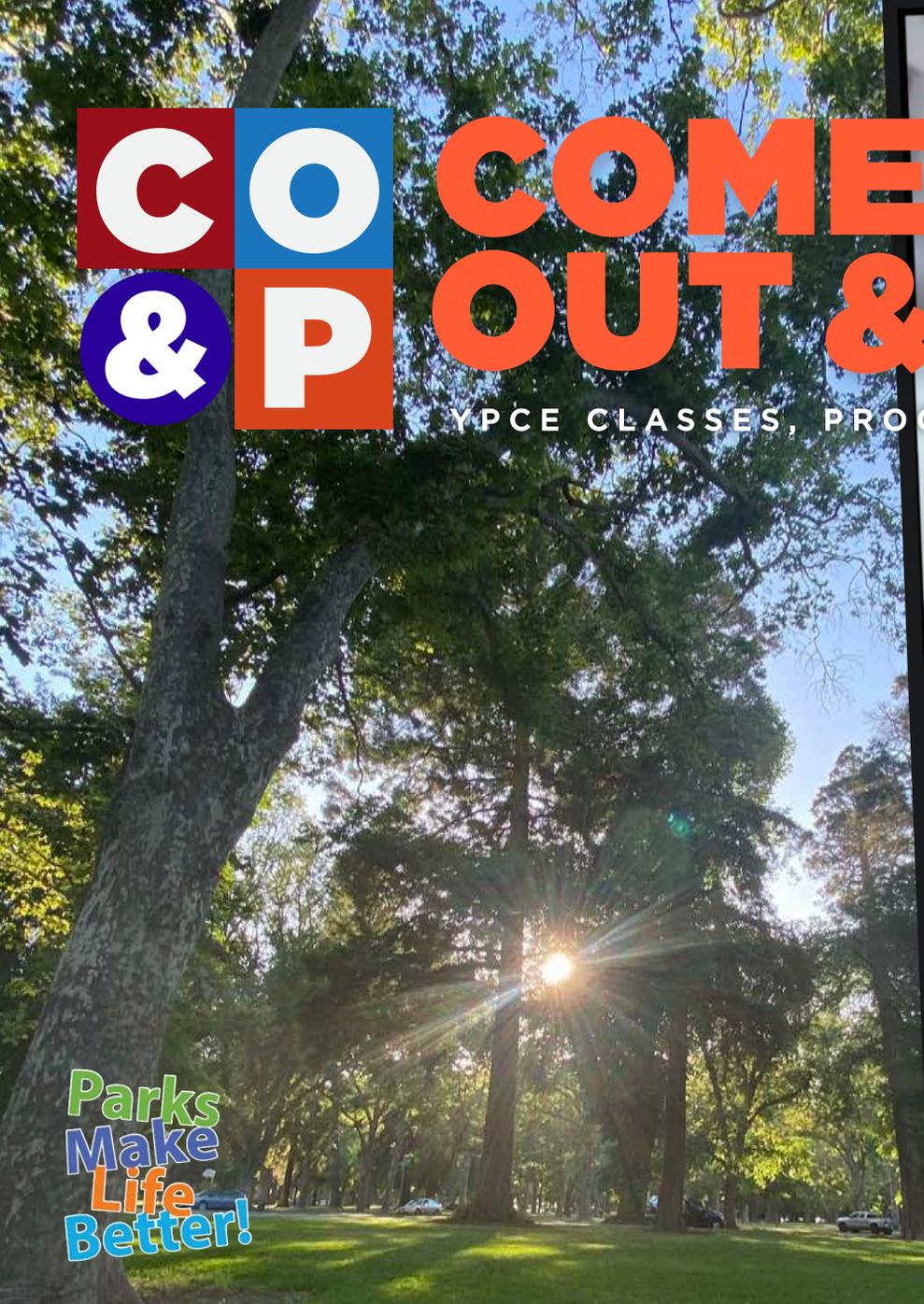
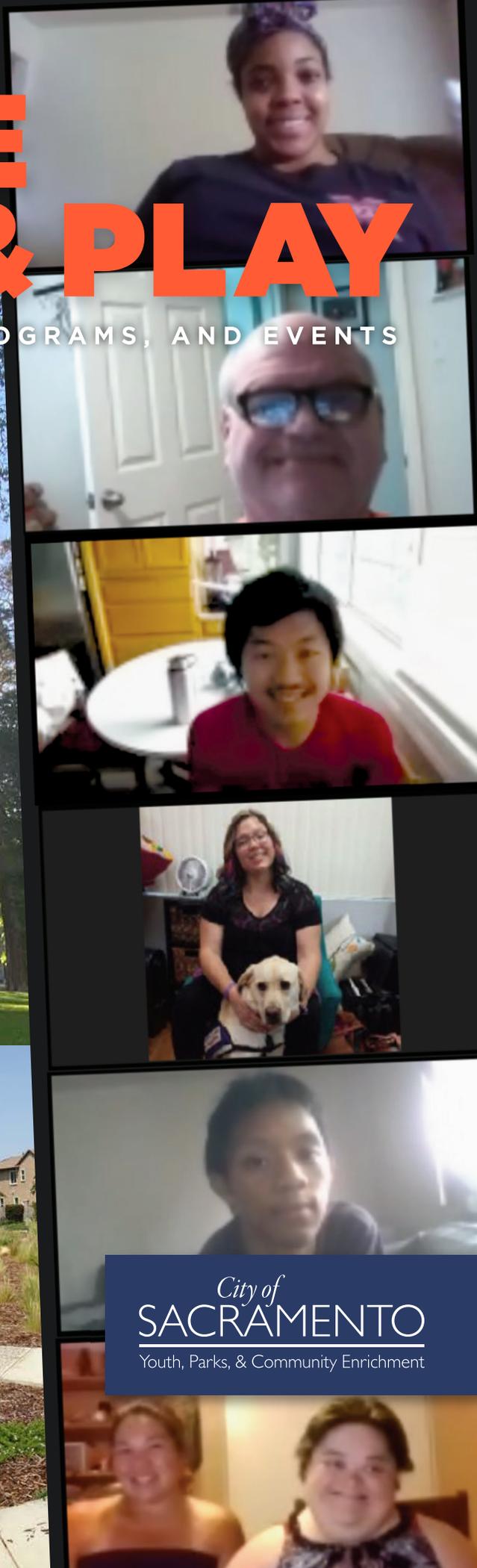


# COME OUT & PLAY

YPCE CLASSES, PROGRAMS, AND EVENTS



Parks  
Make  
Life  
Better!



**REDISCOVER RECREATION**  
JUL - DEC 2020

*City of*  
**SACRAMENTO**  
Youth, Parks, & Community Enrichment

# Want to register for a program?

## Summer Registration is open now!

### Fall registration opens 8:00AM Friday, September 4, 2020



#### There are multiple ways to register:

Online

<https://apm.activecommunities.com/cityofsacparksandrec>



In Person at any of our Community Centers!

Please call individual Center for hours of operation and types of payment accepted.



Mail

completed registration form and fees to:

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

The City of Sacramento Department of Youth, Parks, and Community Enrichment offers three convenient ways to enroll in programs! Registrations are not accepted at program sites and are at a first come first serve basis. So please login, mail in, or come in and see us to register now!

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

### Contact Us

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

#### YPCE Executive Team

#### Parks and Community Enrichment Commission

Mario Lara	Director	District 1	Sumiti Mehta	District 6	Tyler Aguilar
Shannon Brown	Assistant Director	District 2	Fatima Malik	District 7	Devin Lavelle
Tony Ulep	Interim Park Maintenance Manager	District 3	David Guerrero	District 8	Chinua Rhodes
Raymond Costantino	PPDS Manager	District 4	Julie Murphy	Mayor Asst.	Rita Gallardo Good
Jackie Beecham	Community Enrichment Division Manager	District 5	Joe Flores	At large	Jason Law
Monica Bianco	Interim Youth Division Manager			At large	Terri Kletzman

### Access for All

The City of Sacramento Department of Youth, Parks, and Community Enrichment believes that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. We welcome people with disabilities into our recreation programs through specialized programs and inclusion opportunities. We will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination of programs, services, and activities for individuals with disabilities. In order to best accommodate your individual needs we ask that you let us know of any accommodations needed at the time of registration and/or at least 48 hours in advance of a program. For further information on accommodation requests contact Jenny Yarrow, [jyarrow@cityofsacramento.org](mailto:jyarrow@cityofsacramento.org), 916-808-6017. 711 California Relay Service (which is also capable of handling TTY calls) is also available. The 711 service is available for those calling from within California.

311 Español | 中文 | Tagalog | Tiếng Việt | Hmoob | Русский



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[www.facebook.com/YouthParksCommunityEnrichment/](https://www.facebook.com/YouthParksCommunityEnrichment/)



# RECREATION REINVENTED!

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**YPCE NEWS**

**Youth Division**



The summer of 2020 in the Youth Division was anything but traditional. With the COVID - 19 global pandemic among us, staff had to find safe and creative ways to overcome the challenge and provide much needed programming. Young people had been sheltering - in - place since mid - March and needed opportunities to engage with their peers, exercise, learn creatively, and have fun.

Summer offered two different types of options. Face - to - face programs implemented new safety protocols such as social distancing, mask - wearing, and daily health screenings. Programs that could not be delivered face - to - face went virtual using platforms like Zoom and Google Classroom. Both options provided young people opportunities to develop relationships, build skills, and be involved in their communities in meaningful ways.

The Expanded Learning Unit focused on in - person programming and was busy providing the following:

**STEAM Camps**



With six locations around Sacramento, the STEAM Camp



experience was specifically designed to help address summer learning loss and offered science, technology, engineering, arts, and math activities. Program offered supervised exploration and interactive fun for 1st - 6th graders. This popular program was featured

on Good Day Sacramento and served over 1,000 youth!



**Summer Childcare**

In collaboration with Community Centers, Summer Childcare was available at four community center locations and helped to serve essential worker families. The program offered K - 6th graders social - emotional supports in fun and safe environments. Children were able to engage and participate in fun events such as super - hero day, drive - in movie theaters, and water play. Thanks to our friends from the Sacramento Public Library and the Sacramento



Police Department for using virtual platforms to read stories and lead activities with the participants!

**Youth Workforce Development**

rovided both in - person and virtual summer programs that served young people from 13 - 18 years of age and focused on work readiness and work - based learning initiatives. Over 200 young people spent their summer earning money!



## Youth Division, continued



## YPCE NEWS

### Prime Time Teen Virtually Connected

With the challenge of COVID - 19, Prime Time Teen staff redesigned the traditional program and created an eight - week virtual experience. Participants gained skills in 21st century workforce readiness through interactive and engaging activities online via the Zoom platform. Participants created resumes, completed mock interviews, developed individual leadership skills, and implemented small group community service projects. Prime Time Teen is graduating 135 young people and each participant earned a \$300 stipend!

### WIOA - Workforce Innovation & Opportunity Act

The culmination of the WIOA session was new as the COVID - 19 pandemic required a creative twist. While sheltering - in - place, participants completed various online training courses that focused on critical job skill development that would benefit them in the workplace. Graduating seniors



were guided through these training modules and explored their



desired career pathways. Once completed, graduates celebrated their achievements by participating in a "drive thru" graduation. WIOA staff proudly handed out completion certificates along with supplies that will benefit the graduates in the future as they move into adulthood and prepare for the workforce and/or college.

### Landscape & Learning (L&L)

Fortunately, summer operations resumed working in the field after COVID - 19 had paused Spring program. Youth Aides participated in a variety of virtual training opportunities throughout Spring and were well - prepared for summer operations. Eight crews employing 77 young people, age 14 - 17, were stationed throughout Sacramento. These crews worked at local parks providing general clean up and maintenance such as brush removal, trash pick - up, weeding, and cleaning restrooms.



The Sports, Fitness, & Wellness Unit was unable to deliver in - person summer programming due to the public health order. Instead, staff worked with the San Francisco Junior Giants to deliver the Junior Giants at Home virtual program and upgraded activities on social media.

### Junior Giants at Home

Three summer seasons that were four - weeks each introduced Junior Giants to the fundamentals of the game along with important lessons in health, education, and character development. The City of Sacramento YPCE Junior Giants participation lead the way in the region having more than 130 young people engaging in twice a week live virtual practice sessions that included skills and drills videos by Giants Manager, Gabe Kapler, his coaching staff, and Giants players. We look forward to getting back on the field next summer season. Go Giants!

### Social Media Campaign

The impact of COVID - 19 also hit home with the 28th & B Skate and Urban Art Park closing operations. The Sports and Skate Park staff members realigned their focus began to undertake the creation of social media and video tutorials. The team members have been providing weekly postings to the YPCE social media Instagram and Facebook accounts. The

## Youth Division, continued

## YPCE NEWS



website upgrade continues to be a work in progress as skateboard tutoring videos are uploaded that will provide individuals various skateboard techniques and maintenance tips. The Sports Team members are continually finding new training activities and challenges to engage young athletes in fitness and wellness. The fall will bring a new chapter of daily virtual activities that will incorporate a variety of fitness and wellness concepts including nutrition, yoga, stretching, and much more!

### **Civic Engagement Team**

The Civic Engagement Team continued their support of the Sacramento Youth Commission and the Summer @ Virtual City Hall - Limited Edition program throughout the summer.

### **Sacramento Youth Commission (SYC)**

Even with the inability to conduct regular business meetings due to COVID - 19, the Sacramento Youth Commission continues to engage in various virtual capacity building workshops allowing them to continue developing skills as commissioners. On June 9, 2020 the first of its kind Zoom joint meeting was held between the SYC and the Sacramento City Council. Discussion focused on the \$89 million CARES funding that was awarded to the City of Sacramento because of COVID. During the meeting the Commissioners,

additional funds are available to support programs and activities in these areas. The SYC members continued to develop a method of review and provided additional recommendations on which activities to consider be funded. The joint meeting may have been the first, but it will not be the last.

### **Summer @ Virtual City Hall - Limited Edition (S@CH)**

The Summer @ Virtual City Hall - Limited Edition program was a five - week summer program taught online by credentialed high school teachers with an emphasis on local government, civic engagement, and youth development principles. Students from various high schools engaged in interactive instructional classes along with group project activities to learn about local government structure and how to become an active member in their community. On Tuesday, July 28th the six small group Project City Hall projects were presented to City Council with a Public Service Announcement and billboard highlighting the need to focus on specific issues impacting youth including mental health, access to WiFi, youth resources (Youth Link



Councilmembers, and Mayor engaged in conversations that focused on four “buckets” - Mental Health, Education, Youth Programming and Workforce/ Employment Opportunities. The challenges during COVID has hit our young people very hard and

## Youth Division, continued

**YPCE NEWS**



Sacramento website), affordable housing, and pre - registering to vote at the age of 16. Not only was the experience rewarding for the 55 young people to learn more about their local government and how to amplify their voice but each of the students that completed each of the components of the program received a \$350 stipend. Check out the S@CH website to see the PSAs and billboard from this year's program <http://www.cityofsacramento.org/ParksandRec/Youth-Division/Youth-Civic-Engagement/Summer-at-City-Hall>.



## Park Maintenance Division

## YPCE NEWS



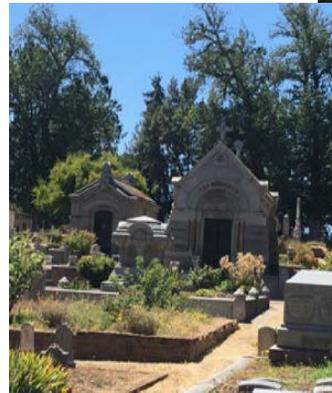
The Park Maintenance Division Staff has been working in our parks and they haven't stopped during the COVID 19 crisis. This is an unusual year for us in the parks Dept and for the rest of the country. Our parks are open from sunrise to sunset. You are able to walk, jog and exercise in any of our parks and we have plenty of walking trails for your use. If you are missing a little bit of nature then the Rock Garden in Land park is a great place to walk and maybe even photograph the scenery there. The Rock Garden has some interesting plants and is just a nice place to take a break and enjoy the garden. If the heat is too hot and you would like to listen to some history. The Old City Cemetery has free virtual tours about some interesting people buried in the Old City.

<https://anytimetours.oncell.com/en/historic-city-cemetery-tour-188360.html>

### Old City Cemetery ▼



### Land Park Rock Garden ▲



## Park Planning and Development Services Division

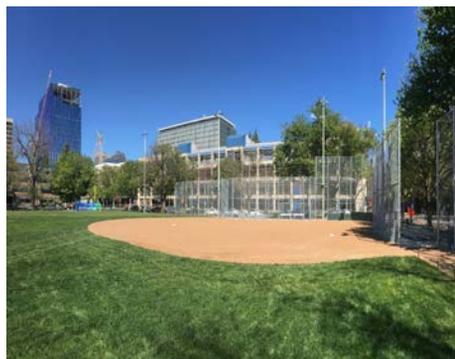


The Youth, Parks, and Community Enrichment Department (YPCE) is updating its Parks and Recreation Master Plan to guide future recreation services, youth development, and park development in Sacramento. This master plan will address the need for new park and recreation facilities, park maintenance, recreation and youth programming, and will do so in coordination with the City's 2040 General Plan and the Sacramento Climate Action Plan updates. YPCE will be offering plenty of opportunities for Sacramento residents to voice their opinion on the Parks and Recreation Master Plan in the coming months. Be on the lookout for a new website, an online survey, and numerous virtual engagement activities.

During 2019 - 2020, the City opened three new parks and improved several parks throughout Sacramento. Some improvements in 2019 and 2020 included a new shade structure at LeVar Burton Park, ballfield renovations and new LED lighting at Roosevelt Park, playground improvements at Winner's Circle Park, new park amenities at Robla Community Park, and a new half basketball court at River Otter Park. Find additional information about each of these projects and many more below.

### Olympians Park ▶

Olympians Park is a new 4 - acre neighborhood park located in the Mill at Broadway development in the Land Park area of Sacramento. The park includes a bike path and bike racks, an event lawn, and a dog park.



### ◀ Roosevelt Park Ballfield Renovation

Roosevelt Park is a 2.5 - acre park located at 9th and P Streets, in downtown Sacramento. Renovations consist of upgrading the ballfield lighting with energy - efficient LED lighting, a new 30 - foot high backstop, 20 - foot overthrow fencing, and new dugouts and spectator areas. The renovations also include new concrete flatwork, a reconstructed skinned infield, new team benches, a scorer's table, and two 4 - row bleachers with a capacity of 100 spectators. There are two drinking fountains with pet bowls, two trash receptacles, four bike racks, signage, and new landscaping and irrigation around three quarters of the park perimeter.

## Park Planning and Development Services Division, continued

YPCE NEWS



### LeVar Burton Park Shade Structure ▶

LeVar Burton Park in the South area recently received a new shade structure. The shade structure is 30 feet by 30 feet and covers the picnic tables and seating area.



### ◀ Ricardo Favela Park

In February 2020, the City opened Ricardo Favela Park, a 0.13 - acre pocket park located in McKinley Village in East Sacramento. It includes an accessible tiled community table and benches, an art wall, an accessible concrete walkway, and decomposed granite paving. It is landscaped with a small open turf area, tree plantings and has a park name signage wall. It is one of five City parks planned within the new McKinley Village development.

### Winner's Circle Park Improvements ▶

Renovations in January 2020 at Winner's Circle Park consisted of installing a new fabric shade canopy over the existing playground structure, an ADA swing seat, two spring riders, and benches. The park has trash receptacles, picnic tables, new basketball court striping, and 30 new trees planted throughout the park.



### Sutter Park

In early 2020, the City opened a new 0.6 - acre neighborhood park in East Sacramento. Sutter Park includes two custom shade trellises with community tables and reclaimed wood benches. It has an accessible open turf area surrounded by shade trees and seat walls, an enclosed playground, and hedgerow and rose landscaping. There is a new drinking fountain, site furniture, special paving, two rose and perennial sculpture gardens, and whimsical public art.



## Park Planning and Development Services Division, continued



### McClatchy Park Ballfield Renovations ▼

Two baseball field backstops and infields were renovated at McClatchy Park in Council District 5. New trees were planted. Signage, bullpens, two batting cages, a scoreboard, bleachers, and site furniture were included with the renovations. The park also received chain link fencing and gate improvements, a new accessible walkway, and accessible parking lot striping.



### Garcia Bend Park Restroom ▼

The improvements at Garcia Bend Park in the Pocket area include the renovation of a 690 – square foot park restroom. Improvements consist of new stone veneer, masonry, roofing, plumbing, electrical improvements, and concrete flatwork. New security cameras were also installed around the exterior of the restroom.



### ▲ Robla Community Park Improvements

The improvements at Robla Community Park in Council District 2 consisted of replacing picnic tables, trash receptacles, and benches throughout the park. The swing seats and independent play equipment was replaced, and 40 new trees were planted with bubbler irrigations system to water them.

## Park Planning and Development Services Division, continued

**YPCE NEWS**



### River Otter Park Basketball Court

Under this project, a new half basketball court was added to River Otter Park. To install the new basketball court, the existing turf and irrigation was removed. Concrete and asphalt paving was installed and a basketball backboard, a pole, a rim, and basketball net were also added.

### Temple Park Playground

The outdated playground at Temple Park has been replaced. Old playground equipment was removed, and repairs were made to the existing playground drains. A large new ADA accessible swing was installed along with standard belt swings and tot swings. The new playground was installed with a built-in shade canopy.

### Tahoe Park Restroom Renovation

Restroom renovations at Tahoe Park in Council District 6 consisted of removing the outside privacy wall and tubular steel gates. The interior of the restroom was painted, and new doors with magnetic locks and panic hardware were installed. There are also new sinks and toilets, baby changing stations, and upgraded LED lighting. Lastly, a storage room at the park was converted to a recreation room for youth programming.

## Director's Note

July is Parks and Recreation Month. This is an opportunity to recognize and honor the tremendous value that dedicated park and recreation professionals bring to their communities. The City of Sacramento's Youth, Parks, and Community Enrichment (YPCE) department is filled with many such outstanding and dedicated individuals. It is my distinct honor and pleasure to serve as the Director of the YPCE team alongside so many creative and hardworking professionals. Few would argue that the last few months have been some of the most challenging for parks and recreation professionals. Therefore, I would like to take an opportunity to highlight and thank the YPCE management team for their outstanding leadership during the past few months as well as to thank all the YPCE heroes who have been working tirelessly during the pandemic and social challenges to provide a safe space for families and youth to relax, destress, exercise, socialize (even if 6 feet apart), and continue to grow and learn.



## Community Enrichment Division

## YPCE NEWS



While COVID - 19 has brought so many unexpected challenges and impacted summer programming that YPCE worked so hard to plan, the Community Enrichment team quickly adapted and have continued to deliver many core, essential services, as well as recreation opportunities in creative new ways. Read on to learn more about what the Community Enrichment Division has been up to, and what is in store for the coming months. While the onset of the pandemic changed our plans, it certainly did not cancel FUN!

### Community Centers

YPCE's Community Center team stepped up to the challenge and played a fundamental role in offering YPCE's Essential Worker Childcare program across all centers. Additionally, the team moved several programs and opportunities virtual in response to COVID - 19, engaging with people of all ages online. Many virtual offerings are still being offered and can be found on our new Virtual Activities and Resources page, including teen online gaming tournaments, virtual arts and crafts classes, and virtual college and national park tours to name a few.

And while centers haven't been open to the public, that hasn't stopped the team from making safe and socially distant connections in - person every chance they get! From Kindness kits to wellness calls and check ins, staff have continued to connect with youth and adults in many ways. Since April 20, 2020, in partnership with Natomas Unified School District, community centers have distributed almost 50,000 meals through drive thru meal distribution for youth 18 and under. The team has also worked with other partners like Crocker Art Museum and Sacramento Public Library to hand out local artist - created coloring books and free books with meals. Meal distribution is continuing through the fall so visit our website for locations and times.

Lastly, the center team has been providing Youth and Teen Summer Camps under state and county public health guidelines at 6 community center locations that will continue through August 21, 2020. Over 425 youth are participating in the FREE recreational based program that includes games, arts and crafts, STEAM



activities, and sports. The team will continue to adapt and respond to the ever - changing environment, and looks forward to offering even more opportunities, virtually and even some in - person, this fall. So stay tuned for more details!

**Community Enrichment Division, continued**



**Older Adult Services**

While our senior facilities have had to close their doors for the safety of our seniors, it has provided the perfect opportunity to have Hart Senior Center renovated. The remodel, with ADA upgrades, has totally transformed the 60 - year - old facility into a warm and inviting gathering spot for seniors. Construction will be complete in August and staff look forward to inviting the community back soon. In addition to the renovation, the Older Adult Services section has been very busy helping to support seniors as they shelter safely at home.

Triple - R staff have provided over 400 units of virtual programming on wide ranging, engaging themes for people with dementia and their family caregivers (1 unit = 1 person for 1 hour). They also delivered 60 no - contact care packages with art/ craft activities and exercise supplies so seniors are fully equipped to participate in the virtual Zoom sessions - what a great time to get our older adults more engaged in the virtual world! Staff also created an on - demand video library to help older adults with dementia remain active and engaged on their own schedule. One such video

explores iconic sites in Sacramento, providing the perfect opportunity for these decades - long residents of our city to reminisce and take stock of the changes they've witnessed during their lifetimes.

In addition to facilitating virtual programs, Hart Senior Center staff have made thousands of Wellness Calls to seniors to ensure they have access to food, know what



to do if they experience COVID symptoms, and to help alleviate loneliness, and supported the Great Plates Deliveries program, bringing thousands of meals to seniors homes each weekday since March. You can expect many of these opportunities to continue through the fall as our team will bring every opportunity and resource possible in the safest space, even if that means over Zoom or the telephone!

**Access Leisure**

The Access Leisure section has taken on virtual programming with gusto as they support people with physical, intellectual, and/or developmental disabilities staying safely at home. Read on for a short list of the amazing opportunities that are being offered and visit our website for learn more!

- Young people with intellectual and developmental disabilities have been thrilled to learn how to use Zoom and have had a wonderful time connecting with peers and staff. Up to 70 participants attend each Zoom session.
- The focus has been on FUN, with group virtual graduation parties, in - home scavenger hunts, game nights, live baking demonstrations, a talent show, dance parties, step - by - step art demos, movie nights, and more.
- Daily opportunities for engagement and interaction are provided on Facebook,



## Community Enrichment Division, continued



## YPCE NEWS

with at-home activities and video tutorials for recreational experiences at home or in local parks and neighborhoods.

- Participants are encouraged to stay fit by taking part in Access Leisure's Zoom Yoga and Get Fit exercise classes.
- As a way to mitigate the disappointment of not being able to go away to an Access Leisure summer camp this year, staff have created Camp - in - a - Box, which includes all the supplies needed to participate in a week-long series of camp-themed activities starting August 10.
- Recognizing the stress families are under while sheltering in place, parent/caregiver virtual support groups have been held where strategies are shared for healthy communications and positive behavior management.

In addition, with strict COVID safety protocol in place, Access Leisure's sports program for people with physical disabilities has resumed on a very limited basis. Tennis as well as cycling on the American River Parkway on recumbent bicycles are now being enjoyed as safe, out-of-doors activities.

### Camp Sacramento

Camp Sacramento was prepared to celebrate its 100-year anniversary this summer, so while the in-person event will have to wait until Summer 2021, staff still found a way to bring families to Camp by planning a virtual centennial celebration. On August 2, Camp staff streamed live on Facebook and Zoom with a virtual camp tour and ended with a virtual campfire. Families were able to see all the amazing improvements that have been happening up at camp, got to sing along to some camp songs and do a few camp skits.



While regular camp season was postponed for the summer, following county and US Forest Service guidelines, Camp Sac was able to offer a unique camp experience by opening cabins for daily rentals campground-style. Families who were scheduled to visit camp this summer had a chance to enjoy a safe getaway at the beautiful Camp Sac location, explore trails and rivers, relax on the brand new deck, and try their luck at fishing in the surrounding rivers and lakes. For more information on this unique opportunity, visit our website at [www.campsac.org](http://www.campsac.org). Otherwise we look forward to seeing you in-person at our 100 (plus 1) anniversary in 2021!

### Aquatics

While the pandemic delayed pool openings for summer 2020, water safety has remained a top priority for YPCE and our team worked hard to open four city pools for safe, socially distanced aquatics programs. Pannell Meadowview, Clunie, Doyle and Tahoe Pools all opened in July for modified programs including recreation swim, lap swim, water aerobics

and parent-led swim lessons. In the first month of opening, nearly 6,000 swimmers enjoyed Recreation Swim, over 400 youth participated in parent-led swim lessons, and over 800 lap swimmers and water aerobics participants visited the pools. Aquatics programs have been safely expanded throughout the summer and will continue to serve more through Labor Day so visit our website for more information and we hope to see you swimming soon!



## Employee Spotlight

## YPCE NEWS



### COMMUNITY ENRICHMENT

**Solomon Silva** is an Administrative Analyst under the Fiscal Administration team currently supporting the Community Enrichment Division. He has worked for the City of Sacramento for over 15 years and supported a diversified portfolio of programs within the Youth, Parks and Community Enrichment Department (YPCE). His vast experience and understanding of the various YPCE Divisions, City processes, and procedures makes Solomon a great asset to our team and to the City of Sacramento. Solomon provides exceptional customer service with a great attitude and with a teamwork mentality. He consistently goes above and beyond when completing his work and supporting the Department. He is a valuable member of our team and an amazing employee. We appreciate him for all his contributions to the YPCE Department.



### PARKS

We would like to highlight **Nick O'Sullivan**, a Park Maintenance Worker II for the Del Paso Regional Park Area. This area includes Del Paso Park, Sacramento Horsemen Association trail and the Sacramento Softball Complex. Nick and his crew are responsible for all park maintenance including clearing the horse and walking trails, preparing the softball fields, and maintaining the park. The Sacramento Softball Complex is booked for tournaments 50 weekends a year, as well as weeknight leagues 7 months a year. It is clear to us that Nick's dedication to our community is unwavering.



Despite our cancelled leagues and tournaments, Nick is continuing to make sure the Complex is game-ready when our season start again. With COVID, Nick saw this as an opportunity to make major renovations on the fields and continues maintain the Del Paso Park and the Horsemen Association Trails. We proudly deem Nick a superhero staff for his eagerness to step up and take on Mackey Park and 5 Star Park to help out his fellow maintenance workers. He and his crew has also been volunteering to help out in areas where we are currently short staffed. Nick and his staff are extremely dedicated to their craft. If you are visiting any of these locations, be sure to say hi and thank them for their service.

### YOUTH

Shout out to our Superhero staff, **Crystal Fudala**. Crystal is a Program Developer at Sutterville 4th "R". She continuously goes above and beyond, has a positive spirit, and her love and support for her students and staff is endless! She is giving of her time and always asking what she can do to help. On random occasions, Crystal will call staff to sing them a crazy made up song about how they are doing or sing you a birthday song. In these days of uncertainty, she makes time to ask people how they are feeling and assures them she is there for you. If staff are sick or dealing with trauma, rest assured you will have a card in your mailbox.

In these past few months, Crystal has been providing care to essential workers. Since



COVID has changed the world around us, she has put both feet forward and started planning to provide program activities to our community kids. Crystal has reached outside her normal work zone to create art and craft YouTube videos for those children and family members that are at home. With close to 30 years of service, her passion and dedication to our program and participants runs deep. I guess it is only fitting that her Superhero is Batman and she is ours. Crystal inspires everyone around her to be and do their best and that is why she is our "Superhero".



# COMMUNITY CENTERS

## COLOMA COMMUNITY CENTER



4623 T St  
Sacramento, CA  
95819

(916) 808-6060

Hours of Operation:  
M - F 9am-8pm  
Sa 10am-3pm  
(open until 9pm for  
Leisure Enrichment  
Classes)

### Reservation Office Hours: M-F 9am - 4pm

Coloma Community Center is a beautiful two-story, tile-roofed brick building that was converted from the old Coloma Elementary School. The building has five meeting rooms, one dance room, and a full performance auditorium with stage for various activities. The Coloma Community Center can host intimate meetings of 25 persons or accommodate large events.

### RESERVATION INFORMATION

Looking for a premier location for your event? Look no further. Call (916) 808-6060 for details.

## SOUTHSIDE CLUBHOUSE



2051 6th St  
Sacramento, CA  
95818

Hours of Operation:  
M - W, F 9am-1pm  
Tu, Th 2pm-8pm  
Sa 9am-1pm  
Closed City Holidays

## BELLE COOLEGE COMMUNITY CENTER



5699 S Land Park Dr  
Sacramento, CA  
95822

(916) 808-5610

Hours of Operation:  
Tu Th F 12-5pm

The Belle Coolege Community Center offers several classes, workshops and programs to meet your leisure needs. Learn something new, improve a skill, meet new people, or enjoy friendly competition. Classes include Multi-Level Aerobics, Youth Dance and Gymnastics, Tai Chi, and Ballroom Dance.

## EVELYN MOORE COMMUNITY CENTER



1402 Dickson St  
Sacramento CA  
95822

(916) 808-5610

Hours Of Operation:  
Call for details

### Reservation Information

Evelyn Moore Community Center is a quaint, one - room activity building suitable for small parties, gatherings or meetings. Call (916) 808-6060 for details.

### Programs

The Evelyn Moore Community Center offers several classes, workshops and programs to meet your leisure needs. Learn something new, improve a skill, meet new people, or enjoy friendly competition.

**JOE MIMS JR HAGGINWOOD  
COMMUNITY CENTER**



3271 Marysville Blvd  
Sacramento CA  
95815

(916) 808-6439

Hours of Operation:  
M-F 9am-8pm  
Sa 9am-5pm

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

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

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

**SAM & BONNIE PANNELL  
COMMUNITY CENTER**



2450 Meadowview Rd  
Sacramento, CA  
95832

(916) 808 - 6680

Hours of Operation:  
M-F 8:30am-9am  
Sa 9am-2pm

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

**OAK PARK  
COMMUNITY CENTER**



3425 Martin Luther  
King Jr. Blvd  
Sacramento 95817

(916) 808-6151

Hours of Operation:  
M-F 10am-8pm  
Sa 9am-3pm

The Oak Park Community Center located in the heart of Oak Park, is a gathering place for people to come together to stretch their recreational horizons, have fun, learn new things and make friends. On location is the multipurpose event center with an indoor basketball court. Outdoor features include a playground, lighted basketball court, UC Davis Health Neighborhood Street Soccer Park, and the Rod Rodriguez, Jr. grass soccer field

**GEORGE SIM  
COMMUNITY CENTER**



6207 Logan St  
Sacramento, CA  
95824

(916) 808-3761

Hours of Operation:  
M-F 9am-9pm  
Sa 10am-2pm

**SOUTH NATOMAS  
COMMUNITY CENTER**



2921 Truxel Blvd.  
Sacramento, CA  
95833

(916) 808-1571

Hours of Operation:  
M-F 8:30am-8pm  
(Now open Fridays!!!)  
Sa 9am-4pm

South Natomas Community Center is located at the front of South Natomas Community Park. We are adjacent to the South Natomas Library and South Natomas Rose Garden. The Center includes a weight room, teen room, computer lab, and meeting rooms available for rental that can accommodate up to 50 guests. We also have a variety of programs and classes to meet your needs.

Park, Pool, and Community Center Map



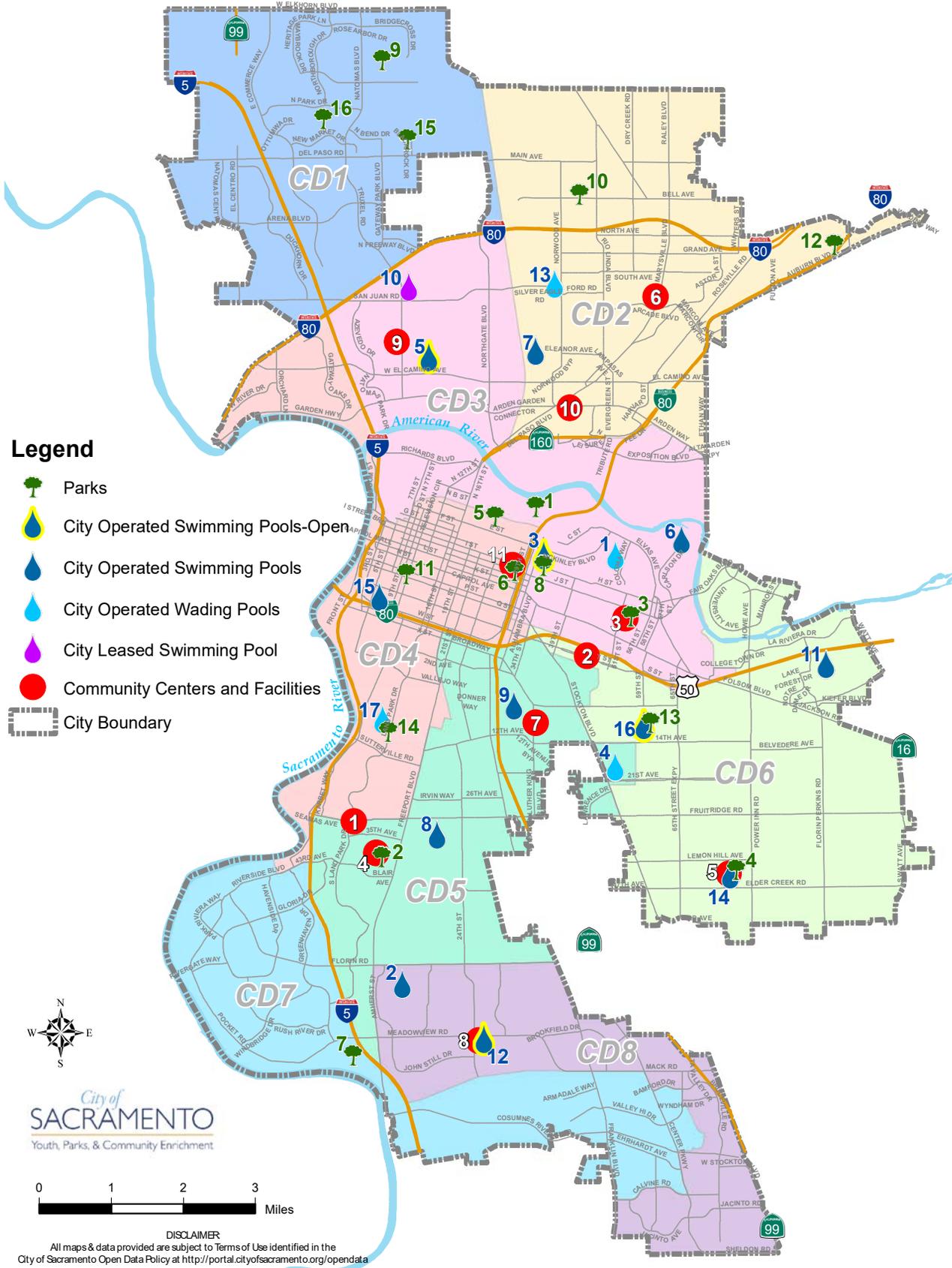
Aquatics	
1	Bertha Henschel Wading Pool
2	Cabrillo Pool
3	Clunie Pool
4	Colonial Wading Pool
5	Doyle Pool
6	Glenn Hall Pool
7	Johnston Pool
8	Mangan Pool
9	McClatchy Pool
10	Natomas High School Pool
11	Oki Pool
12	Pannell Meadowview Pool
13	Robertson Wading Pool
14	George Sim Pool
15	Southside Pool
16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

Parks	
1	28th and B Skate Park at Sutter's Landing Regional Park
2	Argonaut Park
3	East Portal Park
4	George Sim Park
5	Grant Park
6	Marshall Park
7	Marriott Park
8	McKinley Park & Tennis Courts
9	Regency Park
10	Robla Community Park
11	Roosevelt Park
12	Sacramento Softball Complex
13	Tahoe Park
14	William Land Park
15	Cottonwood Park
16	North Natomas Regional park

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



	Days of Operation	*Hours of Operation	Meeting Rooms	Multi Purpose Room	Warming Kitchen	Auditorium/Stage	Dance Room	Fitness/Weight Room	Senior Meal	Computer Access	Program Registration Site
<b>1</b>	Belle Coolidge Community Center 5966 S. Land Park Drive   808-5610	Tue, Thu & Fri	12:00 Noon - 5:00 PM	*		*					
<b>2</b>	Coloma Community Center 4623 T Street   808-6060	Mon-Fri	9:00 AM - 4:00 PM	*		*	*				*
<b>3</b>	East Portal Clubhouse 1120 Rodeo Way   808-6060	Room available for rental									
<b>4</b>	Evelyn Moore Community Center 1402 Dickson Street   808-5610	Room and Kitchen available for rental									
<b>5</b>	George Sim Community Center 6207 Logan Street   808-3791	Mon-Fri Sat	9:00 AM - 9:00 PM 10:00 AM - 2:00 PM	*	*	*	*	*			*
<b>6</b>	Joe Mims, Jr. Hagginwood Community Center 3271 Marysville Blvd.   808-6439	Mon-Fri Sat	9:00 AM - 8:00 PM 9:00 AM - 5:00 PM	*		*	*		*	*	*
<b>7</b>	Oak Park Community Center 3425 MLK Jr. Blvd.   808-6151	Mon-Fri Sat	9:00 AM - 9:00 PM 9:00 AM - 3:00 PM	*	*	*	*	*		*	*
<b>8</b>	Sam & Bonnie Pannell Community Center 2450 Meadowview Rd.   808-6680	Mon-Fri Sat	8:30 AM - 9:00 PM 9:00 AM - 12 PM	*	*	*	*	*	*	*	*
<b>9</b>	South Natomas Community Center 2921 Truxel Rd.   808-1571	Mon-Fri Sat	8:30 AM - 8:00 PM 9:00 AM - 4:00 PM	*			*	*		*	*
<b>10</b>	Woodlake Clubhouse 500 Arden Way   808-6439	Room and Kitchen available for rental									
<b>11</b>	E.M. Hart Senior Center 916 27th Street   808-5462	Mon-Fri Sat Sun	8:30 AM - 5:00 PM 9:30 AM - 1:00 PM 12:30 PM - 3:00 PM	*	*	*	*	*	*	*	*





### Reminder:

If you are experiencing symptoms related to Covid-19, been in contact with someone who is known to be infected, traveled in the past 14 days, we ask you do not utilize our aquatics facility.

In accordance with California Department of Health guidelines, older adults and people with serious medical conditions are more at risk and encouraged to stay home as much as possible.

### Registration

We will release future dates for pre-registration every Tuesday at 12pm. You can register in person at the pool during its normal open hours or online. Due to limited capacities we encourage you to pre-register online to secure your spot.

**Click [HERE](#) to register Now!**

**All Aquatic Programs are NON-Refundable due to limited availability and reduced capacities. We apologize for the inconvenience.**

## RECREATIONAL SWIM

Recreational Swimming (with social distancing) for predetermined 2-hour time blocks will be offered at various pools. Pool capacity will be reduced to ensure patrons can maintain social distancing with participants outside of households. Additionally, during these swim times, resources for parents and guardians will be available to support water safety and basic swim skill instruction for children and families. Children 12 and under need to be accompanied by person 16 or older who is also registered to enter the facility. Cost is \$2 per person for a 2-hour recreational swim session. Limit one session per day. Space is limited and preregistration is encouraged.

### Pannell Meadowview Pool Recreation Swim Schedule

2450 Meadowview Rd, Sacramento, CA 95832 (next to the Community Center)

Tuesday, Wednesday, Friday, Saturday, Sunday  
11:30am - 1:30pm  
2:00pm - 4:00pm  
4:30pm - 6:30pm

### Clunie Pool Recreation Swim Schedule

601 Alhambra Blvd, Sacramento, CA 95816 (in McKinley Park)

Monday, Tuesday, Thursday, Saturday, Sunday  
11:30am - 1:30pm  
2:00pm - 4:00pm  
4:30pm - 6:30pm

### Doyle Pool Recreation Swim Schedule

2827 Mendel Way, Sacramento, CA 95833 (In Northgate Park)

Monday, Tuesday, Thursday, Friday, Sunday  
11:30am - 1:30pm  
2:00pm - 4:00pm  
4:30pm - 6:30pm

Wednesday

11:30am - 1:30pm  
2:00pm - 4:00pm

### Tahoe Park Pool Recreation Swim Schedule

3501 59th St, Sacramento, CA 95820

Monday, Wednesday, Thursday, Friday, Saturday  
11:30am - 1:30pm  
2:00pm - 4:00pm  
4:30pm - 6:30pm

Tuesday

11:30am - 1:30pm  
2:00pm - 4:00pm

## LAP SWIM

Individual lap lanes can be reserved for predetermined 50-minute swim sessions. Participants will need to social distance throughout the facility. Cost is \$5 and preregistration is required. Limit one session per day.

### Clunie Pool Lap Swimming Schedule

601 Alhambra Blvd, Sacramento, CA 95816  
(in McKinley Park)

Monday, Tuesday, Thursday

9:00am - 9:50am  
10:00am - 10:50am  
12:00pm - 12:50pm  
2:30pm - 3:20pm  
5:30pm - 6:20pm  
6:45pm - 7:35pm

Saturdays starting on 7/11

9:00am - 9:50am  
10:00am - 10:50am



### Pannell Meadowview Pool Lap Swimming Schedule

2450 Meadowview Rd, Sacramento, CA 95832 (next to the Community Center)

Tuesday, Wednesday, and Friday

10:00am - 10:50am  
12:00pm - 12:50pm  
2:30pm - 3:20pm  
5:30pm - 6:20pm  
6:45pm - 7:35pm

### Tahoe Park Pool Lap Swim Schedule

3501 59th St, Sacramento, CA 95820

Monday, Wednesday, Thursday, Friday

10:00am - 10:50am  
6:45pm - 7:35pm

## WATER AEROBICS

Water Aerobics will be offered at various pools. Class sizes will be limited, and participants will be spaced out to ensure social distancing is maintained. Preregistration is required. Cost is \$6 per class. Limit one class per day.

### Pannell Meadowview Water Aerobics Schedule

2450 Meadowview Rd, Sacramento, CA 95832 (next to the Community Center)

Tuesday, Wednesday, Friday

10:00am - 11:00am

### Clunie Pool Water Aerobics Schedule

601 Alhambra Blvd, Sacramento, CA 95816 (in McKinley Park)

Monday, Tuesday, Thursday, Saturday\*

10:00am - 11:00am

### Tahoe Park Pool Water Aerobics Schedule

3501 59th St, Sacramento, CA 95820

Monday, Wednesday, Thursday, Friday

10:00am - 11:00am



Click [HERE](#) to register Now!



## YPCE SUMMER YOUTH PROGRAMMING

### CHILDCARE

- Grades K - 6th
- Monday - Friday / 7am - 6pm
- \$125 Weekly Fee

SPACE IS LIMITED.

**Childcare will operate at 4 community centers throughout the summer.**

Fee-based childcare to introduce youth to a variety of recreational activities in a well-planned, nurturing environment. Qualified staff provide group and individual activities to enhance your child's physical, social and emotional development and meet childcare needs.

**Coloma Community Center  
4623 T St.  
Sacramento, CA 95818**

Week 1	7/06 - 7/10	14263
Week 2	7/13 - 7/17	14264
Week 3	7/20 - 7/24	14270
Week 4	7/27 - 7/31	14271
Week 5	8/3 - 8/7	14272

**Sam & Bonnie Pannell  
2450 Meadowview Rd.  
Sacramento, CA 95832**

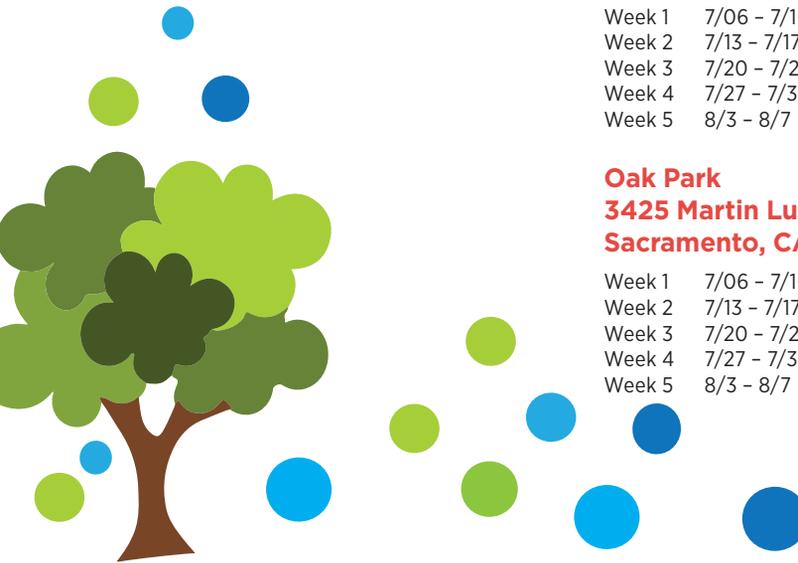
Week 1	7/06 - 7/10	14275
Week 2	7/13 - 7/17	14276
Week 3	7/20 - 7/24	14277
Week 4	7/27 - 7/31	14278
Week 5	8/3 - 8/7	14279

**Oak Park  
3425 Martin Luther King, Jr., Blvd  
Sacramento, CA 95817**

Week 1	7/06 - 7/10	14274
Week 2	7/13 - 7/17	14280
Week 3	7/20 - 7/24	14281
Week 4	7/27 - 7/31	14282
Week 5	8/3 - 8/7	14283

**S. Natomas Community Center  
2921 Truxel Rd.  
Sacramento, CA 95833**

Week 1	7/06 - 7/10	14265
Week 2	7/13 - 7/17	14266
Week 3	7/20 - 7/24	14267
Week 4	7/27 - 7/31	14268
Week 5	8/3 - 8/7	14269



**Summer Registration open  
June 22nd at 1pm.**

**Use the link below to register.**

*The City's child day care, and child and adult recreational programs are operated under the guidelines set forth by the CDC and the state, as well as state and local public health officer orders, including daily check-in of all participants and staff for any fever, practicing 6 ft. social distancing, wearing face masks inside when social distancing is not feasible, not touching their face, frequently washing hands, and sanitizing high touch surfaces.*



## YPCE SUMMER YOUTH PROGRAMMING

### COMMUNITY - BASED KIDS CAMP 2020

Community Centers will provide a safe space for youth to enjoy an array of exciting activities including games, crafts, cooking projects, drama, science, and sports with lunch provided daily.

- **Grades 1st - 6th**
- **Monday - Friday / 9am - 2pm**
- **\$\_\_\_\_\_ Weekly Fee**

**SPACE IS LIMITED.**

*The City's child day care, and child and adult recreational programs are operated under the guidelines set forth by the CDC and the state, as well as state and local public health officer orders, including daily check-in of all participants and staff for any fever, practicing 6 ft. social distancing, wearing face masks inside when social distancing is not feasible, not touching their face, frequently washing hands, and sanitizing high touch surfaces.*

**Evelyn Moore**  
**1402 Dickson Street**  
**Sacramento, CA 95822**

Week 1	7/06 - 7/10	14170
Week 2	7/13 - 7/17	14186
Week 3	7/20 - 7/24	14188
Week 4	7/27 - 7/31	14189
Week 5	8/3 - 8/7	14191

**George Sim**  
**6207 Logan St.**  
**Sacramento, CA 95824**

Week 1	7/06 - 7/10	14192
Week 2	7/13 - 7/17	14193
Week 3	7/20 - 7/24	14195
Week 4	7/27 - 7/31	14196
Week 5	8/3 - 8/7	14197

**Joe Mims, Jr./Hagginwood**  
**3271 Marysville Blvd,**  
**Sacramento, CA 95815**

Week 1	7/06 - 7/10	14175
Week 2	7/13 - 7/17	14178
Week 3	7/20 - 7/24	14179
Week 4	7/27 - 7/31	14180
Week 5	8/3 - 8/7	14181

**Oak Park**  
**3425 Martin Luther King, Jr., Blvd**  
**Sacramento, CA 95817**

Week 1	7/06 - 7/10	14199
Week 2	7/13 - 7/17	14201
Week 3	7/20 - 7/24	14202
Week 4	7/27 - 7/31	14203
Week 5	8/3 - 8/7	14204

**Sam & Bonnie Pannell**  
**2450 Meadowview Rd.**  
**Sacramento, CA 95832**

Week 1	7/06 - 7/10	14205
Week 2	7/13 - 7/17	14206
Week 3	7/20 - 7/24	14207
Week 4	7/27 - 7/31	14208
Week 5	8/3 - 8/7	14209

**Southside**  
**2051 6th Street**  
**Sacramento, CA 95814**

Week 1	7/06 - 7/10	14211
Week 2	7/13 - 7/17	14217
Week 3	7/20 - 7/24	14219
Week 4	7/27 - 7/31	14220
Week 5	8/3 - 8/7	14221

**Summer Registration open  
June 22nd at 1pm.**

**Use the link below to register.**





## YPCE SUMMER YOUTH PROGRAMMING



### OUTDOOR STEAM CAMP

- Grades 1st - 6th
- Monday - Friday / 9am - 2pm
- \$25.00 Weekly Fee

**SPACE IS LIMITED.**

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**Summer Registration open  
June 22nd at 1pm.**

**Use the link below to register.**

### YPCE is excited to offer summer camps, beginning July 6th!

SUMMER IS HERE! The City of Sacramento is proud to offer an awesome lineup of summer STEAM camps across Sacramento! After months of social distancing, it is essential that we give our youth meaningful and intentional interactions to promote their social and emotional learning and physical health. The Summer Outdoor STEAM Camp (Summer Oasis) experience is specially designed to offer STEAM opportunities the school-year classroom cannot supply, with plenty of individual hands-on activities, supervised exploration, and interactive fun. The perfect way to sharpen your STEAM skills and bond with new friends.

#### East Portal Park 1120 Rodeo Way

Session 1	7/6 - 7/10	14273
Session 2	7/13 - 7/17	14190
Session 3	7/20 - 7/24	14187
Session 4	7/27 - 7/31	14194
Session 5	8/3 - 8/07	14198
Session 6	8/10 - 8/14	14200

#### Garcia Bend Park 7654 Pocket Rd.

Session 1	7/6 - 7/10	14210
Session 2	7/13 - 7/17	14212
Session 3	7/20 - 7/24	14213
Session 4	7/27 - 7/31	14214
Session 5	8/3 - 8/07	14215
Session 6	8/10 - 8/14	14216

#### Carl Johnston Park 231 Eleanor Avenue

Session 1	7/20 - 7/24	#14308
Session 2	7/27 - 7/31	#14309
Session 3	8/3 - 8/7	#14310
Session 4	8/10 - 8/14	#14315

#### N. Natomas Regional Park 2501 New Market Dr.

Session 1	7/6 - 7/10	14218
Session 2	7/13 - 7/17	14223
Session 3	7/20 - 7/24	14230
Session 4	7/27 - 7/31	14240
Session 5	8/3 - 8/07	14241
Session 6	8/10 - 8/14	14242

#### William Land Park 12th Ave. & E. Park Rd.

Session 1	7/6 - 7/10	14243
Session 2	7/13 - 7/17	14244
Session 3	7/20 - 7/24	14245
Session 4	7/27 - 7/31	14246
Session 5	8/3 - 8/07	14247
Session 6	8/10 - 8/14	14248

#### Max Baer Park 7851 35th Avenue

Session 1	7/20 - 7/24	14311
Session 2	7/27 - 7/31	14312
Session 3	8/3 - 8/7	14313
Session 4	8/10 - 8/14	14314



## YPCE SUMMER YOUTH PROGRAMMING

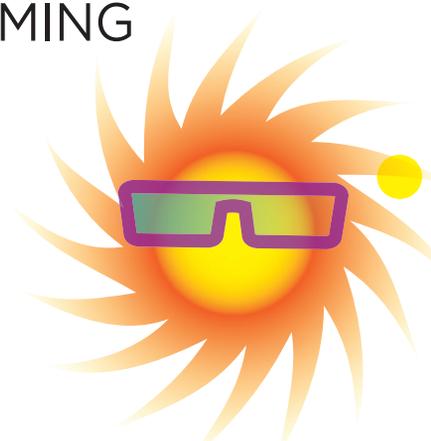
### SUMMER TEEN SCENE

- **Ages 13 - 17**
- **Monday - Friday / 3pm - 6pm**
- **\$\_\_\_\_\_ Weekly Fee**

**SPACE IS LIMITED.**

*The City's child day care, and child and adult recreational programs are operated under the guidelines set forth by the CDC and the state, as well as state and local public health officer orders, including daily check-in of all participants and staff for any fever, practicing 6 ft. social distancing, wearing face masks inside when social distancing is not feasible, not touching their face, frequently washing hands, and sanitizing high touch surfaces.*

Community Centers will provide a safe space for teens enjoy an array of exciting activities including games, crafts, cooking projects, drama, science, and sports.



**George Sim**  
**6207 Logan St.**  
**Sacramento, CA 95824**

Week 1	7/06 - 7/10	14224
Week 2	7/13 - 7/17	14225
Week 3	7/20 - 7/24	14226
Week 4	7/27 - 7/31	14227
Week 5	8/3 - 8/7	14228

**Joe Mims, Jr./Hagginwood**  
**3271 Marysville Blvd,**  
**Sacramento, CA 95815**

Week 1	7/06 - 7/10	14176
Week 2	7/13 - 7/17	14182
Week 3	7/20 - 7/24	14183
Week 4	7/27 - 7/31	14184
Week 5	8/3 - 8/7	14185

**Oak Park**  
**3425 Martin Luther King, Jr., Blvd**  
**Sacramento, CA 95817**

Week 1	7/06 - 7/10	14229
Week 2	7/13 - 7/17	14231
Week 3	7/20 - 7/24	14232
Week 4	7/27 - 7/31	14233
Week 5	8/3 - 8/7	14234

**Sam & Bonnie Pannell**  
**2450 Meadowview Rd.**  
**Sacramento, CA 95832**

Week 1	7/06 - 7/10	14235
Week 2	7/13 - 7/17	14236
Week 3	7/20 - 7/24	14237
Week 4	7/27 - 7/31	14238
Week 5	8/3 - 8/7	14239

**Summer Registration open  
June 22nd at 1pm.**

**Use the link below to register.**



**SKYHAWKS SPORTS  
ACADEMY**



**Skyhawks Sports Academy is excited to launch NEW Virtual Camps and Classes!**

We understand this summer is going to look quite a bit different than we are used to. In response, we are using our expertise from the past 40 years in the youth sports industry to create safe, fun and skill-based virtual programs! Our professional and experienced staff will implement our tried and tested curriculum across our varied virtual offerings from soccer and basketball to PhysEd, Chess, STEM Sports and even Esports! Our virtual camps are intended to compliment (not replace) our in-person camps and provide options for customers seeking additional opportunities to keep their kids active and learning. More information below!

- All virtual camps and classes will be conducted through Zoom®. A Zoom® link will be sent to participants prior to a program's start date.
- A recording of each session will be available to participants if they are unable to attend a session.
- A list of required equipment will be provided to participants prior to a program's start date.
- You will need to close registration and send a final roster two days before a program or class start date.
- We do not anticipate having an issue reaching our minimums for each class.
- We do not plan on setting program maximums, as we will break the program into multiple sessions if we meet certain registration levels.
- Fees are standardized for consistency purposes. Some fees contain "SSA Fees" that go 100% to Skyhawks and fund our vendor partnerships.
- Social Media posts, email blasts and flyers will be provided to help advertise these programs.

**Staying Active Series**

**Virtual Soccer Skills**

Ages 5 - 8 | 5 - Day, 1 - Hour Camp Format | \$49 or \$39 4 - Day Camps

Whether you are looking to sharpen your skills or learn the game for the first time, Skyhawks virtual soccer camp is a great way to stay active and have fun with soccer. This fast - paced, engaging program provides the perfect mix of game - based exercises and skill practice to promote agility and improve fundamental soccer skills. Ball control, dribbling, passing and shooting movements are the focus and all activities are designed to be performed in the home or backyard. Stay active with Skyhawks soccer!

7/27 - 7/31	9:00am - 10:00am or 11:30am - 12:30pm
8/3 - 8/7	1:30pm - 2:30pm or 4:00pm - 5:00pm
8/7 - 8/21	9:00am - 10:00am or 11:30am - 12:30pm

**Virtual Basketball Skills**

Ages 5 - 8 | 5 - Day, 1 - Hour Camp Format | \$49 or \$39 4 - Day Camps

This engaging, skill - based program is designed to keep kids active with a blend of basketball instruction and physical education. Presented by top Skyhawks coaches, boys and girls will improve several fundamental basketball skills including ball handling, dribbling, body positioning and shooting. Participants will come away with new ways to practice and excited for their next step in basketball. All activities are designed for the home with a goal of promoting a love for an active lifestyle!

7/20 - 7/24	9:00am - 10:00am or 11:30am - 12:30pm
7/27 - 8/3	1:30am - 2:30pm or 4:00pm - 5:00pm
8/10 - 8/14	9:00am - 10:00am or 11:30am - 12:30pm
8/17 - 8/21	1:30am - 2:30pm or 4:00pm - 5:00pm

**PhysEd Fun with Skyhawks**

Ages 5 - 9 | 5 - Day, 1 - Hour Camp Format | \$49

Skyhawks is proud to present an engaging, game - based physical education program designed for the home. With passionate instructors at the program's core, this class will offer children a wide variety of activities that involve locomotor, non - locomotor, manipulative skills and fitness development exercises.

Our goal is to build self - confidence, create body awareness and inspire each participant with a passion for an active lifestyle.

7/20 - 7/24	1:30pm - 2:30pm or 4:00pm - 5:00pm
8/3 - 8/7	9:00am - 10:00am or 11:30am - 12:30pm
8/10 - 8/14	1:30pm - 2:30pm or 4:00pm - 5:00pm

**Mini - Hawk Active at Home**

Ages 4 - 7 | 5 - Day, 2 - Hour Camp Format | \$85 or \$69 4 - Day Camps

Adapting our award - winning Mini - Hawk program into a virtual camp format is an opportunity for Skyhawks to provide a positive, multi - sport introduction to children at home. Through exciting games and activities, campers explore balance, hand/ eye coordination and skill development at their own pace. With a big focus on encouragement and fun, this program will promote physical fitness and early skill development in baseball, basketball and soccer.

7/20 - 7/24	1:30pm - 3:30pm
8/3 - 8/7	9:00am - 11:00am
8/10 - 8/14	10:30am - 12:30pm

**Mind and Body Series and SuperTots at Home Series on next page**

**Summer Registration open  
June 22nd at 1pm.**

**Use the link below to register.**

## Mind and Body Series

### STEM & Play: Multi – Sport

Ages 7-12 | 5-Day, 2-Hour Camp Format | \$95

Skyhawks is excited to offer a module-based, virtual class that explores the Science, Technology, Engineering and Math behind the sports of Soccer and Basketball. Our expert instructors will tie each module back into the sport with skill instruction to instill curiosity and a passion for learning in each child. Subjects vary by sport, but include ball design, calculating distances and angles, velocity, acceleration and more! Skyhawks puts the Sports in STEM!

7/20 – 7/24	9:00am – 11:00am
8/3 – 8/7	10:30am – 12:30pm or 1:30pm – 3:30pm
8/17 – 8/21	9:00am – 11:00am

### Chess & Play Virtual Camp

Ages 7-12 | 5-Day, 2.5-Hour Camp Format | \$119

Engage your child with this unique program that bridges physical fitness with learning the game of chess! Featuring expert coaches from Chess4Life, instruction will build a solid foundation in young players—beginner to advanced—through fun lessons, practice play and tournament rounds. Skyhawks instructors will finish each session with engaging, game-based physical education activities designed to build self-confidence, create body awareness and inspire a passion for an active lifestyle. We are excited to bring chess and physical fitness together in one fun-filled camp to teach life skills through sports AND chess!

7/27 – 31	11:00am – 1:30pm or 2:00pm – 4:30pm
8/10 – 14	9:00am – 11:30am

### Esports & Play Virtual Camp

Ages 7-12 | 5-Day, 2.5-Hour Camp Format | \$119 or \$95 4-Day

It's game time! This unique camp combines a high energy, game-based physical education program with a brand new, one-of-a-kind gaming experience. With our passionate instructors at the core, this program will engage your child in fun activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, our partners at Nimbus Esports Academy will challenge your child's mind with a skill-based Rocket League® program. Participants will work through customized drills, play in teams and compete in friendly competition. This exciting, new program promotes sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity. No game purchase necessary.

7/27 – 31	9:00am – 11:30am
8/17 – 21	10:00am – 12:30pm or 1:30pm – 4:00pm

### Lego & Play Virtual Camp

Ages 7-12 | 5-Day, 2.5-Hour Camp Format | \$95 or \$79 4-Day

This engaging virtual offering covers many fields of engineering while also teaching kids about problem solving and creative thinking through the Engineering Design Process with Lego! Participants use their own Lego bricks at home to work on fun projects led by knowledgeable staff. Skyhawks instructors will finish each session with engaging, game-based physical education activities designed to build self-confidence, create body awareness and inspire a passion for an active lifestyle. STEM-based fun with Lego mixed with physical fitness make for a unique offering.

7/20 – 24	10:30am – 12:30pm
8/10 – 14	1:30pm – 3:30pm

## SuperTots at Home Series

### HoopsterTots at Home

Ages 3 – 6 | 5 – Session, 45 – Minute Class | \$45

Learning basketball has never been more fun! This virtual HoopsterTots class brings our best games and lessons into your living room, ensuring an enriching and active experience for your child. Featuring our best instructors, kids will have a blast and parents will come away with some great new activities to play with the family. Expect a dynamic warm-up, stretching best practices, fun games and some life skills along the way.

Session #2: 7/21 – 8/18 T 12:30pm – 1:15pm

### SoccerTots at Home

Ages 3-6 | 5-Session, 45-Minute Class | \$45

SoccerTots programs develop motor skills and self-confidence in a fun, engaging format. Skyhawks is excited to bring our best instructors together with our most popular games, to offer a unique at-home class that promotes the early development of soccer skills and a love for an active lifestyle. This fast paced program will keep your child engaged with an imaginative warm-up and exciting activities that disguise learning and focus on fun!

Session #2: 7/23 to 8/20 Th 12:30pm – 1:15pm

### BaseballTots at Home

Ages 3-6 | 5-Session, 45-Minute Class | \$45

BaseballTots classes focus on fine and gross motor skills as well as body control. With lessons modified for participation in the home, top instructors teach baseball basics including throwing, catching and hitting. We are excited to help these little ones develop a love of the game! Children will experience an exciting program featuring dynamic warm-ups, stretching best practices, fun games and valuable life lessons along the way.

Session #2: 7/22 – 8/19 W 12:30pm – 1:15pm

### Multi – SportTots at Home

Ages 3-6 | 5-Session, 45-Minute Class | \$45

Introduce your little superstar to sports with this virtual, multi-sport introduction to basketball and soccer! With age-appropriate games and activities modified for playing in the home, children explore balance, hand/eye coordination, fitness and early sports skill development. This fast-paced program will keep your child engaged with imaginative warm-ups and exciting activities that disguise learning and focus on fun!

Session #2: 7/25 to 8/22 Sa 9:00am – 9:45am



**Summer Registration open  
June 22nd at 1pm.**

**Use the link below to register.**





## Digital Drawing

**Ages 7+ to Adults**

Our Digital Drawing classes are great for experienced artists and beginners alike, with the virtual medium offering a lot of flexibility and assistance, making it very forgiving to artists just starting out, and offering plenty of options for skilled artists hoping to expand their skill set. Students will use the free software, Autodesk Sketchbook to learn the basics of drawing and create beautiful pieces of art.



## Coding with SCRATCH

**Ages 7 to 10**

Using a program called SCRATCH, students will be able to use a comprehensive and intuitive, drag and drop interface to create their first program. This class will go through some coding basics such as loops, sequence, variables, events and many others. This class will also serve as a foundation for the game coding and animation classes, which will be introduced by IntelliBricks in the coming weeks.

# IntelliBricks

## Live Online Classes



## Learn Abacus Math

**Ages 7 to 10**

An Abacus is an ancient tool used in parts of Asia to perform math calculations. If your child loves math, they are sure to be intrigued by this new method of doing Math. Or if your child is intimidated by Math, then this class may help them approach it in a way that works better for them.



To register for the classes visit

**WWW.INTELLIBRICKS.ORG**

916.577.5115 / [info@intellibricks.org](mailto:info@intellibricks.org)

Turn page for detailed descriptions



## IntelliBricks Live Virtual Classes 2020

We may be spending a lot of time inside, but there are still plenty of opportunities to learn new skills with IntelliBricks! We are very excited to introduce our New Live Virtual Classes! Once you register for our classes as usual using the Care Connect system, you will be provided with a link to enter the virtual class room where a live instructor will be teaching the class and answering questions.

**Access to a computer with reliable internet connection is required. Our classes will require no additional purchased materials! But some courses require downloading free software, details of which are available online. Note, due to technical restraints, use a computer or laptop for best results. Functionality on tablet and mobile is very limited.** We've got a slew of all-new all VIRTUAL classes to offer!

Including:

### INTRODUCTION TO CODING WITH SCRATCH! (AGE 7 TO 10)

Using a program called SCRATCH, students will be able to use a comprehensive and intuitive, drag and drop interface to create their first program. This 4 week class will go through some coding basics such as loops, sequence, variables, events and many others. This class will also serve as a foundation for the game coding and animation classes, which will be introduced by IntelliBricks in the coming weeks. Students will be able to control fun little characters called Sprites, using colorful blocks to create codes for them to follow. This class will help your student improve their critical thinking and problem solving skills, all from the comfort of your own home

### INTRODUCTION TO DIGITAL DRAWING AND DESIGN

We are opening up registration for our upcoming Online Digital Drawing and Design classes! And we're introducing something a little different this time around! Classes are organized at different levels of difficulty. Only the lower age level is specified, the higher age level is left open for anyone to register. Ages 7+: For younger students and beginners, Ages 10+: For students looking for a challenge. Slightly difficult drawings and more techniques and Ages 14+: Advanced drawing adults included. This is a rare occasion where adults can jump in and enjoy our classes just like the kids! Lessons will be 2-3 hours based on a specific art lesson with a live instructor guiding the lesson and answering questions in each one. Students will be able to pick and choose as many classes as they'd like to take, for whatever lessons interest them. Our Digital Drawing classes are great for experienced artists and beginners alike, with the virtual medium offering a lot of flexibility and assistance, making it very forgiving to artists just starting out, and offering plenty of options for skilled artists hoping to expand their skill set.

### ABACUS MATH LEVEL 1

An Abacus is an ancient tool used in parts of Asia to perform math calculations. If your child loves math, they are sure to be intrigued by this new method of doing Math. Or if your child is intimidated by Math, then this class may help them approach it in a way that works better for them. The Abacus method of learning math helps children strengthen their foundations in Math, improves memory, sharpens concentration, clarifies logical reasoning and increases their capacity to perform mental math. In this 4 week level 1 class, children will learn the basics of their abacus equipment, use abacus to solve multiple digit addition and subtraction problems, and be introduced to multiplication and division with Abacus. This is a live online class, with a live instructor there to guide you through various exercises. A Japanese Abacus is required to attend this class, it can be either purchased online (\$8 to \$20) or a free abacus app can be downloaded to your smart phone and used in lieu of a physical abacus.

**We have more on the way!**

**So keep an eye out the next few weeks for: introduction to web design with HTML, CSS and JavaScript and fine art for 14+ and adults**

To register for the classes visit [www.intellibricks.org](http://www.intellibricks.org)

Questions? [info@intellibricks.org](mailto:info@intellibricks.org)/ 916.577.5115



## KIDZ LOVE SOCCER

### Mommy/Daddy & Me Soccer

The fun happens together, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. Each week the coach introduces and demonstrates several soccer-themed games over Zoom. Adult participation is required.

Age: at least 2 but less than 3 ½ years

Day	Start - End Date	Start - End Time
Sat	7/11 - 8/1	9:00am - 9:30am
Sat	8/8 - 8/29	9:00am - 9:30am
Sat	9/12 - 10/3	9:00am - 9:30am
Sat	10/10 - 10/31	9:00am - 9:30am
Sat	11/14 - 12/12	9:00am - 9:30am

### General Information

Kidz Love Soccer virtual programs are 30-minute classes presented over the Internet. Participants join class using the ZOOM meeting client and connect through any web browser.

No equipment is provided or required to participate. To ensure the security of the class, each week families are emailed a secure code they need to log into the class. In the security email they'll also receive a list of common household items they'll use in class.

Fee for all classes is \$46. All classes run 4 weeks. No class meeting on Nov 28.

**Optional Starter Kits Available** at: <https://kidzlovesoccer.scoresports.com/>

For families that want sporting equipment, we have arranged for an optional starter kit available from Score Sports. There is an additional cost for this optional kit and it's shipping. It is not required to participate in our virtual classes.

**Basic Starter Kit \$31.18    Deluxe Starter Kit \$40.47    Birthday Kit \$69.02**

### Pre-Soccer

Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Pre-Soccer helps youngsters develop a lifelong love of soccer while we introduce concepts of playing on a team. Our curriculum includes energetic, all-inclusive games that teach young kids the basics about playing with a group. In addition to building their soccer skills, Pre-Soccer kids begin learning the fundamentals of good sportsmanship through sharing and being aware of other players. Adult participation is required.

Age: at least 4 but less than 5 years

Sat	7/11 - 8/1	10:20am - 10:50am
Sat	8/8 - 8/29	10:20am - 10:50am
Sat	9/12 - 10/3	10:20am - 10:50am
Sat	10/10 - 10/31	10:20am - 10:50am
Sat	11/14 - 12/12	10:20am - 10:50am

### Soccer 1

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at home, working with our coaches online over Zoom. Concepts of small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Parents are invited to play along or to watch and cheer from the sidelines.

Age: at least 5 but less than 6 years

Sat	7/11 - 8/1	11:00am - 11:30am
Sat	8/8 - 8/29	11:00am - 11:30am
Sat	9/12 - 10/3	11:00am - 11:30am
Sat	10/10 - 10/31	11:00am - 11:30am
Sat	11/14 - 12/12	11:00am - 11:30am

### Soccer 2

Soccer 2 teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goaltending. Kids learn concepts necessary to play together as a team. From defense and midfield to forward and goalie...kids get exposure to every position and have a blast doing it. Appropriate for players of varying skill levels. Kids attend from home; classes are taught online over Zoom.

Age: at least 7 but less than 10 years

Sat	7/11 - 8/1	11:40am - 12:10pm
Sat	8/8 - 8/29	11:40am - 12:10pm
Sat	9/12 - 10/3	11:40am - 12:10pm
Sat	10/10 - 10/31	11:40am - 12:10pm
Sat	11/14 - 12/12	11:40am - 12:10pm

Kidz Love Soccer Class Status Hotline (888) 372-5803.

To receive Cancellation Notifications on your smartphone, download *The Free Kidz Love Soccer* app.

#### Minimum/Maximum Class Size

6 min - 20 max



### Family Fun Tennis

A new approach to family members of different ages and skill levels, together at the same time. Introduction of basic stroke mechanics through drills and games to share with your family members, as well as meeting others. Please bring your own tennis rackets. We will furnish the tennis balls. For more information please call 916-264-8353.

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

13185	10:00am - 11:00am	8/8 - 8/29	Sa
13186	10:00am - 11:00am	9/12 - 10/3	Sa

### Junior Beginning Tennis

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

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

13160	4:30pm - 5:25pm	8/3 - 8/26	M, W
13161	4:30pm - 5:25pm	9/14 - 10/7	M, W
13165	8:30am - 9:55am	8/8 - 8/29	Sa
13166	8:30am - 9:55am	9/12 - 10/3	Sa

### Junior Intermediate/ Advanced Tennis

Designed for the student who knows tennis basics or has successfully completed Junior Beginning Tennis. Class time will be spent on review of strokes and proper body mechanics. Consistency and repetition will be emphasized and practiced. Please bring your own tennis racket. We will furnish the tennis balls. For more information call 916-264-8353.

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

13170	4:30pm - 6:00pm	8/4 - 8/27	Tu, Th
13171	4:30pm - 6:00pm	9/15 - 10/8	Tu, Th

### Pee-Wee Junior Tennis I

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

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

13175	4:00pm - 4:30pm	8/3 - 8/26	M, W
13176	4:00pm - 4:30pm	9/14 - 10/7	M, W

### Pee-Wee Junior Tennis II

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

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

13180	4:00pm - 4:30pm	8/4 - 8/27	Tu, Th
13181	4:00pm - 4:30pm	9/15 - 10/8	Tu, Th

### Adult Advanced Beginning Tennis

Designed for students who know tennis basics and/ or have successfully completed Adult Beginning Tennis. Class time will be devoted to the review of the five basics strokes, court movement, footwork, proper body mechanics and consistency in strokes through drills. Please bring your own tennis racket. We will furnish the tennis balls. For more information please call 916-264-8353.

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

13150	6:30pm - 7:25pm	8/3 - 8/26	M, W
13151	6:30pm - 7:25pm	9/14 - 10/7	M, W

### Adult Beginning Tennis

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

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

13140	5:30pm - 6:25pm	8/3 - 8/29	M, W
13141	5:30pm - 6:25pm	9/14 - 10/7	M, W
13145	11:00am - 12:30pm	8/8 - 8/29	Sa
13146	11:00am - 12:30pm	9/12 - 10/3	Sa

### Adult Intermediate/ Advanced Tennis

Consistency is a must in this class. Players must be able to maintain continuous rallies from all positions of the court. Specialty shots will be taught such as drop shots, types of serves, slice and topspin. Please bring your own racket. We will furnish the tennis balls. For more information please call 916-264-8353.

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

13155	6:30pm - 7:25pm	8/3 - 8/26	M, W
13156	6:30pm - 7:25pm	9/14 - 10/7	M, W

### Private Tennis Lessons

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

Age: 4 and up  
Location: McKinley Park  
Fee: \$40 Private Lesson \$50 Semi-Private (2-3 Players) \$60 (4-6 Players) On-going basis year round





### Get Fit - Wednesday Virtual Workout!

Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.

Wednesday, July 1st,  
8th, 15th, 22nd & 29th  
5:30pm - 6:00pm

<https://zoom.us/j/93687911695>  
Meeting ID: 93687911695  
Phone: 1 (669) 900-6833

**Free!**

Use the Zoom link to the left to log in at 5:30pm. All exercises can be taken at your own pace and can be completed while standing, seated on a mat, seated in a chair... or all of the above! Our goal is to provide some time for socializing, movement and fun!

### Yoga

Let's exercise, relax, breathe, and learn together with our volunteer yoga instructor.

Monday, July 13th & 27th  
2:00pm - 2:45pm

<https://zoom.us/j/96791051546>  
Meeting ID: 96791051546  
Phone: 1 (669) 900-6833

**Free!**

Use the Zoom link to the left to log in at 2:00pm. Our volunteer yoga instructor will guide us through some basic yoga. A mat is recommended, but not necessary. You may participate seated or standing. Great for all experience levels!

### Fur-st Purr-fect Thursday

It's a pet social hour on Zoom!

Thursday, July 2nd  
3:00pm - 4:00pm

<https://zoom.us/j/93651931884>  
Meeting ID: 93651931884  
Phone: 1(669) 900-6833

**Free!**

For those of us who have been participating in Zoom sessions since mid-April, we all know that bringing our pets to meet everyone online is so much fun! Please join us for a social hour and bring along your pet or a picture of your pet if you can. Don't have a pet? Can't get your pet to the computer? Join us for the social hour for fun.

### Camping Jeopardy

It's our favorite answer - and - question game, "Jeopardy!"

Monday, July 6th  
4:00pm - 5:00pm

<https://zoom.us/j/94853134056>  
Meeting ID: 94853134056  
Phone: 1 (669) 900-6833

**Free!**

Join us for Jeopardy! Camping edition! We may not be able to go to camp together this summer... but we can sure have fun learning about camping together!

### Freeze Dance

Please join us for some music and friendly competition!

Thursday, July 9th  
4:00pm - 5:00pm

<https://zoom.us/j/97400681718>  
Meeting ID: 97400681718  
Phone: 1 (669) 900-6833

**Free!**

Staff will lead a fun - filled hour of Freeze Dance for all to enjoy! Can't log in? Call in instead.

### Disney Trivia

Let's dust off those childhood memories and test our Disney knowledge.

Tuesday, July 14th  
3:00pm - 4:00pm

<https://zoom.us/j/9664677960>  
Meeting ID: 9664677960  
Phone: 1 (669) 900-6833

**Free!**

Use the Zoom link to the left to log in at 3:00pm. This group competition trivia will keep you thinking... and smiling! Can't log in? Call in instead.

*Program end times are approximate and subject to change based on the activity.*

**Summer Registration open  
June 22nd at 1pm.**

**Use the link below to register.**

# Access Leisure Calendar Virtual Activities September

Contact Email: Heather Everett: [heverett@cityofsacramento.org](mailto:heverett@cityofsacramento.org) or [Access Leisure Calendar Online](#)

## Paint & Sip: Virtual!

Tuesday, September 29th, 7:00-8:30pm  
Registration online (link above) is preferred during this time - [Register Online Here!](#)  
[Click for more information and class cost](#)

## Free! Activities!

### Get Fit – Wednesday Virtual Workout!

Wednesday, September 2nd, 9th, 16th, 23rd and 30th  
5:30pm – 6:00pm  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/97574797254>  
Meeting ID: 97574797254  
Phone: 1(669) 900-6833

Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning. Use the Zoom link to the left to log in at 5:30pm. All exercises can be taken at your own pace and can be completed while standing, seated on a mat, seated in a chair... or all of the above! Our goal is to provide some time for socializing, movement and fun!

### Fitness Fridays

Friday, September 11th & 25th  
11:00am – 11:30am  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/92811818003>  
Meeting ID: 92811818003  
Phone: 1(669) 900-6833

Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning. These Friday morning exercise sessions will review similar workouts to the Wednesday Get Fit sessions. However, each session will always be unique based on the strengths of the attendees. Exercises can be completed while seated or standing... or both!

### Yoga

Monday, September 14th & 28th  
4:00pm – 4:45pm  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/95398520028>  
Meeting ID: 95398520028  
Phone: 1(669) 900-6833

Let's exercise, relax, breathe and learn together with our yoga instructor. Use the Zoom link to the left to log in at 4:00pm. Our yoga instructor will guide us through some basic yoga. You may participate while seated or standing. Mats are awesome too! Great for all experience levels!

## Freeze Dance

Friday, September 4th  
5:00pm – 6:00pm  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/97729794052>  
Meeting ID: 97729794052  
Phone: 1(669) 900-6833

Please join us for some music and friendly competition! Use the Zoom link to the left to log in at 5:00pm. Staff will lead a fun-filled hour of Freeze Dance for all to enjoy! Can't log in? Call in instead.

## Name That Tune

Thursday, September 10th  
5:00pm – 6:00pm  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/91664750098>  
Meeting ID: 91664750098  
Phone: 1(669) 900-6833

This month's Name that Tune will feature songs from the year 2000 and later! Join us for a fun and competitive hour of Name that Tune! Staff will lead teams of participants through an awesome hour of groovy tunes! Guess the song title or band name correctly to earn a point for your team! Can't log in? Call in instead!

## Jeopardy: Disney Edition!

Friday, September 11th  
4:00pm – 5:00pm  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/94921618352>  
Meeting ID: 94921618352  
Phone: 1(669) 900-6833

Join us for our favorite question and answer game! This month's Jeopardy game will be all about Disney! You won't want to miss this fun-filled hour. Although Jeopardy is a competition, this competition is fun for all experience levels – whether you're a Disney fanatic or a casual Disney fan.

## Cinema At Home

Tuesday, September 15th  
6:00pm – 8:00pm  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/92698297366>  
Meeting ID: 92698297366  
Phone: 1(669) 900-6833

Grab the popcorn, let's watch a movie together from home! Use the Zoom link to the left to log in at 6:00pm. Feel free to bring along some tasty snacks... or dinner! Please plan to be "muted" for the majority of this activity. This month's theme... a THROWBACK from before the year 2000! The movie selection will be announced the day of the event. See you there!

## Scavenger Hunt

Thursday, August 17th  
2:00pm – 3:00pm  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/95116437605>  
Meeting ID: 95116437605  
Phone: 1(669) 900-6833

Join us for an hour of in-home adventures and sharing! Get ready to move... around your home! Staff will have a list of fun and unique items for us to find one by one in our house. This competition is fun for all abilities and provides many opportunities to share interests with peers. Make sure to clean up afterwards!

## Step By Step Drawing

Monday, September 21st  
5:00pm – 6:00pm  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/98607755978>  
Meeting ID: 98607755978  
Phone: 1(669) 900-6833

Be sure to bring along your favorite non-alcoholic beverage to enjoy while we draw together. Use the Zoom link to the left to log in at 5:00pm. Access Leisure staff will lead us in some step by step drawing activities. Supplies needed: paper or something to draw on and something to draw with (pencils, markers, pens, crayons, etc.)

## Dance Party

Friday, September 25th  
5:00pm – 6:00pm  
Zoom Link: <https://cityofsacramento-org.zoom.us/j/96602400535>  
Meeting ID: 96602400535  
Phone: 1(669) 900-6833

Let's Dance! Join us for an hour of fun music as we get the weekend started! Use the Zoom link to the left to log in at 5:00pm. We'll play a variety of fun dancing music! Can't log in? Call in instead.

## SOCIAL MEDIA



Click icon to visit our YouTube Channel



Click icon to visit our Facebook Page





## ETHEL MACLEOD HART SENIOR CENTER

915 27<sup>th</sup> Street  
Sacramento, CA 95816  
(916) 808 - 5462

Hours Of Operation:  
M - F 8:00am - 5:00pm  
Sa 9:30am - 1:00pm  
Su 12:30pm - 3:30pm

### “GREAT PLATES DELIVERED”

An exciting new program is underway for Sacramento seniors through a partnership between the City of Sacramento and local restaurants. Great Plates Delivered, funded by FEMA and the City of Sacramento, provides home delivered restaurant meals to seniors sheltering at home during the COVID19 pandemic. Most seniors in the city qualify. Get all the details here.

### VIRTUAL ZUMBA TONING WITH KELLY (AGE 50+)

Price: \$25 for 5 classes  
9:00-10:00 a.m.  
Tuesdays, August 4 - September 1  
Location: Zoom video conference (link will be provided)

This virtual class incorporates physical exercise using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more. Join us on Zoom to discover how easy and fun losing weight, toning your muscles and getting in shape can be! Beginners are always welcome, this class is for all levels and shapes. To register call Hart Senior Center (916) 808-5462 or use the link to register online.

To register call Hart Senior Center (916) 808-5462 or use the [LINK](#) below to register online.



### Virtual Zumba Toning with Kelly (For ages 50+)

### VIRTUAL BINGO FOR SENIORS

Dates: Every Thursday  
Time: 1 pm  
Location: Online - Zoom (link will be provided)

Join us on Zoom for a fun afternoon of Bingo while you stay safe at home! Zoom is an audio and video application that works on smart phones, tablets and computers. Never used Zoom? We'll send you everything you need to know after you sign up to play. Winners will receive prizes. To sign up, email [Laura Argueta](mailto:Laura.Argueta@cityofsacramento.org), [largueta@cityofsacramento.org](mailto:largueta@cityofsacramento.org).

### VIRTUAL MANDALA MIND

FREE VIRTUAL MANDALA LESSONS IN AUGUST!!

As an end-of-summer treat the Mandala drawing lessons will be free in August. Each Friday a new mandala lesson will be emailed to you starting next week! We will be drawing: Apple Blossom Beauty, Dream-time Turtles, Tree of Life and Blue Tao. To register, call Hart Senior Center at (916) 808-5462.



### A SPECIAL TREAT FOR STRENGTH & BALANCE STUDENTS!

Hart Senior Center seems very quiet these days, especially Monday, Wednesday and Friday mornings when the center is normally teaming with people who come for Joe Miguel's Strength & Balance class. Joe's hoping his students are finding ways to stay fit, but in case you're having a hard time getting off the couch, we've created a video of Joe going through the regular Strength & Balance routine, in his own unique, down-home style.

If you'd like a link to the video, send an email to Linda at [LThao3@cityofsacramento.org](mailto:LThao3@cityofsacramento.org).

## EXPRESSING THE INNER VOICE SENIOR SUPPORT GROUP

Date: Wednesdays, July 22 – August 19  
Time: 10:00am – 11:30am (Zoom video conference )  
Fee: Free

In this time of unpredictability and social distancing, our normal ways of physically connecting with one another have altered. As a result, many of us keep inside those thoughts, feelings, ideas, challenges, and successes we would normally share with others.

Join our five-week support group to connect with others, talk from the heart, provide a listening ear, and be privy to the wisdom of the group. We will spend time reflecting to find the kernels of joy nestled within each day. A question, theme, poem, short talk, or video will shape each week's focus on support.

To help boost our morale, we will call upon our personal strengths to shape our reactions and actions. To identify your personal strengths, yes you have more than you think, take the free [VIA Character Strengths Survey](#)

Have your list of VIA Character Strengths beside you for each class, along with pen and paper for writing down your thoughts. Let's have fun connecting and encouraging one another with new awakenings to our personal strengths.

(Please note, this is not a therapy or counseling group. It is designed for peer support and encouragement.)

To register call Hart Senior Center at (916) 808-5462 or use the link to register online: Senior Support

## AARP TAX ASSISTANCE

The tax return filing deadline for both Federal and California State returns has been extended to July 15th, 2020.

For people who had a tax prep appointment at the Hart Center in March or early April that was cancelled due to the COVID 19, AARP Foundation Tax – Aide is offering online options to assist taxpayers affected by the suspension of in-person services:

A self-prep option, providing free access to software so you can prepare taxes on your own, is available at [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide). Click on the “Get Help With Tax Prep” link.

If you would like help completing your own taxes, you can request the assistance of a volunteer to coach you through the process via phone or computer screen – sharing. Visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) and click on the “Online Tax Assistance” link.

## STAYING COOL DURING COVID 19

Sacramento's typical summer weather is here, and staying cool becomes one of each day's priorities. This year, of course, brings a new challenge since typical strategies such as going to a cool shopping center or movie theater aren't advised due to COVID 19 risks.

As older adults, we need to be more careful of overheating and heat stroke because our bodies can't adjust to high temperatures as well as younger bodies can. And older adults are more likely to be dehydrated, which increases the risk. To help keep you safe and comfortable, we've rounded up 10 practical ways to help stay cool indoors.

1. Drink plenty of cool water throughout the day (don't wait until you feel thirsty) and avoid alcohol and caffeine.
2. Eat cooling snacks like popsicle (Tip: catch drips with a cupcake liner), or slightly frozen grapes.
3. Eat light, cold meals like salad or chicken instead of heavy, hot dishes like roast and potatoes.
4. Do outdoor activities like gardening and exercising early in the morning.
5. Place a cool washcloth on the back of your neck and a pan of cool water close by to periodically re-cool the towel.
6. Sit with feet in a pan of cool (but not too cold) water.
7. Keep the house as cool as possible by keeping shades closed during the hottest part of the day and turning on the AC before the house warms up too much.
8. Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers.
9. Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
10. If you're feeling unwell, reach out to your doctor for advice.

## TRIPLE-R AT HOME

### FUN ONLINE SOCIAL ACTIVITIES AND EXERCISE FOR PEOPLE WITH DEMENTIA

Staying at home is getting old for everyone! Do you have a family member with dementia who could benefit from a little more fun? Help is on its way! The City of Sacramento's Older Adult Services division operates Triple-R Adult Day Centers which provide socialization, recreation, and personal care for seniors with dementia while their family caregivers take a break or go to work. Because of COVID-19, Triple-R has moved its social activities online, providing both live and "on demand" virtual opportunities for people with dementia. It's a way for people to engage with other community members, have some fun and get some exercise, all in the comfort and safety of their own home or assisted living facility.

Come experience the camaraderie of Triple-R by participating in our virtual meetups where we play games, laugh, exercise and have fun together. To see a sample of the type of activities offered, view the schedule for September 2020 below.

For more information on how to participate, please contact Stephanie Wilson at [smwilson@cityofsacramento.org](mailto:smwilson@cityofsacramento.org).



Our chair exercise video, if you haven't had a chance: [chair exercise at home video](#)

### LIVE CLASSES VIA ZOOM MONDAY-FRIDAY

11:00am-12:00pm via Zoom

(plus "on demand" videos to be watched anytime)

Fee: First session free after brief orientation, \$40 per month, provides access to all sessions. For more information on how to participate, please contact Misa Takagi at [mtakagi@cityofsacramento.org](mailto:mtakagi@cityofsacramento.org).

### Exercise Classes

- 9/1 Dumbbell Workout
- 9/10 Group Chair Exercise
- 9/14 Resistance Band Exercise
- 9/21 Flexibility Training
- 9/28 Cardio Workout

### Bingo!

Every Friday in September

### Brain Games and Music

- 9/3 Show and Tell Story Day
- 9/8 Playlist of Numbers
- 9/15 Gameshows

### Special Events

- 9/9 California Statehood Day Discussion
- 9/17 Air Force Birthday Celebration
- 9/22 Virtual Tour of Sacramento Parks
- 9/24 Oktoberfest Celebration
- 9/29 Keiro no Hi Celebration (honoring elders)
- 9/30 Movie Screening

### Caregiver Connection

We are creating FUN activities just for you, the caregiver. You are welcome to include your loved one in these activities or they can be just for you--you get to decide! Sessions are included as part of your monthly subscription.

- 9/2 Beginning Origami- all skill levels welcome
- 9/11 Support Group (for details see below under Mental Health and Caregiver Resources)
- 9/16 Scavenger Hunt- just for the fun of it
- 9/23 Caregiver Café- Hang out with folks who understand

## Dementia Education

We are now several months into staying at home due to COVID-19. If you are finding it frustrating to communicate with loved one, need some tips on how to make things easier at home or just want to talk to other people who are in the same situation as you are, we have resources for you!

## Webinars

### Del Oro Caregiver Resource Center: Caregiver Survival Series

#### Five Week Commitment:

- Sep 2, 2020 01:00 PM
- Sep 9, 2020 01:00 PM
- Sep 16, 2020 01:00 PM
- Sep 23, 2020 01:00 PM
- Sep 30, 2020 01:00 PM

To register, go to <https://zoom.us/meeting/register/tJMkc-2rrDMsE9wEj-BmfRYvEYP8Ejro4In9>

Managing the emotional stress of caregiving is never easy, but COVID 19 is making everything more complicated, frightening, and difficult. We hope you'll join us to view the release of Elaine's video, "Managing Your Emotional Stress When the World is Spinning Out of Control," on Monday, August 31st, and then participate in the live, interactive discussion on Wednesday, September 2. These events will help you:

- Develop an "attitude of creative indifference" toward the emotional stress of caregiving the midst of COVID-19
- Create a plan for managing your fears
- Stay connected with care receivers when in-person visits are prohibited
- Identify the must-have end-of-life documents
- Deal with loss and grief due to COVID-19

### Del Oro Caregiver Resource Center: Anticipating the transition to a Care Setting

Tuesday, September 8, 2020 10:00am

To register, go to: <https://zoom.us/meeting/register/YocOCsrjwoEtfYH6LqQQEoBQwKCRpN82vP>

The decision to place a loved one in a care facility is one of the most difficult ones a caregiver can make. The current pandemic has only intensified the emotional roller coaster of transitioning loved ones into congregate environments to receive professional care. How do you make wise choices during this challenging time? How can you manage your own emotional response during this process so that you can best support your loved one? In this interactive workshop, join Care Manager Carol Kinsel of Senior Care Solutions and Family Consultant Stefani R. Wilson, MS, MFT of Del Oro CRC in an exploration of how to:

- Create a plan and figure out next steps
- Develop realistic expectations
- Maintain awareness of new and existing protocols
- Utilize available community resources

### Del Oro Caregiver Resource Center: How to Care for Your Loved One Through Various Stages of Dementia

Tuesday, September 22, 2020 12:00pm

To register, go to: [https://zoom.us/meeting/register/tJMtcQuhqzwpGtMxoeKRr\\_6G4PrslOycioRA](https://zoom.us/meeting/register/tJMtcQuhqzwpGtMxoeKRr_6G4PrslOycioRA)

The journey of caregiving can be long and challenging at times; however, examining this journey from a loved one's perspective can assist with every twist and turn on the winding road ahead. Join Nancy Schier Anzelmo for this unique presentation exploring the different stages of dementia diagnosis and how to develop a more person-centered communication strategy. By improving the way you communicate, you can begin to create more meaningful interactions that will sustain the your relationship as you care for and support your loved one.

## Mental Health And Caregiver Respite Resources

### Monthly Online Dementia Caregiver Support Group

Support group meetings provide education and emotional support so that caregivers do not feel alone, especially during this unprecedented time. Those providing care for their loved ones with dementia have a wealth of experience to share with each other and can also look to each other for support and advice.

During the COVID-19 outbreak, all support group meetings have moved to phone and online check-ins. The monthly support group facilitated by Triple-R Program Coordinator, Chantell Albers, in partnership with the Alzheimer's Association is now offered by phone. The meeting takes place the second Friday of every month from 11a.m.-12p.m. To register for this free service, please contact Denise Davis at [ddavis1@alz.org](mailto:ddavis1@alz.org).

### 24/7 Alzheimer's Association Helpline

The Alzheimer's Association 24/7 Helpline (800-272-3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

### Friendship Line California

This is a toll-free line that provides emotional support to older Californians facing loneliness, isolation and anxiety. The number is 1-888-670-1360.

### Respite Support

If you need in-home respite, please contact our community partner, Del Oro Caregiver Resource Center at (916) 728-9333 for more information about how you can receive additional help while you are providing care for a loved one at home.



## TOURS AND TRIPS LOOKING FORWARD TO 2021

### February - **A Day in Reno**

Enjoy a beautiful get-away to the Mountains. Perhaps Mother Nature will drape the landscape with glistening white snow. A casino bonus will be included for everyone.

### March - **Santa Cruz Rain Forest Tree**

On Saturdays or Sundays in March: Learn about California's own rain forest, aboard a 100 year old steam train, as it journeys through an ancient Coastal Redwood Forest. Along the journey, hear fascinating information about the coastal redwoods and their ecosystems from docent specialists.

### April - **San Francisco Cherry Blossom Festival**

This annual festival is one of the most popular ones in San Francisco; over 200,000 people typically attend, but don't be scared off! It is the largest celebration of Asian traditions and the largest on the West Coast.

The Cherry Blossom Festival is lots of fun, and family-friendly; plenty to see, free entertainment, and tasty food to try. you can watch the drummers, martial artists and traditional music and dance performances there.

The **Sakura stage**, where contemporary Japanese culture will be celebrated with song, dance, anime, fashion, and games.

The rest of the events will be at various locations throughout Japantown.

You can see displays of origami, bonsai trees, tea ceremonies, traditional doll-making, flower arranging, and more. Even "mochi pounding" !

### May - **Exploring Mare Island**

Historic Mare Island was in operation for over 142 years and an important part of our country's defense. Meet a local guide to visit the Mansions of Officer's Row, the museum, the fascinating cemetery and many other historic sites. The highlight is St. Peter's Chapel with ind=credible Tiffany stained glass windows. Lunch is included.

### June - **San Francisco Bay Lighthouse Cruise**

Not only does the Bay have some of the most interesting lighthouses in the country, it also has the greatest density of them on the West Coast. The development of the West Coast began here, depending on water traffic with the East Coast; hence, several of the first lighthouses on the West Coast were built here. On this cruise, you will see nearly all the historic lighthouses of central San Francisco Bay and learn all their individual histories. Lunch is included

### July - **Luncheon Cruise in Emerald Bay on North Lake Tahoe**

Take a break from the summer heat and have lunch in Emerald Bay!

Relax with a cruise over the crystal clear waters of Lake Tahoe to the pristine Emerald Bay. Lunch is included as you listen to our captain's live educational narration, which touches on historical and ecological issues of the Tahoe basin. Some of the spectacular sites on this tour include Ehrman Mansion at Sugar Pine Point, Rubicon Point, Fanette Island, Vikingsholm Castle and an occasional sighting of ospreys and bald eagles.

Unwind and enjoy this Lake Tahoe Emerald Bay Cruise with friends!

# City of Sacramento - YPCE Youth Division Youth Workforce Development



# WIOA



## NOW ACCEPTING APPLICATIONS

The WIOA program provides work readiness training & paid employment opportunities for young people who meet income & eligibility requirements.  
*Funding through the Workforce Innovation & Opportunity Act (WIOA)*

### Call the Youth Employment Hotline! (916) 808-1575

#### **If you are:**

- High school Senior for the 20/21 school year
- Graduating from high school no later than June 2021
- Eligible for a work permit
- Live within the Sacramento city limits
- Low income

#### **AND meet one or more of the following barriers:**

- Basic skills deficient
- English language learner
- Offender
- Homeless, runaway, or out of home placement
- In/aged out of foster care
- Pregnant or parenting
- Individual with a disability
- School IEP



**Application PICKED UP & DROPPED OFF  
Belle Coledge CC, 5699 South Land Park Dr, Sac 95822  
Tuesday & Thursday 2:00 - 5:00pm**

#### **Completed application must include the following items:**

- \* Copy of your school ID or California ID
- \* Copy of your Social Security card
- \* Copy of your most recent school transcripts

The City of Sacramento is an equal opportunity employer 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.

Auxiliary aids and services are available upon request to individuals with disabilities

311 Español | 中文 | Tagalog | Tiếng Việt | Hmoob | Русский

# Fare-free for youth

# PRIDE FREE RT



# All day, every day

The RydeFreeRT program offers fare - free transit for eligible youth on the entire SacRT network. The program is available all day, any day of the week, and all year during regular SacRT service hours.

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

To learn more, visit

[RYDEFreeRT.com](http://RYDEFreeRT.com)

or call 916.321.BUSS (2877)

Sacramento



Regional  
Transit