COME OUT and Play

SUMMER OF SACRAMENTO FUN

Spring/Summer 2018
Bring your child for fun or sign-up to volunteer at one of the egg hunts below.

**2018 Egg Hunts and Volunteer Opportunities**

**District 1**  
North Natomas Regional Park  
4989 Natomas Blvd.  
Date: Saturday, March 31st  
Time: 9am

**District 2**  
Robla Park  
625 Bell Avenue  
Date: Saturday, March 31st  
Time: 1pm

**District 2**  
Hagginwood Park  
3271 Marysville Blvd.  
Date: Saturday, March 31st  
Time: 10am

**District 3**  
McKinley Park & Clunie Community Center  
801 Alhambra Blvd.  
Date: Saturday, March 31st  
Time: 7:30am

**District 4**  
William Land Park  
3800 Land Park Drive  
Date: Saturday, March 24th  
Time: 9am

**District 4**  
Southside Park  
2115 6th Street  
Date: Saturday, March 24th  
Time: 1:30pm

**District 4**  
Orchard Park  
2936 West River Drive  
Date: Sunday, March 25th  
Time: 1:30pm

**District 7**  
Garcia Bend Park  
7654 Pocket Road  
Date: Saturday, March 31st  
Time: 10am

**District 7**  
Mesa Grande Park  
4325 Valley Hi Drive  
Date: Saturday, March 31st  
Time: 1pm

**District 8**  
Meadowview Park  
7760 24th Street  
Date: Saturday, March 31st  
Time: 10am

Volunteers Needed to Stuff Plastic Eggs with Candy

**District 7**  
Friday, March 23rd  
Robbie Water Pocket/ Greenhaven Library  
7335 Gloria Drive  
6:30pm-8:30pm

**District 8**  
Thursday, March 29th  
Sam & Bonnie Pannell Community Center  
2450 Meadowview Road  
4pm-6pm

Please email Erin Quinonez at equinonez@cityofsacramento.org if you would like to volunteer at an Egg Hunt.
The Department of Youth, Parks, and Community Enrichment is excited to announce a new, enhanced online registration system making it even easier for users to go online anytime and anywhere to register for classes, make payments and manage their families’ activities.

Registration for Spring/Summer 2018 opens Monday, March 12.
Visit https://apm.activecommunities.com/cityofsacypce to create a user account and register for classes!

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Department of Youth, Parks, and Community Enrichment

Staff

- Shannon Brown Interim Director
- Eugene Loew Parks Manager
- Kim Mohler Division Manager
- Sylvia Fort Division Manager
- Kriztina Palone Neighborhood Services Manager

Department of YPCE Commission

- District 1 Jag Baines
- District 2 Fatima Malik
- District 3 David Guererro
- District 4 Julie Murphy
- District 5 Joe Flores
- District 6 Tyler Aguilar

- District 7 Vacant
- District 8 Chinua Rhodes
- Mayor Asst. Rita Gallardo Good
- At large Jason Law
- At large David Heitstuman

Seasonal Program Directory

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.

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.
School’s out for Summer! Spring break and summer vacation are right around the corner, and the newly reorganized department of Youth, Parks, & Community Enrichment is excited to debut our latest catalogue of programs. Inside you will find a wealth of opportunities for both the young and the young-at-heart. Don’t forget to check the dates for Summer Camp registration, as openings are filling up fast.

This summer we are excited to announce the launch of a new and improved swim program. With easy to follow levels and the addition of new weekend swim classes, your little one will be swimming laps around you by fall. Feeling adventurous? You can tumble, jump and slide across our jumbo inflatables obstacle course and play on our inflatable pool features! Check our site for dates, times and locations of the inflatables.

Along with the variety of classes and events we offer, we continue to grow our many employment opportunities for youth. Each summer the Department employs over 200 high school students as both employees and interns. From lifeguards to landscaping, City Hall to Camp Sacramento, we are proud partners in the Mayor’s initiative to cultivate a vibrant youth workforce.

Don’t forget, the fun of summer doesn’t end at the City’s edge! We invite you to explore Camp Sacramento - our American Camp Association accredited camp located in the towering pines of the Eldorado National Forest only a short drive from Sacramento. Take in the great outdoors and enjoy hiking, swimming, archery, arts and crafts and more, all in a safe and nurturing environment.

Just want to know what’s going on around town in our beautiful parks and neighborhoods? Checkout the Department’s new Facebook page www.facebook.com/YouthParksCommunityEnrichment/ and be sure to “Follow” so you will always know what’s going on.

**Come Out and Play with YPCE!**

Shannon Brown  
Interim Director
## MOVIE NIGHTS

**MOVIES START AT SUNSET.**

### Dates, Districts, and Locations

<table>
<thead>
<tr>
<th>Date</th>
<th>District</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APRIL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri- 4/13</td>
<td>D2</td>
<td>North Pointe Park</td>
</tr>
<tr>
<td><strong>MAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri-5/11</td>
<td>D2</td>
<td>Nuevo Park</td>
</tr>
<tr>
<td>Fri-5/18</td>
<td>D5</td>
<td>Belle Cooledge Park</td>
</tr>
<tr>
<td><strong>JUNE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri- 6/1</td>
<td>D7</td>
<td>Mesa Grande Park</td>
</tr>
<tr>
<td>Sat- 6/2</td>
<td>D5</td>
<td>McClatchy Park</td>
</tr>
<tr>
<td>Fri-6/15</td>
<td>D2</td>
<td>Winner Circle Park</td>
</tr>
<tr>
<td>Fri- 6/15</td>
<td>D1</td>
<td>North Natomas Regional Park</td>
</tr>
<tr>
<td>Fri- 6/29</td>
<td>D5</td>
<td>Maple Neighborhood Center</td>
</tr>
<tr>
<td>Fri- 6/15</td>
<td>D1</td>
<td>North Natomas Regional Park</td>
</tr>
<tr>
<td><strong>JULY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri-7/20</td>
<td>D1</td>
<td>North Natomas Regional Park</td>
</tr>
<tr>
<td>Sat- 7/21</td>
<td>D5</td>
<td>Lawrence Park</td>
</tr>
<tr>
<td>Sat-7/28</td>
<td>D3</td>
<td>Gardenland Park</td>
</tr>
<tr>
<td><strong>AUGUST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri-8/10</td>
<td>D1</td>
<td>North Natomas Regional Park</td>
</tr>
<tr>
<td>Sat-8/11</td>
<td>D4</td>
<td>Two Rivers Park</td>
</tr>
<tr>
<td>Fri- 8/17</td>
<td>D7</td>
<td>Garcia Bend Park</td>
</tr>
<tr>
<td>Sat-8/18</td>
<td>D8</td>
<td>Pollack Park</td>
</tr>
<tr>
<td>Sat 8/18</td>
<td>D4</td>
<td>William Land Park</td>
</tr>
<tr>
<td>Fri-8/24</td>
<td>D5</td>
<td>Curtis Park</td>
</tr>
<tr>
<td>Fri-8/24</td>
<td>D6</td>
<td>Tahoe Park</td>
</tr>
<tr>
<td>Sat 8/25</td>
<td>D4</td>
<td>Winn Park</td>
</tr>
<tr>
<td>Sat-8/25</td>
<td>D3</td>
<td>Glenn Hall Park</td>
</tr>
<tr>
<td><strong>SEPTEMBER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri- 9/7</td>
<td>D5</td>
<td>Hollywood Park</td>
</tr>
<tr>
<td>Fri- 9/7</td>
<td>D6</td>
<td>Guerrero Park</td>
</tr>
<tr>
<td>Sat-9/8</td>
<td>D5</td>
<td>Colonial Park</td>
</tr>
<tr>
<td>Sat-9/8</td>
<td>D4</td>
<td>Southside Park</td>
</tr>
<tr>
<td>Fri-9/14</td>
<td>D6</td>
<td>Oki Park</td>
</tr>
<tr>
<td>Fri-9/21</td>
<td>D7</td>
<td>Garcia Bend Park</td>
</tr>
</tbody>
</table>

**ONCE AVAILABLE MOVIE TITLES WILL BE ANNOUNCED**

on our website:  
http://www.cityofsacramento.org/YPCE  
and  
on our Facebook page:  
https://www.facebook.com/YouthParksCommunityEnrichment/
Fairytale Town offers 24 exciting and educational summer camps for children ages 4 through 9. Each weeklong FunCamp is designed for a specific age group and features a unique theme, including visual art, animals, gardening, science, literature, theatre arts and more. Keep the fun going all day long by enrolling your child in Afternoon Adventures. An Early Drop-Off option is also available.

**Registration Opens March 1 at fairytaletown.org**

**2018 FunCamps**

Sign up for FunCamps today! fairytaletown.org

### Ages 4 – 6 • 9 AM – 12 PM • Morning Sessions

<table>
<thead>
<tr>
<th>June</th>
<th>Storybook Stage</th>
<th>Nature Detectives</th>
<th>Science Explorers</th>
<th>Little Ranchers</th>
<th>June 18-22</th>
<th>June 25-29</th>
</tr>
</thead>
<tbody>
<tr>
<td>July</td>
<td>Camp Kaleidoscope</td>
<td>Storybook Science</td>
<td>Gardens Galore</td>
<td>Camp STEAM</td>
<td>July 9-13</td>
<td>July 16-20</td>
</tr>
<tr>
<td>August</td>
<td>Art in Nature</td>
<td>Little Ranchers</td>
<td>Scales in Fairytales</td>
<td>Sensory Science</td>
<td>July 30-Aug. 3</td>
<td>August 6-10</td>
</tr>
</tbody>
</table>

### Ages 7 - 9 • 9 AM – 12 PM • Morning Sessions

<table>
<thead>
<tr>
<th>June</th>
<th>Farm-to-Fork Fun</th>
<th>Dance Camp</th>
<th>June 18-22</th>
<th>June 25-29</th>
</tr>
</thead>
<tbody>
<tr>
<td>July</td>
<td>Junior Animal Keepers</td>
<td>Fun with Fabrics</td>
<td>Junior Bee Keepers</td>
<td>July 9-13</td>
</tr>
<tr>
<td>August</td>
<td>Food, Fun, and Fairytales</td>
<td>Clay Creation</td>
<td>Comic Connections</td>
<td>July 30-Aug. 3</td>
</tr>
</tbody>
</table>

### FunCamp Fees & Registration

- **Morning Session Only**: $145
- **Morning Session & Afternoon Adventures**: $340
- **Early Drop-Off**: $45

Camp fees are per child per week. Member discounts are available.

General registration opens March 1. Member registration opens February 15; for access to early member registration, email us at mail@fairytaletown.org.

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**Key**

- Animal Husbandry
- Gardening
- Theater Arts
- Visual arts
- Nature
- Music
- Science
- Literature
- Creative Writing
- Creative Movement
- Sensory
Fairytale Town offers 24 exciting and educational summer camps for children ages 4 through 9. Each camp is focused on a variety of topics including visual art, animals, gardening, science, literature, theatre arts and more. Keep the fun going all day long with a full day of engaging activities.

<table>
<thead>
<tr>
<th>Camp Name</th>
<th>Description</th>
<th>Ages</th>
<th>Fee</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skyhawks Flag Football Camp</td>
<td>Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense.</td>
<td>6-12 yrs</td>
<td>$139</td>
<td>7/9 - 7/13 Mon-Fri</td>
<td>9:00AM-12:00PM</td>
</tr>
<tr>
<td>Skyhawks Mini-Hawk Camp</td>
<td>This multi-sport program was developed to give 4 to 6 year-olds a positive first step into athletics.</td>
<td>4-7 yrs</td>
<td>$139</td>
<td>6/25 - 6/19 Mon-Fri</td>
<td>9:00AM-12:00PM</td>
</tr>
<tr>
<td>Skyhawks Flag Football Camp</td>
<td>Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense.</td>
<td>6-12 yrs</td>
<td>$139</td>
<td>8/6 - 8/10 Mon-Fri</td>
<td>9:00AM-12:00PM</td>
</tr>
<tr>
<td>Skyhawks Volleyball Camp</td>
<td>Skyswals Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp.</td>
<td>7-13 yrs</td>
<td>$139</td>
<td>7/30 - 8/3 Mon-Fri</td>
<td>9:00AM-12:00PM</td>
</tr>
</tbody>
</table>

Sign up for FunCamps today at fairytaletown.org. Early member registration starts March 1. Member discounts are available. Camp fees are per child per week.

Contact us at mail@fairytaletown.org.
**Summer Fun & Camps**

**Sacramento Adventure Playground**

A FREE out-of-school youth development program, powered by Fairytale Town

**Community Days**

All ages welcomed on the second Saturday of the month 11 AM—4 PM. February—November only. Parents required for ages 6 & Under.

**Warmline Days**

The Playground is open to youth with disabilities on the 1st and 3rd Saturdays of select months: March 17, April 7 & 21, May 5 & 19, from 9—11 AM. Advance registration required.

**Summer 2018 Hours**

<table>
<thead>
<tr>
<th>June 19—August 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays—Fridays: 2:15—6:30 PM</td>
</tr>
<tr>
<td>Saturdays: 11 AM—4 PM</td>
</tr>
<tr>
<td>Closed July 4 &amp; July 17—21</td>
</tr>
</tbody>
</table>

**Homeschool Enrichment**

Four programs offered during the school year on Wednesdays & Fridays. See website for complete details.

Spring 2018: April 18—May 11

**Summer Camp**

July 30 – August 3 from 9 AM—12 PM. For ages 6-15. Visit sacadventureplay.org for details.

**FREE!**
sacadventureplay.org

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3301 - 37th Ave, Sacramento, CA 95824 • Maple Neighborhood Community Center • (916) 222-3831
**Summer Fun & Camps**

**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 100 participants are needed to operate program.

Registration begins April 2nd. 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 4 week sessions. Please register for both if you want all 8 weeks. For more information please call 808-6087.

Fee: $85 per session

<table>
<thead>
<tr>
<th>Course</th>
<th>Location</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>185781</td>
<td>Regency Park</td>
<td>9am-1pm</td>
<td>6/4-6/29</td>
</tr>
<tr>
<td>185782</td>
<td>Regency Park</td>
<td>9am-1pm</td>
<td>7/2-7/27</td>
</tr>
<tr>
<td>185783</td>
<td>East Portal Park</td>
<td>9am-1pm</td>
<td>6/25-7/20</td>
</tr>
<tr>
<td>185784</td>
<td>East Portal Park</td>
<td>9am-1pm</td>
<td>7/23-8/17</td>
</tr>
<tr>
<td>185523</td>
<td>Marriot Park</td>
<td>9am-1pm</td>
<td>6/25-7/20</td>
</tr>
<tr>
<td>185524</td>
<td>Marriot Park</td>
<td>9am-1pm</td>
<td>7/23-8/17</td>
</tr>
<tr>
<td>185785</td>
<td>William Land Park</td>
<td>9am-1pm</td>
<td>6/25-7/20</td>
</tr>
<tr>
<td>185786</td>
<td>William Land Park</td>
<td>9am-1pm</td>
<td>7/23-8/17</td>
</tr>
</tbody>
</table>

**Underwater Egg Hunt**

March 31st

11:30am - 1:30pm

Meadowview Pool

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.

Fee: $2

Course #6855

3/31 Easter Egg Hunt
Junior Lifeguard Camp
Ages: 12-15
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. Be sure to mark your calendars for the Junior Lifeguard Camp graduation day! Graduation day will be held on Sunday, July 22nd for all junior guard participants and is an opportunity to have fun and exhibit their new skills to family and friends!
Fee: $39

Jr. Guard: Water Warriors
187110 6/25 - 6/29 Mon - Fri 10am-2pm Natomas HS
Includes an extra emphasis on water skills! (1 week)

Jr. Guard: CPR Heroes
187116 7/2 - 7/6 Mon - Fri 10am-3pm Meadowview
Includes an extra emphasis on CPR skills! (No Class July 4th)

Jr. Guard: First Aid Champions
187123 7/16 - 7/20 Mon - Fri 10am-2pm Clunie
Includes an extra emphasis on First Aid skills! (1 week)

American Red Cross 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
Candidates must:
1. Be at least 15 years of age before the final scheduled session of the course.
2. Using both the front crawl and breaststroke, only, swim 300 yards continuously demonstrating breath control and rhythmic breathing. Swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes, using only legs. Candidates must place their hands under the armpits to refrain from using the arms for support.
4. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards toward the deep end of the pool, then dive to the bottom to retrieve a 10-pound diving brick.
5. While keeping both hands on the brick, swim back to the starting point keeping the face at or near the surface. This is performed on the back.
6. Place the brick on the deck and exit the water without using a ladder or steps.

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 2018 season.
Pool Rentals - Booking Starts May 1st!

Are you looking for a great place to hold your summer party that is cool and refreshing? Rent a swimming pool or wading pool! Rentals include exclusive use of the facility and lifeguard staff to ensure a safe environment. Reservations can be made in person at the Aquatics Office in the Coloma Community Center where staff can help you reserve the perfect pool for your event! All fees are due at the time the reservation is made and the rental must be booked 14 days in advance of your event date. Check for pool availability by calling 916-808-2306.

Rental Rates for Swimming Pools

<table>
<thead>
<tr>
<th># of guests Range</th>
<th>Rate/hour (2-hour minimum applies)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-50</td>
<td>$87.50</td>
</tr>
<tr>
<td>51-100</td>
<td>$125.00</td>
</tr>
<tr>
<td>101-200</td>
<td>$180.00</td>
</tr>
</tbody>
</table>

$150 deposit is required.

Rental Rates for Wading Pools

Rate per hour (2-hour minimum applies)

$65/hour
$100 deposit is required.

Rent Shade During Rec Swim!

Want to rent shade during rec swim for your next event? You can have your own exclusive table and umbrella reserved for the entire rec swim day! Check for pool availability by calling 916-808-2306.

Fee: $25

New and Improved Swim Lessons for Summer of 2018!

Sacramento offers a new and improved comprehensive swim program for all ages! Our new curriculum is streamlined and focuses on the essential skills needed to develop swimmers. Our swim lesson program groups participants by age and ability level to teach progressive skills and develop swimming ability. We offer lessons in day, evening, and new for 2018 weekend formats to match your schedule. See our website for level descriptions, prices and specific class schedules.

Weekday Lessons (Tuesday, Wednesday & Thursday)

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 26 - July 5*</td>
</tr>
<tr>
<td>Session 2</td>
<td>July 10 - July 19</td>
</tr>
<tr>
<td>Session 3</td>
<td>July 24 - August 2</td>
</tr>
<tr>
<td>Session 4</td>
<td>August 7 - August 16</td>
</tr>
</tbody>
</table>

*No class July 4th, prorated

Weekend Lessons (Saturday & Sunday)

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 30 - July 15</td>
</tr>
<tr>
<td>Session 2</td>
<td>July 21 - August 5</td>
</tr>
</tbody>
</table>

Free Swim Lesson Week and the World’s Largest Swimming Lesson!

Join us for part of our staff training program and participate as our new instructors get hands on experience with youth. This free three-day program is a great way to get an intro to swim lessons while also helping us train our instructors. Everyone that attends on June 21st will be part of the 2018 record attempt for the World’s Largest Swimming Lesson! All registration is online, so claim your spot early!

FRE E Swim Lessons June 19 - June 21

Adult Lap Swim

Ages 16+

Get your laps in today! Lap swim is the perfect way to work out while beating the heat. Lap swim time is offered at Clunie, Southside, Panell Meadowview, and Tahoe pools. Visit our website for more information.

Fee: $50 for a 20 pack of lap swim admissions, or $5 per drop in visit.

Water Aerobics

Ages 16+

Looking for a low impact work out designed to burn calories and tone muscles? Join us for Water Aerobics! This program is available at select pools and times. Visit our website for more information and register online.

Swim Team

Age: 7-17 years

Join our city-wide recreational swim team program designed to introduce swimmers to the environment of competitive swimming. Practices are one hour per day, 4 days a week. Meets are held on Saturdays.

Prerequisite: All swimmers must be able to swim a continuous 25 yards of head-down front crawl and a continuous 25 yards of backstroke on the first day of practice to participate on our swim teams. See our swim league webpage for more details on tryouts, swim meets and practice days and times.

Swim Teams:

- Dolphins
- Killer Whales
- Manta Rays
- Marlins
- River Rats

Location:

- Natomas HS Pool
- Meadowview Pool
- Oki/Tahoe Pool
- Clunie Pool

Dates: June 18th - August 4th

Fee: $99
Aquatics

Recreational Swim

Pool Entrance Fees:
$2 for Children (17 & under)
$4 for Adults (18+)
Fees apply to swimmers and spectators.
Stand-alone wading pools are free to the public.

Summer Kick Off!
Date & Time: June 15th from 1 - 5pm
Location: All Community Pools
Join us for a special day celebrating the opening of our summer rec swim season! Admission will be only $1 at all our community pools.

Family Nights and Family Theme Nights!
$2 admissions for all on these evening recreational swim times! Check pool schedule for days and times. On select evenings, join us for Theme Nights and dress up in costume for $1 admission! See our website for schedule.

Purchasing Packs of 10 or 20 swim admissions and save on our recreation daily rate.

<table>
<thead>
<tr>
<th># of swims</th>
<th>Youth (17 &amp; under)</th>
<th>Adult (18+)</th>
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<td>10</td>
<td>$18</td>
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Safety Day
Safety is important, but it can be fun too! Join us during rec swimming and learn safety tips and tricks that could help you save the day. Visit every safety station offered at Safety Day and earn some awesome aquatic prizes!

June 2nd from 1 - 3pm
Clunie Pool

Safety Day
Safety is important, but it can be fun too! Join us during rec swimming and learn safety tips and tricks that could help you save the day. Visit every safety station offered at Safety Day and earn some awesome aquatic prizes!

Inflatable Obstacle Course and Play Features at our Pools!
Feeling adventurous? Tumble, jump and slide across our jumbo inflatables obstacle course and play on our inflatable pool features! Check our site for dates, times and locations of the inflatables.

City of Sacramento Wading Pools

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<td>160 45th Street</td>
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<td>WILLIAM LAND</td>
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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.
www.cityofsacramento.org/aquatics
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<tr>
<th>Pool Name</th>
<th>Address</th>
<th>Phone</th>
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<td>916-433-6271</td>
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<td>CLUNIE POOL</td>
<td>601 Alhambra Blvd</td>
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<td>DOYLE POOL</td>
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<td>JOHNSTON POOL</td>
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<td>MANGAN POOL</td>
<td>2140 34th Avenue</td>
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<td>NATOMAS HS POOL</td>
<td>3301 Fong Ranch Road</td>
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<td>SIM POOL</td>
<td>6207 Logan Way</td>
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*Family nights!
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.

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
T/TH.......9:00-11:30am .... $170/mo

McKinley Park
33rd and H St., 448-4273
Director: Grace Mattox
M/W/F ...9:00am-12:00pm ... $195/mo
T/Th ......9:00am-11:30am .... $155/mo

S. Natomas Community Center
2921 Truxel Road, 808-1578
Director: Ashley Ramsey
All classes have a non-refundable $30.00 annual fee
M/W/F ...............9:00-11:30am .. $195/mo
M/W/F (Full Day) ...9am-1:00pm ... $300/mo
T/Th..................9:00-11:30am .. $170/mo

William Land Park
1400 13th Ave., 264-5211
Director: Rachael Hinrichsen
Both MWF 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
T/Th......9:15-11:30am..... $150/mo
T/Th......12:00-2:15pm..... $150/mo

Edges (TK Program)
Tues....12:00-2:00pm ... $120/mo

Arts, Crafts and More
Mommy/Daddy and Me
M/W ......12:00-1:30pm .... $85/mo

Both MWF classes have $10 material fee per month
Both T/Th classes have $5 material fee per month
Before and After School Program

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!

Visit us at:
www.4thRchildcare.com

The 4th “R” is a licensed program with the State of California. License # 340311930
Want to Get Paid to Play?
Now Hiring for Recreation Aides

Recreation Aide staff will provide activities and assistance for groups of up to 20 elementary school students in homework, Academic Intervention Support, Educational Enrichment, and Recreation & Physical Activity by selecting a variety of age-appropriate activities at a school site.

Monday - Friday
Morning Program: 6:00-9:00am
Afternoon Program: 1:00-6:30pm
(Times Vary by Site)

Application Process
Please submit a Recreation Aide application by visiting: https://www.governmentjobs.com/careers/saccity
Pay Rate: $11.57 per hour

Sacramento START is a "FREE" before school and after school Expanded Learning program for Kindergarten through 6th Grade students with a focus on providing academic support and recreational activities in a safe and caring environment.
To ensure consistency in learning, students attend Sacramento START at least three hours a day, five days a week, during the school year.
For registration information, please call the START administrative office at (916) 808-6089

Programs are available at five schools in the Robla Unified School District:
- Robla Elementary School
- Taylor Elementary School
- Main Avenue Elementary School
- Belle Avenue School
- Glenwood Elementary School
Southside Clubhouse
After-School Program

Recreation Aide staff will lead groups of 15-20 elementary school students - with focus on homework support, arts & crafts activities and Recreation & Physical Activity by providing a variety of age-appropriate activities. Registration must be done on-site at Southside Clubhouse and is on a first come, first serve basis. Space is limited.

February 12, 2018 - May 11, 2018
3:00-6:00PM Monday-Thursday
Cost: FREE
For Elementary School Students 1st-6th grades

Southside Clubhouse
2115 6th St, Sacramento, CA 95818

For more information please contact Scott Jensen at (916) 808-6657 or sjensen@cityofsacramento.org

YOUTH
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
185123  3/26-3/30  Mon-Fri  9:30AM-1:00PM
185124  6/18-6/22  Mon-Fri  9:30AM-1:00PM
185125  7/30-8/3  Mon-Fri  9:30AM-1:00PM

http://www.cityofsacramento/28thB
YOUTH EMPLOYMENT PROGRAMS

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 are available at the Belle Cooledge Community Center - 5699 S. Land Park Drive. For more information, please call 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 Community Center - 5699 S. Land Park Drive. Spaces are limited. To find out when the next open application period is, please call 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 808-8929.

SPRING PRIME TIME TEEN

Will be April 2-May 24

T/Th 4:00-7:00PM
Mims-Hagginwood CC
3271 Marysville Blvd
Sacramento, CA 95815

M/W 4:30-7:30PM
Oak Park CC
3425 Martin Luther King Jr. Blvd.
Sacramento, CA 95817
ACCESS LEISURE IS
Sports, Social & Fitness, and Camping & Outdoor Recreation Opportunities for Individuals with Disabilities

www.accessleisuresac.org.
Event information also posted at www.facebook.com/accessleisure.

RIVER CATS INDEPENDENCE FIELD
We are currently working to repair the playing surface of our River Cats Independence Field facility. Please email Kou Yang at Kyang2@cityofsacramento.org for updates on a possible spring, 2018 league.

ROCK N’ ROLL YOSEMITE MAY 14–17, 2018
Yosemite National Park. This four (4) day, three (3) night tour will utilize handcycles or tandem cycles to tour the valley floor, and is specifically designed with physically challenged individuals in mind. There will be adaptive tock climbing sessions on the granite rock wall led by Mark Wellman. Must be 21 years of age or older. Contact Jenny Yarrow at jyarrow@cityofsacramento.org.

SUMMER CAMP JUNE 18–22, 2018
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 more. A rewarding and fun camping experience in a safe and nurturing environment. Contact Jenny Yarrow at jyarrow@cityofsacramento.org.

HANDCYCLING AND TANDEM CLUB
Series Opener April 14, 2018 - Scheduled rides for spring, summer and fall can be found in the cycling section on our webpage www.accessleisuresac.org. All rides vary in distance and pace according to riders’ abilities. Contact Kou Yang: Kyang2@cityofsacramento.org, or 916-808-6045.

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. Several scheduled practices each month until June. Contact Kou Yang at KYang2@cityofsacramento.org.

Time: 11:00AM-3:00PM
Location: CSUS Gym Yosemite 183

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 typically scheduled for Tuesdays 6-8:30pm at Rosa Parks Middle School, 2250 68th Ave., Sacramento CA 95822. Contact Rick Mason mason@cityofsacramento.org or Kou Yang at KYang2@cityofsacramento.org.

“THANK YOU FOR YOUR SERVICE” SPORTS EXPERIENCE DAY
The City of Sacramento, Access Leisure Division, through their Northern California Regional Paralympic Sport Club program, invites injured, ill or wounded veterans, or injured active duty members of the Armed Forces, to join us on Thursday, April 26, 2018, from 10:00am to 2:30pm at River Cats Independence Field at the Sam Pannell Community Center located in South Sacramento. This is a FREE day of sport, camaraderie, laughter and lunch. Pre registration is required. To request a registration form, contact: Michelle Tabarango at MTabarango@cityofsacramento.org

WHEELCHAIR BASKETBALL
Capital Cagers and Access Leisure Wheelchair Basketball practices Tuesday and Thursday Evenings from 6:30-9pm; practices will run through June 2018.

Contact cagers@comcast.net or Kou Yang at KYang2@cityofsacramento.org.

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

Monthly Events include:
Lunch & Cinema, video-pizza night, evening socials, crafts, Paint and Sips, cooking and community events.

Special Events:
Dances, local sporting events, casino trip, seasonal events, outdoor adventures, and more. Contact jyarrow@cityofsacramento.org
ON STAGE FOR CHILDREN

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.

Location: Coloma CC
Instructor: Cynthia Speakman
Age: 5-11
Fee: $195

| 183862 | 6/25-6/29 | Mon-Fri | 1:00-5:00PM |
| 183863 | 7/9-7/13 | Mon-Fri | 1:00-5:00PM |
| 183864 | 7/16-7/20 | Mon-Fri | 1:00-5:00PM |
| 183865 | 7/30-8/3 | Mon-Fri | 1:00-5:00PM |
| 183866 | 8/6-8/10 | Mon-Fri | 1:00-5:00PM |
| 183867 | 8/13-8/17 | Mon-Fri | 1:00-5:00PM |

NEW! SINGING FOR BEGINNERS

While it may be true that ‘everyone can sing’, not everyone feels that they know how to do it. 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. This is a safe and fun way to explore singing.

Location: Coloma CC
Instructor: Christiana Quick-Cleveland
Age: 16+
Fee: $75

| 185273 | 4/4-4/28 | Wed 6:00-7:00PM | Sat 12:00-1:00PM |
| 185274 | 5/16-6/9 | Wed 6:00-7:00PM | Sat 12:00-1:00PM |
| 185275 | 9/5-9/29 | Wed 6:00-7:00PM | Sat 12:00-1:00PM |

NEW! THEATRE GAMES AND MUCH, MUCH MORE!

Our program is called Stepping Stones Arts Immersion Beginners Theatre introduction. Students will experience a variety of theatre games, as well as learn about expression in movement and music for the stage. These games and skill will be, specifically, group games that utilize performance skills, classic stories, puppets, and no mess crafts. This Theatre Class focuses on social and creative thinking; while giving the students an opportunity to experience theatre in a fun setting. My goal is to build confidence in my students, so they will be able to speak to a group and direct others to make their ideas come to life.

Location: S Natomas CC
Instructor: Andrea Gunther
Fee: Monthly $56/ Family Rate: 2 students $53, 3+ $46
Mondays at 3:30-4:30 PM

| 185126 | 4/2-4/30 | 188223 | 7/2-7/30 |
| 185127 | 5/7-5/28 | 188224 | 8/6-8/27 |
| 185128 | 6/4-6/25 | 188225 | 9/3-9/24 |

ON STAGE IMPROV

Are you that funny kid? Want to be the funny kid? Now is your chance! OnStage Improv will be having weekly improvisation classes this summer! This class provides a safe space for total beginners. Participants will hone in on individual strengths, break through the fear of the unknown, improve critical and abstract thinking, become better speakers, listeners and thinkers, all while having tons of fun! We perform at the end of every week for family and friends to show off what we’ve been working on. Don’t think you can do this? YOU CAN! All types of people find improv fun and rewarding! Don’t be shy!

Location: Coloma CC
Instructor: Rachel Berelson
Age: 9-14
Fee: $185

| 183858 | 6/18-6/22 | Mon-Fri | 9:00AM-12NOON |
| 183859 | 6/25-6/29 | Mon-Fri | 9:00AM-12NOON |
| 183860 | 7/9-7/13 | Mon-Fri | 9:00AM-12NOON |
| 183861 | 7/16-7/20 | Mon-Fri | 9:00AM-12NOON |
| 185023 | 7/23-7/27 | Mon-Fri | 9:00AM-12NOON |
| 185789 | 7/30-8/3 | Mon-Fri | 9:00AM-12NOON |
| 185790 | 8/6-8/10 | Mon-Fri | 9:00AM-12NOON |
| 185791 | 8/13-8/17 | Mon-Fri | 9:00AM-12NOON |
| 185792 | 8/20-8/24 | Mon-Fri | 9:00AM-12NOON |

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 with sign ups at any time.

Call 808-5641 for an appointment before registering.

AGES 6+
MONDAYS AT COLOMA CC
$80 FOR 4 CLASSES
CALL 808-5641 FOR INFO

There will be an additional fee for books once class has started.
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 331-0554 for more information.

Joanna’s Kids “R” It has been providing quality programs at affordable prices throughout the Sacramento area for 33 years. Programs in both dance and gymnastics are standardized and curriculum based. All of our programs are for 1 hour each week.

Preschool programs introduce students to classroom decorum as well as the basics of ballet & tap, along with other “fun” activities. Beginning programs provide instruction in the basics, including terminology. As students advance, curriculum is presented based on the needs and abilities of each student in a non-competitive, positive environment; where doing your best is what counts. Advanced programs provide experienced students with an opportunity to excel even further & continue their love of dance/ gymnastics in a non-competitive setting.

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 9am-12noon).

Location: S. Natomas CC

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<tr>
<th>Pre School Dance: Ballet, Tap &amp; Jazz</th>
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<tr>
<td>Ballet, Tap &amp; Jazz</td>
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<td>Floor Exercise Gymnastics</td>
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<td>3:30-4:30PM Thu Ages: 5+</td>
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<td>Preschool Gymnastics</td>
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Location: Belle Cooledge CC

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An annual enrollment fee of $25 / 1 student, $40 / 2 students, or $55 / 3+ students will be collected at first class.
### 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.

**Location:** Belle Cooledge CC  
**Instructor:** Eddie Lovato  
**Ages:** All Ages  
**Fee:** $15

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### 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.

**Beginning**  
**Location:** Coloma CC  
**Instructor:** Kellie Perelman  
**Ages:** 4-10  
**Fee:** $40

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**Intermediate**  
**Location:** Coloma CC  
**Instructor:** Kellie Perelman  
**Ages:** 10+  
**Fee:** $40

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**Advanced**  
**Location:** Coloma CC  
**Instructor:** Kellie Perelman  
**Ages:** 10+  
**Fee:** $40

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### Showbiz Productions

Sacramento Showbiz offers classes in jazz, tap, hip-hop, breakdancing, ballet, tumbling, and musical theater. All regular students will participate in a bi-annual dance recital. Schedule is subject to change at any time.

Before you sign up, please call 722-8225 or visit www.sacshowbiz.com  
**Fee:** $40 one class per week (per month)/$80 two classes per week (per month)/$99 unlimited classes

**Location:** Coloma CC

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**Location:** S. Natomas CC

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Beginning & Intermediate Ballroom Dance
This class will give you confidence on the dance floor and in every day life. Students will learn lead and follow along with popular dances such as the Fox Trot, Waltz, Cha Cha, Salsa, Night Club Two Step and many more. Partners not required.
Location: Belle Cooledge CC
Instructor: Eddie Lovato
Ages: 12+
Fee: $25

International Choreographed Ballroom Dance
Choreographed ballroom dancing is many rhythms including Waltz, Fox Trot, 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.
Location: Coloma CC
Instructor: Win Robinson
Ages: 18+
Fee: $20/Drop In: $5

NEW!
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.
Location: Pannell Meadowview Community Center
Instructor: Elizabeth Bourrage
Ages: 18+
Fee: $20/Drop In: $5

Scandinavian Dance
Many people around the U.S. enjoy the enchanting movement and music of the traditional folk dances of the Scandinavian countries (Denmark, Finland, Greenland, Iceland, Norway, Sweden, & the Faroe Islands). Although these dances originated in specific geographic areas populated by specific ethnic groups, today they are enjoyed by people of diverse ethnic groups, and there is no expectation that one's ancestors came from Scandinavia. All that is required is an appreciation of the beautiful and moving music and dance from this part of the world.
Location: Coloma CC
Instructor: Barry Moore
Age: 13+
Fee: $48/Drop In: $5

Belly Dancing with Selayma
Tone up with isolations and undulations while learning the oldest dance style known! Taught in a non-competitive atmosphere, Belly Dancing can help increase your awareness of self and your self-confidence. Wear comfortable clothes. Props and performance opportunities will be discussed at first class.
Location: Coloma CC
Instructor: Selayma Anan
Ages: 16+
Fee: $45/Drop In: $15

Level I
182735 4/4-4/28 Wed 6:30-7:30PM
182736 5/2-5/30 Wed 6:30-7:30PM
182737 6/6-6/27 Wed 6:30-7:30PM
182738 7/11-7/25 Wed 6:30-7:30PM
182739 8/1-8/29 Wed 6:30-7:30PM
182740 9/5-9/28 Wed 6:30-7:30PM

Level II / Troupe Class
182767 4/4-4/25 Wed 7:30-8:30PM
182768 5/2-5/30 Wed 7:30-8:30PM
182769 6/6-6/27 Wed 7:30-8:30PM
182770 7/11-7/25 Wed 7:30-8:30PM
182771 8/1-8/29 Wed 7:30-8:30PM
182772 9/5-9/26 Wed 7:30-8:30PM
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) 451-6240
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 course.
WEEKLY GOLF CLASSES

Tots on the Tee (ages 3–4)
Fee: $99.95
Six-week program
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.

Bing Maloney - Saturdays
June 9 - July 21 11:00AM-12:00PM  Skip July 7
August 25 - October 13 11:00AM-12:00PM  Skip Sep 1 & 29

Haggin Oaks - Saturdays
June 9 - July 21 11:00AM-12:00PM  Skip July 7
August 25 - October 13 11:00AM-12:00PM  Skip Sep 1 & 29

William Land - Saturdays
June 9 - July 21 11:00AM-12:00PM  Skip July 7
August 25 - October 13 11:00AM-12:00PM  Skip Sep 1 & 29

Tots on the Course (ages 4–6)
Fee: $99.95
Six-week program
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.

Bing Maloney - Tuesdays
June 5 - July 17 4:30-5:30pM  Skip July 3

Haggin Oaks - Thursdays
June 7 - July 19 4:30-5:30pM  Skip July 5

Haggin Oaks - Wednesdays
August 15 - September 19 6:00-7:00pM

William Land - Wednesdays
June 6 - July 18 4:30-5:30pM  Skip July 4
August 15 - September 19 6:00-7:00pM

Pre-Year Round After School Program (ages 5–6)
Fee: $189.95
Weekly Drop-In: $19.95
NEW for 2018!! The Pre-Year Round Program is the stepping stone from Tots on the Tee to the Year Round After School Program. It is geared toward those participants ages 4 to 6 that are showing an interest in the sport, but may not be ready for the full Tots on the Course class.

Bing Maloney, Haggin Oaks, William Land
Tuesday, Wednesday, Thursday
August 14 - December 13 3:00-4:00PM  Skip Thanksgiving Week

Year Round Morning Program (ages 7+)
Fee: $189.95
NEW for 2018!! 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 at their own pace, while still enjoying their time at the facility.

Bing Maloney, Haggin Oaks
Tuesday and Thursday
August 14 - December 13 10:30AM-12:00PM  Skip Thanksgiving Week
Year Round After School Program (ages 7+)
Fee: $269.95
Weekly Drop-In: $19.95
The Year Round After School Program is a class in which not only participants work on all facets of their golf game, learn the life skills of The First Tee, but also develop many athletic skills and movements which are critical in becoming an athlete and a more coordinated golfer. This program is special, in that children can come to the course and participate in class for up to 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.

Bing Maloney, Haggin Oaks, William Land
Tuesday, Wednesday, Thursday
August 14 - December 13 4:00-5:30PM
Skip Thanksgiving Week

Athletic Development (ages 5-10)
Fee: $129.95
The Athletic Development class is meant to help children of all ages become physically literate and also further develop the movement patterns within the golf swing. Coaches will set up stations, such as hurdles, speed ladders, catching, throwing, balance, etc. in an environment that is fun and engaging to the young people.

Bing Maloney - Fridays
August 17 - December 14 4:00-5:00PM
Skip Thanksgiving Week

Haggin Oaks - Fridays
August 17 - December 14 4:00-5:00PM
Skip Thanksgiving Week

William Land - Mondays
August 13 - December 10 4:00-5:00PM
Skip Thanksgiving Week

FUNdamental Movement (ages 5-10)
Fee: $124.95

The FUNdamental Movement class is designed for children ages 5-10. We offer three sessions throughout the year on Saturdays from 9:00-10:30AM. 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.

Bing Maloney, Haggin Oaks, William Land - Saturdays
June 2 - August 4                   9:00-10:30AM  Skip July 7
August 18 - October 27 9:00-10:30AM  Skip Sep 1 & 29

Did You Know?
70% of U.S. children quit sports by age 13 often due to parental pressure or misinformation about children in sports.

2018 Parent Support Coaching Workshops
What you will learn and take away for improved parent / child relationships and child longevity in golf / sport:

- What are your child’s opportunities in the game of golf?
- What should quality programming look like?
- What should a quality golf coach do with your child?
- Understand youth development for increased enjoyment and performance in golf
- Parental tips for supporting your young athlete in golf / sport

Please call or email the Northern California Institute of Golf Concierge to sign up or for more information.
Phone: 916-808-2531 / Email: apptdesk@hagginoaks.com

Dates, Time & Location:
February 21, 2018
March 29, 2018
April 18, 2018
May 31, 2018
August 22, 2018
September 20, 2018
October 25, 2018
November 28, 2018
6-730 P.M. @ Haggin Oaks Conference Room
Wee Swinger Summer Camps  
(ages 5-8)  
Fee: $195.95  
This is an entry level 4-day camp for those who have very little golf experience. The children will be introduced to the basics of the grip, set-up, parts of a golf hole, the driving range and other general areas of the facility. Coaches emphasize fun, healthy choices and provide a welcoming environment.  
All camps are Monday-Thursday, 9:00AM-12:00PM  
Bing Maloney  
June 18-21  
June 25-28  
July 16-19  
July 30-August 2  
August 6-9  
Haggin Oaks  
June 11-14  
June 18-21  
June 25-28  
July 9-12  
July 30-August 2  
August 6-9  
William Land  
June 11-14  
June 18-21  
June 25-28  
July 30-August 2  
August 6-9

Training to Play Summer Camp  
(ages 8-12)  
Fee: $205.95  
The Training to Play 4-day summer camp is designed for those children who may not have started golf at a young age, but are interested in learning more about the game. Not only are the basics to the sport discussed, but the participants will have many opportunities to play our Academy Holes, in turn building their confidence, so that they are confident on the golf course.  
All camps are Monday-Thursday, 8:00AM-12:00PM  
Bing Maloney  
June 18-21  
June 25-28  
July 16-19  
July 30-August 2  
August 6-9  
Haggin Oaks  
June 11-14  
June 18-21  
June 25-28  
July 16-19  
July 30-August 2  
August 6-9  
William Land  
June 11-14  
June 18-21  
June 25-28  
July 30-August 2  
August 6-9

Little Linkers* (ages 7-12)  
Fee: $199.95  
Eight-week program  
This parent participation, 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.  
Bing Maloney  
June 7 - August 2  
Skip July 5  
Tee times begin at 1:30PM  
Orientation  
May 31 at 6PM  
Haggin Oaks  
June 6 - August 1  
Skip July 4  
Tee times begin at 1:30PM  
Orientation  
May 30 at 6PM  
William Land  
June 5 - July 31  
Tee times begin at 1:30PM  
Orientation  
May 31 at 6PM

Junior Linkers (ages 13-17)  
Fee: $199.95  
Eight-week program  
This non-parent participation, 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”.  
Bing Maloney  
June 7 - August 2  
Skip July 5  
Tee times begin at 1:30PM  
Haggin Oaks  
June 6-August 1  
Skip July 4  
Tee times begin at 1:30PM  
William Land  
June 5-July 31  
Tee times begin at 1:30PM

LPGA/USGA Girls Golf (9 Hole Play League) (ages 8-18)  
Fee: $119.95  
In an effort to grow girls golf, The First Tee of Greater Sacramento offers a playing program for our young female participants. 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).  
Haggin Oaks  
Thursdays  
June 7 - August 2  
Skip July 5  
Tee times begin at 1:30PM

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

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. Coaches from three of The First Tee of Greater Sacramento program locations will be present, so that the girls will have a better understanding as to how classes are run at each of the following facilities: Haggin Oaks Golf Complex, Bing Maloney Golf Course and William Land Golf Course.  
Clinics give the participants the opportunity to meet coaches, ask questions and become more comfortable at the course.  
Haggin Oaks  
Saturdays  
May 12  
2:00-3:00PM  
June 16  
2:00-3:00PM  
July 14  
2:00-3:00PM

*Must fill out registration form for Free Girls Golf Clinics
Karate for Kids
This program teaches your child the traditional values and skills of the martial arts in a fun, safe, and friendly environment. When your child uses the discipline of karate to conquer his/her fears, you will be amazed at the power he/she has to transfer that discipline to all areas of his/her life. Watch as your child increases in confidence, energy, and spirit. Questions, call 916-678-0565 or visit www.ZenMartial.com
Instructor: Mike Oliver
Fee: $139

Chibi & Me (ages 3-4)
Monday 10:30-11:30AM

Tiny Tigers (ages 4-5)
Mon/Wed 4:50-5:20PM
Tue/Thu 3:50-4:20PM
Fri 4:50-5:20PM
Sat 10:00-10:30AM

Little Dragons (ages 6-7)
Mon/Wed 5:30-6:00PM
Tue/Thu 4:30-5:00PM
Fri 5:30-6:00PM
Sat 10:30-11:00AM

Juniors (ages 8-10)
Mon/Wed 3:50-4:40PM
Tue/Thu 5:10-6:00PM
Sat 11:10AM-12:00PM

Young Adults (ages 11-14)
Mon/Wed 6:10-7:00PM
Sat 11:10AM-12:00PM

Authentic Yang Taichi
Location: Pannell Meadowview CC
Instructor: Janny Wu
All Ages
Fee: $55
182693 4/7-4/28 Sat 9:00-11:30AM
182694 5/5-5/26 Sat 9:00-11:30AM
182695 6/2-6/30 Sat 9:00-11:30AM
182696 7/7-7/28 Sat 9:00-11:30AM
182697 8/4-8/25 Sat 9:00-11:30AM
182698 9/1-9/28 Sat 9:00-11:30AM

Healthy Tai Chi & Chi Kung for Adults
Enjoy slow, low impact exercise that both strengthens your body and energizes the mind and spirit. Learn movements of the Original Yang Tai Chi form and Sin Tien Wu Ji Chi Kung exercises as taught by Grandmaster David Chin. Class includes push hand practice, applications, and more. No special equipment or uniform required. For any questions, please contact instructor Henry Gardiner at 916-502-3117.
Location: Coloma Community Center
Ages: 17+
Fee: $60
179704 4/2-4/30 Mon/Wed/Thu 7:00-8:00PM
179705 5/2-5/31 Mon/Wed/Thu 7:00-8:00PM
179706 6/4-6/28 Mon/Wed/Thu 7:00-8:00PM
179707 7/2-7/30 Mon/Wed/Thu 7:00-8:00PM
179708 8/1-8/30 Mon/Wed/Thu 7:00-8:00PM
179709 9/5-9/27 Mon/Wed/Thu 7:00-8:00PM

Healthy Tai Chi & Chi Kung beginning
Tai Chi class for beginners. Low impact exercise, helps improve balance and reduce risk of falls.
Location: Pannell Meadowview CC
Instructor: Janny Wu
Ages: 6+
Fee: $20
183157 4/4-4/25 Wed 9:30-10:30AM
183158 5/2-5/30 Wed 9:30-10:30AM
183159 6/6-6/27 Wed 9:30-10:30AM
183160 7/11-7/25 Wed 9:30-10:30AM
183161 8/1-8/29 Wed 9:30-10:30AM
183162 9/5-9/26 Wed 9:30-10:30AM

Healthy Tai Chi & Chi Kung Exercise
Low impact exercise, helps improve balance and reduce risk of falls.
Location: S. Natomas CC
Instructor: Sabitre Rodriguez
Ages: 6+
Fee: $20
183163 4/5-4/19 Thu 9:30-10:30AM
183164 5/3-5/24 Thu 9:30-10:30AM
183165 6/7-6/28 Thu 9:30-10:30AM
183166 7/5-7/26 Thu 9:30-10:30AM
183167 8/2-8/30 Thu 9:30-10:30AM
183168 9/6-9/27 Thu 9:30-10:30AM
### Tai Chi 4 U

The practice of Tai Chi has become very popular as a 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 website at www.sactc4u.com.

**Location:** Belle Cooledge CC  
**Instructor:** George Bonilla  
**Ages:** 17+  
**Fee:** $35

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### Yang Tai Chi

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

**Location:** Mims/Hagginwood CC  
**Instructor:** George Bonilla  
**Ages:** 5+  
**Fee:** $30

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### Tang Soo Do Karate

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

**Location:** Genevieve Didion School Gym  
**Instructor:** Rabon Tadena  
**Ages:** 7-13  
**Fee:** $60/Family Rate 3+ $140

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### Tae Kwon Do

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

**Location:** S Natomas CC  
**Instructor:** Dragon Fire Martial Arts  
**Ages:** 5+  
**Fee:** $55/Family Rate 2+ $90

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### Dragon Fire Martial Arts

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**Martial Arts**
Kidz Love Soccer

Taught in a recreational setting for children to learn and play. Children experience soccer fun in a safe, noncompetitive environment. All participants will receive a soccer jersey! Shin guards are required by the second class. Please call KLS Status Hotline 30 minutes prior to class for latest information at 1-888-372-5803.

Receive cancellation notifications automatically on your smartphone with the Kidz Love Soccer mobile app.

### Mondays
- **4/16 - 6/11** 8 weeks  
  Skip May 28  
  Location: Cottonwood Park  
  Fee: $57  
  - 185573 Soccer 1  
    (5-6yrs)  
    4:00-4:45PM  
  - 185574 Tot/Pre Soccer  
    (3½-5yrs)  
    4:45-5:20PM  
  - 183428 Mommy/Daddy & Me Soccer

- **7/9 - 8/27** 8 weeks  
  Location: Cottonwood Park  
  Fee: $97  
  - 187973 Soccer 1  
    (5-6yrs)  
    4:00-4:45PM  
  - 187974 Tot/Pre Soccer  
    (3½-5yrs)  
    4:45-5:20PM  
  - 187984 Mommy/Daddy & Me Soccer

### Fridays
- **4/13 - 6/8** 9 weeks  
  Location: William Land Park - Doc Oliver Field  
  Fee: $107  
  - 183422 Mommy/Daddy & Me Soccer  
    (2-3½yrs)  
    9:00-9:30AM  
  - 183416 Tot/Pre Soccer  
    (3½-5yrs)  
    9:40-10:15AM  
  - 185575 Tot/Pre Soccer  
    (3½-5yrs)  
    3:40-4:15PM  
  - 183418 Soccer 1  
    (5-6yrs)  
    4:15-5:00PM  
  - 185576 Soccer 2  
    (7-10yrs)  
    5:00-5:45PM

- **7/13 - 8/31** 8 weeks  
  Location: William Land Park - Doc Oliver Field  
  Fee: $97  
  - 187985 Mommy/Daddy & Me Soccer  
    (2-3½yrs)  
    9:00-9:30AM  
  - 187975 Tot/Pre Soccer  
    (3½-5yrs)  
    9:40-10:15AM  
  - 187976 Tot/Pre Soccer  
    (3½-5yrs)  
    4:40-5:15PM  
  - 187977 Soccer 1  
    (5-6yrs)  
    5:15-6:00PM  
  - 187978 Soccer 2  
    (7-10yrs)  
    6:00-6:45PM

### Saturdays
- **4/7 - 6/9** 9 weeks  
  Skip May 28  
  Location: East Portal Park  
  Fee: $107  
  - 183423 Mommy/Daddy & Me Soccer  
    (2-3½yrs)  
    9:00-9:30AM  
  - 185374 Tot-soccer  
    (3½-4yrs)  
    9:40-10:10AM  
  - 185375 Pre-soccer  
    (4-5yrs)  
    10:10-10:45AM  
  - 185376 Soccer 1  
    (5-6yrs)  
    10:45-11:30AM  
  - 183424 Mommy/Daddy & Me Soccer  
    (2-3½yrs)  
    11:40AM-12:10PM

- **7/7 - 8/25** 8 weeks  
  Location: East Portal Park  
  Fee: $97  
  - 187986 Mommy/Daddy & Me Soccer  
    (2-3½yrs)  
    9:00-9:30AM  
  - 187979 Tot-soccer  
    (3½-4yrs)  
    9:40-10:10AM  
  - 187980 Pre-soccer  
    (4-5yrs)  
    10:10-10:45AM  
  - 187981 Soccer 1  
    (5-6yrs)  
    10:45-11:30AM  
  - 188023 Mommy/Daddy & Me Soccer  
    (2-3½yrs)  
    11:40AM-12:10PM

### Soccer Camp Monday to Friday
- **6/25 - 6/29** 5 meetings  
  Location: East Portal Park  
  Fee: $139  
  - 187982 Soccer Camp, Level 1  
    (4½-6yrs)  
    9:00AM-12:00PM  
  - 187983 Soccer Camp, Level 2  
    (7-10yrs)  
    9:00AM-12:00PM

### Mini Sessions
- **4/16 - 6/11** 8 weeks  
  Location: Belle Cooledge Park  
  Fee: $52

### Marriott Park
- **4/16 - 6/11** 8 weeks  
  Location: S Natomas Park  
  Fee: $92

### Belle Cooledge
- **4/16 - 6/11** 8 weeks  
  Location: S Natomas Community Park  
  Fee: $92

### Just 4 Kicks
- **4/16 - 6/11** 8 weeks  
  Location: Just 4 Kicks

---

### Soccer Camp

‘Where soccer season never ends!’

Children get to learn, understand, and enjoy the ‘beautiful game’ of soccer. Our methods are fun, educational, and inspire kids to become lifelong fans. Shin guards are required by second class meeting.

Weather Hotline 916-359-6681

Ages: 2-12 (varies per program, check just4kicks.net)

Instructor: Just 4 Kicks
## Youth and Adult Lessons with Tennis Instructor, Kenneth Selby

Tennis Pro Ken Selby has been teaching tennis classes at McKinley Park since 1990. He has taught tennis to over 1000 youth and adults. His classes are currently offered at the McKinley Park tennis courts. Please furnish your own tennis racquet. Tennis balls are provided. For more information, please call Ken Selby at (916) 264-8353.

### Adult Tennis

**Location:** McKinley Park  
**Ages:** 17+  
**Fee:** $72

#### Beginning

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.

| 182658 | 4/2-4/25 | M/W | 5:30-6:25PM |
| 182654 | 4/7-4/28 | Sa | 11:00AM-12:30PM |
| 182659 | 4/30-5/23 | M/W | 5:30-6:25PM |
| 182655 | 5/5-5/26 | Sa | 11:00AM-12:30PM |
| 182660 | 6/4-6/27 | M/W | 5:30-6:25PM |
| 182656 | 6/9-6/30 | Sa | 11:00AM-12:30PM |
| 182661 | 7/2-7/25 | M/W | 5:30-6:25PM |
| 182657 | 7/7-7/28 | Sa | 11:00AM-12:30PM |
| 182662 | 7/30-8/22 | M/W | 5:30-6:25PM |
| 182664 | 8/4-8/25 | Sa | 11:00AM-12:30PM |
| 182663 | 8/27-9/19 | M/W | 5:30-6:25PM |
| 182665 | 9/8-9/29 | Sa | 11:00AM-12:30PM |
| 182666 | 9/24-10/17 | M/W | 5:30-6:25PM |

#### Advanced Beginning

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.

| 182651 | 4/2-4/25 | M/W | 6:30-7:25PM |
| 182652 | 4/30-5/23 | M/W | 6:30-7:25PM |
| 182647 | 6/4-6/27 | M/W | 6:30-7:25PM |
| 182648 | 7/2-7/25 | M/W | 6:30-7:25PM |
| 182649 | 7/30-8/22 | M/W | 6:30-7:25PM |
| 182650 | 8/27-9/19 | M/W | 6:30-7:25PM |
| 182653 | 9/24-10/17 | M/W | 6:30-7:25PM |

### Family Fun Tennis

**Location:** McKinley Park  
**Ages:** 8-16  
**Fee:** $40 per member

For family members of different ages and skill levels to learn tennis together. Learn basic stroke mechanics through drills and games to share with your family members.

| 183003 | 4/7-4/28 | Sa | 10:00-11:00AM |
| 183004 | 5/5-5/26 | Sa | 10:00-11:00AM |
| 183005 | 6/9-6/30 | Sa | 10:00-11:00AM |
| 183000 | 7/7-7/28 | Sa | 10:00-11:00AM |
| 183001 | 8/4-8/25 | Sa | 10:00-11:00AM |
| 183002 | 9/8-9/29 | Sa | 10:00-11:00AM |

### Junior Tennis Clinic

**Location:** McKinley Park  
**Ages:** 8-16  
**Fee:** $80

Through various hand-eye coordination drills and movements, students develop/improve the basic skills and strokes of the game.

| 183256 | 6/25-6/29 | M-F | 9:00-11:00AM |
| 183254 | 7/23-7/27 | M-F | 9:00-11:00AM |
| 183255 | 8/6-8/10 | M-F | 9:00-11:00AM |
| 183257 | 8/27-8/31 | M-F | 9:00-11:00AM |

### Intermediate/Advanced

#### 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.

| 182672 | 4/2-4/25 | M/W | 7:30-8:25PM |
| 186973 | 4/30-5/23 | M/W | 7:30-8:25PM |
| 182668 | 6/4-6/27 | M/W | 7:30-8:25PM |
| 182669 | 7/2-7/25 | M/W | 7:30-8:25PM |
| 182670 | 7/30-8/22 | M/W | 7:30-8:25PM |
| 182671 | 8/27-9/19 | M/W | 7:30-8:25PM |
| 182674 | 9/24-10/17 | M/W | 7:30-8:25PM |

### Private Tennis Lessons with Kenneth Selby

**All Ages**

Sign-ups are taken on a continuous basis. Lessons offered as Private (1 player), Semi-Private (2-3 players), and Small Groups (4-6 players). Private lessons are held at McKinley Park Tennis Courts.

*Call Ken at (916) 264-8353 for an appointment before registering.*

**Fee:** $40 Private Lesson / $50 Semi-Private (2-3 players) / $60 (4-6 players)
Ten nis
Measure U
Middle School
Sports Tennis League

Learn the fundamental skills and strategies of Tennis in this co-ed instructional league. Practices will be held 2-3 days each week with match play on Saturdays. For more information please visit your local community center or contact the sports coordinator Scott Jensen at (916) 808-6657 or sjensen@cityofsacramento.org.

Ages: 7th-8th grades
4/7-5/19

Practice:
- Sam Pannell Community Center  T/W/F  4:00-5:30PM
- South Natomas Community Center  T/W/F  4:00-5:30PM
- George Sim Community Center  T/W/F  4:00-5:30PM
- Hagginwood Community Center  T/W/F  4:00-5:30PM
- Oak Park Community Center  T/W/F  4:00-5:30PM

Game Day: Glenn Hall Park  Every Saturday  9:00AM-2:00PM

Level I
Through eye-hand activities and games, children can develop a foundation for the basic skills of tennis. Class introduces handling a racquet, seeing balls bounce and having the two actions come together. Fun is the focus and parent participation is encouraged.

- 185723  4/2-4/25  M/W  4:00-4:30PM
- 183981  4/30-5/23  M/W  4:00-4:30PM
- 183977  6/4-6/27  M/W  4:00-4:30PM
- 183983  7/2-7/25  M/W  4:00-4:30PM
- 183978  7/30-8/22  M/W  4:00-4:30PM
- 183979  8/27-9/19  M/W  4:00-4:30PM
- 183982  9/24-10/17  M/W  4:00-4:30PM

Level II
Designed for the student who has successfully completed Pee-Wee Level I and wants to learn more fundamentals and mechanics of tennis.

- 183984  4/3-4/26  Tu/Th  4:00-4:30PM
- 183985  5/1-5/24  Tu/Th  4:00-4:30PM
- 183986  6/5-6/28  Tu/Th  4:00-4:30PM
- 183987  7/3-7/26  Tu/Th  4:00-4:30PM
- 183988  7/31-8/23  Tu/Th  4:00-4:30PM
- 183989  8/28-9/20  Tu/Th  4:00-4:30PM
- 183990  9/25-10/18  Tu/Th  4:00-4:30PM

Level II

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
- APRIL 14 - GRANITE PARK
- APRIL 21 - NORTH NATOMAS REGIONAL PARK
- JUNE 30 - NORTH NATOMAS REGIONAL PARK

CATFISH PLANTED INTO PONDS
- MAY 10 - GRANITE PARK
- MAY 31 - NORTH NATOMAS PARK
- JUNE 21 - GRANITE PARK
“FISH PLANTING” MEANS SUPPLYING POND WITH FISH

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

Three Seasons of Adult Softball Leagues at the Sacramento Softball Complex!

- Spring leagues begin in March
- Summer leagues begin in May/June
- Fall leagues begin in August/September

Contact: Rich Semenza for information regarding recreational City-wide leagues for co-ed, men and women's teams.

Phone: (916) 808-6087
E-mail: rsemenza@cityofsacramento.org

Basketball

We will be offering some drop in Basketball days this winter, and starting new basketball leagues in spring at George Sim Community Center. Visit our website at http://www.teamsideline.com/sacramento for schedules and up-to-date information.

Customized Leagues

Let the Adult Sports staff customize a basketball, softball, or sand volleyball league for you and your group at any of our facilities. Contact the adult sports staff for details. Field space is limited.

Sand Volleyball

The Sacramento Softball Complex has four sand volleyball courts that are available for rent and for recreational play. Please contact the Sacramento Softball Complex for more details.

Adult Sports Registration

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.

No payments can be taken at the Softball Complex, sport fields, or gyms.

- Coloma CC, 4623 T St, 9am-4pm, M-F, (916) 808-6060
- S. Natomas CC, 2921 Truxel Rd, 8:30am-8pm, M-Th, Sat 11-3pm, (916) 808-1571
- Pannell Meadowview CC, 2450 Meadowview Rd, 8:30am-5pm, M/W/Th/F, (916) 808-6680.
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.

Location: S Natomas CC
Instructor: Ofer Levy
Fee: $35/ Drop In $6

<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
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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.

Location: Coloma CC
Instructor: Theresa McGarry
Ages: 12yrs+
Fee: $5 Drop in
Tuesday 6:45-7:45PM

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.

Location: Belle Cooledge CC
Instructor: Janis Pauler
Fee: $30 3 classes per week

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<td>183541</td>
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<td>6:00-7:00PM &amp; Sa 7:30-8:30AM</td>
<td>Belle Cooledge CC</td>
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Just Breathe Yoga & Pilates
Mat Barre Fusion
Sat 9:00-9:50 am
Embody Yoga
Sat 10:15-11:15am
Pannell Meadowview Community Center
Fee $25

Ikebana (Japanese Flower Arrangement)
This beginners level class provides an introduction to Ikebana, the art of Japanese flower arranging. Using both traditional and contemporary styles, students will learn essential principles and techniques of Ikebana and create their own arrangement each class*. Kenzan (Pin frog), Ikebana scissors, and Ikebana vase are required to bring each class.
Ages 18+. (*Items are available for purchase.)

Registration must be made by the Thursday before each class, no drop ins.

Contact Chieko for any questions (916) 548-7880.

Instructor Chieko Hirai-Brim | Belle Cooledge CC | Cost: $40/class | Wednesdays 10:30AM-12:00PM
3 WINS fitness program is a full body workout, focusing on cardio, core, upper body and lower body. Learn exercises using battle ropes, med balls, strengthening bands and ladders.

**Times** | **Dates** | **Days**
--- | --- | ---
5:30–6:30PM | 3/6 & 3/8 | Tu & Th
5:30–6:30PM | 3/13 & 3/15 | Tu & Th
5:30–6:30PM | 3/27 & 3/29 | Tu & Th
5:30–6:30PM | 4/3 & 4/5 | Tu & Th
5:30–6:30PM | 4/10 & 4/12 | Tu & Th
5:30–6:30PM | 4/17 & 4/19 | Tu & Th
5:30–6:30PM | 4/24 & 4/26 | Tu & Th
5:30–6:30PM | 5/1 & 5/3 | Tu & Th
5:30–6:30PM | 5/8 & 5/10 | Tu & Th

No Class: 3/20 & 3/22

Location: McKinley Park (between the kids play area and basketball court)

Instructors: Sacramento State Kinesiology

Cost: Free

Age Group: 18+

**Get Moving, Get Stronger, Get Healthy.**
DOGS

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.

Instructor: Alan and Renee Miller
Ages: 14+
Fee: $160

Inter/Adv 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.

Location: Tahoe Park
Instructor: Alan and Renee Miller
Ages: 14+
Fee: $80

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
**Active Yoga**

Come join our mixed-level yoga class and increase your strength and flexibility, improve balance, and enhance your ability to relax and release stress. This class includes standing poses and mat work and offers plenty of instruction for newcomers as well as enough challenge for long-time practitioners. We’ll learn to adapt poses to suit your needs and limitations, so you can find your own personal zone of comfort and challenge. Bring a yoga mat, towel, some water and your own unique energy! Beginners always welcome.

Location: Ethel Hart Senior Center  
Instructor: Laura Santigian  
Ages: 50+  

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**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.

Location: Ethel Hart Senior Center  
Instructor: Pat Shaw  
Ages: 50+

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**Raja Yoga**

Yoga class for active older adults. The classes include postures for flexibility and health. Each class offers balance training, proper breathing skills and safety for seniors in the home. Yoga-ism is offered through a variety of levels to help all students achieve their goals. The class is fun and practical form for the 50+ age group. The facility is clean and secure for a positive class environment. Join in and make friends while protecting and maintaining your good health for years to come.

Location: East Portal Park  
Instructor: Craig Gahlbeck  
Ages: 50+

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**Zumba Toning for Seniors**

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.

Location: Ethel Hart Senior Center  
Instructor: Kelly Pineda  
Ages: 50+

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<td>9/4-9/25 Tu 9:30-10:30AM*</td>
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**Tai Chi for Seniors**

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

Location: Ethel Hart Senior Center  
Instructor: Sabitre Rodriquez  
Ages: 50+

Monday’s 10:30-11:30AM

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<td>5/7-5/21 M 10:30-11:30AM*</td>
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**SNCC Exercise Room**

Optimize the experience of living and come join our Fitness Room. Enjoy a good workout and meet new people, please be sure to wear proper workout attire and don’t forget to bring a towel.

**Registration is taken from the last week of previous month to the final Wednesday of each month. Fees are not prorated.**

Location: S Natomas CC  
Ages: 16yrs+  
Fee: $10/month

M-Th 8:30AM-8:00PM  
Sat 10:00AM-3:00PM
**50+ Exercise, Energize, Enjoy!**

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

Location: S Natomas CC
Instructor: Peggy Edgerly
Age: 50+

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<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
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<tr>
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<tr>
<td>183641</td>
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<tr>
<td>183643</td>
<td>Mon/Wed</td>
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<td>$30</td>
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</table>

*Punch Card prices to be determined*

**50+ Stretching and Strengthening**

Improve muscular 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.

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

**Mondays/Wednesdays**

<table>
<thead>
<tr>
<th>Code</th>
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<td>183666</td>
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<td>183667</td>
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**Tuesdays/Thursdays/Fridays**

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</table>

**Senior Dance and Fitness**

If you like to dance, then you will love this class! It’s low-impact, non-competitive and FUN! We start each class with stretches, followed by strengthening with light weights and balance work; emphasizing our developing a strong upper-body and core. Then we move into some dance cardio using short choreographies, pulling dance movement from various genres and closing out with a nice cool down. Please bring a mat or towel, water bottle and wear comfortable shoes. If you don’t have weights, we will discuss options at first class.

Walk-In's welcome...First class is Free!

Location: Coloma CC
Instructor: Selayma Anan
Age: 50+
Fee: $35

<table>
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**Taiko Drumming Lessons with Kristy Oshiro**

Location: Ethel Hart Senior Center
Instructor: Kristy Oshiro
Age: 50+

**Beginning**

Led by professional taiko artist and teacher, Kristy Oshiro. Each session will cover basic technique and rhythms as well as a little history and Japanese language. Each 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.

<table>
<thead>
<tr>
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<th>Fee</th>
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</thead>
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<td>183789</td>
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<td>183790</td>
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</tr>
<tr>
<td>183791</td>
<td>Mon</td>
<td>3:45-4:45PM</td>
<td>$30</td>
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</table>

**Intermediate**

This class covers more 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. For questions and instructor permission please contact Kristy Oshiro at kristyoshiro@gmail.com.

<table>
<thead>
<tr>
<th>Code</th>
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<th>Fee</th>
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</thead>
<tbody>
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<tr>
<td>188073</td>
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*Any professional taiko artist and teacher, Kristy Oshiro. Each class session will cover basic technique and rhythms as well as a 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.*
Eleven Roses Ranch
#176207
April 21, 2018
Cost: $105
Deadline: 3/15/2018

Ferry over the Bay
May 19, 2018 - #176223
May 20, 2018 - #185974
Cost: $73
Deadline: 4/20/2018

Clydesdales, Friesians, And Mustangs
#176873
June 20, 2018
Cost: $67
Deadline: 5/20/2018

Gilded Ages in San Francisco
#176229
July 21, 2018
Cost: $99
Deadline: 6/21/18

Champagne Brunch at SF Cliff House
#176206
August 19, 2018
Cost: $119
Deadline: 7/16/18

Apple Hill
#176224
September 26, 2018
Cost: $65
Deadline: 8/24/18

Ironstone Vineyards
#176225
October 30, 2018
Cost: $108
Deadline: 9/27/18

Holiday Shopping in SF
#176226
November 17, 2018
Cost: $59
Deadline: 11/1/2018

Victorian Christmas in Nevada City
#176228
December 16, 2018
Cost: $49
Deadline: 11/19/2018

Gilded Ages in San Francisco
#176229
July 21, 2018
Cost: $99
Deadline: 6/21/18

Trips & Tours
Get Away for the Day!

Eleven Roses Ranch
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Cost: $105
Deadline: 3/15/2018

Ferry over the Bay
May 19, 2018 - #176223
May 20, 2018 - #185974
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December 16, 2018
Cost: $49
Deadline: 11/19/2018

Trips & Tours
4623 T Street, Suite B
Sacramento, CA 95819
(916) 808-TOUR (8687)

For trip details, please visit:
www.cityofsacramento.org/tours
Poetry Appreciation Series
If you've always loved poetry or 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.

Location: Ethel Hart Senior Center
Instructor: Marie Taylor
Age: 50+
Fee: $6
183751  4/27  Fri  1:00-2:45PM
183752  5/25  Fri  1:00-2:45PM
185224  6/22  Fri  1:00-2:45PM
183753  8/24  Fri  1:00-2:45PM
186224  9/28  Fri  1:00-2:45PM

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

Location: Ethel Hart Senior Center
Instructor: Marie Taylor
Age: 50+
Fee: $10
186225  4/6    Fri  1:00-3:00PM
186226  5/4    Fri  1:00-3:00PM
183698  6/1    Fri  1:00-3:00PM
183700  8/3    Fri  1:00-3:00PM
186227  9/7    Fri  1:00-3:00PM

Beginning Weaving
The purpose of this course is to introduce you to the process and art of weaving, which includes the planning and preparation phases where you will select your yarn choices, wind the warp, thread the loom, and then the weaving phase can begin. Each new student will be assigned a loom on the first day of class and will learn how to create a basic project from start to finish under direction from Cherie Jackson.

To receive full benefits of the learning process, please note the following physical considerations: Weaving preparation phases will involve standing for extended periods, bending at the waist and moderate stretching. The course also involves the threading of tools and equipment, which requires adequate eyesight and finger dexterity.

Location: Ethel Hart Senior Center
Instructor: Cherie Jackson
Fee: $35
183798  4/2-5/7  Mon  1:00-4:00PM

Mandalas and More
This weekly class meets four times per month for 90 minutes. The focus is on exploring various styles of art, in particular, mandala design, and the cultural background. Emphasis has shifted from conventional mandala designs and is now more experimental/freehand, with guidance from instructor, Marie Taylor. Only open to students who have taken a previous Intro to Mandalas course.

Location: Ethel Hart Senior Center
Instructor: Marie Taylor
Fee: $28
Tuesdays
183731  4/3-4/24  1:00-2:30PM
183732  5/1-5/29  1:00-2:30PM
183733  6/5-6/26  1:00-2:30PM
183734  8/7-8/28  1:00-2:30PM
183735  9/4-9/25  1:00-2:30PM

Singers with Hart
Whether you've enjoyed singing with a group in the past or have simply always wanted to sing, Singers with Hart is an exciting opportunity. Singing provides an abundance of benefits for older adults, including increased lung capacity, improved posture and balance, enhanced brain function, camaraderie and the thrill of performing for an audience. Contact Hart Senior Center at (916) 808-5462 for information on upcoming sessions.

Location: Ethel Hart Senior Center
Instructors: Christiana Quick-Cleveland (Choral Director), and Nancy Balenzano (Accompanist)
Ages: 50yrs+
Optimize the Experience of Aging!

Older Adult Services enhances the lives of Sacramento’s adults ages 50 and above. Our enrichment classes, fitness activities, summer camps, social services and many other offerings help you optimize the experience of aging. It’s all here waiting for you!

Arts & Adventure in the Sierras Senior Camp

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

Come to Camp Sacramento for our annual Arts & Adventure in the Sierras Camp, offered through the 50+ Wellness Program. Your registration fee includes meals, nature walks and many in-camp arts and social activities, as well as all the fresh air you can take! August 6-10, 2018. Contact Pat Goree-Richards for more additional information: (916) 808-1593.

Workshops for Caregivers

Older Adult Services offers two series’ of workshops for people at different stages in their caregiving experience. Caring Neighborhoods supports Sacramento residents who want to help elder neighbors with the challenges of continuing to live independently in their own homes. The program makes it possible for participants to continue living in the comforts of home and for family caregivers to continue with their careers. Triple-R is also uniquely prepared to face the challenges experienced by those suffering from dementia, including wandering, anxiety, incontinence and mood swings. Contact one of our sites for more information or to schedule a visit:

Midtown Center • (916) 808-8375  Monday-Friday • 7:30AM-6:00PM.
Greenhaven Center • (916) 808-4003 Monday, Tuesday and Thursday • 7:30AM-6:00PM and Wednesday & Friday • 9:00AM-2:00PM.
North Sacramento Center • (916) 808-6475  (Early stage memory loss program) Tues/Thurs • 9:00AM-3:30PM.

Caring Neighborhoods

Are you concerned about an elderly neighbor? Caring Neighborhoods supports Sacramento residents who want to help elder neighbors with the challenges of continuing to live independently in their own homes. The program is seeking individuals willing to partner with at least two other neighbors and form an informal Caring Neighborhoods group. Take action to strengthen neighborhood connections while promoting community support to a growing elderly population! Contact us today for information about a setting up a group in your neighborhood. (916) 808-1590. www.cityofsacramento.org/caringneighborhoods
Looking for a premier location for your event?

The City of Sacramento Department of Parks and Recreation has a wide array of community centers available for intimate meetings or large events.

Contact your local community center TODAY to plan your upcoming event!

www.cityofsacramento.org/parksandrecreation

<table>
<thead>
<tr>
<th>Community Center</th>
<th>Days of Operation</th>
<th>*Hours of Operation</th>
<th>Meeting Rooms</th>
<th>Multi Purpose Room</th>
<th>Warming Kitchen</th>
<th>Auditorium / Stage</th>
<th>Dance Room</th>
<th>Fitness / Weight Room</th>
<th>Senior Meal</th>
<th>Computer Access</th>
<th>Program Registration Site</th>
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<tr>
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</tbody>
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*Hours subject to change.
The City of Sacramento Department of Youth, Parks, and Community Enrichment announces four ways to enroll in programs!
Registration is simple and fast. Registrations are NOT accepted at program sites.

### Payer Information
- **Payer’s Name:**
- **Home Phone:**
- **Address:**
- **State:**
- **Zip:**
- **Email address:**
- **Participant Name:**
  - [ ] Male
  - [ ] Female
  - **Grade:**
  - **Age:**
- **Parent/Guardian Name:**
- **Emergency Phone:**

### Course Registration
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<th>Activity Name</th>
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</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 cancelled or in the event that the staff must cancel a course for which you have registered, we will contact you and offer you an option of transferring to another session or receiving a full refund check by mail in 3 weeks. No requests for refunds or transfers will be accepted after an activity has started, except in 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 provide is accessible only by Recreation staff. Course coordinators and instructors will receive only the name, current age, address, and phone numbers of participants. Email addresses will only be used for Department correspondence related to your registration, program promotions, and upcoming events. Your information will not be shared with other agencies, departments, businesses or individuals except as required by law.

### Signature
- **Parent/Adult Signature:**
- **Date:**

### Payment Information
- **Amount Due:**
- **Entered by:**
- **Cash:** $
### 2018 FAMILY CAMP DATES

#### MINI VACATIONS
4 days and 3 nights

- **Mini 1**: June 17-20 (LA)
- **Mini 2**: June 20-23 (WL)
- **Mini 3**: June 24-27 (LA)
- **Mini 4**: June 27-30 (WL)
- **Mini 5**: July 8-11 (WL)
- **Mini 6**: July 11-14 (WL)
- **Mini 7**: July 22-25 (WL)
- **Mini 8**: July 25-28 (WL)

#### WEEKLY VACATIONS
6 days and 5 nights

- **Week 1**: July 2-7
- **Week 3**: July 16-21
- **Week 5**: July 30- August 4 (WL)
- **Labor Day**: August 30 - September 3

**LA** - Limited Availability
**WL** - Full Wait List Available

Get Silly & Spooky...
This summer’s theme is **MONSTER MASH**

Make your reservation and check camp availability by calling (916) 808-6098 or email campsacramento@cityofsacramento.org

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Camp Sacramento is officially an American Camp Association accredited camp!

Since 1920, Camp Sacramento has been operated by the City of Sacramento under a Special Use Permit through the USDA Forest Service