669 6/1 - 6/29
9670 7/2 - 7/30
9671 8/1 - 8/31
9672 9/3 - 9/28
PRIVATE TENNIS LESSONS
WITH COACH COLE
LESSONS OFFERED AS:
• PRIVATE (1 PLAYER)
• SEMI-PRIVATE (2 PLAYERS)
• PRIVATE GROUPS (3-6 PLAYERS)

Sign-ups are taken on a continuous basis.
Call Coach Cole at 503-330-5638 for an appointment before registering. Private lessons are held at North Natomas Community Park.

Fee: Visit tenniswithcole.com for rates

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

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

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

PRIVATE GROUP LESSONS
Join or create your own group lesson. Each lesson is theme based composed of drills and games. Play cooperatively and competitively while challenging yourself and teammates to be the best you can be! Those looking for the social component of tennis should enroll in group lessons. This cost effective choice will improve your game while making lasting friends.
1 coach/3 students $460 each
1 coach/4 students $345 each
1 coach/5 students $276 each
1 coach/6 students $230 each

Number of lessons: varies from 8-12
Time of each lesson: varies from 1-1.5 hours
Total time: 12 hours
Lessons per week: varies from 1-3
Cost: $230-$460 each

Youth, Parks, & Community Enrichment and the California Department of Fish and Wildlife present:

Fishing in the City

Dates for Clinics
Time: 8:15 am - 12 noon
• February 16 .. Granite Park
• February 22 .. North Natomas Regional Park
• April 20 ......... Granite Park
• April 27 ......... North Natomas Regional Park
• June 29 ........... North Natomas Regional Park

Catfish Planted into Ponds
• March 8....... North Natomas Regional Park
• March 15 .... Granite Park
• May 9 .......... Granite Park
• May 31 ...... North Natomas Regional Park
• June 20 ...... Granite Park
• July 4......... Granite Park (or day near 7/4)
“Fish planting” means Supplying pond with Fish

See website for additional information: https://www.wildlife.ca.gov/Fishing-in-the-City/Sac
Adult Learn To Row

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

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

M and W practices are 5:15-7:15am
Sat practices are 8:00-10:15am
Cost: $200

Learn to Scull

We are bringing back our learn to scull class which teaches sculling with two oars in singles, doubles and quads. Enrollment is limited to just 11 people.
M W F 7:45-10am
Starts July 8-26
Cost: $300

Learn to Cox

Small but competitive? The sport of rowing has a unique and important position on our team. Learn the skills of the coxswain! They are the eyes and the voice of the crew to help them be their best. We're all beginners so you will learn as the rowers do. Same schedule as Learn To Row.
Cost: $50

Beg. Middle School Rowing

2 week sessions, 6 practices (2 hours each)
RCRC's Middle School Rowing program provides a non-competitive, recreational team for boys and girls (grades 5th-7th) to learn how to row. Younger athletes build rowing skills, learn the importance of physical fitness and water safety, and work with teammates in a fun, positive environment. Skills are taught in small one, two, or four person sculling boats. No experience in boats is necessary.

After completion of a Beginning class, rowers can continue to build upon this foundation in successive Middle School Team classes (schedule on the RCRC website).
Cost: $100
Class is limited to 6 athletes per session

Session #1: 6/10 – 6/21
TTh: 5-7pm, Sa: 9:15-11:15am
Session #2: 7/15 – 7/26
TTh: 8:30-10:30am, Sa: 9:15-11:15am
Session #3: 8/5 – 8/16
TTh: 5-7pm, Sa: 9:15-11:15am

Junior Learn To Row

Offers boys and girls ages 13 to 18 years old the opportunity to learn sweep rowing and sculling techniques in four and eight-person shells. It's a great opportunity to acquire new skills, try out a fascinating sport, improve conditioning...and have a huge amount of fun in the process.

Designed for teens with no rowing experience, this one-week program is taught by River City Junior Crew coaches, with experienced high school rowers on hand to help show the ropes. The course is co-ed and is coached in a well-organized and non-competitive atmosphere. Sessions are scheduled throughout the summer, with a Level 2 class offered to further develop the foundational skills introduced in Level 1. Information regarding joining RCRC's fall and spring season Junior Team will be provided at the end of the class.
Cost: $150
Afternoon practices: MTWThF 5:30-7:30pm
Morning practices: MTWThF 9:00-11:00am

Level 1

1 week class, 5 practices (2 hrs each)
Session #1: 6/10 – 6/14 afternoon
Session #2: 6/17 – 6/21 morning
Session #3: 7/8 – 7/12 afternoon
Session #4: 7/15 – 7/19 morning
Session #5: 8/5 – 8/9 afternoon

Level 2

1 week class, 5 practices (2 hrs each)
Session #1: 6/24 – 6/28 afternoon
Session #2: 7/22 – 7/26 afternoon
Zumba Fitness
Zumba is a dance fitness program that provides an exciting party atmosphere full of Latin, Hip Hop, and international music. Zumba is fun, effective, easy to do, and promotes the perfect balance of cardio and toning. You can burn anywhere from a few hundred calories to 1000 calories in 1 hour! You’ll have so much fun you’ll forget you’re exercising! If you don’t believe us, come
Age: 9+
Location: Pannell Meadowview CC
Instructor: Corene Marshalek
Fee: $15
9661 5:30pm - 6:30pm 4/1-4/30 M
9662 5:30pm - 6:30pm 5/1-5/31 M
9663 5:30pm - 6:30pm 6/1-6/30 M
9664 5:30pm - 6:30pm 7/1-7/31 M
9665 5:30pm - 6:30pm 8/1-8/31 M
9666 5:30pm - 6:30pm 9/1-9/30 M

Zumba with Theresa
Take the ‘work’ out of ‘workout!’ An exciting dance party full of Latin and international music. Class participants at any level can start Zumba right away. It’s fun and effective, using interval training, combining fast and slow rhythms for an aerobic workout.
Age: 12+
Location: Coloma CC
Instructor: Theresa McGarry
Fee: $5/class
6:45pm - 7:45pm every Tuesday T

Beginning Dog Obedience with Alan & Renee Miller
Designed to help you learn to communicate with your dog. Traditional exercises including heeling, auto sit, sit stay, down, down-stay and come when called. Dog must be at least 4 months old. Bring dog to all four classes. Additional time will be scheduled for pets with special problems.
Age: 14 yrs & Up
Fee: $160.00
Location: Tahoe Park
9888 6:00pm - 7:00pm 4/2-4/23 M
9889 6:00pm - 7:00pm 4/30-5/21 M
9890 6:00pm - 7:00pm 6/04-6/25 M
9896 6:00pm - 7:00pm 7/09-7/30 M
9897 6:00pm - 7:00pm 8/06-8/27 M
9898 6:00pm - 7:00pm 9/03-9/24 M
Location: William Land Park
9893 7:00pm - 8:00pm 6/05-6/26 M
9899 7:00pm - 8:00pm 7/10-7/31 M
Location: Tahoe Park
9900 7:00pm - 8:00pm 8/07-8/28 W
9901 7:00pm - 8:00pm 9/04-9/25 W
Location: Tahoe Park
9894 11:00am - 12:00pm 4/04-4/25 Th
9895 11:00am - 12:00pm 5/02-5/23 Th
9902 11:00am - 12:00pm 6/06-6/27 Th
9903 11:00am - 12:00pm 7/11-8/01 Th
9904 11:00am - 12:00pm 8/08-8/29 Th
9917 11:00am - 12:00pm 9/05-9/26 Th

Intermediate/Advanced Dog Obedience with Alan & Renee Miller
This class is designed for those who wish to compete their dogs. We prepare for AKC Obedience Trial Work CD-CDX-UD. Class will cover heeling, recall, delayed retrieving, signal work, jumping and scent discriminations. All dogs must have competed a basic dog obedience class to attend.
Age: 14yrs & Up
Fee: $80.00
Location: Tahoe Park
9905 7:00pm - 8:00pm 4/2-4/23 T
9906 7:00pm - 8:00pm 4/30-5/21 T
9907 7:00pm - 8:00pm 6/04-6/25 T
9908 7:00pm - 8:00pm 7/09-7/30 T
9909 7:00pm - 8:00pm 8/06-8/27 T
9910 7:00pm - 8:00pm 9/03-9/24 T
Location: William Land Park
9911 10:00am - 11:00am 4/04-4/25 W
9912 10:00am - 11:00am 5/02-5/23 W
9913 10:00am - 11:00am 6/06-6/27 W
9914 10:00am - 11:00am 7/11-8/01 W
9915 10:00am - 11:00am 8/08-8/29 W
9916 10:00am - 11:00am 9/05-9/26 W

Dog Parks
All Department of Youth, Parks, and Community Enrichment dog parks are fenced, with a double-gate system for safety. Dog owners can test their arm strength and even use tennis ball launchers to get their dogs active and running in a safe and fun environment. Parks include: benches, shade areas, drinking fountains for dogs, and plenty of room to run. Dogs of all sizes are welcome.

For more info & to view the dog park rules, visit www.cityofsacramento.org/DogParks
Softball, Adult Night League Coed
Recreation softball offered for coed leagues. Fee includes playing on a lighted facilities, scorekeeper, softballs, bats provided, and league champions awards. For additional information, please call 808-6087 or email rsemenza@cityofsacramento.org
Age: Adults
Location: Tahoe Park
Instructor: Fee: $450
Schedule Exceptions: No games July 4th and November 12th
8428 6:30pm – 10:30pm 3/19 – 6/4 Tu
8429 6:30pm – 10:30pm 6/4 – 8/20 Tu
8430 6:30pm – 10:30pm 8/13 – 11/19 Tu
8431 6:30pm – 10:30pm 3/21 – 6/6 Th
8432 6:30pm – 10:30pm 6/6 – 8/22 Th
8433 6:30pm – 10:30pm 8/15 – 11/21 Th

Softball, Adult Night League Women
Recreation softball offered for women’s leagues. Fee includes playing on a lighted facilities, scorekeeper, softballs, bats provided, and league champions awards. For additional information, please call 808-6087 or email rsemenza@cityofsacramento.org
Age: Adults
Location: Roosevelt Park
Instructor: Fee: $450
Schedule Exceptions: No games July 4th and November 12th
8437 6:30pm – 10:30pm 3/21 – 6/6 Th
8438 6:30pm – 10:30pm 6/6 – 8/22 Th
8439 6:30pm – 10:30pm 8/15 – 11/21 Th

Twilight Softball League Coed
This is a strictly recreational softball league. This league does not keep standings, no umpires, no scorekeepers and teams must supply all necessary equipment. Games at non-lighted softball diamonds. For additional information please call 808-6087 or email rsemenza@cityofsacramento.org
Age: Adults
Location: Tahoe Park
Instructor: Fee: $260
Schedule Exceptions: No games July 4th and November 12th
8440 6:00pm – 8:30pm 4/17 – 7/3 W
8441 6:00pm – 8:30pm 6/26 – 9/11 W

The adult programming offered by the City of Sacramento is more than an opportunity to get out and exercise, it is also a great chance to have fun with friends and meet new people. Adult softball is offered throughout the year.
Put together a team and sign up today!
Visit our website at www.teamsideline.com/sacramento for schedules and up-to-date information.

How to Register for Adult Sports League and Programs:
Online: http://www.cityofsacramento.org/Recreation
Walk-in: Community centers have limited days and times they are open, please call first.

Coloma CC, 4623 T St, 9 am - 4 pm, M-F, (916) 808-6060
S. Natomas CC, 2921 Truxel Rd, 8:30 am – 8 pm, M-Th, Sat 11-3 pm, (916) 808-1571
Pannell Meadowview CC, 2450 Meadowview Rd, 8:30 am – 5 pm, M/W/Tri/F, (916) 808-6680.
Sacramento Softball Complex Coed Softball
Age: Adults
Location: Sacramento Softball Complex
Fee: $450
No games July 4th and November 12th

10147 6:30pm – 10:30pm 3/19 – 6/4
10148 6:30pm – 10:30pm 6/11 – 8/13
10149 6:30pm – 10:30pm 8/20 – 10/22
10150 6:30pm – 10:30pm 3/20 – 6/5
10151 6:30pm – 10:30pm 6/12 – 8/14
10152 6:30pm – 10:30pm 8/21 – 10/30
10153 6:30pm – 10:30pm 3/21 – 6/1
10154 6:30pm – 10:30pm 6/6 – 8/15
10155 6:30pm – 10:30pm 8/22 – 11/7
10156 6:30pm – 10:30pm 3/22 – 5/31
10157 6:30pm – 10:30pm 6/7 – 8/16
10158 6:30pm – 10:30pm 8/23 – 11/1

Sacramento Softball Complex Men’s Softball
Age: Adults
Location: Sacramento Softball Complex
Fee: $450
No games July 4th and November 12th

10159 6:30pm – 10:30pm 3/18 – 6/3
10160 6:30pm – 10:30pm 6/3 – 8/5
10161 6:30pm – 10:30pm 8/12 – 11/4
10162 6:30pm – 10:30pm 3/19 – 6/4
10163 6:30pm – 10:30pm 6/11 – 8/13
10164 6:30pm – 10:30pm 8/20 – 10/22
10165 6:30pm – 10:30pm 3/20 – 6/5
10166 6:30pm – 10:30pm 6/12 – 8/14
10167 6:30pm – 10:30pm 8/21 – 10/30
10168 6:30pm – 10:30pm 3/21 – 6/6
10169 6:30pm – 10:30pm 6/6 – 8/15
10170 6:30pm – 10:30pm 8/22 – 11/7
10171 6:30pm – 10:30pm 3/22 – 5/31
10172 6:30pm – 10:30pm 6/7 – 8/16
10173 6:30pm – 10:30pm 8/23 – 11/1

*There is a $35.00 charge for USA League Fees per Calendar year* Code: 10174

Sacramento Softball Complex is located at 3450 Longview Dr, Sacramento, CA 95821

The City of Sacramento is seeking applications from independent contractors.

What kind of programs are we looking for? Here are just a few examples, from an endless list of possibilities!

- Adaptive sports
- Gymnastics
- Water Aerobics
- Parent Child Classes
- Archery
- Tennis
- Fine & Performing Arts
- Music, Art & Photography
- Preschool Enrichment
- Fencing
- Water Sports
- Writing Classes

Qualified persons may submit Applications for one or several activities listed above. Applications can be picked up in person at Coloma Community Center or found at https://www.cityofsacramento.org/ParksandRec/Recreation/LeisureEnrichment

For any questions email or call Julia Parker at jrparker@cityofsacramento.org or (916) 808-7205

APPLICATION REQUIREMENTS
Submit one copy of the application packet in a sealed envelope, to the attention of Julia Parker at the following address:
Department of Youth, Parks, and Community Enrichment
4623 T Street, Suite B
Sacramento, CA 95819
Exercise, Energize, Enjoy!

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

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

Raja Yoga

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

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

Stretching and Strengthening

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

Age: 50+
Location: East Portal Clubhouse
Instructor: Valerie Miller

Tai Chi for Seniors

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

Age: 50+
Location: The Hart Center
Instructor: Sabitre Rodriguez
Fee: $25/5 Punch Card

Find more classes and activities near you in the Hart Senior Center section, page 59-60 and the Community Centers section, pages 12-16
Support Group for Caregivers of Adults with Memory Loss

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

Age: Adults
Location: The Hart Center
Instructor: Chantell Albers
Fee: Free
3:00pm – 4:00pm
Dates: 2nd Friday of every month
Day of Week: Friday

Caregiving and the Search for Self

During this interactive, self-reflection workshop series, create a personal skills toolkit to thrive as a caregiver. You will have the opportunity to identify what you need, unravel limiting beliefs that block self-care, learn to listen to the messages beneath your feelings and use them to inform decisions, acknowledge ongoing losses, and live in hope, all while making connections with other caregivers.

Age: Adults
Location: The Hart Center
Instructor: Julie Interrante
Fee: $20
TBD Noon-time 8-week series
contact Stephanie Wilson at swilson2@cityofsacramento.org or (916) 808-1591 for schedule.
Day of Week: TBD

Life After Caregiving: Permission to Live

People who have been caregivers for a long period of time—sometimes decades—may feel unmoored and at a loss about the next step in their life when their loved one passes away. This workshop series is intended to serve as a bridge of support as former caregivers learns to adjust to their new reality.

Age: Adults
Location: The Hart Center
Instructor: Julie Interrante
Fee: $20
TBD Noon-time 8-week series
contact Stephanie Wilson at swilson2@cityofsacramento.org or (916) 808-1591 for schedule.
Day of Week: TBD

Poetry Appreciation Series

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

Age: 50+
Location: The Hart Center
Instructor: Marie Taylor
Fee: $5
No classes in April or August
9687 1:00pm – 2:30pm 5/24 F
9688 1:00pm – 2:30pm 6/28 F
9689 1:00pm – 2:30pm 7/26 F

Zumba Toning

This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of cumbia, Merengue, Mambo, Salsa, Samba, and much more. Come on out and discover how easy and fun losing weight, toning your muscles and getting in shape can be. You don’t need to be a professional dancer to enjoy Zumba, beginners are welcome. This class is for all levels and shapes.

Age: 50+
Location: The Hart Center
Instructor: Kelly Pineda
Fee: Punch Card: 5 classes $30.00; 10 classes $60.00
5 class punch card
9735 9:15am – 10:15am 4/2 – 4/30 Tu
9737 9:15am – 10:15am 5/1 – 5/29 Tu
9740 9:15am – 10:15am 7/2 – 7/30 Tu
9743 9:15am – 10:15am 8/6 – 8/27 Tu
10 class punch card
9746 9:15am – 10:15am 4/2 – 4/30 Tu
9747 9:15am – 10:15am 5/1 – 5/29 Tu
9751 9:15am – 10:15am 7/2 – 7/30 Tu
9753 9:15am – 10:15am 8/6 – 8/27 Tu
Beginning Taiko Drumming
Led by professional taiko artist and teacher, Kristy Oshiro. Each session will cover basic technique and rhythms as well as little history and Japanese language. Each session will feature a new taiko song for students to learn, so you can take the class again and again. No experience is necessary, new students of all physical and musical abilities are welcome. All equipment is provided; please wear comfortable clothing and footwear.
Age: 50+
Location: The Hart Center
Instructor: Kristy Oshiro
Fee: Varies
9690 3:45pm - 4:45pm 4/8 - 4/29 M $40
9691 3:45pm - 4:45pm 5/6 - 5/20 M $30
9692 3:45pm - 4:45pm 6/3 - 6/24 M $40
9693 3:45pm - 4:45pm 7/1 - 7/22 M $40
9694 3:45pm - 4:45pm 8/19 - 8/26 M $20

Active Yoga
Come join instructor Laura Santigian in our mixed-level Adaptive Yoga class to increase your strength and flexibility, improve balance, and enhance your ability to relax and release stress. This class includes standing poses, mat work, and offers plenty of instruction for newcomers, as well as, enough challenge for long-time practitioners. You will learn to modify poses that will suit your needs and limitations so you can find your own personal zone of comfort and challenge. Bring a yoga mat, towel, water, and your own unique energy! Beginners are always welcome!
Age: 50+
Location: The Hart Center
Instructor: Laura Santigian
Fee: Punch Card: 5 classes $35.00; 10 classes $70.00
5 card punch card
9766 2:30pm - 3:30pm 4/3 - 4/29 M/W $40
9769 2:30pm - 3:30pm 5/6 - 5/29 M/W $40
9770 2:30pm - 3:30pm 6/3 - 6/26 M/W $40
9773 2:30pm - 3:30pm 8/5 - 8/28 M/W $40
10 card punch card
9779 2:30pm - 3:30pm 4/3 - 4/29 M/W $40
9780 2:30pm - 3:30pm 5/6 - 5/29 M/W $40
9783 2:30pm - 3:30pm 7/1 - 7/31 M/W $40
9784 2:30pm - 3:30pm 8/5 - 8/28 M/W $40

Intermediate Taiko Drumming
Led by professional taiko artist and teacher, Kristy Oshiro. This class covers intermediate-level taiko techniques, rhythms, and songs. You must have taken at least one 4 week beginning taiko class and have the instructor’s permission to sign up for this class. All equipment is provided; please wear comfortable clothing and footwear.
Age: 50+
Location: The Hart Center
Instructor: Kristy Oshiro
Fee: Varies
9746 3:45pm - 4:45pm 4/3 - 4/24 W $40
9747 3:45pm - 4:45pm 5/1 - 5/29 W $50
9749 3:45pm - 4:45pm 6/5 - 6/26 W $40
9751 3:45pm - 4:45pm 7/3 - 7/24 W $40
9753 3:45pm - 4:45pm 8/14 - 8/28 W $30

Chair Yoga
This gentle form of yoga makes it possible for anyone to do. Gain the benefits yoga offers, increase flexibility, strength and balance all with the support of a chair. A great starting point for those returning or new to yoga, rehabilitating, or with less flexibility and/or balance. Please provide your own mat and wear comfortable clothing.
Age: 50+
Location: The Hart Center
Instructor: Pat Shaw
Fee: Punch Card: 5 classes $35.00; 10 classes $70.00
5 card punch card
9786 1:00pm - 2:00pm 4/3 - 4/29 M/W $40
9791 1:00pm - 2:00pm 5/1 - 5/29 M/W $40
9792 1:00pm - 2:00pm 6/3 - 6/26 M/W $40
9794 1:00pm - 2:00pm 7/2 - 7/31 M/W $40
9795 1:00pm - 2:00pm 8/5 - 8/28 M/W $40
10 card punch card
9796 1:00pm - 2:00pm 4/3 - 4/29 M/W $40
9797 1:00pm - 2:00pm 5/1 - 5/29 M/W $40
9798 1:00pm - 2:00pm 6/3 - 6/26 M/W $40
9799 1:00pm - 2:00pm 7/2 - 7/31 M/W $40
9800 1:00pm - 2:00pm 8/5 - 8/28 M/W $40

2019 Arts & Adventure in the Sierras Senior Camp
Each summer the City of Sacramento’s 50+ Wellness Program hosts an affordable, mini-vacation for older adults at Camp Sacramento. Located in the El Dorado National Forest, campers have the opportunity to enjoy the scenery of the beautiful Sierras, participate in professionally-led workshops and even go on new adventures! The “Arts & Adventure in the Sierras” Senior Camp offers a variety of activities during your 5-day, 4-night stay at camp. Your registration fees include meals, traditional camp activities such as campfires with sing-a-longs, star gazing, leather crafts, a team trivia challenge, and so much more! For those who want to explore their adventurous side, in years past we have had a biking tour of Lake Tahoe, and a scenic hike at Echo Lake and all the fresh air you can take! Lodging is in rustic, but comfortable cabins at this charming, historic camp operated by the City of Sacramento since 1920. Reserve your spot today!

For more information, contact the 50+ Wellness Program/Senior Camp Coordinator at 916-808-1593.
**Come out & Play**

Classes, Programs & Events

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

**Ages 50+**

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

**Arts**

*Weaving Lessons*  Mondays, 1-4p. An introduction to terminology, looms, equipment, and weaving techniques. Each student works on a project of their own under the teacher’s instruction. Contact Hart Senior Center about upcoming sessions and materials fees. (916) 808-5462

M  1:00pm – 4:00pm

*Intermediate Open Ceramics Lab*  The Ceramics Lab is open to people with an intermediate level of ceramics knowledge. Pour using molds, clean green ware, glaze, hand build and fire. An outdoors pottery wheel is available for use when weather permits. Space limited.

Th  8:00am – 12:30pm $10/month

**Craft ’n Chat**  Join our crafty participants as they work on individual projects including sewing, quilting, crochet, weaving, knitting, needlepoint, drawing, coloring, paper crafts, jewelry, and more. No formal instruction provided. Participants supply their own projects and materials.

Th  10:00am – 12:00noon

**Adventures in Art with Marie Taylor**  If you’ve always wanted to know about modern art but didn’t know where to start, come to Adventures in Art! This educational, fun art class provides both a hands-on experience and an opportunity to learn about some of history’s most famous contemporary artists. Contact Hart Senior Center at 916-808-5462 about upcoming featured artists, and to inquire about fees.

4th T  1:00pm – 3:00pm

**Dance**

**Beginning Line Dancing**  “Step - by - step” introduction to basic line dancing to prepare people to participate with the weekly Line Dancing group at Hart Senior Center.

Th  8:15am – 8:45am  Free

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

Th  9:00am – 10:00am  Free

**Ballroom Dance**  Come join the fun and meet people at this large social dance with a variety music styles provided by a DJ.

Th  1:30pm – 4:30pm  Free

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

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

**Fitness**

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

M/W/F  9:00am – 9:45am  Free

**Chair Yoga**  Instructor Pat Shaw teaches this gentle class, a great starting point for those new to yoga, with less flexibility, or those rehabilitating. Contact Hart Senior Center at 916-808-5462 to inquire about fees.

M/W  1:00pm – 2:00pm

**Active Yoga**  Laura Santigian leads this mixed-level yoga class to increase strength and flexibility, improve balance. Contact Hart Senior Center at 916-808-5462 to inquire about fees.

M/W  2:30pm – 3:30pm

**Tai Chi**  Led by instructor Sabitre Rodriguez, participants experience this low impact form of ancient Chinese exercise. Contact Hart Senior Center at 916-808-5462 to inquire about fees.

M  10:30am – 11:30am

**Zumba Toning for Seniors**  Instructor Kelly Pineda incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa and Samba. Contact Hart Senior Center at 916-808-5462 to inquire about fees.

T  9:15am – 10:15am

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

T/Th  12:30 – 4:30p  Free

**Education and Technology**

**TechConnections**  Wide range of classes including Beginning Computers, Facebook, Internet & Email, Smart phones, Apps, and one-on-one tutorials. Contact Hart Senior Center at 916-808-5462 to inquire about upcoming sessions.
Games and Recreational Activities

Progressive (Social) Bridge  Join other participants in playing a friendly game of bridge. A partner is not required.
W 9:00am - 12:00noon  Free
F 1:00pm - 4:00pm  Free
Sa 9:00am - 12:00noon  Free
Duplicate Bridge  Expert players provide direction and guidance; scoring is ongoing. A partner is required for this game. If you’d like to play and do not have a partner, contact Hart Senior Center at (916) 808-5462.
M 12:00noon - 4:00pm  Free

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

Performing Arts

Taiko Drumming  Led by professional taiko artist and teacher, Kristy Oshiro, both beginning and intermediate classes are available. Contact Hart Senior Center at (916) 808-5462 about upcoming sessions.

Singers with Hart  Whether you love to sing because you always have, or yearn to sing because you never had the opportunity, Singers with HART may be a unique possibility for you. Formed in 2014, this initiative is now a community of singers developing the ability to sing in harmony, who offer the fruits of their efforts in a culminating performance at the conclusion of each rehearsal block. No audition is required. The only pre-requisites are the desire to sing in harmony in a group, and the desire and ability to learn new skills. Rehearsals are weekly on Fridays, 10:30 to Noon.
Fall Concert Block: 8/9 - 10/4
Registration closes on August 7th. Contact Hart Senior Center at 916-808-5462 for more information.

Writing, Literature and Film

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

Poetry Writing Group  Join the group for some poetic inspiration and motivation! Meetings provide a workshop sharing of poetry information and discussion, followed by readings and positive commentary on each person’s poem.
W 1:00pm - 3:00pm  Free

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

Books with Hart  Facilitated by a Sacramento Public Library librarian. Check out the monthly book selection at Hart Senior Center ahead of time and then come discuss it with others in this lively group of book lovers.
1st F 10:00am - 11:30am  Free

Poetry Appreciation Series  If you’ve always loved poetry or just been curious to learn more about it, come to Poetry Appreciation! Contact Hart Senior Center at 916-808-5462 about upcoming sessions and poetry selections.
4th F 1:00pm - 2:30pm

Cinema and Conversations Circle  View uplifting films (shorts or feature length) from independent and international filmmakers that you won’t find in mainstream theaters. Following the viewing, the group either watches a discussion with the film makers and actors or sparks our own group conversation about the value of the film.
4th F 10:15am - 12:15pm  Free

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

Daytime Memory Care Services Since 1992
www.TripleR.org / (916) 808-1591

South Land Park • Midtown • Woodlake
Monday - Friday
Full-day (7:30 a.m. - 6:00 p.m.) at select locations

Licensed by State of California Dept. of Social Services
COME OUT & PLAY  CLASSES, PROGRAMS & EVENTS
SPG/
SUM  
2019

For more information & trip details, visit: www.cityofsacramento.org/tours or call 916-808-8687

**San Francisco Flower & Garden Show** - Saturday, March 23, 2019
Course Code: 8346 | Cost: $78 | Deadline: 2/22/19
All 3 Pick-up Locations: Arden, Belle Cooledge Library, So. Natomas Community Center*

**Oakland Zoo’s California Trail** (with Open Air Gondola Ride) - Saturday, April 13, 2019
Course Code: 8347 | Cost: $78 | Deadline: 3/11/19
All 3 Pick-up Locations: Arden, Belle Cooledge Library, So. Natomas Community Center*

**San Francisco Bay Model & Sausalito** (Private tour of SF Bay Model) - Saturday, May 18, 2019
Course Code: 8348 | Cost: $72 | Deadline: 4/16/19
All 3 Pick-up Locations: Arden, Belle Cooledge Library, So. Natomas Community Center*

**Red & White Fleet** (Bridge 2 Bridge San Francisco Bay Cruise, Pier 39) - Saturday June 1, 2019
Course Code: 8349 | Cost: $105 | Deadline: 5/1/19
All 3 Pick-up Locations: Arden, Belle Cooledge Library, So. Natomas Community Center*

**Cliff House Champagne Brunch** (and Musée Mécanique at Pier 45)
Sunday, June 23, 2019 | Course Code: 8350 | Cost: $129.00
Pick-up Locations: Arden or So. Natomas Community Center*

**Filoli Gardens & Estate Tour** - Saturday, July 27, 2019
Course Code: 8351 | Cost: $85.00
Pick-up Locations:
Belle Cooledge Library or So. Natomas Community Center*

**Monterey Aquarium & Cannery Row** - Saturday, August 24, 2019
Course Code: 8352 | Cost: $115 | Deadline: 7/22/19
Pick-up Locations: Arden or Belle Cooledge Library*

**Seniorama** (Santa Cruz Folies)
Saturday, September 14, 2019
Course Code: 8353 | Cost: $83
Deadline: 8/22/19
Pick-up Locations: Arden or Belle Cooledge Library*

**Ferry Ride & Angel Island Tour**
Saturday, October 19, 2019
Course Code: 8354
Cost: $99 | Deadline: 9/10/19
Pick-up Locations: Arden or Belle Cooledge Library*

**Craig’s San Francisco Movie Tour**
(Lefty O’doul’s, Mel’s Drive Inn)
Saturday, November 16, 2019
Course Code: 8355 | Cost: $99 | Deadline: 10/14/19
Pick-up Locations: Arden or Belle Cooledge Library*

**Holiday Time in San Francisco** (Shop or Browse)
Saturday, December 7, 2019
Course Code: 8356 | Cost: $59 | Deadline: 11/15/19
All 3 Pick-up Locations: Arden, Belle Cooledge Library, So. Natomas Community Center*

*Pick-up Location Addresses:
Arden (Parking Lot near Black Bear Diner) - 1830 Arden Way
Belle Cooledge Library - 5600 S Land Park Drive
So. Natomas Community Center - 2921 Truxel Road
COME OUT & PLAY CLASSES, PROGRAMS & EVENTS
SPG/SUM 2019

North and South Dakota - August 13, 2019
8 Days, 11 Meals: 7 Breakfasts, 4 Dinners
Rates: Double $2,899; Single $3,599; Triple $2,869
Included in price: Roundtrip Airfare, Miscellaneous, Air Taxes, Hotel Transfers
Not Included in Price: Insurance ($275.00)

South Pacific Wonders - (Australia & New Zealand) - September 24, 2019
18 Days, 26 Meals: 15 Breakfasts, 3 lunches, 8 Dinners
Early Booking Rates: Double $7,349; Single $9,149; Triple $7,249*
*Early bookings must received 6 months previous
Rates: Double $7,649; Single $9,449; Triple $7,549
Included in price: Roundtrip Airfare, Attraction, Air Taxes, Hotel Transfers
Not Included in Price: Insurance ($385.00)

America’s Music Cities (New Orleans, Memphis, Nashville) - October 27, 2019
8 Days, 10 Meals: 7 Breakfasts, 3 Dinners
Early Booking Rates: Double $2,999; Single $3,899*
*Must be booked by April 27th, 2019
Included in price: Roundtrip Airfare, Attraction, Hotel, Air Taxes, Hotel Transfers
Not Included in Price: Insurance ($275.00)

Tuscany - March 12-20, 2020
9 Days, 10 Meals: 7 Breakfasts, 3 Dinners
Rates: Double $2,999; Single $3,299; Triple $2,969*
*for booking before September 13, 2019; for after September 13, 2019, call for rates.
Upgrade your in-flight to business class: $4,990
Included in price: Round Trip Air from Sacramento Airport, Air Taxes and Fees/Surcharges, Hotel Transfers
Not Included in Price: Insurance ($310.00)

Extended Trips in Collaboration with City of Sacramento Trips & Tours
For more information, please phone (916) 808-8687
The City of Sacramento Department of Youth, Parks and Community Enrichment offers three ways to enroll in programs! Registration is simple and fast. Registrations are NOT accepted at program sites.

**INTERNET**
https://apm.activecommunities.com/cityofSacParksAndRec

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

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

---

**Payer Information**

- Yes, I have moved and my new address is below:

<table>
<thead>
<tr>
<th>Payer’s Name:</th>
<th></th>
<th>Home Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td></td>
<td>State:</td>
</tr>
<tr>
<td>Email address:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Participant Name:</td>
<td></td>
<td>Male</td>
</tr>
<tr>
<td>Grade:</td>
<td></td>
<td>Age:</td>
</tr>
<tr>
<td>Parent/Guardian Name:</td>
<td></td>
<td>Emergency Phone:</td>
</tr>
</tbody>
</table>

---

**Course Registration**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Activity Name</th>
<th>Location</th>
<th>Time</th>
<th>Start Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
</tbody>
</table>

---

**Hold Harmless Agreement for Participation in City of Sacramento Programs**

**Hold Harmless Agreement:** I understand that serious accidents occasionally occur during recreation programs. Knowing the risk and in consideration of being permitted to participate in City of Sacramento recreation programs, I agree to assume all risks connected therewith. I agree to release and discharge in advance the City of Sacramento, its officers, employees and agents from any and all liability for personal injury, shall remain in effect until revoked in writing. I also assume full responsibility for the above child’s behavior and agree to pay for all damages to property or person caused by the 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 canceled or in the event that the staff must cancel a course for which you have registered, we will contact you and offer you an option of transferring to another session or receiving a full refund check by mail in 3 weeks. No requests for refunds or transfers will be accepted after an activity has started, except in case of the participant’s illness, supported by written documentation from the family physician. If you cancel or request a transfer prior to the start of the activity a $5 processing fee per participant, per course will be assessed.

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

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

**Privacy Statement:** The information provided is accessible only by Recreation staff. Course coordinators and instructors will receive only the name, current age, address, and phone numbers of participants. Email addresses will be used only for Department correspondence related to your registration, program promotions, and updates. Your information will be shared with other agencies, departments, businesses or others except as required by law.

---

**Signature**

Parent/Adult Signature: Date:

**Payment Information**

- Amount Due: Entered by: 
- Check or Money Order #: Cash: $
Come join us at the pool for a family open swim and underwater egg hunt!

Non-swimmers must be accompanied by an adult and be within arm’s reach at all times. Participants will be grouped by age for hunts.

April 20th
12:00pm – 2:00pm
Pannell Meadowview Pool

Fee: $2

Course #9552
4/20 Easter Egg Hunt

Looking for a land-based Egg Hunt this spring? Check out page 41.