

2017 WINTER/SPRING



COSUMNES COMMUNITY SERVICES DISTRICT



Activity GUIDE

www.yourcsd.com
916-405-5600



PARKS GUIDE



RECREATION ACTIVITIES



FIRE SAFETY INFO





COSUMNES COMMUNITY SERVICES DISTRICT

Your Parks and Recreation, and Fire Departments

The Cosumnes Community Services District (CSD) was created in 1985 and serves an estimated 190,680 south Sacramento County residents in a 157-square-mile area. Its award-winning parks and recreation services—including the operation of 94 CSD parks—operate exclusively within the Elk Grove community. It provides fire protection and emergency medical services for the cities of Elk Grove and Galt and unincorporated areas of south Sacramento County.

Inclusive and Adaptive Recreation for People with Disabilities

In an effort to meet the needs of the community and in accordance with the Americans with Disabilities Act (ADA), the CSD wants to ensure that all individuals have access to our programs. Adaptive recreation classes and programs are offered through Recreation ADventures (page 39). Reasonable accommodations for other programs and activities are available and will be determined on an individual basis. To request an accommodation, mark the "Accommodations Needed" box on the registration form. Staff will contact you. Allow at least two weeks advance notice.

Gifts for Tomorrow – Today's gifts are tomorrow's treasures.

The CSD encourages the improvement of parks through the "Gifts for Tomorrow" program giving citizens the opportunity to provide amenities in neighborhood parks, such as trees and benches.

Standards of Behavior

For the enjoyment and safety of everyone, the CSD expects all participants to treat people and facilities with respect and abide by all rules and direction from staff. The CSD reserves the right to refuse service to anyone for failure to abide by these standards.



The Cosumnes CSD reserves the right to photograph facilities, activities, and program participants for potential future use in advertising brochures, the CSD website, or other promotion purposes only.



Dates to Remember

December

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BOARD OF DIRECTORS

Rod Brewer, *President*
 Rich Lozano, *Vice President*
 Gil Albiani
 Orlando Fuentes
 James Luttrell

GENERAL MANAGER

Jeff Ramos

ADMINISTRATIVE SERVICES DEPARTMENT

9355 E. Stockton Blvd., Suite 205
 Elk Grove, CA 95624
 (916) 405-7150

PARKS AND RECREATION DEPARTMENT

9355 E. Stockton Blvd., Suite 185
 Elk Grove, CA 95624
 (916) 405-5300

Bob Roessler
Parks and Recreation Administrator

FIRE DEPARTMENT

10573 E. Stockton Blvd.
 Elk Grove, CA 95624
 (916) 405-7100

Tracey Hansen
Fire Chief



Registration

Residents in the 95624, 95757, 95758 zip codes
 Registration begins **Dec. 7, 2016** at 8 am
 Non-resident registration begins **Dec. 21**

Register on-line!
www.yourcsd.com



Get Ready to Spring into a New Year

Spring into the new year by participating in the many events and programs that the Cosumnes Community Services District has to offer. This Activity Guide will reveal new ways to connect with your community and announce the longstanding CSD favorites that enrich your life.

In February, we will roll out the red carpet as the popular Father Daughter Dance series returns with a Hollywood theme. Daughters will dazzle in their dad's eyes during the four dances at Laguna Town Hall.

On April 15, we will celebrate the arrival of springtime at the annual Spring Eggstravaganza in Elk Grove Park. Young children are entertained for hours with carnival games, egg hunts, arts and crafts, and photos with the Easter Bunny.

Hundreds of volunteers will join together to clean up parks and trails during the CSD JustServe Community Day of Service on April 22. Families will have fun staying healthy and active together at the Kids Ninja Warrior and Healthy Family Fest on April 29.

Stay safe while you play this season. Read about new car seat laws and learn about the CERT program which helps residents prepare for disasters on Cosumnes Fire Department's pages 40 and 41.

We invite your participation in these events as well as our many sports and leisure offerings. Stay informed about all the goings-on by visiting www.yourcsd.com.

Jeff Ramos
 General Manager



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A Night on the Red Carpet *Father - Daughter Dance*

February 3, 4, 17 & 18
6-9 pm
Laguna Town Hall
\$30/person

Friday, Feb. 3 - #64574
Saturday, Feb. 4 - #64575
Friday, Feb. 17 - #64576
Saturday, Feb. 18 - #64577

Age 3+

Join us for dancing, DJ, and a catered dinner. Professional photographs are available for an additional fee.



Call now for
J-Ball and
Spring
Eggstravaganza
sponsorships

Become *our* **SPONSOR**

The Benefits are Endless!

- ▶ BE A LEADER - be present in the Elk Grove community.
- ▶ Partner with the CSD and your business will get valuable exposure.
- ▶ We offer sponsorship packages for businesses of all sizes.
- ▶ Customized packages to meet your needs.
- ▶ Offerings include Community Special Events, Youth Sports Leagues, Golf and more.

Sponsorship Information: **916-405-5303**
www.yourCSD.com

Dance the night away

SENIOR BALL

Laguna Town Hall \$12 in advance
6:30-9:30 pm (*64578)
\$15 at the door

Saturday, February 25

Live music, tasty treats and beverages
Semi-formal attire, adults only
Couples are welcomed but not required

Dance hosts wanted,
call 916-405-5300



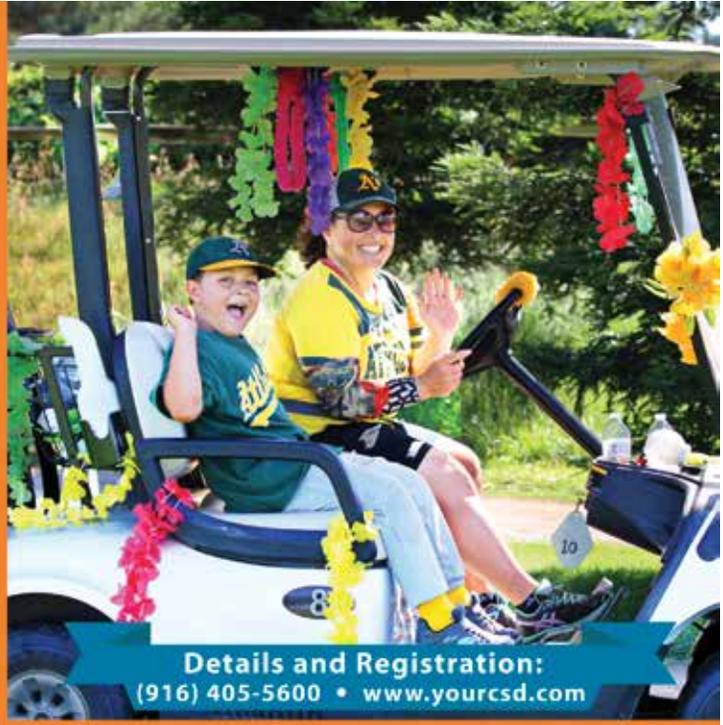
MOTHER SON WACKY GOLF TOURNAMENT

For children 7-12

Calling all mothers and sons! The CSD is hosting the Mother Son Wacky Golf Tournament this spring! Not a golfer? Not a problem! This isn't your ordinary golf tournament.

Sunday, March 26
Emerald Lake Golf Course
 10651 E. Stockton Blvd., Elk Grove

Get Wacky & Win!
 Prizes will be awarded for the Wackiest Costume Contest and Wackiest Golf Cart Contest!

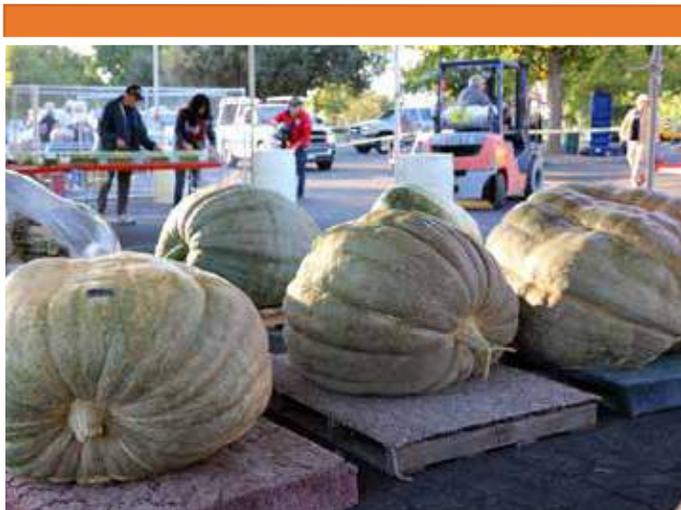


Details and Registration:
 (916) 405-5600 • www.yourcsd.com

Lunch, music, a prize raffle, and fun activities following the tournament!
 Pre-event activities start at 8 am with tee off starting at 9 am.

\$60 per foursome
(Two people in each foursome must be 18+ to drive golf cart.)

All equipment provided.



Giant Pumpkin Growers Forum

Come learn and share in the art of growing giant pumpkins from the world's best growers.

\$20/person (#64551)

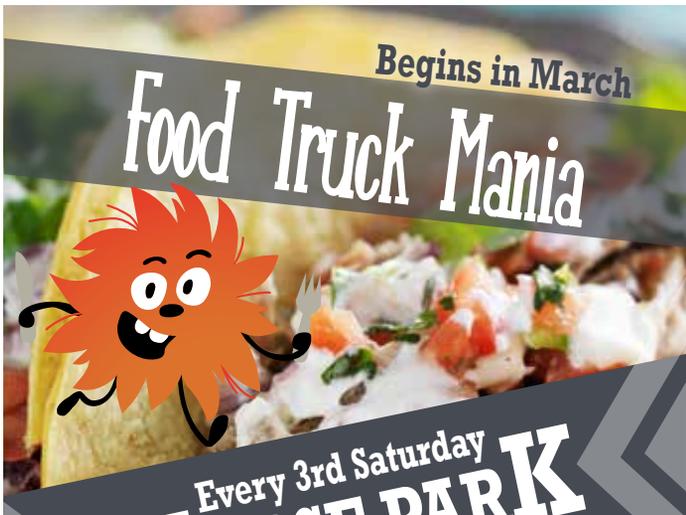
\$30 at the door

Saturday, March 4

10:00 am – 3:00 pm
 Pavilion in Elk Grove Park

Meeting Includes

- Guest speaker
- Seed auction
- CATERED lunch
- Seed raffle
- Seed swap
- Prize raffle



Begins in March

Food Truck Mania

Every 3rd Saturday
MORSE PARK
 5540 Bellaterra Dr

LIVE MUSIC
 5-8 PM
 RAIN OR SHINE
 [except in severe weather]

MAY 20TH
 STAY FOR
FAMILY MOVIE NIGHT
 [following Food Truck Mania at Morse Park]

Spring Eggstravaganza



Celebrate spring!

Join the CSD for an egg hunt and spring activities with the Easter Bunny. Some activities have a minimal fee. Food available for purchase.

Saturday, April 15th

8:30 am – 4:00 pm

Rotary Grove in Elk Grove Park



- * Carnival Games
- * Egg Scramble
- * Inflatables
- * Face Painting
- * Petting Zoo
- * Carrot Train
- * Pony Rides
- * Ag Area

Breakfast with the Bunny

All ages

Enjoy a pancake breakfast with the Easter Bunny. This is co-sponsored by the Pride of Laguna Creek Lions Club. Register early, seating is limited.

Fees: \$1 for children 2 and under

All others: \$5 in advance / \$7 at the door

All members of the party must pay.

Seating Times:

8:00–8:45 am (#64579)

8:45–9:30 am (#64580)

9:30–10:15 am (#64581)

10:15–11:30 am (#69586)

Advance ticket sales end at 3:00 pm Friday, April 14th.



Pride of Laguna Creek

The Cosumnes CSD is pleased to co-sponsor the following events:

- | | | | |
|-----------------|--|---------------|--|
| Dec. 12 | Community Band Concert | May 13 | Stage 3 Start for the Amgen Breakaway from Heart Disease Women's Race Empowered with SRAM |
| Feb. 13 | Laguna Town Hall 7 pm | | Elk Grove Regional Park
www.elkgrovecity.org |
| Apr. 17 | | May 17 | Big Truck Day |
| March 4 | Strauss Festival Spring Tea | | Kohls Shopping Center - Calvine
www.elkgrovecity.org |
| | Laguna Town Hall
www.straussfestival.com | May 20 | Wine and Cheese Social |
| March 18 | Vintage Trailer Show and Antique Flea Market | | Elk Grove Historical Society
www.elkgrovehistoricalsociety.com |
| | Old Town Plaza
www.elkgrovehistoricalsociety.com | May 20 | Chili Festival |
| April 8 | Green Gauntlet | | Old Town Elk Grove
www.oldtownelkgrove.com |
| | Old Town Plaza
www.elkgrovecity.org | May 20 | Hometown Heroes |
| April 28 | EGACT Fundraiser | | Elk Grove Regional Park
www.elkgrovepost233.com |
| | CSD Wackford Complex
www.egact.org | | |
| May 5-7 | Western Festival | | |
| | Elk Grove Park
www.elkgrovewesternfestival.org | | |
| May 13 | Historical Society Spring Tea | | |
| | Elk Grove Historical Society Park in Elk Grove Park
www.elkgrovehistoricalsociety.com | | |

GIANT Thanks



To Our 2016 Sponsors

The CSD thanks our sponsors and local groups in making the Elk Grove GIANT Pumpkin Festival a success.



Ardent for Life, Frontier Communications, Valley Scale, Howard Hughes, Procidia Landscape, Inc., Sacramento Parent, 7-Eleven, Sutter Medical Foundation, Top Rank Heating and Air, Elk Grove Tire Pros, Enterprise Fleet Management, Its Organic, West Coast Arborist, Bee Buzz

KIDS NINJA WARRIOR.com

& Healthy Family FEST

April 29th
Elk Grove Park

Kids Ninja Warrior

- Registration limited to the first 225 children ages 6-12
- \$20/participant (includes white T-shirt)
- Each participant gets 1 hour on the obstacle course
- 9 am – 5 pm (participants will be contacted 2 weeks prior with start time)
- 30 minutes of warm up runs
- 2 timed runs

FOOD AVAILABLE FOR PURCHASE

Healthy Family Fest

FREE 10 am – 4 pm
Everyone Welcome!

- BMX Bike Stunt Show
- Entertainment / Speakers
- Interactive Booths
- Vendor Booths
- Obstacle Courses
- Inflatables

Sign Up Now!

CSD Emerald Lakes Golf Course Presents
2017 Shamrock Tournament
 Saturday, March 18

Shotgun start at 8:30 am 18 holes of golf
 Best two balls of the foursome Lunch & Prizes
 Sign up as a team or individually Everyone Welcome

\$50/person

CSD EMERALD LAKES GOLF COURSE
 Emerald Lakes Golf Course
 10651 E. Stockton Blvd., Elk Grove, CA 95624 (916) 685-GOLF (4653)

CSD JustServe

COMMUNITY DAY OF SERVICE

Service projects may include:
 Creek Clean-Up
 Park Enhancements
 Playground Beautification

April 22nd
 8:00 am – 1:00 pm (rain or shine)

Come be a part of this great day of community service within Elk Grove through a variety of hands-on projects. Look for sign-ups beginning of March. Hold harmless form is required, available at www.yourcsd.com. Individuals, families and groups welcome.

Winter Competitive Swim Program

Age 5-18

Continue your stroke development, technique and conditioning with quality coaches that promote a positive swimming experience. This is not a learn-to-swim program. Practices will have emphasis on increased yardage and quality conditions during practice and will continue the philosophy of competitive swimming.

Wackford Aquatic Complex

Coaches: Elk Grove Piranhas led by Brenda Smart

WHITE/BLUE GROUP: \$120

Pre-requisite: swim 25 yards unassisted without stopping

For entry level to intermediate swimmers introducing all strokes and working on improving stroke technique.

#65426 M-F 1/3-1/31 5:00-6:00pm

GOLD/HIGH SCHOOL GROUP \$150

Pre-requisite: Swim a 100-yard IM unassisted without stopping or on a High School Swim Team

For more advanced competitive swimmers and high school swimmers to build technique, endurance, strength and speed for better racing performance.

#65427 M-F 1/3-1/31 3:45-5:00pm

SPRINT GROUP: \$150

Pre-requisite: 50 yards freestyle, 29.50 girls / 26.50 boys

For elite swimmers wanting to experience competitive USS workouts and meets. This is a sprint training program. Focus is on events 200 yards or less.

#65428 M-F 1/3-1/31 3:45-5:00pm

*No Class 1/16



American Red Cross Lifeguard Training

Age 15+

Prerequisites: 15 years of age, pass pre-course swim test. To learn more, search YouTube for "CSD Aquatics ARC Lifeguard Prereq"

****Must register by Final Reg Date and have completed online work by Start Date****

Online and classroom program that enhances essential learning of the principals of lifeguarding. Course begins with participation in an 8-hour online class and continues with instructor led skills and water work in the classroom. Learn rescue skills, first aid, CPR/AED, and professional lifeguard responsibilities. Successful completion of this course will certify you in Lifeguard Training, First Aid, CPR for the Professional Rescuer/ AED and Emergency Oxygen for two years.

Instructor: Aquatic Management staff

Wackford Complex, Blue Heron Room \$185

#68238 Final Reg Date: Th, 3/9
Fri 3/17 - 3/19 4:30 - 9:00 pm
Sat-Sun 9:00 - 5:00pm

#68239 Final Reg Date: Sun, 3/26
M, W, F 4/3 - 4/8 4:30 - 9:00 pm
Sat 9:00 - 5:00pm

#68240 Final Reg Date: Sun, 4/2
M-Th 4/10 - 4/13 9:00 - 2:30pm

Lifeguard Positions Available (DEADLINE: 4/19/17)

View job description and get application at www.yourcsd.com.

Applicants need to be 16 years of age and have completed American Red Cross Lifeguard Training.

Classes fill quickly so enroll today!

American Red Cross Lifeguard Training Review

Age 15+

Prerequisites: 15 years of age and proof of a current ARC Lifeguard certification brought to class

This class will re-certify you as an American Red Cross Lifeguard by refreshing your water rescue skills, CPR, Rescue Breathing, AED, and First Aid. Successful completion of this course will re-certify you in Lifeguard Training, CPR/ AED, and First Aid for two years.

Instructor: Aquatic Management staff

Wackford Complex, Blue Heron Room \$99
#68244 Thu 4/20 5:00 - 9:00 pm
Sat 4/22 9:00 - 1:00 pm

Water Safety Instructor

Age 16+

Prerequisites: 16 years of age, show level IV swimming ability, pass pre-course written and water skills test.

An advanced training for individuals to teach American Red Cross learn-to-swim lesson courses. Future instructors will learn how to use course materials, develop lesson plans, conduct classes, and evaluate students.

Instructor: Mike Dopson

Wackford Complex, Blue Heron Room \$225
#68450 M, W, F 3/20 - 3/26 5:30 - 9:00 pm
Sun 10:00 - 5:00pm

Wackford Complex, Poppy Room A
#68451 M-Th 4/10 - 4/13 9:00 - 3:00 pm



Spring Swim Lessons

WACKFORD AQUATIC COMPLEX [Group lesson \$62, Private lesson \$102]

SPRING I:
May 1–11
 Monday – Thursday
 4:15 pm – 6:45 pm

	4:15	4:45	5:15	5:45	6:15	6:45
Starfish	●	●	●	●	●	●
Seahorse	●	●	●	●	●	●
Minnow	●	●	●	●	●	●
Otter	●		●		●	
Private	●	●		●		●

SPRING II:
May 15–25
 Monday – Thursday
 4:15 pm – 6:45 pm

	4:15	4:45	5:15	5:45	6:15	6:45
Starfish	●	●	●	●	●	●
Seahorse	●	●	●	●	●	●
Minnow	●	●	●	●	●	●
Otter	●	●	●	●	●	●
Private	●	●	●	●	●	●

Summer Swim Lesson Registration Begins:
RESIDENT: Monday, April 10, 2017
NON-RESIDENT: Wednesday, April 26, 2017



LESSON LEVELS:

Starfish

Ages 3+
 For children who have not participated in lessons before or are not comfortable in the water. Child learns to submerge face independently and is introduced to floating and locomotion.

Seahorse

Ages 3+
 Child must be able to submerge face independently. Child learns to float on front and back, and swim on front and back for a short distance.

Minnow

Ages 3+
 Child must be able to swim and float independently on front and back. Child refines front crawl with rotary breathing and back crawl. They are introduced to elementary backstroke and treading water.

Otter

Ages 3+
 Child must swim front crawl, back crawl and elementary backstroke for 15 yards independently in water that may be over

their head. They will refine front crawl with rotary breathing, back crawl, and elementary backstroke and will learn sidestroke, breaststroke, and turns.

Private Lessons

Age 5+
 Private lessons are for children of all abilities, from beginner to advance. One-on-one instruction taught at student's individual level gives the benefit of more practice time and greater feedback, allowing for a more personalized lesson.

HELPFUL HINTS:

Refund Policy: Refunds will be granted if cancellations are received 72 hours prior to the first class. Failure to attend a program, signing up for the wrong class, or "no shows" will not be granted refunds, credits, and are non-transferable.



- Make sure you have selected the appropriate level. Once registered, you can only transfer classes 72 hours prior to the start day.
- It is recommended that children repeat the last level they completed the previous summer.
- Most children remain in the same level for two or more sessions.
- If unsure of which level your child is in, choose the level you know they can do the skills in (refer to Progress Report on website).
- Have a second and third time choice ready when registering or transferring as classes fill up quickly.
- Your child will not be moved to a different level or class if registered incorrectly. You may be asked to leave the class without a refund or credit.
- Remember that both the Jerry Fox Swim Center and Wackford Community and Aquatic Complex offer swim lessons, so if a class is full at one pool, check the other facility.
- Make sure your child has a swim suit, towel, and sun block. For children in diapers, swim diapers must be worn in the pool.
- Goggles and swim caps can be worn as well.
- Be on time or early to class.



Deep Water Aerobics

Age 16+

This non-impact class offers participants the freedom of movement through water without touching or standing on the pool bottom. This class is great for your cardiovascular exercise or helping to treat muscle and bone injuries. This is a deep water fitness class taught by trained and certified instructors in a water depth of 8-feet. (Aqua belts and barbells are provided. Participants need to bring their own water noodle) **Wackford Aquatic Complex**

SESSION I

#68350	M,W	1/4 - 1/11	9:00 - 9:55 am	\$12
#68351	Tu,Th	1/3 - 1/12	9:00 - 9:55 am	\$12
#68354	Tu,Th	1/3 - 1/12	6:15 - 7:10 pm	\$9
#68352	Fri	1/6 - 1/13	9:00 - 9:55 am	\$6
#68355	Sat	1/7 - 1/14	9:00 - 9:55 am	\$6

SESSION II

#68358	M,W	1/18 - 1/25	9:00 - 9:55 am	\$12
#68359	Tu,Th	1/17 - 1/26	9:00 - 9:55 am	\$12
#68361	Tu,Th	1/17 - 1/26	6:15 - 7:10 pm	\$9
#68360	Fri	1/20 - 1/27	9:00 - 9:55 am	\$6
#68363	Sat	1/21 - 1/28	9:00 - 9:55 am	\$6

SESSION III

#68366	M,W	1/30 - 2/8	9:00 - 9:55 am	\$12
#68367	Tu,Th	1/31 - 2/9	9:00 - 9:55 am	\$12
#68370	Tu,Th	1/31 - 2/9	6:45 - 7:40 pm	\$12
#68368	Fri	2/3 - 2/10	9:00 - 9:55 am	\$6
#68371	Sat	2/4 - 2/11	9:00 - 9:55 am	\$6

SESSION IV

#68374	M,W	2/13 - 2/22	9:00 - 9:55 am	\$9
#68375	Tu,Th	2/14 - 2/23	9:00 - 9:55 am	\$12
#68378	Tu,Th	2/14 - 2/23	6:45 - 7:40 pm	\$12
#68376	Fri	2/17 - 2/24	9:00 - 9:55 am	\$6
#68379	Sat	2/18 - 2/25	9:00 - 9:55 am	\$6

SESSION V

#68382	M,W	2/27 - 3/8	9:00 - 9:55 am	\$12
#68385	M,W	2/27 - 3/8	7:05 - 8:00 pm	\$12
#68383	Tu,Th	2/28 - 3/9	9:00 - 9:55 am	\$12
#68386	Tu,Th	2/28 - 3/9	7:05 - 8:00 pm	\$12
#68384	Fri	3/3 - 3/10	9:00 - 9:55 am	\$6
#68387	Sat	3/4 - 3/11	9:00 - 9:55 am	\$6

SESSION VI

#68390	M,W	3/13 - 3/22	9:00 - 9:55 am	\$12
#68393	M,W	3/13 - 3/22	7:05 - 8:00 pm	\$12
#68391	Tu,Th	3/14 - 3/23	9:00 - 9:55 am	\$12
#68394	Tu,Th	3/14 - 3/23	7:05 - 8:00 pm	\$12
#68392	Fri	3/17 - 3/24	9:00 - 9:55 am	\$6
#68395	Sat	3/18 - 3/25	9:00 - 9:55 am	\$6

SESSION VII

#68398	M,W	3/27 - 4/5	9:00 - 9:55 am	\$12
#68401	M,W	3/27 - 4/5	7:05 - 8:00 pm	\$12
#68399	Tu,Th	3/28 - 4/6	9:00 - 9:55 am	\$12
#68402	Tu,Th	3/28 - 4/6	7:05 - 8:00 pm	\$12
#68400	Fri	3/31 - 4/7	9:00 - 9:55 am	\$6
#68403	Sat	4/1 - 4/8	9:00 - 9:55 am	\$6

SESSION VIII

#68406	M,W	4/10 - 4/19	9:00 - 9:55 am	\$12
#68409	M,W	4/10 - 4/19	7:05 - 8:00 pm	\$12
#68407	Tu,Th	4/11 - 4/20	9:00 - 9:55 am	\$12
#68410	Tu,Th	4/11 - 4/20	7:05 - 8:00 pm	\$12
#68408	Fri	4/14 - 4/21	9:00 - 9:55 am	\$6
#68411	Sat	4/15 - 4/22	9:00 - 9:55 am	\$6

SESSION IX

#68414	M,W	4/24 - 5/3	9:00 - 9:55 am	\$12
#68417	M,W	4/24 - 5/3	7:05 - 8:00 pm	\$12
#68415	Tu,Th	4/25 - 5/4	9:00 - 9:55 am	\$12
#68418	Tu,Th	4/25 - 5/4	7:05 - 8:00 pm	\$12
#68416	Fri	5/05	9:00 - 9:55 am	\$3
#68419	Sat	5/06	9:00 - 9:55 am	\$3

SESSION X

#68422	M,W	5/08 - 5/17	9:00 - 9:55 am	\$12
#68425	M,W	5/08 - 5/17	7:05 - 8:00 pm	\$12
#68423	Tu,Th	5/09 - 5/18	9:00 - 9:55 am	\$12
#68426	Tu,Th	5/09 - 5/18	7:05 - 8:00 pm	\$12
#68424	Fri	5/12 - 5/19	9:00 - 9:55 am	\$6
#68427	Sat	5/13 - 5/20	9:00 - 9:55 am	\$6

SESSION XI

#68404	M,W	5/22 - 5/31	9:00 - 9:55 am	\$9
#68413	M,W	5/22 - 5/31	7:05 - 8:00 pm	\$9
#68405	Tu,Th	5/23 - 6/1	9:00 - 9:55 am	\$12
#68420	Tu,Th	5/23 - 6/1	7:05 - 8:00 pm	\$12
#68412	Fri	5/26 - 6/2	9:00 - 9:55 am	\$6

Private Pool Rentals

Available:

June 3 – September 17, 2017

Both the Jerry Fox Swim Center and the Wackford Community & Aquatic Complex are available to rent for your special occasion. Rentals include exclusive use of the pool(s), grass area, and deck. Reservations are available for a 2-hour minimum on Saturday and Sunday evenings. To obtain an application, visit the Wackford Complex or download an application at www.yourcsd.com.

Reservations begin

Wednesday, February 1, 2017





Swim For Fitness

Age 16+

Swimming is the number one exercise among adults to improve cardiovascular health, build muscle strength, endurance, and maintain a healthy weight. We are excited to assist you with regular opportunities for you to swim your way into fitness! The CSD Aquatics staff encourages you to share a lane with a fellow swimmer and ask us any questions before beginning your workout. Days, times, and lane availability will vary throughout the winter and spring months. It is highly encouraged that you visit our website for updated days and times that the pool is available. Use of the pool is not exclusive and will be shared with other CSD programs.

Please visit <http://www.yourcsd.com/225/Lap-Swim> for pool dates and hours

Swim for Fitness Fees:

- \$6 Drop-in
- \$50 10-Visit Punch Pass
- \$40 Monthly Pass
- \$35 Monthly Automatic Payment

Shallow Water Aerobics

Age 16+

An energetic workout for all participant levels with movements that will increase your heart rate and offer you a total body workout. This class will include low and high impact moves to improve cardiovascular health. It includes an abdominal workout to strengthen, tone, and build the body's core muscles. Class is conducted in shallow water with a maximum depth of 4.5 feet. *(Barbells are provided, but participants need to bring their own water noodle)*

Wackford Aquatic Complex

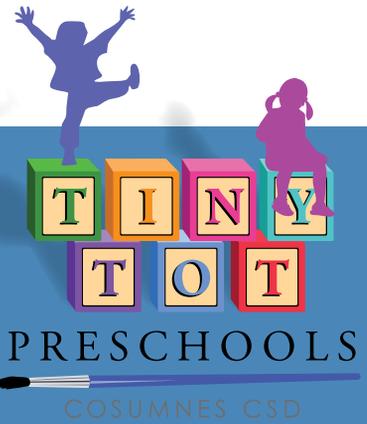
SESSION X

#68334	M, W	5/8 - 5/17	10:00 - 10:55 am	\$12
#68336	M, W	5/8 - 5/17	8:05 - 9:00 pm	\$12
#68335	Tu, Th	5/9 - 5/18	10:00 - 10:55 am	\$12
#68337	Tu, Th	5/9 - 5/18	8:05 - 9:00 pm	\$12

SESSION XI

#68338	M, W	5/22 - 5/31	10:00 - 10:55 am	\$9
#68340	M, W	5/22 - 5/31	8:05 - 9:00 pm	\$9
#68339	Tu, Th	5/23 - 6/1	10:00 - 10:55 am	\$12
#68341	Tu, Th	5/23 - 6/1	8:05 - 9:00 pm	\$12





A Great Place to Grow

GROW
SHARE
PLAY
LEARN

7 Facilities

Tiny Tot Kids at Play
Elk Grove Rec Center, Room 2
8828 Elk Grove Blvd.

Tiny Tot Friendship Corner
Elk Grove Rec Center, Room 3
8828 Elk Grove Blvd.

Tiny Tot Pals
Stephenson Rec Center
5511 Dorcey Drive

Tiny Tot Station
Johnson Rec Center
3570 Marsh Point Drive

Tiny Tot Neighbors
Wackford Community Complex
9014 Bruceville Road

Tiny Tot Zone
Castello Rec Center
8830 El Toreador Way

Tiny Tot Connection
Laguna Town Hall
3020 Renwick Avenue



Schedules

Preschool: AGE 3

\$181/month: 8/1/17 – 6/28/18

T/Th mornings, 8:30–11:30 am
All Locations

T/Th afternoons, 12:30–3:30 pm
TTKP, TTN

NOTE: If you cannot find a schedule that works for your family, we may be able to accommodate your request.

3 year old classes:

Resident registration begins
March 6, 2017
Non-resident registration begins
March 20, 2017

4 year old classes:

Resident registration begins
March 27, 2017
Non-resident registration begins
April 10, 2017

Registration

Register for the 2017–18 school year on-line, by phone, fax, or in the CSD Administration Office or the Wackford Complex.

There are 11 monthly sessions for the school year. Students are automatically registered for each session unless written notice of cancellation is received prior to the next tuition due date. The first payment is due along with a \$50 non-refundable registration fee. Two weeks written notice prior to the next tuition due date is required if you decide to drop your child from the program.

Pre-Kindergarten: AGE 4

\$240/month: 8/1/17 – 6/29/18

M/W/F mornings, 8:30–11:30 am
All Locations

M/W/F afternoons, 12:30–3:30 pm
All Locations except TTS

M/W afternoons, 12:30–3:30 pm
(\$164/month) TTFC, TTC, TTZ

T/Th afternoons, 12:30–3:30 pm
TTFC, TTP, TTZ, TTC



Registration Requirements:

- Children must be the required age on or before **December 31, 2017**.
- Children in the 3 and 4 year old programs must be potty trained by the first day of class.

Registration Priority:

- CSD residents have priority when filling the preschool classes.
- Children in the 3 year old classes advance to the 4 year old classes each fall, leaving limited openings in the 4 year old preschools.
- Sibling priority forms are available January 3–13, 2017, and due no later than January 13, 2017.

Tiny Tot Preschools and Pre-K programs offer educational and recreational experiences to promote development. Our well-balanced program prepares each child for kindergarten and a life-long love of learning.

The 2016-2017 School Year is Underway

Limited space is still available.
Call (916) 405-5311 to arrange a classroom observation.



Physical activity and healthy snacks promote health and wellness.



Our curriculum offers opportunities for social, emotional, cognitive, physical, and creative growth.



Teachers follow a curriculum that incorporates the standards of the California Department of Education's Preschool Learning Foundations.

Buddy Bunch

Age 18-36 months

A time for you and your child to explore, create and play together through age-appropriate activities promoting development. Siblings may not attend with the exception of multiples who are registered. Great prep for Toddler Time.

Elk Grove Rec Center	\$96
#68686 Fri 1/6 - 2/24	9:00 - 10:30 am
#68687 Fri 3/3 - 4/28	9:00 - 10:30 am
Elk Grove Rec Center	\$108
#68692 Fri 5/5 - 6/30	9:00 - 10:30 am

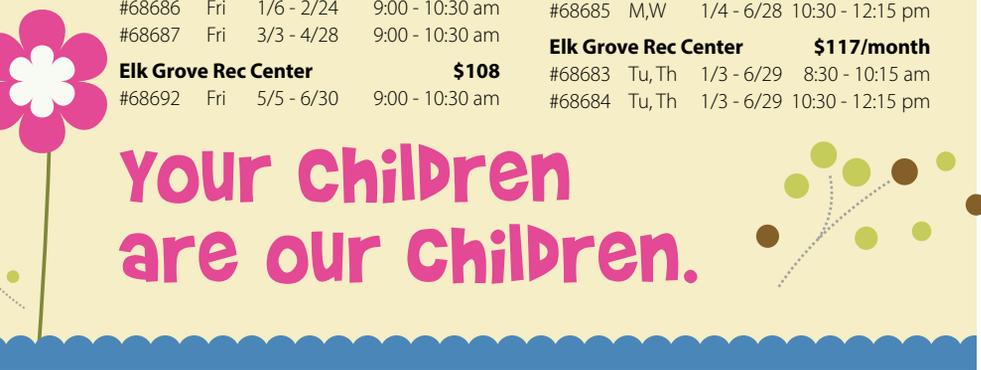
Toddler Time

Age 24-36 months

Toddlers participate in cooperative activities such as art, music, outdoor play, and story time. Parent participation not required. Children do not need to be potty trained but must be age 2 by the first day of class.

Elk Grove Rec Center	\$105/month
#68682 M,W 1/4 - 6/28	8:30 - 10:15 am
#68685 M,W 1/4 - 6/28	10:30 - 12:15 pm
Elk Grove Rec Center	\$117/month
#68683 Tu,Th 1/3 - 6/29	8:30 - 10:15 am
#68684 Tu,Th 1/3 - 6/29	10:30 - 12:15 pm

Your children are our children.



Kid Central

Where Kids Have Fun!

Before & After School Program

Located on or near elementary schools, kids enjoy a variety of recreational experiences including games, arts and crafts, science and cooking projects, outdoor play, as well as time for homework and free choice activities.

Hours of Operation

Monday–Friday

Before School: 7:00 am–School Start Time

After School: School Dismissal*–6:00 pm

*Based on dismissal of 1st–6th Grades

2016/17 School Year Rates

Annual Membership Fee: \$50*

Before School: \$106/session or \$8/day

After School: \$294/session or \$23/day

Hourly Drop-In Card: \$106 for up to 10 hours

*Annual non-refundable fee per child is due at time of registration; required for Before & After School Program and Off Track Day Camp



This is offered in partnership with the Elk Grove Unified School District.

THEMES

- YEAR-ROUND:** ✓
- Jan. 3 – Feb. 3*
New Year's Around the World
 - Feb. 6 – Mar. 3*
Fun with Food
 - Mar. 6 – Apr. 5
Creepy Crawlers
 - Apr. 6 – 26*
Wacky Sports
 - Apr. 27 – May 23
Adventures in Reading
 - May 24 – June 23*
Cruisin' into Summer

- TRADITIONAL:** ✓
- Jan. 4–31*
New Year's Around the World
 - Feb. 1–28*
Fun with Food
 - Mar. 1–31*
Creepy Crawlers
 - Apr. 3–28*
Wacky Sports
 - May 1–25*
Adventures in Reading

- MODIFIED TRADITIONAL:** ✓
- Jan. 4–31*
New Year's Around the World
 - Feb. 1–28*
Fun With Food
 - Mar. 1–31*
Creepy Crawlers
 - Apr. 3–28*
Wacky Sports
 - May 1–31*
Adventures in Reading
 - June 1–9
Cruisin into' Summer



After-School Only Program Locations:

- **Arthur Butler Elementary**
Follows year round school calendar
- **Elk Grove Elementary**
Follows traditional school year calendar
- **Ellen Feickert Elementary**
Follows traditional school year calendar
- **John Ehrhardt Elementary**
Follows modified traditional school year calendar
- **Joseph Sims Elementary**
Follows year round school calendar

Before & After-School Program Locations:

- **Florence Markofer Elementary**
Follows traditional school year calendar
- **Stone Lake Elementary**
Follows year round calendar, located directly behind campus, at Johnson Rec Center

Kid Central Sites Closed:

Year Round - 1/2, 1/16, 2/23, 2/20, 5/26, 5/29
 Traditional - 1/2, 1/16, 2/13, 2/20, 4/10-4/14, 5/26, 5/29
 Modified Traditional - 1/2, 1/16, 2/13, 2/20, 4/10-4/21, 5/26, 5/29

Registration

Children must be currently enrolled in K–6th grade. Initial registration, including a registration packet and annual membership fee, must be completed in person at a CSD registration location (see page 51).

Kid Central sites do not accept registration or payments.



Kid Central is committed to providing a fun, safe, age-appropriate recreation enrichment program which encourages social development, provides diverse experiences, promotes health/wellness, and responds to the needs of families, schools, and the community.

Off-Track Day Camp

Looking for fun while off track or on break from school? We offer fun daily activities such as arts and crafts, sports and games, science and cooking projects, and free time to enjoy with friends. A healthy morning and afternoon snack is included. Daily and weekly registration options are available. Child must wear closed-toe shoes and bring ready-to-eat lunch.



Hours of Operaon

Monday-Friday

7:00 am-6:00 pm

2016/17 School Year Rates

Annual Membership Fee: \$50*

Day Camp Fee: \$140/weekly session or \$33/day

*Annual non-refundable fee per child is due at time of registration; required for Before & After School Program and Off Track Day Camp

Location

Youth Center at Elk Grove Park
9922 Elk Grove-Florin Road



C TRACK: ✓

- 1/3 - 1/6*: Pirates of the Caribbean
- 1/9 - 1/13: LEGO Heroes
- 1/17 - 1/20*: Amazing Race
- 1/23 - 1/27: Through the Looking Glass
- 1/30 - 2/3: Kids in the Kitchen
- 4/24 - 4/28: Young Entrepreneurs
- 5/1 - 5/5: Decade a Day
- 5/8 - 5/12: Fun and Fitness
- 5/15 - 5/19: Family Game Night
- 5/22 - 5/25*: Here Comes Summer!

D TRACK: ✓

- 2/6 - 2/10: Pirates of the Caribbean
- 2/14 - 2/17*: LEGO heroes
- 2/21 - 2/24*: Amazing Race
- 2/27 - 3/3: Through the Looking Glass
- 5/22 - 5/25*: Here Comes Summer!

THEMES



A TRACK: ✓

- 3/6 - 3/10: Pirates of the Caribbean
- 3/13 - 3/17: LEGO heroes
- 3/20 - 3/24: Amazing Race
- 3/27 - 3/31: Through the Looking Glass
- 4/3 - 4/07: Family Game Night

B TRACK: ✓

- 4/3 - 4/7: Family Game Night
- 4/10 - 4/14: Eggceptional Fun
- 4/17 - 4/21: LEGO Heroes
- 4/24 - 4/28: Young Entrepreneurs

*Closed 1/2, 1/16, 2/13, 2/20, 5/26, 5/29

The Grove Teen Center

Elk Grove's largest teen recreation facility, offering exciting leisure amenities!

For students enrolled in grades 7-12
 Annual Membership Fee: \$100
good for the entire 2016-17 school year



EQUIPMENT

- Snack Bar
- Outdoor Patio
- Flat Screen TVs
- Xbox One
- PlayStation 4
- Wii U Game Consoles
- Pool Tables
- Foosball Table
- Ping Pong Table
- Computers
- Basketball Hoops

FREE FRIDAY NIGHT EVENT

The Grove hosts fun-filled events once a quarter from 6-9 pm. These are free to teen center members.

Past Theme Nights:

- Movies on the Big Screen
- Game Nights
- Open Gym
- Cooking Projects

AFTERSCHOOL PROGRAM
 Monday-Thursday: 3-6 pm & Friday: 2-6 pm

Outdoor Sports

Creative Arts & Science Projects

Social & Skills-Based Clubs

Teen Leadership Series

Study Hall

Community Service Projects

Games



405-5622

thegrove@csdparks.com

Located in the Wackford Complex

9014 Bruceville Road (corner of Big Horn Blvd. & Bruceville Rd.)



t h e g r o v e

The Grove has a passionate team committed to creating a quality program for teens.



for high school students

TEEN ACTION COMMITTEE

TAC works as a team to create positive opportunities for Elk Grove teens. Members are selected through a juried application process. Members meet every other week to discuss current youth trends and plan positive events that better their community.

Leadership • Teamwork • Service • Fun

TAC offers fun events and informative workshops throughout the year. Past events include:

- Open Mic Night
- Black Light Game Night
- Band Night
- Stress Reduction Workshop
- Cooking Workshop
- Resume Workshop
- Multi Cultural Event
- Film Festival

TAC also provides teens with opportunities to participate in community service projects. Events are open to the Elk Grove teen community.



Paint Me a Story

Age 3 – 6 with participating adult
 This class is a hands-on adventure into the world of ceramics. Join us as we introduce a fun new story each week. Then bring the story to life by painting your very own piece of pottery inspired by the story. Wear play clothes. Projects created available for pickup approximately one week after class.

Color Me Mine Studio **\$8**
7440 Laguna Blvd., Ste. 100 \$17.28 supply fee

Instructor: Color Me Mine staff
VALENTINE'S DAY:
 #68235 Thu 2/2 5:00 - 5:45 pm
SPRING THEME:
 #68236 Thu 3/30 5:00 - 5:45 pm
MOTHER'S DAY:
 #68591 Thu 4/27 5:30 - 6:15 pm

Children's Literature and Art

Age 2 – 6
 Students will begin each class by listening to and discussing a book by a prominent children's Literature Author/Illustrator. The second half of the class will be spent allowing students to create a piece of art using the style technique of the featured Author/Illustrator. Parent participation is required. Only one child per adult.

Gifts from the Heart of Elk Grove **\$35**
Supply Fee \$5

Instructor: Susie Franklin Roeser
WEATHER THEME
 #68182 Wed 1/4 - 1/25 9:00 - 10:00 am
FLOWER THEME
 #68183 Wed 3/8 - 3/29 9:00 - 10:00 am
BUGS & BUTTERFLIES THEME
 #68184 Wed 5/3 - 5/24 9:00 - 10:00 am

Treasure Box Math



Age 3 – 6
 Learn colors, shapes, numbers, comparison and sorting skills while digging through boxes of 'treasures'. Parent participation is required. Only one child per adult.

Gifts from the Heart of Elk Grove **\$35**

Instructor: Susie Franklin Roeser
 #68478 Wed 4/5 - 4/26 9:00 - 10:00 am

You and Me Chocolate Fun

Age 4 – 10
 Parent and child teams will have a great time bonding in this hands on chocolate making workshop. Recipes vary each time and always include a chocolate dipped pretzel, dipped marshmallows and a chocolate art project. A great evening of chocolate fun!

Wackford Complex, Kitchen **\$15**
\$15 supply fee

Instructor: Heather Saldivar
WACKY WINTER FUN
 #67938 Mon 1/23 6:00 - 7:30 pm
VALENTINE'S FUN
 #67939 Mon 2/13 6:00 - 7:30 pm
SPRINGTIME FUN
 #67940 Mon 3/13 6:00 - 7:30 pm
CUTE CRITTER FUN
 #67941 Mon 4/17 6:00 - 7:30 pm
OCEAN FUN
 #67942 Mon 5/15 6:00 - 7:30 pm

Nursery Rhyme Math



Age 3 – 6 with participating adult
 What do Goldilocks & The 3 Bears, The Tortoise & the Hare, The Three Little Pigs and This Old Man have in common? Listen to these nursery rhymes and then do math activities based on the rhyme. Only one child per adult.

Gifts from the Heart of Elk Grove **\$35**
 #68477 Wed 2/8 - 3/1 9:00 - 10:00 am



Science Classes

Taught by Mad Science staff
 Wackford Complex, Poppy Room A **\$43**

Animal Friends

Age 4 – 5
 Become an animal, identify animal sounds and learn all about animal babies and parents!
 #67953 Tue 4/18 - 5/2 10:30 - 11:15 am

Butterflies

Age 3 – 5
 Preschoolers discover all about butterflies and even make some of their own to take home during this workshop.
 #67952 Tue 3/7 - 3/21 10:30 - 11:15 am

Wiggly World of Worms

Age 3 – 5
 This workshop will provide preschoolers with an opportunity to get their hands dirty while learning about worms. They will work with magnifying glasses to get an up close look at the lives and habits of worms.
 #67951 Tue 2/7 - 2/21 10:30 - 11:15 am

Kinder Mix with Kids Unplugged **NEW**

Age 4 – 6

In this one-hour class we will introduce the kids to a variety of skill building activities revolving around flexibility, balance, agility, strength and community. The purpose of this class is to give them time to get their wiggles out after school, interact with new kids, build motor skills, begin to form healthy exercise habits and learn the basics about healthy eating.

Kids Unplugged **\$55**
Kia Fit Gym, 2521 W. Taron Ct.

Instructor: Natasha Barron

#68106	Tue	1/10 - 1/31	4:30 - 5:30 pm
#68108	Tue	2/7 - 2/28	4:30 - 5:30 pm
#68110	Tue	3/7 - 3/28	4:30 - 5:30 pm
#68112	Tue	4/4 - 4/25	4:30 - 5:30 pm
#68114	Tue	5/2 - 5/23	4:30 - 5:30 pm

Parents and Tots

Age 2 – 4½ with participating adult

Designed for parents and toddlers to interact in an educational and nurturing setting. Storytime, freeplay, singing, art projects, and tablettime are included. Class is designed to acquaint children with learning concepts and positive intersocial relationships.

Wackford Complex, Poppy Room

Instructor: Katie Thomas **\$72**
Supply Fee **\$20**

AGE 2-3½

#67885	Wed	1/18 - 3/8	9:00 - 10:00 am
#67887	Wed	3/15 - 5/10*	9:00 - 10:00 am

Instructor: Katie Thomas **\$96**
Supply Fee **\$30**

AGE 3-4½

#67886	Wed	1/18 - 3/08	10:00 - 11:30 am
#67888	Wed	3/15 - 5/10*	10:00 - 11:30 am

*No Class 4/12

Pee Wee Tennis

Age 3 – 6

Each class will introduce age-appropriate activities designed to promote and refine balance, movement and spatial awareness. Classes are fast-paced to keep children active and engaged. Classes are a perfect start for beginners. Students must bring their own racquet.

Instructor: Kenny Pack, USPTA Professional

Miwok Park Tennis Court **\$50**

AGES 3-4

#67782	WED	4/5 - 5/3*	3:30 - 4:00 PM
#67784	Wed	5/10 - 5/31	3:30 - 4:00 pm

AGES 5-6

#67783	Wed	4/5 - 5/3*	4:00 - 4:30 pm
#67785	Wed	5/10 - 5/31	4:00 - 4:30 pm

*No Class 4/26



Kids Self-Defense and Safety

Age 2 – 4 with participating adult

This course is designed to develop coordination, balance, attention span and basic self-defense movements in a fun, structured environment. Instructor will cover different issues on safety. *Instructor's approval required for enrollment beyond White Belt.*

Wackford Complex, Poppy Room A **\$35**

Instructor: Mark Gothard

TOTS WITH PARTICIPATING ADULT

#67904	Sat	1/7 - 1/28	8:30 - 9:00 am
#67905	Sat	2/4 - 2/25	8:30 - 9:00 am
#67906	Sat	3/4 - 3/25	8:30 - 9:00 am
#67907	Sat	4/1 - 4/29	8:30 - 9:00 am
#67908	Sat	5/6 - 5/20	8:30 - 9:00 am

S.T.O.R.M. Kids Training Camp

Age 3 – 5

This fun and engaging program will have your child better equipped to begin kindergarten by learning to become a well-rounded child that can successfully adapt to different environments that require structure. This program emphasizes these character traits to be successful in elementary school. Classes will cover character traits such as honesty, perseverance, responsibility, team work, self-control, courage, manners and good listening skills.

Laguna Town Hall East Reception Hall **\$99**

Instructor: Ron Jr Robinson

#68101	Tue	3/7 - 4/11	9:00 - 10:00 am
#68102	Tue	4/18 - 5/23	9:00 - 10:00 am
#68103	Tue	3/7 - 4/11	10:00 - 11:00 am
#68104	Tue	4/25 - 5/30	10:00 - 11:00 am

Kinder Taekwondo

Age 4 – 6

Increase coordination, self-esteem, and social interaction skills in addition to learning the fundamentals of Taekwondo/Karate for self defense. Special emphasis will be placed on the virtues of courtesy, self discipline, self control, and respect for others.

Laguna Town Hall, Classroom 2 **\$75**
Supply Fee (uniform) **\$45**

Instructor: Ronald Robinson

BEGINNERS

#67889	M,W	1/4 - 1/30*	5:00 - 5:45 pm
#67890	M,W	2/1 - 2/27*	5:00 - 5:45 pm
#67891	M,W	3/1 - 3/29	5:00 - 5:45 pm
#67892	M,W	4/3 - 4/26	5:00 - 5:45 pm
#67893	M,W	5/1 - 5/31*	5:00 - 5:45 pm

WHITE BELT WITH YELLOW STRIPE

#67894	M,W	1/4 - 1/30*	5:45 - 6:30 pm
#67895	M,W	2/1 - 2/27*	5:45 - 6:30 pm
#67896	M,W	3/1 - 3/29	5:45 - 6:30 pm
#67897	M,W	4/3 - 4/26	5:45 - 6:30 pm
#67898	M,W	5/1 - 5/31*	5:45 - 6:30 pm

*No Class 1/16, 2/20, 5/29





Kindermusik Our Time

Age 1½ – 3 with participating adult
Encourage your child to build confidence, self-control and communication skills. Singing, imitating sounds, rhyming and object identification foster language skills. Creative movement to music develops a sense of balance, timing and spatial awareness. Listening and turn-taking encourage blossoming social skills.

Encore! Studio	\$80
9154 E. Stockton Blvd.	\$60 supply fee
#68019 Thu 2/2 - 3/23	10:15 - 11:00 am
#68020 Thu 4/6 - 5/25	10:15 - 11:00 am

Dance Classes

Taught by Encore! Studio of Performing Arts staff



Me and My Shadow

Age 2 – 3 with participating adult
With an emphasis on 'bubbly fun,' activities include exercise and dancing to music, along with colorful hoops, scarves, balls and props. Recommended for 3-year-olds getting ready for First Steps class. Comfortable clothing recommended.

Encore! Studio 9154 E. Stockton Blvd \$57

Instructor: Encore! Studio of Performing Arts Staff			
#68025	Mon	2/6 - 3/20*	7:00 - 7:30 pm
#68026	Sat	2/18 - 3/25	12:00 - 12:30 pm
#68027	Mon	4/3 - 5/8	7:00 - 7:30 pm
#68028	Sat	4/8 - 5/13	12:00 - 12:30 pm

Wackford Complex, Poppy Room B \$57

#68021	Mon	2/6 - 3/20*	6:00 - 6:30 pm
#68023	Mon	4/3 - 5/8	6:00 - 6:30 pm

Wackford Complex, Poppy Room A \$57

#68022	Tue	2/14 - 3/21	4:45 - 5:15 pm
#68024	Tue	4/4 - 5/9	4:45 - 5:15 pm

*No Class 2/20

First Steps in Dance

Age 3½ – 4½
A bubbly fun class with colorful props, character acting through nursery rhymes, and story dances. Early beginning for ballet with exploration in fast and slow music, as well as tap dance preparation by use of rhythm and balance. *Girls: wear pink all leather ballet shoes, pink or white tights (with feet) and any color leotard. Boys: wear black all leather ballet shoes, shorts or stretch pants, any T-shirt, any socks.* This class is designed as 'drop-off'.

Encore! Studio 9154 E. Stockton Blvd \$84

Instructor: Encore! Studio of Performing Arts Staff			
#68033	Thu	2/16 - 3/23	6:00 - 6:45 pm
#68034	Sat	2/18 - 3/25	10:00 - 10:45 am
#68035	Thu	4/6 - 5/11	6:00 - 6:45 pm
#68036	Sat	4/8 - 5/13	10:00 - 10:45 am

Wackford Complex, Poppy Room A \$84

#68030	Tue	2/14 - 3/21	6:30 - 7:15 pm
#68032	Tue	4/4 - 5/9	6:30 - 7:15 pm

Wackford Complex, Poppy Room B \$84

#68029	Mon	2/6 - 3/20*	5:00 - 5:45 pm
#68031	Mon	4/3 - 5/8*	5:00 - 5:45 pm

*No Class 2/20

Gymnastics Classes

Taught by Elevate Gymnastics Academy staff
Elevate Gym, 3132 Dwight Road, Suite 100

\$70

Kinder Gym

Age 4 – 5 years 11 months
Children are introduced to the balance beam, bars, vault, and trampoline. Classes will improve muscle coordination and motor development.

#68164	Tue	1/24 - 2/28	11:30 - 12:15 pm
#68165	Wed	1/25 - 3/1	9:50 - 10:35 am
#68166	Wed	1/25 - 3/1	4:30 - 5:15 pm
#68167	Fri	1/27 - 3/3	4:30 - 5:15 pm
#68168	Tue	3/7 - 4/11	11:30 - 12:15 pm
#68169	Wed	3/8 - 4/12	9:50 - 10:35 am
#68170	Wed	3/8 - 4/12	4:30 - 5:15 pm
#68171	Fri	3/10 - 4/14	4:30 - 5:15 pm
#68172	Tue	5/2 - 6/6	11:30 - 12:15 pm
#68173	Wed	5/3 - 6/7	9:50 - 10:35 am
#68174	Wed	5/3 - 6/7	4:30 - 5:15 pm
#68175	Fri	5/5 - 6/9	4:30 - 5:15 pm

Tot Gym

Age 3 – 3 years 11 months
A structured motor skill exploration class that helps to develop coordination, various gymnastic movements and activities. Parents do not participate.

#68149	Tue	1/24 - 2/28	11:30 am - 12:15 pm
#68150	Wed	1/25 - 3/1	9:00 - 9:45 am
#68151	Wed	1/25 - 3/1	11:30 am - 12:15 pm
#68152	Tue	3/7 - 4/11	11:30 am - 12:15 pm
#68153	Wed	3/8 - 4/12	9:00 - 9:45 am
#68154	Wed	3/8 - 4/12	11:30 am - 12:15 pm
#68155	Tue	5/2 - 6/6	11:30 am - 12:15 pm
#68156	Wed	5/3 - 6/7	9:00 - 9:45 am
#68157	Wed	5/3 - 6/7	11:30 am - 12:15 pm

Parent Participation Gym

Age 14 months – 2 years 11 months
Parent and child participate together in this movement exploration class, emphasizing rolling, climbing, and hanging. Only one child per adult. Child must be able to walk.

#68137	Tue	1/24 - 2/28	10:30 - 11:15 am
#68138	Wed	1/25 - 3/1	10:40 - 11:25 am
#68139	Wed	1/25 - 3/1	6:30 - 7:15 pm
#68140	Fri	1/27 - 3/3	5:30 - 6:15 pm
#68141	Tue	3/7 - 4/11	10:30 - 11:15 am
#68142	Wed	3/8 - 4/12	10:40 - 11:25 am
#68143	Wed	3/8 - 4/12	6:30 - 7:15 pm
#68144	Fri	3/10 - 4/14	5:30 - 6:15 pm
#68145	Tue	5/2 - 6/6	10:30 - 11:15 pm
#68146	Wed	5/3 - 6/7	10:40 - 11:25 am
#68147	Wed	5/3 - 6/7	6:30 - 7:15 pm
#68148	Fri	5/5 - 6/9	5:30 - 6:15 pm



Ceramic Adventures

Age 6-12

Discover the art of ceramic painting. This class will cover basic instruction in ceramic painting to help you create your own masterpiece. Learn to use stencils, sponges, masking and freehand techniques. Projects created will be available for pickup approximately one week after class.

Color Me Mine Studio **\$6**
7440 Laguna Blvd., Ste. 100 **\$17.28 supply fee**

VALENTINE'S DAY

#68233 Thu 2/2 6:00 - 7:15 pm

EASTER/SPRING

#68234 Thu 3/30 6:00 - 7:15 pm

MOTHER'S DAY

#68592 Thu 4/27 6:30 - 7:45 pm



Kid's Fine Arts

Age 8-12

This class is for children who love making art! We will be using fine art materials, different art mediums will be used in each class. These mediums will include pastels, watercolors, and acrylics. Young artists will take home the masterpieces they create in class.

Wackford Community and Aquatic Complex
Poppy Room B **\$55**

Instructor: Nancy Quiaoit

#67971	Tue	1/10 - 1/31	4:00 - 5:00 pm
#67972	Tue	2/7 - 2/28	4:00 - 5:00 pm
#67973	Tue	3/7 - 3/28	4:00 - 5:00 pm
#67974	Tue	4/4 - 4/25	4:00 - 5:00 pm
#67975	Tue	5/2 - 5/23	4:00 - 5:00 pm



Kid's Acrylic Painting

Age 8-15

Learn the fundamentals of painting, to blend paint and create highlights and lowlights with color using artist acrylic paints. Paintings will be done on canvas and include subjects such as landscapes, seascapes, trees and animals. Aprons, easels and all supplies will be provided. Each painting will take two class sessions, so students will have two finished paintings upon completion of the class.

Wackford Complex, Poppy Room B **\$65**

Instructor: Nancy Quiaoit

#67976	Tue	1/10 - 1/31	5:30 - 6:30 pm
#67977	Tue	2/7 - 2/28	5:30 - 6:30 pm
#67978	Tue	3/7 - 3/28	5:30 - 6:30 pm
#67979	Tue	4/4 - 4/25	5:30 - 6:30 pm
#67980	Tue	5/2 - 5/23	5:30 - 6:30 pm



Adventures in Drawing

Age 7+

Venture into the field of drawing and transform simple objects into wonderful works of art. Learn the skills of outlining, shading, and coloring to transform shapes, landscapes or animals into art.

Wackford Complex,
Willow Room **\$40**
\$5 supply fee

Instructor: Julia Jaw

#68012	Thu	1/26 - 2/16	6:00 - 7:15 pm
#68013	Thu	3/2 - 3/23	6:00 - 7:15 pm



Stagehands Children's Theater



NEW

Guitar for Kids

Age 8-12

Learn the basics of guitar playing. Students will learn how to read music and play basic chords with fun, popular songs. Students must provide their own guitar.

Wackford Complex, Willow Room **\$80**
\$10 supply fee

Instructor: Steve Dunne

LEVEL 1

#67996	Wed	1/11 - 2/15	5:30 - 6:30 pm
#67997	Wed	3/1 - 4/5	5:30 - 6:30 pm
#67998	Wed	4/19 - 5/24	5:30 - 6:30 pm

LEVEL 2

#67999	Wed	1/11 - 2/15	6:30 - 7:30 pm
#68000	Wed	3/1 - 4/5	6:30 - 7:30 pm
#68001	Wed	4/19 - 5/24	6:30 - 7:30 pm

Piano Lessons with Simply Music

Age 7-12

A piano program that has beginning students playing great sounding pop, blues, classical and accompaniment pieces from their first group lessons. This unique 'playing-based' approach produces unprecedented results.

Laguna Town Hall, Room 1 **\$150**
\$35 supply fee

Instructor: Sharissa Delgado

LEVEL 1

#68006	Mon	1/23 - 3/20*	4:30 - 5:20 pm
#68007	Mon	4/3 - 5/22	4:30 - 5:20 pm

LEVEL 2

#68008	Mon	1/23 - 3/20*	5:30 - 6:20 pm
#68009	Mon	4/3 - 5/22	5:30 - 6:20 pm

*No Class 2/20

Stagehands Children's Theater

Age 6-13

Self-confidence will grow and creativity will shine as students take on the challenges and excitement of performing on stage. The class will incorporate exercises in physical expressiveness, voice production, improvisation, and the memorization of scenes. Students will have fun acting and singing as they work together to perform a fun filled and entertaining musical theater production for family and friends to enjoy

Laguna Town Hall West Reception Hall **\$100**

Instructor: William Utile

#68062	Tuesday	1/17 - 3/21	4:00 - 5:30 pm
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*Performance on Friday 3/24, 6:00 - 7:30 pm



NewSongs School of Music

Taught by NewSongs staff
10481 Grant Line Road, #100



Beginning Drum

Age 5 - 8

Students will work together to master rhythm skills by reading music and by ear; and play key drum rudiments with their sticks. Students will then use the tools they've learned to unlock your inner rock star and jam to the music you love! No experience required.

\$70 **\$35 optional supply fee**

#68087	Thu	1/5 - 1/26	3:30 - 4:30 pm
#68088	Thu	2/2 - 2/23	3:30 - 4:30 pm
#68089	Thu	3/2 - 3/23	3:30 - 4:30 pm
#68090	Thu	4/6 - 4/27	3:30 - 4:30 pm
#68091	Thu	5/4 - 5/25	3:30 - 4:30 pm



Beginning Violin

Age 5 - 10

Learn to make your strings sing. Begin with 'Twinkle, Twinkle Little Star' and progress to simple folk songs. Along the way, practice winning posture, rhythmic skill, and fine-tune your ears to make a perfect tone. Students must provide their own violin or contact NewSongs for rental.

\$60

#68092	Fri	1/6 - 1/27	4:00 - 5:00 pm
#68093	Fri	2/3 - 2/24	4:00 - 5:00 pm
#68094	Fri	3/3 - 3/24	4:00 - 5:00 pm
#68095	Fri	4/7 - 4/28	4:00 - 5:00 pm
#68096	Fri	5/5 - 5/26	4:00 - 5:00 pm



Beginning Ukulele

Age 7-12

Join the four strings craze as you learn to tune, strum, and pluck a tune from the ukulele. Students learn basic concepts to read and make music on their own.

\$60 **\$40 optional Soprano Ukulele**

#68097	Thu	4/6 - 4/27	4:30 - 5:30 pm
#68098	Thu	5/4 - 5/25	4:30 - 5:30 pm



For Hot Hula See Page 35

A Glimpse of the Pacific for Youth/Teen/Adult

Age 7+

Get a glimpse of the Pacific. This class will offer a collection of Polynesian dances. Students will learn basic dance movements, featured dances and explore some traditions of the Polynesian culture, such as costume and implement making. Students may also have the opportunity to participate in performances.

Wackford Complex, Oak Ballroom \$25

Instructor: Maria Cisneros

Age 7 - 11

#68909	Thu	1/5 - 1/26	6:30 - 7:15 pm
#68910	Thu	2/2 - 2/23	6:30 - 7:15 pm
#68911	Thu	3/2 - 3/23	6:30 - 7:15 pm
#68912	Thu	3/30 - 4/27	6:30 - 7:15 pm
#68913	Thu	5/4 - 5/25	6:30 - 7:15 pm

Age 12+

#68914	Thu	1/5 - 1/26	7:20 - 8:35 pm
#68915	Thu	2/2 - 2/23	7:20 - 8:35 pm
#68916	Thu	3/2 - 3/23	7:20 - 8:35 pm
#68917	Thu	3/30 - 4/27	7:20 - 8:35 pm
#68918	Thu	5/4 - 5/25	7:20 - 8:35 pm



Dance Classes

Taught by Encore! Studio of Performing Arts staff
 These classes are designed as 'drop-off'.
 Call Encore Studio (916) 685-0931 for more info,
 dress code questions and where to buy dance shoes.
\$84

Ballet/Tap Combo

Age 4½ - 7

Class includes introduction for the young dancer to ballet and tap dancing. Class includes vocabulary and fun sing-a-long routines. *Dress Code: Girls wear pink all leather ballet shoes and black soft soled tap shoes, pink or white tights (with feet) and any color leotard. Boys wear black all leather ballet shoes and black soft soled oxford taps, and black shorts.*

Encore! Dance 9154 E. Stockton Blvd \$84

AGE 4 1/2-5 1/2

#68041	Sat	2/18 - 3/25	9:00 - 9:50 am
#68042	Sat	4/8 - 5/13	9:00 - 9:50 am

AGE 5 1/2-7

#68043	Mon	2/6 - 3/20*	5:00 - 5:50 pm
#68044	Mon	4/3 - 5/8	5:00 - 5:50 pm

AGE 6-8

#68045	Thu	2/16 - 3/23	5:00 - 5:50 pm
#68046	Thu	4/6 - 5/11	5:00 - 5:50 pm

Wackford Complex, Poppy Room A \$84

4 1/2-5 1/2

#68038	Tue	2/14 - 3/21	5:30 - 6:20 pm
#68040	Tue	4/4 - 5/9	5:30 - 6:20 pm

Wackford Complex, Poppy Room B \$84

AGE 4 1/2-5 1/2

#68039	Mon	4/3 - 5/8	4:00 - 4:50 pm
#68037	Mon	2/6 - 3/20	4:00 - 4:50 pm

*No Class 2/20

Club Hip Hop

Age 5 - 11

Class includes learning current styles, terms and techniques of Hip Hop & Funk. Lots of fun and energy in this class! Join us for the latest moves and grooves on the Hip Hop scene. *Dress Code: Comfortable loose clothing. Dance sneakers are recommended.*

Wackford Complex, Willow Room \$84

AGE 5-7

#68047	Mon	2/6 - 3/20*	4:30 - 5:15 pm
#68048	Mon	2/6 - 3/20*	5:30 - 6:15 pm
#68049	Mon	4/3 - 5/8	4:30 - 5:15 pm
#68050	Mon	4/3 - 5/8	5:30 - 6:15 pm

AGE 8-11

#68051	Mon	2/6 - 3/20*	6:30 - 7:15 pm
#68052	Mon	4/3 - 5/8	6:30 - 7:15 pm

*No Class 2/20

Beginning Hoop Dance for Youth

Age 7-12

Come and learn how to Hoop Dance! We will play games and learn tricks using hula-hoops while moving and grooving. Kids will leave class with a great feeling of accomplishment after nailing a new move. Hoops will be provided by the instructor for use in class. Hoops are available for purchase at spinityhoops.com

Wackford Complex, Poppy Room B \$45

Instructor: Kimberly Miller

#67770	Sat	1/7 - 1/28	10:00 - 11:00 am
#67771	Sat	2/4 - 2/25	10:00 - 11:00 am
#67772	Sat	3/4 - 3/25	10:00 - 11:00 am
#67773	Sat	4/1 - 4/22	10:00 - 11:00 am

Wackford Complex, Poppy Room B \$34

#67799	Sat	5/6 - 5/20	10:00 - 11:00 am
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Kids Self-Defense and Safety

Age 5 – 17

This course is designed to develop coordination, balance, attention span and basic self-defense movements in a fun structured environment. Instructor will cover different issues on safety. *Instructor's approval required for enrollment beyond White Belt.*

Wackford Complex, Poppy Room A \$35
Optional: \$30 uniform, \$10 belt advancement

Instructor: Mark Gothard

WHITE BELT: (AGE 5-13)

#67909	Sat	1/7 - 1/28	9:05 - 9:45 am
#67910	Sat	2/4 - 2/25	9:05 - 9:45 am
#67911	Sat	3/4 - 3/25	9:05 - 9:45 am
#67912	Sat	4/1 - 4/29	9:05 - 9:45 am
#67913	Sat	5/6 - 5/20	9:05 - 9:45 am

YELLOW BELT: (AGE 5-13)

#67914	Sat	1/7 - 1/28	9:50 - 10:30 am
#67915	Sat	2/4 - 2/25	9:50 - 10:30 am
#67916	Sat	3/4 - 3/25	9:50 - 10:30 am
#67917	Sat	4/1 - 4/29	9:50 - 10:30 am
#67918	Sat	5/6 - 5/20	9:50 - 10:30 am

ORANGE/PURPLE BELT (AGE 6-13)

#67919	Sat	1/7 - 1/28	10:45 - 11:25 am
#67920	Sat	2/4 - 2/25	10:45 - 11:25 am
#67921	Sat	3/4 - 3/25	10:45 - 11:25 am
#67922	Sat	4/1 - 4/29	10:45 - 11:25 am
#67923	Sat	5/6 - 5/20	10:45 - 11:25 am

GREEN BELT (AGE 8-17)

#67924	Sat	1/7 - 1/28	11:30 am - 12:10 pm
#67925	Sat	2/4 - 2/25	11:30 am - 12:10 pm
#67926	Sat	3/4 - 3/25	11:30 am - 12:10 pm
#67927	Sat	4/1 - 4/29	11:30 am - 12:10 pm
#67928	Sat	5/6 - 5/20	11:30 am - 12:10 pm

RED/BROWN/BLACK BELT (AGE 8-17)

#67929	Sat	1/7 - 1/28	12:15 - 12:55 pm
#67930	Sat	2/4 - 2/25	12:15 - 12:55 pm
#67931	Sat	3/4 - 3/25	12:15 - 12:55 pm
#67932	Sat	4/1 - 4/29	12:15 - 12:55 pm
#67933	Sat	5/6 - 5/20	12:15 - 12:55 pm

Junior Taekwondo

Age 7 – 13

Designed to promote muscular development, improve coordination and flexibility, and familiarize students with the fundamental Taekwondo exercises and techniques for self-defense skills. Non-competitive format, students advance on their individual abilities.

Laguna Town Hall, Room 2 \$45 uniform fee \$75

Instructor: Ronald Robinson

#67899	M,W	1/4 - 1/30*	6:30 - 7:15 pm
#67900	M,W	2/1 - 2/27*	6:30 - 7:15 pm
#67901	M,W	3/1 - 3/29	6:30 - 7:15 pm
#67902	M,W	4/3 - 4/26	6:30 - 7:15 pm
#67903	M,W	5/1 - 5/31*	6:30 - 7:15 pm

*No Class 5/29, 1/16, 2/20

Laguna Town Hall Class Room 2 \$35

WHITE BELT (AGE 5-13):

#68501	Tu	1/10 - 1/31	5:15 - 5:55 pm
#68502	Tu	2/7 - 2/28	5:15 - 5:50 pm
#68503	Tu	3/7 - 3/28	5:15 - 5:55 pm
#68504	Tu	4/4 - 4/25	5:15 - 5:55 pm
#68505	Tu	5/2 - 5/30	5:15 - 5:55 pm

Laguna Town Hall Class Room 2 \$35

YELLOW BELT (AGE 5-13):

#68507	Tu	1/10 - 1/31	6:00 - 6:40 pm
#68508	Tu	2/7 - 2/28	6:00 - 6:40 pm
#68509	Tu	3/7 - 3/28	6:00 - 6:40 pm
#68510	Tu	4/4 - 4/25	6:00 - 6:40 pm
#68511	Tu	5/2 - 5/30	6:00 - 6:40 pm

Karate

Age 6 – 14

Your child will learn a variety of martial art disciplines in a relaxed, structured program. Your child will learn honesty, integrity, loyalty, courtesy and have respect for themselves and others while building self-discipline and self-confidence. Learn about setting goals and how to achieve them.

Instructor: School of the Tiger staff, Jack Raderchak

Elk Grove Park, Pavilion \$55

Instructor: School of The Tiger Staff, Jack Raderchak

BEGINNING KARATE:

#67819	Tu, Th	1/3 - 1/31	5:30 - 6:30 pm
#67820	Tu, Thu	2/2 - 2/28	5:30 - 6:30 pm
#67821	Tu, Thu	3/2 - 3/30	5:30 - 6:30 pm
#67822	Tu, Th	4/4 - 4/27*	5:30 - 6:30 pm
#67823	Tu, Th	5/2 - 5/30	5:30 - 6:30 pm

INTERMEDIATE:

#67829	Tu, Th	1/3 - 1/31	6:30 - 7:30 pm
#67830	Tu, Thu	2/2 - 2/28	6:30 - 7:30 pm
#67831	Tu, Thu	3/2 - 3/30	6:30 - 7:30 pm
#67832	Tu, Th	4/4 - 4/27*	6:30 - 7:30 pm
#67833	Tu, Th	5/2 - 5/30	6:30 - 7:30 pm

Wackford Complex, Oak Ballroom \$55

BEGINNING:

#67814	M,W	1/4 - 1/30*	5:00 - 6:00 pm
#67815	M,W	2/1 - 2/27*	5:00 - 6:00 pm
#67816	M,W	3/1 - 3/29	5:00 - 6:00 pm
#67817	M,W	4/3 - 4/26	5:00 - 6:00 pm
#67818	M,W	5/1 - 5/31*	5:00 - 6:00 pm

INTERMEDIATE:

#67824	M,W	1/4 - 1/30*	6:00 - 7:00 pm
#67825	M,W	2/1 - 2/27*	6:00 - 7:00 pm
#67826	M,W	3/1 - 3/29	6:00 - 7:00 pm
#67827	M,W	4/3 - 4/26	6:00 - 7:00 pm
#67828	M,W	5/1 - 5/31*	6:00 - 7:00 pm

*No Class 1/16, 2/20, 4/11, 5/10, 5/29

Kids Jeet Kune Do

Age 6 – 12

Come learn the martial art that Bruce Lee developed. This class focuses on discipline, respect, self-defense, confidence, fitness, and fun. Bring water bottle and wear shoes. Instructor's approval is required for enrollment in the intermediate classes.

Wackford Complex, Poppy Room A \$45

Instructor: Shannon Newman

BEGINNER:

#67750	M,W	1/4 - 1/30*	5:45 - 6:25 pm
#67751	M,W	2/1 - 2/27*	5:45 - 6:25 pm
#67752	M,W	3/1 - 3/29	5:45 - 6:25 pm
#67753	M,W	4/3 - 4/26	5:45 - 6:25 pm
#67754	M,W	5/1 - 5/31*	5:45 - 6:25 pm

*No Class 5/29

INTERMEDIATE:

#67755	M,W	1/4 - 1/30*	6:30 - 7:10 pm
#67756	M,W	2/1 - 2/27*	6:30 - 7:10 pm
#67757	M,W	3/1 - 3/29	6:30 - 7:10 pm
#67758	M,W	4/3 - 4/26	6:30 - 7:10 pm
#67759	M,W	5/1 - 5/31*	6:30 - 7:10 pm

*No Class 1/16, 2/20, 5/29

Pre-Basic Gym

Age 6 – 7

Children learn beginning tumbling, balance beam, vault, and trampoline

Elevate Gym 3132 Dwight Road, Suite 100 \$70

Taught by Elevate Gymnastics Academy staff

#68158		1/24-2/28	3:30-4:15
#68159		1/27-3/3	5:30-6:15
#68160		3/7-4/11	3:30-4:15
#68161		3/10-4/14	5:30-6:15
#68162		5/2-6/6	3:30-4:15
#68163		5/5-6/9	5:30-6:15

Basic Gym

Age 8 – 11

Designed to develop coordination and teach beginning tumbling, vault, bars, beam and trampoline.

Elevate Gym 3132 Dwight Road, Suite 100 \$70

Taught by Elevate Gymnastics Academy staff

#68176	Wed	1/25 - 3/1	5:30 - 6:15 pm
#68177	Fri	1/27 - 3/3	4:30 - 5:15 pm
#68178	Wed	3/8 - 4/12	5:30 - 6:15 pm
#68179	Fri	3/10 - 4/14	4:30 - 5:15 pm
#68180	Wed	5/3 - 6/7	5:30 - 6:15 pm
#68181	Fri	5/5 - 6/9	4:30 - 5:15 pm



The First Tee

Age 5-18

The First Tee program teaches boys and girls how to golf, and also to improve healthy habits, self-esteem, and understanding The Nine Core Values: honesty, courtesy, sportsmanship, respect, integrity, judgement, confidence, perseverance and responsibility.

Emerald Lakes Golf Course \$195
10651 E. Stockton Blvd

Age 5-12
#68987 Tu,Th 3/21 - 5/18 3:30 - 5:00 pm

Age 13-18
#68987 W,F 3/22 - 5/19 3:30 - 5:00 pm

Age 8-18, The Junior Tour \$145
#69538 Sun 3/26 - 5/21 11:00 am

Tennis Classes with USPTA Kenny Pack

Please bring your own racket.

QuickStart Tennis

Age 6-12

A format designed to allow kids of all levels to learn and play tennis in an EASY and FUN way. Equipment and courts are scaled down to the size of the child. This means playing on smaller courts with lower nets and using age appropriate equipment such as smaller rackets and lower bouncing balls. Learn the game, be on a team with your friends, and have a great time.

Miwok Park, Tennis Court \$125

AGES 6-8
#67810 Sat 4/8 - 5/20* 9:00 - 10:30 am

AGES 9-12
#67811 Sat 4/8 - 5/20* 10:45 am - 12:15 pm
*No Class 4/29

QuickStart Tennis Tournament

Age 6-12

Sign up to put your tennis skills to the test in a tournament atmosphere competing against players of the same age group and level.

Miwok Park, Tennis Court \$15

AGES 6-8
#67812 Sat 6/3 9:00 - 11:00 am

AGES 9-12
#67813 Sat 6/3 12:00 - 2:00 pm

Youth Tennis Fundamentals

Age 7-12

Instructor's approval required before enrolling into Advanced Beginning course.

Work on stroke technique of the following: forehand, backhand, serve, serve return, volley, and scoring. Players will establish skills that allow them to cooperatively rally and practice with each other.

BEGINNING Laguna Town Hall, Reception Hall \$65

#67788 Thu 2/2 - 2/23 4:30 - 5:30 pm
#67789 Tue 2/7 - 2/28 3:30 - 4:30 pm
#67790 Tue 3/7 - 3/28 3:30 - 4:30 pm
#67792 Thu 3/9 - 3/30 4:30 - 5:30 pm

Miwok Park, Tennis Court \$65

#67793 Tue 4/4 - 5/2* 3:30 - 4:30 pm
#67794 Wed 4/5 - 5/3* 4:30 - 5:30 pm
#67795 Thu 4/6 - 5/4* 4:30 - 5:30 pm
#67796 Tue 5/9 - 5/30 3:30 - 4:30 pm
#67797 Wed 5/10 - 5/31 4:30 - 5:30 pm
#67798 Thu 5/11 - 6/1 4:30 - 5:30 pm

ADVANCED BEGINNING Laguna Town Hall, Reception Hall \$65

#67800 Tue 2/7 - 2/28 4:30 - 5:30 pm
#67801 Tue 3/7 - 3/28 4:30 - 5:30 pm

Miwok Park, Tennis Court \$65

#67802 Tue 4/4 - 5/2* 4:30 - 5:30 pm
#67803 Tue 5/9 - 5/30 4:30 - 5:30 pm

*No Class 4/25, 4/26, 4/27

Power Hour with Kids Unplugged NEW

Age 7-10

In this hour long class kids will be doing body weight activities using their arms, legs, core, back - you name it and we will use it. We will exercise to strengthen muscles by just using you and your energy - no equipment necessary! We want to teach you how to take care of your muscles in the best way possible, so each hour will include 15 minutes of cool-down stretching and reflection.

Kids Unplugged \$55

Kia Fit Gym, 2521 W. Taron Ct.

Instructor: Natasha Barron

#68118 Thu 1/5 - 1/26 4:30 - 5:30 pm
#68119 Thu 2/2 - 2/23 4:30 - 5:30 pm
#68120 Thu 3/2 - 3/23 4:30 - 5:30 pm
#68121 Thu 4/6 - 4/27 4:30 - 5:30 pm
#68122 Thu 5/4 - 5/25 4:30 - 5:30 pm



Jedi Master Engineering LEGO®

Age 7-11

The Force Awakens in this advanced engineering camp for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO X-Wings, AT-AT walkers, Pod Racers, and other complex machines and structures from a galaxy far, far away. This class is not affiliated with the LEGO® Group.

Wackford Complex, Willow Room \$115

Instructor: Play-Well TEKologies Staff
#68623 Thu 4/20 - 5/18 4:00 - 5:30 pm



Science Classes

Age 6-12
Taught by Mad Science staff

Fantastic Forces & Flight

Age 6-12

In this exciting hands-on class you will play engineer, chemist and stunt pilot. You will be shocked by what you learn about electricity, be blown away by experiments with air pressure, and get swept away in the excitement of working with water waves!

Wackford Complex, Willow Room \$95

#67954 Tue 2/7 - 3/14 4:30 - 5:30 pm

Whodunit?

Age 6-12

Step into the shoes of a detective and uncover the science involved in evidence collection and analysis. Become a crime sleuth developing your skills of observation and lab techniques. Make sense of crime scene evidence and figure out 'Whodunit'. Experiment with cool spy equipment and secret techniques to complete successful missions.

Wackford Complex, Willow Room \$95

Instructor: Mad Science Staff
#67956 Tue 4/25 - 5/30 4:30 - 5:30 pm



Camp FitWeight

Age 5-11

A day camp designed for kids to learn about healthy ways to eat better and be more active. The children will be doing hands-on activities, making healthy snacks, and discovering fun ways to be more active. Some of the topics covered are avoiding sugary drinks and foods, the healthy plate, portion size, label reading, physical activity, and goal setting.

Wackford Complex, Poppy Room B \$125

Instructor: Lisa Edwards
#68060 M-F 4/10 - 4/14 8:30 am - 12:30 pm

California Chess Academy

Age 5-12

Develop your understanding of the king of games. Perfect for beginners and those looking to improve their skills. Chess is fun and exciting with benefits that go far beyond the board itself. No previous knowledge of chess required.

Laguna Town Hall, Class Room 1 \$70

Instructor: Charlotte Bill
CHESS ACADEMY
#68057 Wed 2/1 - 2/22 4:00 - 5:00 pm
#68058 Wed 3/1 - 3/22 4:00 - 5:00 pm

Comedy/Improv/ Stand Up Comedy for Kids and Teens

Age 6-12

Calling all performers! Learn Stand-Up Comedy with a professional as you overcome stage fright, tap into your sense of humor, write and present skits. Develop confidence in your presentation, improvisation, spontaneous thinking skills as you boldly perform in front of any given audience! Final in-class performance for family and friends.

Wackford Complex, Willow Room \$80

Instructor: Michelle Silveira-Iniguez

AGE 6-12

#68053	Tue	1/3 - 1/31	5:00 - 6:00 pm
#68054	Tue	3/21 - 4/18	5:00 - 6:00 pm

AGE 13-17

#68055	Tue	1/3 - 1/31	6:15 - 7:15 pm
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AGE 13-17

#68056	Tue	3/21 - 4/18	6:15 - 7:15 pm
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Magic Do You Believe? (Beginners)

Age 8-14

Learn classical magic to amaze your friends and family! Workshops are presented by the Magician's Circle of Elk Grove Magic Club.

**Wackford Complex, Poppy Room A \$30
\$5 supply fee**

Instructor: Magician's Circle of Elk Grove Staff

#68081	Thu	3/23	5:00 - 6:30 pm
#68082	Thu	4/27	5:00 - 6:30 pm
#68083	Thu	5/18	5:00 - 6:30 pm

Bike Class Dirt Jumping & Basic Pump Tracking

Age 4+

This class will introduce beginners and experienced riders to the BMX Park and aid them in advancing their abilities. Presented in partnership with the Elk Grove Bike Shop.

**Alert: Participants must bring a bike, helmet and wear tennis shoes.*

Bike Park Elk Grove Regional Park \$10

Instructor: Elk Grove Bike Shop Staff

#67883	Start Date: 3/25	9:00 - 10:00 am
#67884	Start Date: 4/29	9:00 - 10:00 am



Chocolate Fun for Kids

Age 7-12

Learn to make numerous delicious chocolate recipes including chocolate covered caramel pretzels, giant marshmallow s'mores and more. Learn candy making tips, storage, packing tricks and the best online and local places to purchase supplies. Take home lots of treats and recipes. (projects vary by the season)

**Wackford Complex, Kitchen \$25
\$15 supply fee**

Instructor: Heather Saldivar

#67943	Wed	2/8	6:00 - 8:00 pm
#67944	Wed	3/22	6:00 - 8:00 pm
#67945	Wed	5/3	6:00 - 8:00 pm

Cooking for Kids

Age 8-13

Focus on the basics of cooking: functional use of measuring implements, safe use of the stove, correct food storage, and healthy food handling. Class concludes with a meal prepared by participants.

**Wackford Complex, Kitchen \$25
\$15 supply fee**

Instructor: Liza Kilgariff

FUN WITH CHICKEN NUGGETS

#68066	Wed	1/25	5:30 - 7:30 pm
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ITALIAN

#68067	Wed	2/22	5:30 - 7:30 pm
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CHINESE

#68068	Wed	3/29	5:30 - 7:30 pm
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SALADS FOR DINNER

#68069	Wed	4/26	5:30 - 7:30 pm
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5 INGREDIENT DINNERS

#68070	Wed	5/24	5:30 - 7:30 pm
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Gourmet Caramel Apples for Kids

Age 7-12

In this two hour, hands on workshop, students will learn to make a variety of decadent chocolate and caramel covered apples using various techniques. Learn the tricks of apple preparation, where to purchase materials and the secrets of making enough for a party for a whole lot less! Everyone goes home with lots to share.

**Wackford Complex, Kitchen \$35
\$15 supply fee**

Instructor: Heather Saldivar

#67949	Mon	4/10	6:00 - 8:00 pm
#67950	Mon	5/22	6:00 - 8:00 pm

Kids Cooking Camp

Age 8-13

Join this culinary camp where children will prepare and eat a variety of healthy, delicious meal selections daily. Focus will be on sanitary practices and safety as they learn about basic kitchen skills including cutting, mixing, measuring, etc. They will use the ovens, stove top, and a variety of tools to prepare dishes.

**Wackford Complex, Kitchen \$145
\$60 supply fee**

Instructor: Liza Kilgariff

#68063	M-F	4/10 - 4/14	9:00 - 11:30 am
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BASKETBALL

LEAGUES



Register for Winter-Spring League Now!

Cost: \$125 through 1/22. Beginning 1/23, late registration if space available \$135.

Age 5 – 12

Jr. NBA teaches players the fundamentals of basketball, good sportsmanship and teamwork in a fun, recreational environment. In this league, all players receive a Jr. NBA jersey, team and individual picture, and a trophy. Includes 7 practices and 8 league games.

Wackford Complex – D3-D4, Pinkerton School – D2, Harriet Eddy School – D1

W/S SEASON: 2/11/17 – 5/13/17*

Player Clinic Day: 2/11 (about 1½ hrs)

DIV 4: Age 5–6, N/A

DIV 3: Age 7–8, 1 pm, WCAC

DIV 2: Age 9–10, 3 pm, WCAC

DIV 1: Age 11–12, 12 pm, Eddy

Coaches Orientation: 2/11

Practices: 2/18 and 2/25

Picture Day: 3/11 WCAC

Games begin: 3/18, between 9 am – 8 pm

*No games 4/15

SUMMER SEASON: 6/3/17 – 8/26/17*

Player Clinic Day: 6/3 (about 1½ hrs)

DIV 4: Age 5–6, N/A

DIV 3: Age 7–8, 1 pm, WCAC

DIV 2: Age 9–10, 3 pm, WCAC

DIV 1: Age 11–12, 12 pm, Eddy

Coaches Orientation: 6/3

Practices: 6/10 and 6/17

Picture Day: 6/24 WCAC

Games begin: 7/8

*No games 7/1



Register for Winter-Spring League Now!

Cost: \$125 through 1/22. Beginning 1/23, late registration if space available \$135.

Age 7–12

Grab a friend and join the fun. Learn the fundamentals of basketball, good sportsmanship, and teamwork. All players will receive jersey, team and individual picture and a trophy. Players must be 7 years old by player clinic day. Play includes 7 practices and 8 games.

Harriet Eddy School – D1, Pinkerton School – D2

W/S SEASON: 2/11/17 – 5/13/17*

Player Clinic Day: 2/11 (about 1½ hrs)

DIV 2: Age 7–9, 11 am, WCAC

DIV 1: Age 10–12, 2 pm, Eddy

Coaches Orientation: 2/11

Practices: 2/18 and 2/25

Picture Day: 3/11 WCAC

Games begin: 3/18

*No games 4/15

SUMMER SEASON: 6/3/17 – 8/26/17*

Player Clinic Day: 6/3 (about 1½ hrs)

DIV 2: Age 7–9, 11 am, WCAC

DIV 1: Age 10–12, 2 pm, Eddy

Coaches Orientation: 6/3

Practices: 6/10 and 6/17

Picture Day: 6/24 WCAC

Games begin: 7/8, between 9 am – 8 pm

*No games 7/1



The CSD thanks the following T-ball league PRESENTING Sponsors:



If your team would like to Sponsor the T-ball 2017 season call (916) 405-5303.



Pee Wee Soccer League

Age 3 – 6

Teaches children the FUNdamentals of soccer, good sportsmanship and team work all in a participation-based, recreational environment. Boys and girls play on the same team. Members are often grouped by school of attendance. Practices begin in May with day and time to be determined by the coach. No score is kept and FUN is the focus. The "Soccer Tribune," a newsletter detailing important dates, team assignments and photo day info, will be available at registration.



SEASON: 6/3/17 – 7/29/17*

Coaches Orientation: 5/9

Picture day: 5/20

Games begin: 6/3

Locations: Laguna Community Park & Morse Park

*No games 7/1

Registration Starts: 3/6

Cost: \$115 through 4/30. Beginning 5/1, late registration if space available \$125.

T-ball League

March 4 – May 6, 2017

New Special Request
Deadline: Dec 12th

Must be 3½ by picture day. (NO EXCEPTIONS)



Boys and girls play on the same teams.

Practices begin in March with locations, day, and time determined by the coach.

All players field and bat each inning and no score or outs are kept. All leagues will advance to coach pitch. The *T-ball Tribune*, a newsletter detailing important dates, team assignments, and picture day, is available at registration.

Registration

Registration began October 31. \$110 by mail or in person through 1/29. Beginning 1/30, late registration if space is available—\$120. Registration packet required.

Important Dates

Coaches Meeting: 2/11
Parent Info Meeting: 2/18 at Wackford
3½–4 Division 9–10 am
5–6 Division 10:30–11:00am
Picture Day: 3/4 at Wackford Gym
Games Begin: 3/11

Amundson Park

Age 3½–4 #65749
Age 5–6 #65752

Morse Park

Age 3½–4 #65750
Age 5–6 #65753

Laguna Community Park

Age 3½–4 #65751
Age 5–6 #65754



Force Volleyball Training Team

Age 7–12

Learn passing, setting, hitting and serving with the Force Volleyball Club coaches. Class will focus on training the basics of the game for girls and boys who have little or no experience. Aspects of serve/receive and team defense will be covered towards the end of each session.

Wackford Complex, Gym **\$100**

Instructor: Kristen Williams
#68589 M,W 2/27–3/27 3:45–4:45 pm
#68590 M,W 4/10–5/8 3:45–4:45 pm



Rookie T-Ball Clinic

Age 3–6, Must be 3 by September 5, 2016

Designed to prepare players to participate in the upcoming T-Ball league. Learn the fundamentals of baseball including proper throwing, catching and hitting mechanics, catching fly balls, fielding ground balls, and base running. Wear your tennis shoes and bring your mitt and hat. Fee includes a camp t-shirt.

Wackford Complex, Gym **\$48**

Instructor: CSD staff w/ Franklin High baseball team
#65747 Sat 1/28–2/11 8:00–9:00 am
#65748 Sat 1/28–2/11 9:00–10:00 am

Mommy/Daddy & Me Soccer

NEW

KIDZ LOVE SOCCER

Age 2–3

Introduce your toddler to the world's most popular game! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! All kids receive a Kidz Love Soccer jersey!

Wackford Complex, Gym **\$71**

Instructor: Kidz Love Soccer Staff
#68619 Tue 1/10–2/14 10:00–10:30 am
#68621 Wed 2/15–3/22 5:00–5:30 pm
#68620 Tue 3/21–4/25 10:00–10:30 am

No special equipment is required for Mommy/Daddy & Me Soccer. Shorts, t-shirt and tennis shoes are fine. Jerseys are included in the registration fee, they are handed out on the 3rd or 4th week of the session.

Outdoor Pee Wee Soccer

Age 3–6

Introduce your child to the world of sports through a non-competitive soccer skills clinic. Instruction will encourage age-appropriate activities while teaching socialization, team work, and gross motor skills. This class will provide a fun and positive interaction in a nurturing environment. Parents are encouraged to participate with their child.

Miwok Park, Soccer Field

Instructor: Local youth soccer coaches

AGE 3-4: **\$42**

#68540 Tue 4/18–5/16 5:15–5:45 pm
#68542 Wed 4/19–5/17 5:15–5:45 pm
#68544 Thu 4/20–5/18 5:15–5:45 pm

AGE 5-6: **\$62**

#68539 Tue 4/18–5/16 5:45–6:30 pm
#68541 Wed 4/19–5/17 5:45–6:30 pm
#68543 Thu 4/20–5/18 5:45–6:30 pm

Soccer Skills and Drills

Age 7–12

Get in shape for the soccer season! Participants will develop skills and techniques in shooting, dribbling and passing. Class will stress team strategies. Please bring a water bottle. Shin guards are required.

Miwok Park Soccer **\$79**

Instructor: Local youth soccer coaches
#68545 Tu,Thu 4/18–5/18 6:30–7:30 pm



Pee Wee Basketball

Age 3 – 6
Putting the FUN back into fundamentals! Children will be introduced to the basics through a variety of high energy drills while focusing on socialization, teamwork and gross motor skills. Please wear appropriate shoes.

Wackford Complex, Gym \$42

AGE 3-4:

#68514	Tue	1/10 - 2/7	5:00 - 5:30 pm
#68521	Tue	1/10 - 2/7	5:30 - 6:00 pm
#68526	Wed	1/11 - 2/8	10:00 - 10:30 am
#68515	Wed	1/11 - 2/8	10:30 - 11:00 am
#68513	Thu	1/12 - 2/9	5:00 - 5:30 pm
#68523	Thu	1/12 - 2/9	5:30 - 6:00 pm
#68520	Tue	2/14 - 3/14	10:00 - 10:30 am
#68512	Tue	2/14 - 3/14	10:30 - 11:00 am
#68528	Thu	2/16 - 3/16	5:00 - 5:30 pm
#68518	Thu	2/16 - 3/16	5:30 - 6:00 pm
#68516	Tue	2/21 - 3/21	5:00 - 5:30 pm
#68517	Tue	2/21 - 3/21	5:30 - 6:00 pm
#68519	Sat	3/11 - 4/8	9:00 - 9:30 am
#68537	Wed	3/22 - 4/19	10:00 - 10:30 am
#68538	Wed	3/22 - 4/19	10:30 - 11:00 am
#68534	Thu	3/23 - 4/20	5:00 - 5:30 pm
#68533	Thu	3/23 - 4/20	5:30 - 6:00 pm
#68531	Tue	3/28 - 4/25	5:00 - 5:30 pm
#68530	Tue	3/28 - 4/25	5:30 - 6:00 pm
#68525	Sat	4/22 - 5/13**	9:00 - 9:30 am
#68536	Sat	6/3 - 7/8*	9:00 - 9:30 am

*No Class 7/1 **4 Week Prorate

AGE 5-6: \$62

#68522	Tue	1/10 - 2/7	6:00 - 6:45 pm
#68524	Thu	1/12 - 2/9	6:00 - 6:45 pm
#68529	Thu	2/16 - 3/16	6:00 - 6:45 pm
#68527	Tue	2/21 - 3/21	6:00 - 6:45 pm
#68535	Thu	3/23 - 4/20	6:00 - 6:45 pm
#68532	Tue	3/28 - 4/25	6:00 - 6:45 pm

After School Basketball Camp

Age 7-12
Venture into the world of basketball through this camp that teaches the fundamentals through both team and individual drills focusing on offensive and defensive concepts, shooting, passing, ball handling and agility footwork. Please wear basketball court shoes and comfortable clothing.

Wackford Complex, Gym \$70

#68584	Tu,Th	1/10 - 2/2	3:45 - 4:45 pm
#68585	Tu,Th	2/7 - 3/2	3:45 - 4:45 pm
#68586	Tu,Th	3/14 - 4/6	3:45 - 4:45 pm
#68587	Tu,Th	4/18 - 5/18	3:45 - 4:45 pm

Looking for things to do with your child?



Tu/W/Th (year-round*) 11:30-1:30 pm
*Closed 6/20 - 8/3; 11/23
Last day is 12/7/17

Age 6 and under
This supervised, non-instructional play time is the answer. Parents are required to stay and participate. Register at the door. Free for toddlers under age 1.
Wackford Complex, Gym
\$3/visit or \$27/10-visit punch pass

Baby Area • TriCYCLES
TUMBLING Mats & TUNNELS • HULA HOOPS • HOPPY BALLS

Indoor Pee Wee Soccer

Age 3 – 6
Introduce your child to the world of soccer where he or she will learn the basic fundamentals. Instruction will encourage age-appropriate activities while teaching socialization, team work, and gross motor skills. Please wear athletic shoes (no cleats allowed).

Wackford Complex, Gym \$42

AGE 3-4:

#68579	Tue	1/10 - 2/7	10:30 - 11:00 am
#68923	Wed	1/11 - 2/8	5:00 - 5:30 pm
#68571	Wed	1/11 - 2/8	5:30 - 6:00 pm
#68926	Fri	1/13 - 2/10	5:00 - 5:30 pm
#68575	Fri	1/13 - 2/10	5:30 - 6:00 pm
#68564	Wed	2/15 - 3/15	10:30 - 11:00 am
#68567	Wed	2/15 - 3/15	5:30 - 6:00 pm
#68927	Fri	2/17 - 3/17	5:00 - 5:30 pm
#68568	Fri	2/17 - 3/17	5:30 - 6:00 pm
#68574	Tue	3/21 - 4/18	10:30 - 11:00 am
#68928	Fri	3/24 - 4/21***	5:00 - 5:30 pm
#68566	Fri	3/24 - 4/21***	5:30 - 6:00 pm
#68925	Wed	3/29 - 4/26	5:00 - 5:30 pm
#68570	Wed	3/29 - 4/26	5:30 - 6:00 pm

*No Class 4/14 **4 Week Prorate

AGE 5-6: \$62

#68572	Wed	1/11 - 2/8	6:00 - 6:45 pm
#68576	Fri	1/13 - 2/10	6:00 - 6:45 pm
#68573	Wed	2/15 - 3/15	6:00 - 6:45 pm
#68569	Fri	2/17 - 3/17	6:00 - 6:45 pm
#68588	Fri	3/24 - 4/21***	6:00 - 6:45 pm
#68577	Wed	3/29 - 4/26	6:00 - 6:45 pm

*No Class 4/14 **4 Week Prorate



Billy Bounce Basketball



Age 5-10
Focus on fun while learning the basics in an enthusiastic environment. Participants will receive a Billy Bounce basketball and T-Shirt while preparing for the next Jr. NBA/She's Got Game season.

Wackford Complex, Gym \$80

AGE 5-7

#68580	Sun	2/19 - 4/9	9:00 - 9:45 am
#68582	Sun	4/23 - 6/25*	9:00 - 9:45 am

AGE 8-10

#68581	Sun	2/19 - 4/9	10:00 - 10:45 am
#68583	Sun	4/23 - 6/25*	10:00 - 10:45 am

*No Class 5/14, 5/28

All classes require parent/guarding to accompany to teen to first class and sign a Hold Harmless Form prior to participation. Supply fees are payable to the instructor at the first class.



Teen CPR/AED & First Aid

Age 11–17

Teen CPR/AED and First Aid class will cover adult, child and infant CPR/AED and basic first aid (2-year certifications). The class will include instruction on choke rescue, CPR/AED, what to do in an emergency, bleeding, burns, shock, sudden illness, and heat/cold emergencies. Please bring a sack lunch.

Wackford Complex, Willow Room **\$45**
\$20 supply fee

Instructor: Donald P. Morgan

#67524	Sat	2/4	9:00 am - 4:00 pm
#67525	Sat	4/8	9:00 am - 4:00 pm
#67526	Sat	5/20	9:00 am - 4:00 pm

Certified Babysitting

Age 11–16

Emphasizes skill development in leadership, decision making, safe play, basic childcare, first aid, and professionalism. Learn to evaluate and avoid hazardous situations. Participants must attend all class hours to receive a babysitting certificate. Training manual included. Bring a lunch.

Wackford Complex, Willow Room **\$40**
\$15 supply fee

Instructor: Donald P. Morgan

#67527	Sat	1/21	9:00 am - 2:00 pm
#67528	Sat	3/11	9:00 am - 2:00 pm
#67529	Sat	4/22	9:00 am - 2:00 pm

Guitar for Teens/Adults

Age 13+

Learn the basics of guitar playing. Students will learn how to read music and play basic chords with fun, popular songs. Students must provide their own guitar.

Wackford Complex, Willow Room **\$80**
\$10 supply fee

Instructor: Steve Dunne

LEVEL 1:			
#68003	Wed	1/11 - 2/15	7:30 - 8:30 pm
#68004	Wed	4/19 - 5/24	7:30 - 8:30 pm
LEVEL 2:			
#68005	Wed	3/1 - 4/5	7:30 - 8:30 pm



Piano Lessons with Simply Music

Age 13+

A piano program that has beginning students playing great sounding pop, blues, classical and accompaniment pieces from their first group lessons. This unique 'playing-based' approach produces unprecedented results.

Laguna Town Hall, Room 1 **\$150**
\$35 supply fee

Instructor: Sharissa Delgado

LEVEL 1:			
#68010	Mon	1/23 - 3/20*	6:30 - 7:20 pm
LEVEL 2:			
#68011	Mon	4/3 - 5/22	6:30 - 7:20 pm
*No Class 2/20			

Teens on Canvas

Age 13–17

We will tackle how to use acrylic paints; learning to blend, layer, and mix paint to create works of art. A sample painting will be provided by the instructor and participants will recreate the painting using step by step methods and adding their own twist. Individual creativity is welcomed and celebrated. This is an introductory acrylic painting course for beginner level students, no previous art experience is required.

Wackford Complex, Poppy Room B **\$65**

Instructor: Nancy Quiaoit

TEENS ON CANVAS			
#67981	Tue	1/10 - 1/31	7:00 - 8:00 pm
#67982	Tue	2/7 - 2/28	7:00 - 8:00 pm
#67983	Tue	3/7 - 3/28	7:00 - 8:00 pm
#67984	Tue	4/4 - 4/25	7:00 - 8:00 pm
#67985	Tue	5/2 - 5/23	7:00 - 8:00 pm

Chocolate Fun for Teens

Age 12–17

Learn to make numerous delicious chocolate recipes including chocolate covered caramel pretzels, giant marshmallow s'mores and more. Learn candy making tips, storage, packing tricks and the best online and local places to purchase supplies. Take home lots of treats and recipes.

Wackford Complex, Kitchen **\$25**
\$15 supply fee

Instructor: Heather Saldivar

#67947	Wed	3/1	6:00 - 8:00 pm
#67948	Wed	4/19	6:00 - 8:00 pm

Teen Cooking Camp

Age 13–17

Join this culinary camp where each day participants will prepare and eat a variety of healthy, delicious meal selections. Focus will be on sanitary practices and safety as they learn about basic kitchen skills including cutting, mixing, measuring, etc. They will use the ovens, stove top, as well as a variety of kitchen tools to prepare dishes.

Wackford Complex, Kitchen **\$145**
\$60 supply fee

Instructor: Liza Kilgariff

#68065	M-F	4/10 - 4/14	1:00 - 3:30 pm
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Cooking for Teens

Age 13–17

This class focuses on the basics of cooking. Teens will learn functional use of measuring implements, safe use of the stove, and correct food storage. They'll learn about healthy food handling, and conclude with a meal that they have prepared. Menu information available online at www.thegoldengourmet.com

Wackford Complex, Kitchen **\$25**
\$15 supply fee

Instructor: Liza Kilgariff

FUN WITH CHICKEN NUGGETS			
#68071	Thu	1/26	5:30 - 7:30 pm
ITALIAN			
#68072	Thu	2/23	5:30 - 7:30 pm
CHINESE			
#68073	Thu	3/30	5:30 - 7:30 pm
SALADS FOR DINNER			
#68074	Thu	4/27	5:30 - 7:30 pm
5 INGREDIENT DINNERS			
#68075	Thu	5/25	5:30 - 7:30 pm

All classes require parent/guarding to accompany to teen to first class and sign a Hold Harmless Form prior to participation. Supply fees are payable to the instructor at the first class.

Cosumnes CSD: Parks & Recreation Department | Making Lives Better!



Teen Tennis with USPTA Kenny Pack

Age 13-18
Miwok Park, Tennis Court
\$65

Tennis Fundamentals

Learn skills that include gripping, stance, footwork, back swing, point of contact, follow through and toss. Participants will work on stroke technique, tactics, and strategies of one of the following: forehand, backhand, serve, volley, lob, and overhead. Students must bring their own racket.

#67804 Wed 4/5 - 5/3* 5:30 - 6:30 pm
#67805 Wed 5/10 - 5/31 5:30 - 6:30 pm
*No Class 4/26

Advanced Teen Tennis

Instructor's approval required before enrolling in this course.

Bring your tennis game to the next level. Develop depth and consistency from all areas of the court on the forehand and backhand, serving, return service, volleys, lobs, and overheads. Learn strategy and tactics including putting speed and spin on the ball.

#67806 Thu 4/6 - 5/4* 5:30 - 6:30 pm
#67807 Thu 5/11 - 6/1 5:30 - 6:30 pm
*No Class 4/27

Driver Education

Age 15-17
Taught by All Good Driving School, Inc. staff
A California-required course for teens to receive a driver's license. It is the first step to receive a driver's permit. Classes do not include behind-the-wheel driving.

Driver Education Online

This program is highly interactive, fun and educational. All work completed on-line with immediate test results. This course can be worked on at any time until completed. DMV-accepted certificate received when course is passed. You will receive a confirmation e-mail from All Good Driving School within 72 hours with directions on how to proceed. There are no refunds once registered.

Internet \$40

Call 405-5600 to register or yourcsd.com.

Driver Education

The instructors use a variety of teaching styles to entertain and engage all different types of learners. Bring a sack lunch, pen and paper to class. Class must be completed in its entirety to receive a DMV-accepted completion certificate.

Wackford Complex, Willow Room \$99

#67520 M-Th 4/10 - 4/13 9:00 am - 4:00 pm



School of the Tiger

Taught by School of the Tiger staff
www.schoolofthetiger.com

Self Defense for Women

Age 16+
Provides women the tools to be safe in today's environment. Subjects to be covered are awareness, weapons, escapes, strikes, takedowns and how not to become a target.

Wackford Complex, Poppy Room B \$25

#67614 Mon 2/13 7:00 - 9:00 pm
#67615 Mon 4/3 7:00 - 9:00 pm
#67616 Mon 5/8 7:00 - 9:00 pm

Jujitsu for Teens/Adults

Age 13+
Learn a combination of strikes, take-downs and grappling techniques that are used in today's full contact and mixed martial arts competitions. Build strength, stamina, ability and confidence. Earn black belts in Aiki Jujitsu and Kyokushin Karate.

Wackford Complex, \$55

Valley Oak Ballroom \$75 optional uniform

#67844 M,W 1/4 - 1/30* 7:00 - 8:00 pm
#67845 M,W 2/1 - 2/27* 7:00 - 8:00 pm
#67846 M,W 3/1 - 3/29 7:00 - 8:00 pm
#67847 M,W 4/3 - 4/26 7:00 - 8:00 pm
#67848 M,W 5/1 - 5/31* 7:00 - 8:00 pm
*No Class 1/16, 2/20, 5/10, 5/29

Teen/Adult Karate

Age 13+
Designed for teens, young adults and parents. Participate in a style of martial arts that promotes a strong bond through achieving mutual goals. Work with your son, daughter, husband, wife or with fellow students learning both Jujitsu and Karate. Practice together, learn together, achieve together.

Pavilion \$55
\$35 optional supply fee

Instructor: School of The Tiger Staff, Jack Raderchak
#67839 Tu, Th 1/3 - 1/31 6:30 - 7:30 pm
#67840 Tu, Th 2/2 - 2/28 6:30 - 7:30 pm
#67841 Tu, Th 3/2 - 3/30 6:30 - 7:30 pm
#67842 Tu, Th 4/4 - 4/27* 6:30 - 7:30 pm
#67843 Tu, Th 5/2 - 5/30 6:30 - 7:30 pm

Wackford Complex, \$55
Oak Ballroom \$35 optional supply fee

#67834 M,W 1/4 - 1/30* 6:00 - 7:00 pm
#67835 M,W 2/1 - 2/27* 6:00 - 7:00 pm
#67836 M,W 3/1 - 3/29 6:00 - 7:00 pm
#67837 M,W 4/3 - 4/26 6:00 - 7:00 pm
#67838 M,W 5/1 - 5/31* 6:00 - 7:00 pm
*No Class 1/16, 2/20, 4/11, 5/10, 5/29

Painting with your Pal



Age 21+

Join us in a 2-hour painting session. It's not a class, it's a party! Bring out your inner Picasso while you create your very own masterpiece.

Instructor: Pinot's Palette staff

\$35/person

Location: Pinot's Palette - 8962 Elk Grove Blvd.

SNOWBIRDEE #68125
SUN 1/15 1:00 - 3:00 PM



PARADISE COVE #68127
SUN 2/5 1:00 - 3:00 PM



SPRINGS PATH #68129
SUN 3/12 1:00 - 3:00 PM



OPULENT ELEPHANT #68131
SUN 4/9 1:00 - 3:00 PM



DANCE OF THE BUTTERCUPS #68133
SUN 5/7 1:00 - 3:00 PM



Location: Wackford Complex - Blue Heron Room

Age 12+

SCARLET WINTER #68126
WED 1/25 6:00 - 8:00 PM



LOCK OF LOVE #68128
WED 2/8 6:00 - 8:00 PM



AQUATIC TURTLE #68130
WED 3/15 6:00 - 8:00 PM



DARLING DAISY #68134
WED 5/10 6:00 - 8:00 PM



Willow Room

STRIPES #68132
WED 4/12 6:00 - 8:00 PM



Furniture Painting Workshop

NEW

Age 13+

In this workshop you'll bring your own small project* and give it new life through paint and wax. Just bring the project; all other materials will be supplied. **Project guidelines: Your project should be all wood (no glass, upholstery, or mirrors), and no larger than 24x24. You must be able to easily carry it into class or it's too big. Ex: small end table, plant stand, or chair. You may get paint on clothes and shoes so please dress accordingly*

Wackford Complex, Blue Heron Room

**\$80
\$20 supply fee**

Instructor: Brooke Sobol
#68610 Sat 4/29

9:00 am - 1:00 pm

Beginning Watercolor

Age 18+

Learn techniques such as wet-in-wet, dry brush, floating color, using plastic wrap, salt, rubbing alcohol, lifting out color, layering, blowing color, negative painting and glazing. Learn paint and paper properties. Will be painting still life, landscapes, seascapes, barns, trees, grass, skies and water.

Wackford Complex, Poppy Room B
Supply Fee:

**\$50
\$25**

Instructor: Sandy Coulter

#67850	Tue	1/10 - 1/31	10:00 - 12:00 pm
#67851	Tue	2/7 - 2/28	10:00 - 12:00 pm
#67852	Tue	3/7 - 3/28	10:00 - 12:00 pm

Intermediate Watercolor

Age 18+

Come expand on your beginner watercolor skills in a fun and encouraging atmosphere. No harsh critiques here! You will learn more about composition, the use of light and color to enhance your paintings, texturing, color harmony, new techniques and what's new in watercolor paints.

Wackford Complex, Poppy Room B

\$50

Instructor: Sandy Coulter

#68455	Tue	1/10 - 1/31	1:00 pm - 3:00 pm
#68456	Tue	2/7 - 2/28	1:00 pm - 3:00 pm
#68457	Tue	3/7 - 3/28	1:00 pm - 3:00 pm
#68459	Tue	5/2 - 5/23	1:00 pm - 3:00 pm

\$38

#68458 Tue 4/4 - 4/25* 1:00 pm - 3:00 pm

*No Class 4/11



Parks & Recreation Department

MAKING LIVES BETTER!



Estate Planning Basics

Age 18+

An important, informative and easy to understand workshop discussing wills, powers of attorney, trusts and probate. Will help you formulate a strategy for your family which will minimize stress and retain wealth.

Wackford Complex, Willow Room/Poppy A **\$20**
\$10 supply fee

Instructor: Mauriah Conway-Spatola

#67601	Thu	2/16	6:00 - 7:30 pm
#67602	Thu	3/16	6:00 - 7:30 pm



Gourmet Cooking

Age 18+

Hands-on cooking classes that conclude with a sit-down meal. Classes will be offered in series. Recipes included. Call for menu info.

Wackford Complex, Kitchen **\$30**
\$20 supply fee

Instructor: Liza Kilgariff

HEARTY WINTER SOUPS
#68076 Mon 1/30 6:00 - 8:30 pm

GLUTEN FREE OPTIONS
#68077 Mon 2/27 6:00 - 8:30 pm

SPRIALIZING YOUR WAY TO HEALTHY EATING
#68078 Mon 3/27 6:00 - 8:30 pm

KABOBS 4 WAYS
#68079 Mon 4/24 6:00 - 8:30 pm

5 INGREDIENT DINNERS THAT DAZZLE
#68080 Mon 5/1 6:00 - 8:30 pm

Canines on Course

Age 14+

Develop a better relationship with your dog learning traditional training techniques and using applicable equipment for the dog and is comfortable for the owner. Commands such as heel, sit, stay, come when called and assisting with behaviors such as door manners, jumping, digging and barking will be taught. Leash must be at least 6 ft long, no retractable or chain leashes, puppy must be four months old and have proof of current vaccinations including rabies.

Elk Grove Park, Area 1B **\$110**
Optional supply fee

Instructor: Myra Muhammad

#67603	Wed	4/26 - 5/31	6:00 - 7:00 pm
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Chocolate Gifts From the Kitchen

Age 18+

Learn to make almond bark, chocolate dipped pretzels, chocolate cherries and more. Also learn candy making tips, storage and packaging tricks, and the best local and on-line places to purchase supplies.

Wackford Complex, Kitchen **\$35**
\$15 supply fee

Instructor: Heather Saldivar

VALENTINE THEME:
#68123 Thu 2/9 6:00 - 8:00 pm

#68124 Thu 4/6 6:00 - 8:00 pm

Adult, Child, Infant CPR/AED & First Aid

Age 16+

Covers adult, child and infant CPR/AED and basic first aid (2-yr certifications). The class will include instruction on choke rescue, CPR/AED, what to do in an emergency, bleeding, burns, shock, sudden illness, and heat/cold emergencies. This course does not include childcare certification (EMSA sticker).

Wackford Complex, Willow Room **\$45**
Supply Fee \$20

Instructor: Donald P. Morgan

#64898	Sat	1/7	9:00 am - 4:00 pm
#67521	Sat	2/11	9:00 am - 4:00 pm
#67522	Sat	3/25	9:00 am - 4:00 pm
#67523	Sat	5/6	9:00 am - 4:00 pm



Chalk Painting 101

Age 13+

Painting furniture and decor using chalk style paint is one of the decade's hottest trends. In this workshop you'll learn about the products and techniques and complete a small project to take home. Don't bring a thing! All materials will be provided. You may get paint on your clothes or shoes so please dress accordingly.

Wackford Complex, Blue Heron Room **\$49**
\$15 supply fee

#68611 Sat 2/11 9:00 - 11:00 am

Willow Room
#68612 Sat 3/18 9:00 - 11:00 am



Couples Ballroom, Swing & Latin Dance

Age 16+

Come and experience the excitement of ballroom, swing and LATIN dancing. Beginning classes present basic patterns and techniques. Intermediate and Advanced classes expand on the techniques taught to give participants a variety of dances and patterns. This a couples only class and is not available for Internet registration.

Laguna Town Hall, Reception Hall

Instructor: Lou Cuny or Christine Comer

BEGINNING

SALSA & RUMBA

#67855 Wed 1/25 - 3/1* 7:30 - 8:30 pm **\$35**

CHA CHA & BOLERO

#67856 Wed 3/8 - 4/12 7:30 - 8:30 pm **\$42**

SALSA & RUMBA

#67857 Wed 4/19 - 5/24 7:30 - 8:30 pm **\$42**

ECS & FOX TROT

#67858 Thu 1/26 - 3/2* 7:30 - 8:30 pm **\$35**

HUSTLE & WALTZ

#67859 Thu 3/9 - 4/13 7:30 - 8:30 pm **\$42**

ECS & FOX TROT

#67860 Thu 4/20 - 5/25 7:30 - 8:30 pm **\$42**

INTERMEDIATE

CHA CHA & BOLERO

#67861 Wed 1/25 - 3/1* 8:30 - 9:30 pm **\$35**

SALSA & RUMBA

#67862 Wed 3/8 - 4/12 8:30 - 9:30 pm **\$42**

CHA CHA & BOLERO

#67863 Wed 4/19 - 5/24 8:30 - 9:30 pm **\$42**

HUSTLE & WALTZ

#67864 Thu 1/26 - 3/2* 8:30 - 9:30 pm **\$35**

ECS & FOX TROT

#67865 Thu 3/9 - 4/13 8:30 - 9:30 pm **\$42**

HUSTLE & WALTZ

#67866 Thu 4/20 - 5/25 8:30 - 9:30 pm **\$42**

ADVANCED:

WEST COAST SWING

#67867 Tue 1/24 - 2/28* 7:30 - 8:30 pm **\$35**

#67868 Tue 3/7 - 4/11 7:30 - 8:30 pm **\$42**

RUMBA

#67869 Tue 4/18 - 5/23 7:30 - 8:30 pm **\$42**

NIGHT CLUB 2-STEP

#67870 Tue 1/24 - 2/28* 8:30 - 9:30 pm **\$35**

#67871 Tue 3/7 - 4/11 8:30 - 9:30 pm **\$42**

WALTZ

#67872 Tue 4/18 - 5/23 8:30 - 9:30 pm **\$42**

*No Class 2/21, 2/22, 2/23

Beginning Hoop Dance for Fun and Fitness!



Age 17+

Focus on the basics, learning new tricks and infusing fun into fitness. On and off body tricks will be explored, toning your abs, arms, and waist! Hoops provided for use in class and can be purchased at spinityhoops.com.

Laguna Town Hall West Reception Hall \$45

Instructor: Kimberly Miller

#67766 Thu 1/5 - 1/26 6:00 - 7:00 pm

#67767 Thu 2/2 - 2/23 6:00 - 7:00 pm

#67768 Thu 3/2 - 3/23 6:00 - 7:00 pm

#67769 Thu 4/6 - 4/27 6:00 - 7:00 pm

#67786 Thu 5/4 - 5/25 6:00 - 7:00 pm

Ballroom Line Dancing

Age 18+

No dance partner required. You'll get a light workout while learning a fusion of club, contemporary, and traditional dance moves such as Cha Cha, Rumba, Waltz, Night Club Two Step, Swing, etc.

Laguna Town Hall, Reception Hall Fee Varies

Instructor: Archey Rubi-Yabut

#67745 Tue 1/3 - 1/31 6:00 - 7:15 pm

#67746 Tue 2/7 - 2/28 6:00 - 7:15 pm

#67747 Tue 3/7 - 3/28 6:00 - 7:15 pm

#67748 Tue 4/4 - 4/25 6:00 - 7:15 pm

#67749 Tue 5/2 - 5/30 6:00 - 7:15 pm



Zumba® Fitness

Age 16+

A high energy exercise/dance class with a party-like format, choreographed with fun and fitness, combining cardio training and toning using light weight and toning sticks. Wear sneakers; bring a towel and water.

Laguna Town Hall, West Rec Hall Fee varies

Instructor: Izzy

#67577 Wed 1/4 - 1/25 5:30 - 6:30 pm

#67576 Mon 1/9 - 1/30* 5:30 - 6:30 pm

#67579 Wed 2/1 - 2/22 5:30 - 6:30 pm

#67578 Mon 2/6 - 2/27* 5:30 - 6:30 pm

#67581 Wed 3/1 - 3/29 5:30 - 6:30 pm

#67580 Mon 3/6 - 3/27 5:30 - 6:30 pm

#67582 Mon 4/3 - 4/24* 5:30 - 6:30 pm

#67583 Wed 4/5 - 4/26 5:30 - 6:30 pm

#67584 Mon 5/1 - 5/22 5:30 - 6:30 pm

#67585 Wed 5/3 - 5/31 5:30 - 6:30 pm

*No Class 1/16, 2/13, 2/20, 4/17

A Glimpse of the Pacific

Age 12+

This class offers a collection of Polynesian dances. Learn basic movements, featured dances and explore traditions of the Polynesian culture. Family and friends are invited to the end of the session performance.

Wackford Complex, Valley Oak Ballroom \$30
New Students: \$25-35 supply fee
Returning Students: supply fee varies

Instructor: Maria Cisneros

#68914 Thu 1/5 - 1/26 7:20 - 8:35 pm

#68915 Thu 2/2 - 2/23 7:20 - 8:35 pm

#68916 Thu 3/2 - 3/23 7:20 - 8:35 pm

#68917 Thu 3/30 - 4/27* 7:20 - 8:35 pm

#68918 Thu 5/4 - 5/25 7:20 - 8:35 pm

*No Class 4/13

Hot Hula Fitness

Age 8+

Combine Polynesian steps and basic dance moves in a fun, addictive workout for all fitness levels.

Wackford Complex, Valley Oak Ballroom \$25
optional supply fee

Instructor: Maria Cisneros

#68594 Thu 1/5-1/26 5:30-6:20pm

#68595 Thu 2/2-2/23 5:30-6:20pm

#68596 Thu 3/2-3/23 5:30-6:20pm

#68597 Thu 3/30-4/27* 5:30-6:20pm

#68598 Thu 5/4-5/25 5:30-6:20pm

*No Class 4/13

Zumba Gold® **New Time & Location!**

Age 16+

Zumba® steps made easy! Enjoy Latin music-driven format with simplified choreography and modifications. No experience necessary. Wear sneakers; bring a sweat towel and water.

Laguna Town Hall, West Rec Hall Fee varies

Instructor: Izzy

#71460 Wed 1/4 - 1/25 10:45 - 11:45 am

#71455 Mon 1/9 - 1/30* 9:30 - 10:30 am

#71461 Wed 2/1 - 2/22 10:45 - 11:45 am

#71456 Mon 2/6 - 2/27* 9:30 - 10:30 am

#71462 Wed 3/1 - 3/29 10:45 - 11:45 am

#71457 Mon 3/6 - 3/27 9:30 - 10:30 am

#71458 Mon 4/3 - 4/24 9:30 - 10:30 am

#71463 Wed 4/5 - 4/26 10:45 - 11:45 am

#71459 Mon 5/1 - 5/22 9:30 - 10:30 am

#71464 Wed 5/3 - 5/31 10:45 - 11:45 am

*No Class 1/16, 2/20

Instructor: Mary Lynn Fisher

#67586 Tue 1/3-1/31 10:30 - 11:30am

#67587 Thu 1/5-1/26 10:30 - 11:30am

#67589 Thu 2/2-2/23 10:30 - 11:30am

#67588 Tue 2/7-2/28 10:30 - 11:30am

#67591 Thu 3/2-3/30 10:30 - 11:30am

#67590 Tue 3/7-3/28 10:30 - 11:30am

#67592 Tue 4/4-4/25 10:30 - 11:30am

#67593 Thu 4/6-4/27 10:30 - 11:30am

#67594 Tue 5/2-5/30 10:30 - 11:30am

#67595 Thu 5/4-5/25 10:30 - 11:30am



Unleashed Cycle Studio

Age 13+
 Taught by Karrin Blevins
 9096 Elkmont Drive, Elk Grove
 Fee varies



TRX Full Body Training

A revolutionary method of leveraged body weight exercise. You can safely perform hundreds of workouts that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. People of all levels are improving their performance and their bodies.

#68214	Mon	1/2 - 1/30	7:00 - 8:00 pm
#68216	Mon	2/6 - 2/27	7:00 - 8:00 pm
#68218	Mon	3/6 - 3/27	7:00 - 8:00 pm
#68220	Mon	4/3 - 4/24	7:00 - 8:00 pm
#68222	Mon	5/1 - 5/29	7:00 - 8:00 pm

Strength Conditioning with Rock Solid Fitness

Dedicate 45 minutes to YOU. Small group strength, power, cardio. Take the guesswork out of FITNESS in a comfortable setting.

#68223	Wed	1/4 - 1/25	6:00 - 7:00 pm
#68224	Fri	1/6 - 1/27	8:30 - 9:30 am
#68225	Wed	2/1 - 2/22	6:00 - 7:00 pm
#68226	Fri	2/3 - 2/24	8:30 - 9:30 am
#68227	Wed	3/1 - 3/29	6:00 - 7:00 pm
#68228	Fri	3/3 - 3/31	8:30 - 9:30 am
#68229	Wed	4/5 - 4/26	6:00 - 7:00 pm
#68230	Fri	4/7 - 4/28	8:30 - 9:30 am
#68231	Wed	5/3 - 5/31	6:00 - 7:00 pm
#68232	Fri	5/5 - 5/26	8:30 - 9:30 am

Indoor Cycling

Beginner, enthusiast, or training for an event? Unleashed has a class for you! Indoor Cycling is a challenging and fun workout with minimal impact BUT maximum results!

#68197	Sun	1/1 - 1/29	7:00 - 8:00 am
#68195	Mon	1/2 - 1/30	6:00 - 7:00 pm
#68207	Wed	1/4 - 1/25	5:30 - 6:30 am
#68208	Wed	2/1 - 2/22	5:30 - 6:30 am
#68200	Sun	2/5 - 2/26	7:00 - 8:00 am
#68198	Mon	2/6 - 2/27	6:00 - 7:00 pm
#68209	Wed	3/1 - 3/29	5:30 - 6:30 am
#68203	Sun	3/5 - 3/26	7:00 - 8:00 am
#68201	Mon	3/6 - 3/27	6:00 - 7:00 pm
#68206	Sun	4/2 - 4/30	7:00 - 8:00 am
#68204	Mon	4/3 - 4/24	6:00 - 7:00 pm
#68210	Wed	4/5 - 4/26	5:30 - 6:30 am
#68211	Mon	5/1 - 5/29	6:00 - 7:00 pm
#68213	Wed	5/3 - 5/31	5:30 - 6:30 am
#68212	Sun	5/7 - 5/28	7:00 - 8:00 am



My Yoga Room

Age 16+
 Taught by My Yoga Room staff
 8737 Elk Grove Blvd.

Introduction to Yoga

Are you new to Yoga? This introduction class is designed for beginning students, focusing on the fundamental yoga poses with emphasis on alignment and breathing. It is slower paced, which is sure to relax and strengthen your muscles. Please bring a yoga mat.

\$60

#67535	Wed	1/4 - 1/25	7:00 - 8:30 pm
#67536	Wed	2/1 - 2/22	7:00 - 8:30 pm
#67537	Wed	3/1 - 3/22	7:00 - 8:30 pm
#67538	Wed	4/5 - 4/26	7:00 - 8:30 pm
#67539	Wed	5/3 - 5/24	7:00 - 8:30 pm



How to Meditate

Meditation is the most direct means of experiencing our more spiritual nature. Greater concentration, creativity, peace and joy are the fruits of regular meditation. We will practice energization exercises, visualization and learn a time-tested meditation technique of concentration. Wear comfortable clothing.

\$24

#67545	Sat	1/7 - 1/14	1:30 - 2:45 pm
#67546	Sat	2/4 - 2/11	1:30 - 2:45 pm
#67547	Sat	3/4 - 3/11	1:30 - 2:45 pm
#67548	Sat	4/1 - 4/8	1:30 - 2:45 pm
#67549	Sat	5/6 - 5/13	1:30 - 2:45 pm

Mommy and Baby Yoga Workshop

Babies: 4 weeks - 12 months
 This workshop creates a playful atmosphere for parent and baby to relate with choreographed play and interaction. It will aide new parents to regain strength, flexibility, and reduce stress while enhancing infant motor development and provide an opportunity for structured bonding in a natural and supportive environment. Please bring a blanket for your baby.

\$48

#68116	Sun	2/5 - 2/26	10:45 am - 12:00 pm
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Senior Yoga

Age 50+
 This workshop will inspire you to take charge of your health by practicing yoga poses that will strengthen your body, increase flexibility, and promote balance in your life. Modifications will be offered for those needing assistance.

\$48

#67540	Mon	1/9 - 1/30	2:00 - 3:00 pm
#67541	Mon	2/6 - 2/27	2:00 - 3:00 pm
#67542	Mon	3/6 - 3/27	2:00 - 3:00 pm
#67543	Mon	4/3 - 4/24	2:00 - 3:00 pm
#67544	Mon	5/1 - 5/22	2:00 - 3:00 pm

Prenatal Yoga

This class provides mom-to-be with tools needed to assist in labor by focusing on a safe, well-rounded combination of strengthening, endurance, and flexibility exercises. We will also focus on breathing that increases body and mental awareness. Bring a yoga mat.

\$48

#67550	Tue	1/10 - 1/31	5:30 - 6:45 pm
#67551	Tue	2/7 - 2/28	5:30 - 6:45 pm
#67552	Tue	3/7 - 3/28	5:30 - 6:45 pm
#67553	Tue	4/4 - 4/25	5:30 - 6:45 pm
#67554	Tue	5/2 - 5/23	5:30 - 6:45 pm



Burn In Sweat Out (B.I.S.O.)

Age 18+
A full body workout that strengthens and sculpts muscles through isolation exercises and resistance training focusing on shoulders, arms, core, glutes, and legs. Tone, build stamina and strength while exercising good form to maximize workout and avoid injuries. Bring water and wear comfortable, non-restrictive attire. Must also bring a floor mat, pair of 5 lb and one 10–15 lb hand weight.

Express Fitness for Women
8153 Elk Grove Blvd., Suite #35

Instructor: Maria Cisneros

#67774	Wed	1/11 - 1/25	6:00 - 7:00 pm
#67775	Wed	2/1 - 2/22	6:00 - 7:00 pm
#67776	Wed	3/1 - 3/22	6:00 - 7:00 pm
#67777	Wed	3/29 - 4/26	6:00 - 7:00 pm
#68593	Wed	5/3 - 5/24	6:00 - 7:00 pm

Tennis Fundamentals

Age 18+
Work on stroke technique: forehand, backhand, serve, return serve, volley, lob, and overhead shot. Learn strategies and tactics. Students must bring their own racquet.

Miwok Park Tennis Court #1 \$65

Instructor: Kenny Pack

TENNIS FUNDAMENTALS/CARDIO TENNIS

#68452	Tue	4/4 - 5/2*	5:30 - 6:30 pm
#68453	Tue	5/9 - 5/30	5:30 - 6:30 pm

*No Class 4/25

POP Tennis NEW

Age 18+
Anyone who has ever played tennis at any level will find POP Tennis easy. The strokes, movements and strategic thinking are very similar. The POP Tennis court is smaller and the racquet is shorter. You serve the ball 'underhand' so there is no difficult overhead serving to learn. Because the court is smaller than that of tennis, there is much less running and it's less taxing on your body.

Miwok Park, Tennis Courts \$100

Instructor, Kenny Pack USPTA Instructor

#69531	Sat	4/8 - 5/20*	12:30pm-1:30pm
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*No Class 4/29



Self Defense for Women



Age 16+
Provides women the tools to be safe in today's environment. Subjects to be covered are awareness, weapons, escapes, strikes, takedowns and how not to become a target.
www.schoolofthetiger.com
Taught by School of the Tiger staff

Wackford Complex, Poppy Room B \$25

#67614	Mon	2/13	7:00 - 9:00 pm
#67615	Mon	4/3	7:00 - 9:00 pm
#67616	Mon	5/8	7:00 - 9:00 pm

Fitness Classes

Age 18+
Taught by Jackie Macres
My Yoga Room, 8737 Elk Grove Blvd.
\$60

Gentle Pilates

A fun class that utilizes traditional Pilates principles but with a safer approach. This class can produce amazing results in your body! Students report increased energy levels, new muscle tone, improved breathing ability, better posture, balance and coordination. Please bring a mat and beach towel.

#68188	Thu	1/5 - 1/26	9:30 - 10:30 am
#68189	Tue	2/7 - 2/28	4:00 - 5:00 pm
#68190	Thu	4/6 - 4/27	9:30 - 10:30 am

Circuit Training

Circuit training involves a select sequencing of exercises done for one minute each and repeated for several rounds. Get stronger, tone muscles, improve balance and have a great time while doing it! Laughter is always an element of the class!

My Yoga Room \$60

Instructor Jackie Macres

#68185	Tue	1/3 - 1/24	3:00 - 3:45 pm
#68186	Tue	3/7 - 3/28	3:00 - 3:45 pm
#68187	Tue	5/9 - 5/30	3:00 - 3:45 pm



Jeet Kune Do

Age 13+
Learn the system Bruce Lee developed. Fitness, balance, speed, strength and confidence-building will be covered. Presented by a third generation practitioner of Bruce's first school.

Wackford Complex, Poppy Room A \$45

Instructor: Shannon Newman

#67760	M, W	1/4 - 1/30*	7:15 - 8:45 pm
#67761	M, W	2/1 - 2/27*	7:15 - 8:45 pm
#67762	M, W	3/1 - 3/29	7:15 - 8:45 pm
#67763	M, W	4/3 - 4/26	7:15 - 8:45 pm
#67764	M, W	5/3 - 5/31*	7:15 - 8:45 pm

*No Class 1/16, 2/20, 5/29

Tai Chi Classes

Age 18+
Taught by Robert Nakashima

Tai Chi

Learn the Chinese art of health maintenance and moving meditation. The natural, graceful movements are easy to learn and perfect for any age. Practice relieves stress, increases energy, and strengthens and tones muscles.

Wackford Complex, Valley Oak Ballroom \$52

#67604	Tu, Th	1/3 - 1/26	9:00 - 10:00 am
#67605	Tu, Th	2/2 - 2/28	9:00 - 10:00 am
#67606	Tu, Th	3/2 - 3/28	9:00 - 10:00 am
#67607	Tu, Th	4/4 - 4/27	9:00 - 10:00 am
#67608	Tu, Th	5/2 - 5/30*	9:00 - 10:00 am

*No Class 5/11

Tai Chi for Beginners

Engage the body's capacity for healing and regeneration. The movements improve circulation, strengthen and tone muscles, promote wellness, longevity and mental acuity. Enrollment accepted year round.

Wackford Complex, Valley Oak Ballroom \$45

#67609	Tue	1/3 - 1/24	6:30 - 7:30 pm
#67610	Tue	2/7 - 2/28	6:30 - 7:30 pm
#67611	Tue	3/7 - 3/28	6:30 - 7:30 pm
#67612	Tue	4/4 - 4/25*	6:30 - 7:30 pm
#67613	Tue	5/2 - 5/23	6:30 - 7:30 pm

*No Class 4/11, Prorated price \$35.75



Bring a friend and enjoy the game!

Soccer

Our co-ed league offers fun, exercise and competition.

Bartholomew Sports Park – \$950

Men's: Thursdays, 6–10 pm

Co-ed, 30+ yrs men, 25+ yrs women:

Fridays, 6 pm–10 pm

Co-ed Open*: Sundays, 9 am–9 pm

Winter: January–March

Spring: April–June

**Offered spring only*

5-on-5 Basketball

Start working on that jump shot. Gather up your friends and co-workers and join our recreational and competitive leagues.

Wackford Complex – \$460

Sundays: 11 am–10 pm, Fridays: 7–10 pm

30+ League*: Wednesdays, 7–10 pm

Winter: January–March

Spring: April–July

Summer: July–October

Fall: October–December

**Offered winter and summer only*

3-on-3 Basketball

Work on that jump shot. Gather up your friends and co-workers and join our leagues.

Wackford Complex – \$140

Gold & Silver: Wednesdays, 7–10 pm

Spring: April–June

Fall: October–December

Volleyball (Open Gym)

For those who can't commit to a league or are new to the area. Don't miss your chance to meet new friends and play. All levels welcomed.

Wackford Complex

\$6/player, \$54 for 10-visit punch pass

Mondays, 7–10 pm

Year-round

Flag Football

Tired of being an armchair quarterback? See if you still have it. Our synthetic turf and referees give you the perfect opportunity to get back on the field.

Bartholomew Sports Park – \$635

8-on-8 League: 6–10 pm

Spring: April–June, Tues & Wed

Fall: August–October, Sun & Tues

Softball

Dust off your glove and bat and join one of our outstanding leagues. It doesn't matter what your skill level or schedule is. We offer advanced competitive (C), fairly competitive (D1) and recreation (D2) levels for men, women and co-ed.

Bartholomew Sports Park and

Laguna Community Park

\$460 + \$20 ASA fee

Mondays–Fridays, 6–10 pm

Spring: February–May

Summer: May–August

Fall: August–October

Visit www.Teamsideline.com/cosumnes

Unless otherwise noted, fees above are per team.

Playing and staying active is an integral component of a healthy lifestyle at any age. Adult sports leagues offer leisure and focus on friendly competition for both men and women of all skill levels.

Do you have ideas for new and exciting sports programs?

The Cosumnes CSD Sports Division is always looking for new ways to grow with the needs of our community. We welcome suggestions on new programs or ideas on how we can improve our existing leagues.

Looking for a place to hold a company picnic, tournament, or team practice?

The CSD has facilities including athletic fields and gymnasiums available for your use (pages 42–43). If you are interested in renting, need information, or have questions, contact us.



Recreation ADventures (RAD) provides recreation opportunities for people with disabilities through both adaptive and inclusive programs. Participants are encouraged to explore in a safe and fun environment while learning a new skill, improving their physical fitness, and making new friends along the way.

RAD Dance for Fitness

Age 18+
Learn basic dance and fitness skills. Students will be encouraged to participate in both structured and free movement exercises.

Pavilion \$8

#68667	Wed 1/4 - 1/25	12:45 - 1:45 pm
#68668	Wed 2/1 - 2/22	12:45 - 1:45 pm
#68669	Wed 3/1 - 3/29	12:45 - 1:45 pm
#68670	Wed 4/5 - 4/26	12:45 - 1:45 pm
#68671	Wed 5/3 - 5/31*	12:45 - 1:45 pm

*No Class 5/10

RAD Aquatic Fitness

Age 18+
Burn calories and tone muscles, while getting some fresh air. The water offers more resistance than dry-land workouts, prevents the body from overheating, and is less demanding on the joints. Must feel comfortable in deep water for the 'deep pool' classes.

Wackford Complex \$8

SHALLOW POOL:

#68663	Tue 4/4 - 4/25	11:00 - 12:00pm
#68664	Tue 5/2 - 5/23	11:00 - 12:00pm

DEEP POOL:

#68665	Thu 4/6 - 4/27	10:30 - 11:30 am
#68666	Thu 5/4 - 5/25	10:30 - 11:30 am

RAD Open Rec

Age 18+
Each class will offer a variety of fun activities including arts and crafts, games and multiple sports.

Wackford Complex, Gym & Teen Center \$8

#68677	Fri 1/6 - 1/27	9:30 - 11:00 am
#68678	Fri 2/3 - 2/24	9:30 - 11:00 am
#68679	Fri 3/3 - 3/31	9:30 - 11:00 am
#68680	Fri 4/7 - 4/21	9:30 - 11:00 am
#68681	Fri 5/5 - 5/26	9:30 - 11:00 am

RAD Dances

Age 13+
Like to get down and boogie? Enjoy the latest hits and greatest classics with a night of social interaction, dancing, and fun.

Wackford Complex, Valley Oak Ballroom \$6

New Year's Black & White Ball

#68672	Fri 1/6	7:00 - 9:00 pm
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Mardi Gras

#68673	Fri 2/3	7:00 - 9:00 pm
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St. Patrick's Day Party

#68674	Fri 3/10	7:00 - 9:00 pm
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Boot Scootin' Boogie-Country Western Party

#68675	Fri 4/7	7:00 - 9:00 pm
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Cinco de Mayo

#68676	Fri 5/5	7:00 - 9:00 pm
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Have a question? Need accommodation for a CSD class?

Looking for classes that emphasizes gross or fine motor skills, cognitive development, or socialization?

Call (916) 405-5600 or e-mail RAD@csdparks.com

new!

California Car Seat Law Changes

EFFECTIVE JANUARY 1, 2017



NEW ADDITION

Starting January 1, 2017, children under 2-years old must be rear-facing unless they weigh 40 pounds or more, or are 40 inches tall or more.

Children must be properly buckled in a car seat which is rear-facing until age 2

CURRENT LAW

Children under age 8 must be buckled into a car seat or booster in the back seat.

Children age 8 or older, or who are 4'9" or taller, may use the vehicle seat belt if it fits properly with the lap belt low on the hips, touching the upper thighs, and the shoulder belt crossing the center of the chest. If children are not tall enough for proper belt fit, they must ride in a booster or car seat.

Everyone in the car must be properly buckled up.

Most children will outgrow an infant seat before age 1

- The next step is a convertible car seat.
- Rear-facing is 5 times safer than forward-facing.
- The American Academy of Pediatrics recommends that children ride rear-facing to the highest weight or height allowed by the car seat manufacturer.

Kaitlyn's Law

It's against California law to leave a child under the age of seven alone in the car without the supervision of a person at least 12 years old if:

1. The keys are in the ignition or the car is running, or
2. There is a significant risk to the child.

FINES & PENALTIES

For each child under 16 who is not properly secured, parents (if in the car) or drivers can be fined more than \$500 and get a point on their driving records.

Keep your children safe. It's the law!



For answers to your child safety seat questions, contact your local health department or visit cdph.ca.gov/vosp.



**MAKE A DIFFERENCE IN YOUR COMMUNITY.
JOIN THE ELK GROVE-GALT CERT TEAM.**

The CERT Program is a tuition-free class developed due to the growing need for a well-trained, civilian workforce. The CERT program provides members of the community with the knowledge and skills necessary to be self-sufficient in the event of a major disaster or emergency.

When emergencies happen, CERT members can give critical support to first responders and also provide immediate assistance to disaster victims.

CERT members will work in teams and assist with directing other volunteers in the initial phase of the emergency. CERT members may also be alerted to assist and participate in other non-emergency projects to help improve the safety of our community.

Visit our website for more information and upcoming training classes at elkgrovegaltcert.org



Cosumnes Fire Administration
10573 E. Stockton Blvd.
Elk Grove, CA 95624

telephone: (916) 405-7100

fax: (916) 685-6622

emergency: 9-1-1

toll free from Galt:

1-866-598-FIRE (3473)

STATION 71

Elk Grove
8760 Elk Grove Blvd.

STATION 72

Franklin
10035 Atkins Drive

STATION 73

East Elk Grove
9607 Bond Road

STATION 74

Laguna Creek
6501 Laguna Park Drive

STATION 75

Lakeside
2300 Maritime Drive

STATION 76

Elk Grove/W. Vineyard
8545 Sheldon Road

STATION 45

Galt
229 5th Street

STATION 46

Galt
1050 Walnut Avenue



SAVE THE DATE:
Saturday, June 10th
10 am–3 pm at Elk Grove Park



Santa is coming to a neighborhood near you!

Tuesday, Dec. 6
Station 72

Wednesday, Dec. 7
Station 73

Thursday, Dec. 8
Station 75



The Cosumnes Community Services District presents a selection of distinctive facilities to meet all your rental needs. We offer first-class service with event layout assistance, seating set-up and breakdown, and on-site event staff. Let our professional and experienced staff assist you in selecting the right place to make your next special occasion even more memorable.



You can view available rental dates on-line!



The Wackford Community Complex

**9014 Bruceville Road
Elk Grove, CA 95758**

The Valley Oak Ballroom features a state-of-the-art kitchen, modern light fixtures, banquet chairs and furnished patio. We can also accommodate your small business or party needs with one of our meeting rooms.

VALLEY OAK BALLROOM
200 guests: table and chair set-up,
300 guests: lecture style



The Pavilion in Elk Grove Park

**9950 Elk Grove-Florin Road
Elk Grove, CA 95624**

Located in the heart of Elk Grove Park, the Pavilion's wrap-around windows showcase the tranquility of the Park's natural beauty.

PAVILION
200 guests: table and chair set-up,
300 guests: lecture style



Laguna Town Hall

**3020 Renwick Avenue
Elk Grove, CA 95758**

This facility features a reception hall, a fully-equipped kitchen, banquet chairs, indoor stage, outdoor amphitheater, and courtyard. There is an adjacent meeting room.

RECEPTION HALL
300 guests: table and chair set-up,
400 guests: lecture style

View available dates at www.yourcsd.com For reservations, call (916) 405-5600

A Perfect Place for Weddings



From a formal and traditional ceremony or an informal but elegant wedding celebration, our staff will assist you in creating your perfect day. This includes a customized event layout and the flexibility to choose your own vendors. Amenities feature a fully equipped kitchen, private courtyard and on-site staff.

Your Celebration Destination



Birthdays, anniversaries, reunions and graduations . . . the most important events in our lives are celebrations! Commemorate your next milestone with friends and family at one of our facilities. Amenities featured include tables and chairs, event layout assistance, kitchen facilities, and projection screen.

Meeting Your Business Needs



Every business is unique but what they have in common is the desire to make an impression. Our well-maintained facilities provide the ideal location for meetings, trainings, or retreats. We offer personalized service including on-site staff to assist you with event layout assistance and furniture set-up and breakdown. Amenities featured include tables and chairs, whiteboard, projection screen and lobby area.



Outdoor Rentals:

Strauss Island in Elk Grove Park

This is a perfect setting for the romantic outdoor wedding for up to 200 guests. Weeping willow trees and a gazebo nearby create a lovely setting for photographs.

Picnic Areas Elk Grove Park

Morse Park – adjacent to Sprayground
Derr-Okamoto Park – adjacent to Sprayground

Picnic sites can accommodate various group sizes, from a small family gathering to large company picnics. Park maps and site amenities are available on-line.



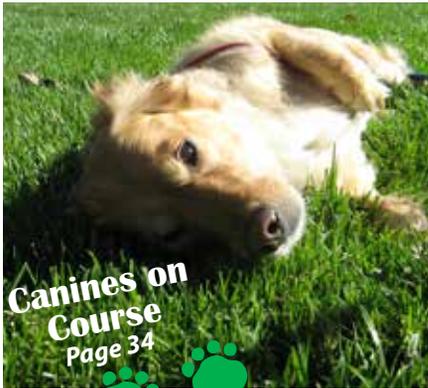
Sports Fields:

Bartholomew Sports Park

4 lighted synthetic turf multi-purpose fields
3 lighted softball fields
1 lighted hardball field

Laguna Community Park

2 lighted softball fields
1 lighted soccer field
1 multi-purpose field



Canines on Course
Page 34

Dog Parks

Hotline: (916) 405-5355

Elk Grove Dog Park



9950 Elk Grove-Florin Road

Morse Dog Park



5540 Bellaterra Drive

Laguna Community Dog Park



9014 Bruceville Road



in Elk Grove Park
9950 Elk Grove-Florin Rd.

The 2.4-acre dirt bike park features jumps, pump tracks, and rideable terrain for all skill levels.

Park will close during inclement weather.

www.elkgrovebikepark.com



CHECK OUT
Derr-Okamoto Community Park

bike & skate park
9550 Mainline Drive



(in the Wackford Community Complex)
9014 BRUCEVILLE ROAD
ELK GROVE, CA 95758

The skate park is a free and unsupervised facility. It offers concrete bowls, rails, steps, and a street course. All skaters must have safety equipment including a helmet, knee and elbow pads.





Welcome to Emerald Lakes Golf Course!

Emerald Lakes Golf Course provides golfers of all ages and skill levels a quality experience at a fantastic value. The course is challenging enough to hold the attention of the scratch golfer, yet "easy enough" to make it fun for the beginner. Emerald Lakes is the perfect place to learn, practice, and play golf.

Emerald Lakes has undergone numerous improvements in design and maintenance standards over the last five years. If you haven't played our Elk Grove golf course for a while, we invite you back so you can see why many golfers call Emerald Lakes their "home away from home."



Book a tee time on-line:
www.golfemeraldakes.com



(916) 685-GOLF (4653)

10651 E. Stockton Blvd., Elk Grove, CA 95624

- Nine-hole, Par-33
- Pro-shop
- Lighted Driving Range (covered spring 2017)
- Putting & Chipping Greens
- Private & Group Lessons
- Junior Golf Program (Age 5-18)
SEE PAGE 25 (The First Tee)
- Youth on Course (Age 6-18)
Sign up online at youthoncourse.org and play golf at Emerald Lakes for \$3/round.



Footgolf

Footgolf is a fun, new game that combines the popular sports of golf and soccer.

Emerald Lakes new footgolf course is a great place for families to come play together.



Reserve a time, call (916) 685-4653.

9-HOLE RATES:
Junior \$5
Adult 19+ \$8

Tournaments

Each Tour. - \$50/pp, lunch & prizes (power carts extra)

El Nino Tournament
Saturday, November 19
8:30 am start
Best ball of the twosome

Shamrock Tournament
Saturday, March 18
8:30 am start
Best 2 balls of foursome

Twilight Golf Rates

\$12 Green fees after 1pm
Monday – Friday

Events

Nelson's Tuesday Sweeps
on-going, every Tuesday

Ladies Clinics
2nd Wed of the month
Begins one hour before the Lady Gems tee off.

Time to Re-Grip?

Bring your clubs to our pro shop. You can drop them off, or we can re-grip while you wait!

Group Golf Lessons

Age 17+
New to the game or looking to improve your skills? These classes are designed to help beginning and intermediate golfers learn the fundamentals of grip, posture, swing mechanics, rules and etiquette.

\$100 (includes range balls)

INSTRUCTOR JOHN HOAG PGA:

#68135 TH 2/18 - 3/25 10:00 - 11:00 AM

INSTRUCTOR PAUL PRADIA:

#68993 W 3/16 - 4/20 6:00 - 7:00 PM

Private Golf Instruction

All ages and skill levels
Put together your own group for tailored lessons. Offered in a variety of settings.

PRIVATE (1 person):	JUNIOR:
30 mins \$40	30 mins \$30
1 hour \$60	(4) 30 mins \$100
(4) 30 mins \$130	(6) 30 mins \$150
(6) 30 mins \$180	GROUP (4+ ppl):
SEMI-PRIVATE (2 ppl):	(6) 1 hour \$100
1 hour \$60	CLINIC:
(4) 1 hour \$200	1 hour \$150
(6) 1 hour \$300	



WATER LESS

Recycled Water Use by Cosumnes CSD

This summer many of the mandatory water restrictions were lifted by the CSD's two major water purveyors; Sacramento County Water Agency, and Elk Grove Water District. Both of these agencies moved back to "normal water use stage" after having realized significant reductions last year. The CSD's conservation efforts met or exceeded each of these water purveyor's expectations.

Despite the removal of imposed conservation targets, the CSD has adhered to a voluntary 15% reduction in our continued effort to conserve this precious resource.

Additionally, the CSD continues to adhere to California State mandated restrictions such as eliminating water runoff, keeping water off in medians with ornamental turf, and turning water off during and within 48 hours after measurable rainfall, among other restrictions.

We encourage residents to do their part as well. To learn more, visit the Save Our Water website at www.saveourwater.com.



Cosumnes CSD Mobile App FOR ANDROID & APPLE DEVICES



Access
Important
Information
On
The
GO!

Whether at home or on the go, our FREE mobile app keeps the Cosumnes CSD's services right at your fingertips



keep your csd clean. and green.



What You Can Do To Help Don't Litter

Litter like plastic bottles, fast food wrappers and cups tossed on the ground can carry germs and bacteria.

Report Illegal Dumping

If you see someone dumping trash in one of your CSD parks or an undeveloped site of a future CSD park, call our 24-hour maintenance hotline at (916) 405-5688.

Pick Up After Your Pet

Pet waste contains disease-carrying bacteria that can pollute our drinking water. Pick up after your pet and remind others to do the same.

Put Your Butt in the Trash

If you're a smoker, always put your extinguished cigarette butts in the trash.

Mind the Drains

Keep litter, pet wastes, leaves and debris out of street gutters and storm drains. Dispose of used oil, antifreeze, paints and other household chemicals properly—not in storm sewers or drains.

The Cosumnes Community Services District (CSD) has been authorized by the California Water Quality Control Board and the federal government to conduct a storm water pollution prevention program at its properties and facilities in southern Sacramento County, including the 94 parks it operates in Elk Grove.



Parks & Recreation Department

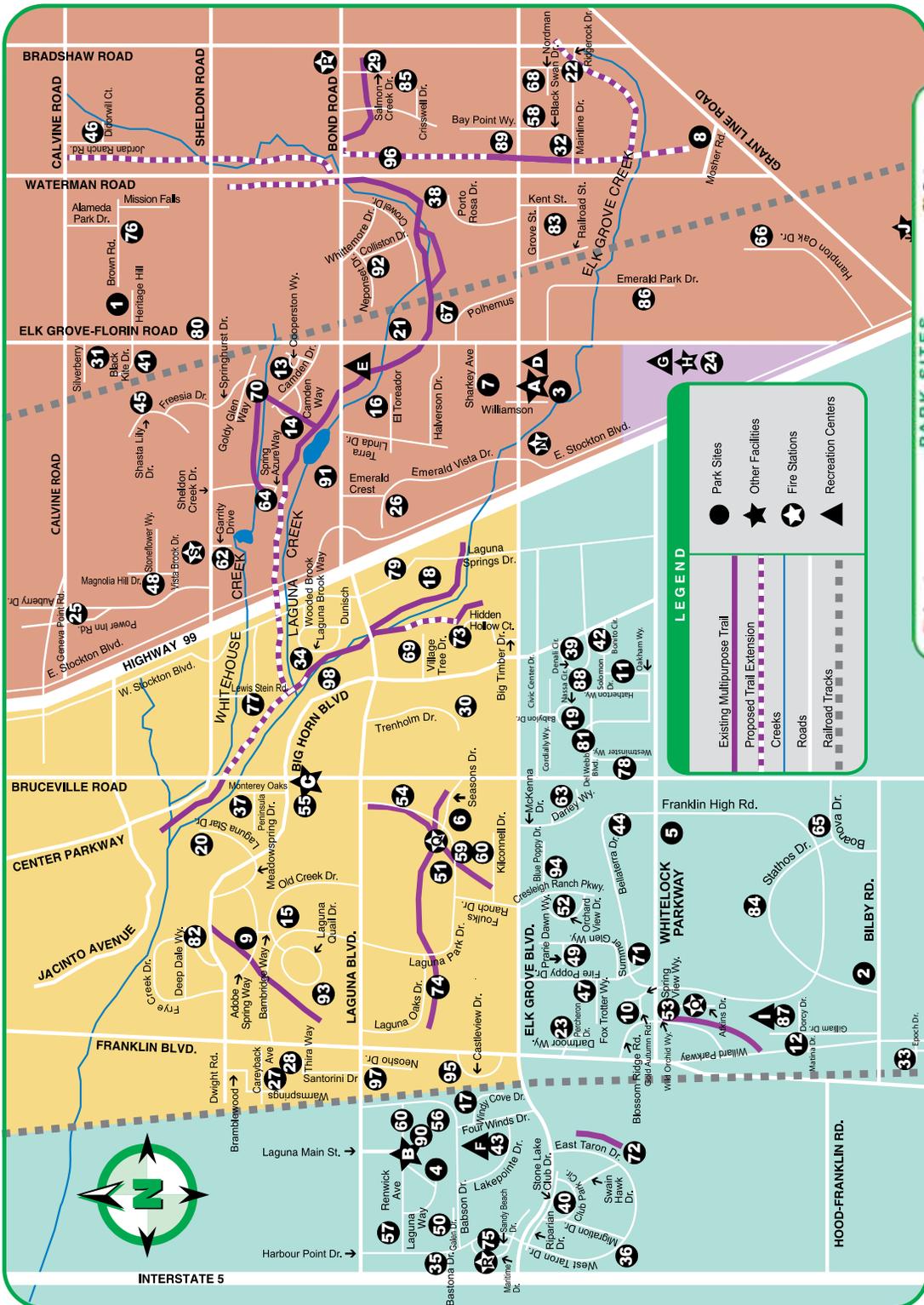
MAKING LIVES BETTER!

AREA 1

AREA 2

AREA 3

AREA 4



PARK SITES

74	Pedersen
75	Peretz
76	Perry
77	Princeton
78	Phonemade
79	Rain Garden Plaza
80	Risu
81	Rose Garden
82	Rose
83	Russell
84	Schauer
85	Simpson
86	Stephens
87	Stephensburg
88	Stonybrook Woods
89	Stonybrook Woods
90	Stonybrook Woods
91	Underwood
92	Van Doren
93	Wickman
94	Willard
95	Wormack
96	Wright
97	Zander
98	Zinbman

LEGEND

- Park Sites
- Other Facilities
- Fire Stations
- Recreation Centers
- Existing Multipurpose Trail
- Proposed Trail Extension
- Creeks
- Roads
- Railroad Tracks



FACILITIES

A	CSD Administration Building
B	Laguna Town Hall
C	Woodford Community & Aquatic Complex
D	Elk Grove Recreation Center
E	Cassido Recreation Center
F	Johnson Recreation Center
G	Elk Grove Youth Center
H	Jerry Fox Swim Center
I	Stephenson Recreation Center
J	Emerald Lakes Golf Course

1	Station 71
2	Station 72
3	Station 73
4	Station 74
5	Station 75
6	Station 76

KEY

FP: Future Park
 UC: Under Construction
 L: Lighted
 W: Waterplay

Area Number
 Acreage
 Play Equipment: Age 2-5
 Play Equipment: Age 5-12
 Picnic Area/Tables
 Barbecue
 Shade Structure
 Restrooms
 Jogging/Bike Trail
 Swings
 Horseshoe Pits
 Volleyball
 Tennis Courts
 Basketball
 Soccer Field
 Softball Field
 Youth Field
 Bake Ruth Baseball
 Pool or Waterplay
 Dog Park
 Parking Lot
 Adult Fitness
 Notes

	Area Number	Acreage	Play Equipment: Age 2-5	Play Equipment: Age 5-12	Picnic Area/Tables	Barbecue	Shade Structure	Restrooms	Jogging/Bike Trail	Swings	Horseshoe Pits	Volleyball	Tennis Courts	Basketball	Soccer Field	Softball Field	Youth Field	Bake Ruth Baseball	Pool or Waterplay	Dog Park	Parking Lot	Adult Fitness	Notes
50.	King Park • 9328 Keefe Drive	3	5.7	•	•				•				•										
51.	Kloss Park • 6501 Laguna Park Drive	2	22.8	•	•	•	•	•	•	•			•		•								Universal Wheelchair Swing
52.	Kramer Park • 6135 Orchard View Drive	3	2.9	•	•	•			•		•												
53.	Kunsting Family Park • 10069 Wild Orchid Way	3	8.0	•	•	•	•	•	•				•	•				W		•	•		Skate Elements, Reflexology Path
54.	Laguna Creek Greenbelt • Laguna Park Drive	2	3.1																				Greenbelt
55.	Laguna Community Park • 9014 Bruceville Road	2	16.0	•	•	•	•	•					L	L				•	•	•			Skate Park, Community Center
56.	Lawrence Park • 9369 Fassett Way	3	8.0	•	•	•	•						•										
57.	Lawson Park • 2507 Renwick Avenue	3	2.1	•	•	•																	
58.	Lewis Park • 9615 Black Swan Drive	1	2.5	•	•	•	•		•														
59.	Lichtenberger North Park • Laguna Park Drive	2	7.3	•				•					•				•						
60.	Lichtenberger South Park • 6615 Kilconnell Drive	2	8.3	•	•			•	•	•	•		•	•		•							
61.	Lippincott Park • 3230 Renwick Avenue	3	1.5																				
62.	Lombardi Park • 8830 Garrity Drive	1	2.0	•	•	•			•														
63.	Luttig Park • 9710 Toscana Drive	3	9.5	•	•	•	•	•	•				•	•		•					•		
64.	MacDonald Park • 8601 Spring Azure Way	1	1.0	•									•										
65.	Machado Dairy Park • 10394 Franklin High Road	3	10.0	•	•	•	•	•	•				•	•							•	•	
66.	McConnell Park • 10081 Hampton Oak Drive	1	6.6	•	•							•	•										
67.	Mendoza Park • 9001 Polhemus Drive	1	1.0	•	•			•	•														
68.	Miles Park • 9621 Mainline Drive	1	2.0	•	•	•	•		•														
69.	Miwok Park • 9344 Village Tree Drive	2	6.2	•	•	•	•	•	•			•	•										Junior Tennis Court
70.	Mix Park • 8770 Goldy Glen Way	1	2.8	•	•	•	•	•	•			•	•										
71.	Morse Park • 5540 Bellaterra Drive and Fire Poppy Drive	3	30.0	•	•	•	•	•	•	•			•	•		•		W	•	•	•		Skate Elements, Bocce Ball, Labyrinth, Reservable Pavilion
72.	Nottoli Park • 10050 East Taron Drive	3	21.1	•	•	•	•	•	•				L	•		L	W		•				
73.	Oneto Park • 9477 Hidden Hollow Court	2	1.6	•	•	•	•	•	•														
74.	Pedersen Park • 5520 Laguna Oaks Drive	2	5.8	•				•															
75.	Perez Park • 2326 Sandy Beach Way	3	1.7	•	•	•	•		•														
76.	Perry Park • 9220 Brown Road	1	2.0	•	•	•																	
77.	Pinkerton Park • 8906 W. Stockton Blvd.	2	4.5	•	•	•	•	•				•											
78.	Promenade Park • 9945 Westminster Way	3	4.0					•													•		City/CSD Park
79.	Rain Garden Plaza • 9385 Laguna Springs Drive	2	.904		•																•		City Park, Eco-Friendly, Education Components, Local Artwork
80.	Rau Park • 8795 Elk Grove-Florin Road	1	18.0	•	•	•	•	•	•				•	•		•					•		
81.	Rose Garden Park • Del Webb Blvd.	3	1.0																				City/CSD Park, Rose Garden
82.	Rose Park • 8620 Frye Creek Drive	2	1.1	•	•																		
83.	Russell Park • 9136 Grove Street	1	0.8	•																			
84.	Schauer Park • 10181 Frank Gregg Way	3	1.5	•	•	•	•		•	•		•											
85.	Simpson Park • 9565 Crisswell Drive	1	7.8	•	•	•		•				•	•	•		•							Pickleball Court
86.	Smedberg Park • 9854 Emerald Park Drive	1	1.8	•	•	•			•														
87.	Stephenson Family Park • 5511 Dorcey Drive	3	8.0	•	•	•	•	•	•	•					•		W		•	•			Skate Elements, Labyrinth, Reflexology Path
88.	Storybook Woods Park • 9925 Hatherton Way	3	1.8	•	•	•	•		•														City/CSD Park
89.	Strong Park • 9580 Baypoint Way	1	7.9	•	•	•		•	•	•			•	•		•					•		
90.	Town Square Park • 3020 Renwick Avenue	3	6.2	•	•			•					•										Community Garden
91.	Underwood Park • 8751 Bond Road	1	5.6										•										
92.	Van Doren Park • 9100 Neponset Drive	1	1.1	•	•	•	•	•	•			•											Bocce Ball
93.	Wackman Park • 5851 Laguna Quail Way	2	9.5	•	•	•	•	•	•			•	•	•		•							
94.	Willard Park • 9650 Cresleigh Parkway	3	6.3	•	•	•			•								•						
95.	Womack Park • 9340 Castlevue Drive	2	4.1	•	•	•	•					•	•	•									
96.	Wright Park • 9370 Sierra River Drive	1	1.5	•	•	•	•	•										W				•	
97.	Zehnder Park • 9212 Edisto Way	2	9.5	•	•	•	•	•					•	•		•							
98.	Zimbelman Park • 9191 Big Horn Boulevard	2	5.3	•	•	•	•	•					•	•							•		

Enrollment Details for CSD Classes

Hold Harmless Form

Some classes require a parent/guardian to accompany participant to the first class and sign a Hold Harmless form prior to participation. Please check to see if your class has that requirement.

Pre-Register

Nothing cancels a class faster than low enrollment. Each class strives for a minimum level that will cover costs. If you see a class you're interested in, register early and invite a friend.

Supply Fees

Some classes require a supply fee in addition to the registration fee. Supply fees are payable to the instructor at the first class, so do not include with the registration fee. Supply fees cover the costs for supplies needed to present or produce items, vary, and are included in the class descriptions.

Waitlist Procedure

Anyone can waitlist classes. Waitlists are not rolled over. It is the responsibility of the parent to place their child(ren) on the appropriate list(s). If a client withdraws from a class, the first person on the list is called and has 24 hours to accept or decline.

Accommodations

To request an accommodation, mark the "Accommodations Needed" box on the registration form. Allow at least two weeks advance notice.

Receipts

In an effort to keep costs down, we do not send receipts by mail. Receipts are available by request.

Mark Your Calendars

Note the times, dates, and locations for courses and events.

What to Bring? What to Wear?

Read the class descriptions for what to bring or wear for fitness, dance, sports, or other special interest classes. Most descriptions include basic expectations for apparel and equipment.

Refunds

Refunds and transfers are granted to cancellations received 72 hours prior to the first class unless otherwise noted in the class description. Failure to attend does not constitute grounds for a refund. If you are not satisfied with a program, contact the supervisor. The Parks and Recreation Department will declare a refund on a customer account as an unclaimed credit when the refund has not been used or claimed within one year of issue date. Unclaimed credits will be transferred to the Cosumnes Recreation Opportunity Fund.

Cosumnes Recreation Opportunity Fund

When registering, add an optional \$1 to donate. See page 54 for more information on the program.

Fire Department Fee

Participants or those renting CSD facilities that require assistance of the Cosumnes Fire Department for an injury or illness while participating in our programs may be charged fees as part of that response and/or transport. These fees are separate from those paid to use the facility or participate in the program.

Cosumnes CSD, 9355 E. Stockton Blvd., Suite 185, Elk Grove, CA 95624 • (916) 405-5300 • fax (916) 685-6942

Registration Form *(copies accepted)*

Receipt # _____

Init.

Responsible Adult _____ Phone (home) _____ (work) _____ (mobile) _____

Address _____ City _____ Zip _____

E-mail Address _____

PAYMENT TYPE: Cash Check Credit Card *(fill out information below)*

Credit Card: ___VISA ___MasterCard ___Discover Card # _____

Name as it appears on card: _____ Expires (month/year) ____/____

By signature below, I authorize the CSD to charge this credit card for the amount shown.

Participant Name	Gender M/F	Birth date (under 18)	Activity #	Activity Name	Dates	Fee



Cosumnes Recreation Opportunity Fund — Your contribution offers Elk Grove individuals in need, the opportunity to participate in recreation activities. Strengthen our community by the simple act of donating a dollar. — **OPTIONAL \$1.00**

Check if New Address Accommodations Needed

Total Fee

HOLD HARMLESS AGREEMENT

The Cosumnes Community Services District, their officers and employees, and any co-sponsor of this activity are not responsible for any injury which may be suffered by the participant while traveling to, during, or returning from the activity designated in this notice. The sponsoring agency has no medical insurance for individuals, and any injury to, or caused by, the participant will be the participant's sole and exclusive responsibility. Participant, or his/her guardian if actual participant is under 18, shall be solely and exclusively responsible for any property damage, personal or private, which the individual may cause during the course of an activity such as designated in this notice. Additionally, the participant, or parent or guardian if actual participant is under 18, acknowledges that the CSD reserves the right to photograph facilities, activities and program participants for potential future use for publicity or promotion purposes only. "By signing below, I acknowledge that I have read and understand this notice and, if I am signing on behalf of a participant under the age of 18, I attest that I am that participant's legal guardian. I also authorize the CSD to charge my credit card for the amount shown if applicable."

No confirmation will be sent.

Receipts are available in the office.

Signature of Participant *(Parent/Guardian if under age 18)*

Date



Residents in 95624, 95757, 95758 zip codes may register beginning **Dec. 7, 2016** at 8 am.
 Non-residents may register beginning **Dec. 21, 2016** at 8 am.

Have you tried registering on-line?
www.yourcsd.com

Stay Connected:



@CosumnesParkRec

5 Ways to Register



On-line:
 www.yourcsd.com
 follow eReg link
 24/7 access



Walk-In:
 Cash, checks, or
 credit cards accepted



Phone-In:
 Visa, MasterCard,
 or Discover



Mail-In:
 Include correct fee
 and completed form.
 Do not mail cash.



Fax-In:
 Visa, MasterCard,
 or Discover

2 Registration Locations

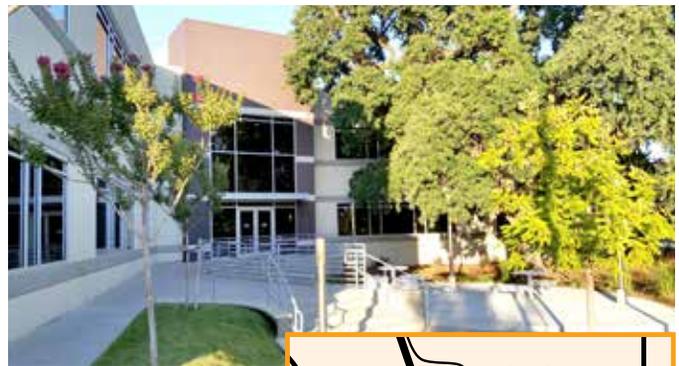
Wackford Community & Aquatic Complex



(916) 405-5600
 fax 405-5659
 9014 Bruceville Road
 Elk Grove, CA 95758
 Daily, 8 am – 8 pm



CSD Administrative Office



(916) 405-5300
 fax 685-6942
 9355 E. Stockton Blvd.
 Suite 185
 Elk Grove, CA 95624
 M–F, 8 am – 5 pm



Community & Youth Organizations

- 4-H SACRAMENTO CLUBS** 875-6530
Joan Ryan sacramento4h@ucanr.edu
- BASEBALL**
Elk Grove Babe Ruth Baseball (Ages 13-18) www.eghardball.com 747-6252
Elk Grove Youth Baseball (Ages 4-14) www.elkgroveyouthbaseball.com
Laguna Youth Baseball (Ages 5-12) www.lagunayouthbaseball.com
- CITY OF ELK GROVE** 691-2489
www.elkgrovecity.org
- ELK GROVE ARTISTS** 501-6676
Cheryl Stanley elkgroveartistsca.org
- ELK GROVE CHAMBER OF COMMERCE** www.elkgroveca.com 691-3760
- ELK GROVE COMMUNITY BAND** 606-7201
Carolyn Roberts
- ELK GROVE COMMUNITY GARDEN** www.elkgrovecommunitygarden.org
- ELK GROVE FINE ARTS CENTER** 685-5992
www.elkgrovefineartscenter.org
- ELK GROVE FOOD BANK SERVICES** 685-8453
www.elkgrovefoodbankservices.org
e-mail: elkgrovefoodbank.org
- ELK GROVE LIBRARIES:** 264-2920
FRANKLIN & ELK GROVE www.saclibrary.org
8900 Elk Grove Blvd. 95624
- ELK GROVE YOUTH LACROSSE CLUB** www.eglax.com 230-2174
- ELK GROVE UNIFIED SCHOOL DISTRICT** www.egusd.net 686-5085
- FOOTBALL AND CHEERLEADING**
Cosumnes Oaks Jr. Wolfpack www.cojw.org
Elk Grove Jr. Thundering Herd 888-434-4373
Kristina Bazquez www.elkgrovejrherd.com
Franklin Jr. Wildcats www.franklinjrwildcats.com
Laguna Creek Jr. Cardinals 683-9626
www.lcjc.org
Monterey Trail Jr. Mustangs 479-9036
e-mail: mtjrmustangs@gmail.com
www.montereytrailjrmustangs.com
Pleasant Grove Jr. Eagles pgeagles.com
Sheldon Jr. Huskies
www.sheldonjrhuskies.org/football
- INTERNATIONAL ORDER OF THE RAINBOW FOR GIRLS** roseassembly224@gmail.com
www.gorainbow.org 800-843-4674
- JOB'S DAUGHTERS INTERNATIONAL** 685-4928
bethel347elkgrovejdi@gmail.com
www.jobsdaughtersinternational.org
- SACRAMENTO CITY UNIFIED SCHOOL DISTRICT**
Special Needs Programing 643-7400
www.scusd.edu/special-education
- SCOUTS**
Boy Scouts: Golden Bear District Executive www.scouting.org 929-1417
Girl Scouts: Heart of Central California www.girlscoutshcc.org 452-9181
- SENIOR CENTER OF ELK GROVE** 685-3160
www.thescog.org
- SIX PACK TENNIS LEAGUE** 448-2430
- SOCCER**
Elk Grove Recreational Soccer League 905-4097
www.elkgroverecreationalsoccerleague.com
Elk Grove Youth Soccer League 682-6500
www.elkgrovesoccer.com
- SOFTBALL**
Elk Grove Girls Softball (Ages 5-16) www.elkgrovesoftball.com
- SWIM TEAM**
Elk Grove Piranhas www.elkgrovepiranhas.com
- WRESTLING**
Elk Grove Wrestling Academy 524-6515
elkgrovestringacademy.com

Volunteer Opportunities



Looking for community service projects or need service credits?

The CSD offers opportunities that encourage public participation in supporting services, events, and programs. A list of opportunities is available and ready for sign up.

For more information, go to: www.yourcsd.com/349/Volunteers



Give the Gift of Recreation

The **Cosumnes Recreation Opportunity Fund** provides financial assistance for individuals to participate in recreation activities offered by the CSD Parks and Recreation Department.

The success of CROF relies upon donations from you!

If you are a family in need of assistance, the CSD accepts the first 50 approved applications for each calendar year. Funding is limited to \$150 per qualified family and can be used for any programs and activities in the Activity Guide.

APPLICATIONS FOR 2017 WILL BE AVAILABLE AFTER 11/28/16

Your donation is tax deductible and will provide a chance for children and adults in need to participate in lifelong learning experiences that promote healthy lifestyles.

Fill the Need...Feed the Hope



We Couldn't Do It Without You!

Providing essential resources to overcome the many faces of hunger and human need.

- FOOD CLOSET
- CLOTHES CLOSET
- WISH LIST
- SUPPORT WORKS

94% of all donations go directly into EGFB's Programs. Only 6% is used for Administrative costs.

FOOD & CLOTHES CLOSET HOURS:
Monday- Friday 10:00 AM to 2:00 PM
DONATIONS ACCEPTED:
Monday-Friday 9:00 AM to 2:00 PM



9820 DINO DRIVE, STE. 140
ELK GROVE, CA 95624

P.O. BOX 1447
ELK GROVE, CA 95759

916 685-8453
916 714-9931 FAX

www.elkgrovefoodbank.org

Senior Center of Elk Grove

8830 Sharkey Ave, Elk Grove, CA 95624

(916) 685-3160 www.thesceg.org

Vibrant
Fun Friends Caring Fun Creative
Friends Zen Active Zen Artists
Creative Artists **We Are** Friends Fun
Fun Vibrant Fun Students Caring
Friends Active Zen Creative

Featuring

■ Gadabouts Travel

Weekdays 10:00 am – 2:00 pm

New day and extended trips are added on a regular basis. Don't miss the fun!

■ Salad Bar

Tuesdays & Wednesdays

11:00 am – 12:15 pm

Each nutritious, yummy salad is \$3.00

■ Le Café and Gift Shoppe

Monday – Friday 8:30 am to 2:30 pm

Purchase beverages, snacks and browse the many gorgeous handmade gift items for sale.

Special Events



Holiday Gift Faire and Sweet Shoppe

Saturday, November 19, 2016 - 9AM to 3PM

Sunday, November 20, 2016 - 10AM to 3PM

Senior Center elves are working extra hard to bring you the most unique, beautiful and wow-worthy gifts for everyone on your list. Find hats, scarves, fudge, cookies, jewelry, baby items, ornaments, wood carvings and much more.

We Are a Family

Parkinson's, Neuropathy, and Alzheimer's support groups all meet at the Senior Center.

We Are Vibrant

We offer classes to enhance your well-being and health in an exciting and innovative atmosphere. Instructor led exercises include Tai Chi, Aerobics, Yoga and Zumba.

We Are Creative

We are painters, crafters, and writers. Explore a new book with the Book Club, go on an adventure with Gadabouts Travel or sit back and be zen.



Activity Guide

The Cosumnes Community Services District Activity Guide is published three times each year in April, August, and December. Additional copies are available at the Wackford Community and Aquatic Complex as well as at the CSD Administrative Office (page 51).

Download your guide at:
www.yourcsd.com



Partners for Parks

Help keep your neighborhood park safe and looking great. Volunteer to monitor a park or trail. Call for more information and become a Partner for Parks!

Maintenance Hotline:
(916) 405-5688



Park Concerns?

To report graffiti, vandalism, or safety concerns, call the Park Maintenance Hotline and leave a detailed message describing the concern and your phone number, in case further information is needed.

Park Maintenance Hotline:
(916) 405-5688



Update on Your Newest Park

Horseshoe Park – 9800 Denali Circle

Explore the western-themed playground where armadillos and horses roam amidst windmills, slides and horseshoe pits! Horseshoe Park features two playgrounds, swings, a sprayground, a native plant garden, tennis courts, a half-court basketball area, shaded picnic areas and barbecues. The park also has a walking loop trail with adult fitness equipment, a small restroom, and a small parking lot.

Four of the park's nine acres are now open. Phase 2 is underway and will include and a large, open grass area with a baseball/softball backstop which is scheduled to open in the spring of 2017.



Horseshoe Park is the 94th park constructed in Elk Grove and one of seven parks developed through a partnership between the Cosumnes CSD and City of Elk Grove.





Lifeguard Training Classes

The CSD is offering lifeguard training classes now. If you are interested, sign up soon (p.8).

Summer Hiring

Beginning in February!

Day Camp Leaders,
Sports & Office Staff,
Lifeguards, &
Swim Instructors

Stuff Happens!

Be sure to check out yourcsd.com for the most up-to-date class information and list of events

STAFF HIGHLIGHT:

Mike Dopson

Recreation Manager

Mike has been with the CSD since 2003 and is currently a recreation manager overseeing Aquatics, Sports, Golf, Facilities and the Health & Wellness Initiatives. He grew up in the Bay Area and attended Chico State where he was a Division I All-American in rugby. Mike enjoys many facets of his job, and very much believes in the positive aspects that parks and recreation provide to a community. He has served on numerous boards promoting the message that "Parks Make Life Better!" In his spare time he can be seen doing a variety of outdoor activities here in Elk Grove.



Mike Dopson, Rec Manager

Download our mobile app!



Hey you're looking for a job this summer aren't you?

Yeah I am!

Well you're in luck! The CSD will be hiring for Summer 2017?

What, no way! Where can I get more information?

Just check out www.yourcsd.com





Cosumnes Community Services District
9355 E. Stockton Blvd., Suite 185
Elk Grove, CA 95624

PRSR STD
U.S. Postage
PAID
Elk Grove, CA
Permit 84

ECRWSS
POSTAL CUSTOMER



Your CSD, Your Recreation Benefits

See pages 4-7
for upcoming
special events!



PHYSICAL

Reduces Obesity

Diminishes Risk of
Chronic Diseases such
as Heart Disease,
Diabetes, Cancer, and
Osteoporosis

Boosts Immune System

Increases Life
Expectancy



MENTAL

Reduces Depression

Relieves Stress

Improves Quality of Life

Improves Self-Esteem

Personal and Spiritual
Growth

Life Satisfaction



SOCIAL

Strengthens Communities

Reduces Crime

Encourages Volunteerism

Promotes Stewardship

Promotes Social Bond

Unites Families

Builds Cultural Diversity
and Harmony

Supports Individuals with
Disabilities

Supports Seniors

Promotes Public Health

Creates Community
Engagement



YOUTH

Develops Youth

Enhances Education

Deters Negative Behaviors

Decreases Drug and
Alcohol Use and Early
Sexual Activity

Crime Prevention

