

2019 FALL



COSUMNES COMMUNITY  
SERVICES DISTRICT



ELK GROVE  
GIANT  
PUMPKIN  
FESTIVAL  
PAGES 8-9

# Activity GUIDE

[www.yourcsd.com](http://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 98 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. We are committed to promote positive participation and a quality experience by providing reasonable accommodations upon request and adaptive recreation opportunities for people with disabilities. To request an accommodation, mark the "accommodations needed" box on the registration form or online, and a staff will contact you. Reasonable accommodations will be determined on an individual basis. Please allow at least 3 weeks for your request to be processed. Accommodation Request forms can also be found online at [yourcsd.com](http://yourcsd.com)

Adaptive, therapeutic recreation classes and programs are offered through Recreation ADventures (page 40). Adaptive recreation is not intended to replace or prevent participation in inclusive recreation settings.

For further information on inclusion, accommodations, and adaptive recreation, please contact us at (916) 405-5600 or [RAD@csdparks.com](mailto:RAD@csdparks.com)

#### 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.

**VOLUNTEERS  
NEEDED**



**We are looking for fun and energetic volunteers to provide exceptional customer service at this year's Elk Grove Giant Pumpkin Festival!**

**Hours Needed**  
October 1-6  
9 am - 6 pm

Volunteers will be serving in a variety of areas which may include kids zone, agricultural area or other entertainment attractions, as well as helping keep our festival beautiful!

Must be able to work outdoors and able to stand for prolonged periods of time. Experience working with youth and teens is preferred.

**[www.yourcsd.com/gpf](http://www.yourcsd.com/gpf)**  
**(916) 405-5300**

**BOARD OF DIRECTORS**  
Gil Albiani, *President*  
Orlando Fuentes, *Vice President*  
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Elk Grove, CA 95624  
(916) 405-7100  
**Michael McLaughlin**  
*Fire Chief*



Don't delay, register right away!

Some classes fill up quickly and others are canceled if not enough participants register. Secure your spot by registering as early as possible!

**Register Today!**  
[yourcsd.com/onlinereg](http://yourcsd.com/onlinereg)  
 For residents in the 95624, 95757, 95758 zip codes, **resident** registration begins 8am on **August 14!**  
**Non-resident** registration begins **August 28**

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Elk Grove Giant Pumpkin Festival  
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Cosumnes CSD: Parks & Recreation Department | Enrichment & Community

# HOT Summer NIGHTS Concert Series

FREE!

**CONCERT POLICY!**

- Absolutely NO Entry into amphitheater before 5 pm.
- NO high back chairs.
- NO pets except service animals.

**Food**  
Available for Purchase

**FREE Musical Events!**

**FRIDAY NIGHTS • 6:30–9:00 pm • Laguna Town Hall**  
Bring a blanket or low lawn chair and enjoy live music in the outdoor amphitheater. All ages welcome!

- August 2 The Latin Touch Band**  
Latin Tropical, 80's Funk, R&B, Old School, Latin Rock
- August 9 The Bloodstones**  
Roots Rock Reggae
- August 16 Dirty Cello**  
Blues and Bluegrass
- August 23 End Game**  
Modern Dance Pop Covers
- August 30 Azucal**  
70's and Modern Dance, Hawaiian-Reggae, Lite Country and Alternative



# Event SPONSORSHIPS

Contribute to the Enrichment of Your Community



Giant Pumpkin Festival



Youth Sports



Golf

Don't miss this great opportunity for affordable publicity & networking!

For more information call 1-916-405-5303.

\$10 in advance (#10270)  
-or-  
\$12 at the door

# Comedy Under the Stars



Bret Walkow

**Friday, September 13**  
Laguna Town Hall, Amphitheater

Show starts 8 pm, seating begins 6 pm. Show is for an adult audience. Laughs Unlimited comes to Elk Grove for an outdoor performance. Bring a picnic, blanket and jacket. No high back chairs. No pets except service animals. Credit cards accepted at venue.



FREE!

# Healthy Kids Extravaganza



**Saturday, September 7**  
1:00 pm – 4:00 pm  
Wackford Aquatic Complex

**FREE event for children to swim into shape!**  
Arts & Crafts • Goal Setting  
Healthy Food Options  
Fitness Challenges  
Interactive Demos from CSD  
Health and Wellness Programs

September is childhood obesity awareness month. One in three children in the U.S. is overweight or obese. Obesity puts kids at risk for problems such as type 2 diabetes, high blood pressure, and heart disease. There are opportunities to change these trends. The CSD encourages your family to join us and make healthy changes together!



**EMERALD LAKES GOLF COURSE**  
2019

**Elk Grove Amateur Tournament**  
September 29 | Emerald Lakes Golf Course

8:30 am start · Individual Stroke Play  
\$50 per person includes lunch & prizes, 18 holes  
(power carts extra)

In Partnership With:  
**ELK GROVE** CALIFORNIA  
WONDERFULLY UNEXPECTED

(916) 685-GOLF(4653) · golfemeraldakes.com



**Pool of Pumpkins**  
CSD 2019

Jump in the pool and pick your pumpkin!

**OCTOBER 19**  
Saturday, 1-4 pm, Wackford Aquatic Complex  
No entrance fee - \$5 wristband to pick a pumpkin  
Adventure Bay will be transformed into a floating pumpkin patch!

Pumpkin Decorating Stations • Carnival Games • Fall Family Fun!



**ELK GROVE**  
**festival of lights**  
FREE ADMISSION

**Tuesday, October 22**  
**6:00 to 9:00 pm**  
Elk Grove Community Center  
8230 Civic Center Drive

Celebrate the symbolic victory of light over darkness, knowledge over ignorance, selfless service, and good over evil at this seasonal celebration observed by the Hindu, Jain, Sikh and Buddhist cultures. Experience cultural dances and refreshments with your friends and neighbors. Free admission.

ELK GROVE  
CSD

**elkgrovecity.org**



**FREE!**  
**DIA DE LOS MUERTOS**  
+ NEW

Dia de los Muertos Celebration & Movie Night  
**Featuring Disney's "Coco"**  
Saturday, November 2  
Derr-Okamoto Community Park

4pm: Celebration & activities  
6pm: Movie starts

Event will be canceled in inclement weather

**MUERTOS**

Mark your  
calendar!

## February 2020 Dances



Cosumnes CSD: Parks & Recreation Department | Enriching Community

# Breakfast with Santa

Advance ticket sales  
end at 3:00 pm  
Friday, December 6.

**Sat., December 7**  
Age 2+

The holidays are here! Join us as we celebrate the season. Each child will have the opportunity to talk with Santa. Walk ups accepted.

**Pavilion in Elk Grove Park**  
2 and up \$5 in advance,  
\$7 at the door  
All members of the party must pay.

This is co-sponsored by the  
Pride of Laguna Creek Lions Club.



**8:00 am** (#10288)  
**8:45 am** (#10289)  
**9:30 am** (#10290)  
**10:15 am** (#10291)

## EMERALD LAKES GOLF COURSE

Toys  
for  
Tots  
Drive

December 7

Play 9 holes of golf for \$20pp (cart not included) and bring a toy for donation and receive a free round of golf (applies to future round of golf).

# Santa & Sirens PARADE

**Santa is coming to a  
neighborhood near you!**

**3 Nights of Fun  
7:00–9:00 pm**

Get in the ho...ho...holiday spirit with friends, neighbors, and your local fire personnel. The Cosumnes Fire Department and the Firefighters Association have teamed up to host a series of parades. Come out and greet Santa and his elves. New, unwrapped toys for the toy drive will be accepted.

**Tuesday, December 3  
Station 76**  
**Wednesday, December 4  
Station 71**  
**Thursday, December 5  
Station 74**

**TINYTOT**  
PRESCHOOLS

# Pajama Party

**Saturday, December 14**  
\$20/Child (15616) – Pre-Registration is required

Your children are invited to our classroom Pajama Party! Adults may have a relaxing evening out from **5:30pm–9:00pm** while children have **dinner and a fun evening at Wackford Complex, Preschool Room!**

Children must be age 3–5 and able to use the bathroom on their own. Person who will be picking child/ren up must be 18 years or older.

**Space is limited to the first 24 children, register today!**  
**(916) 405-5300**

# Kids' Night OUT Parents' Night OFF

Age 6+

Drop the kids off for a night of fun and enjoy your night off!

Crafts  
Games  
Sports Activities  
Movie

**Saturday, December 14**  
Wackford Complex, 5:30pm–9:00pm  
Pre-registration is required, \$20/Child (#10287)  
Dinner will be provided

*For children under 6, check out Pajama Party! (Left of this ad)*

**FREE!**

Cosumnes CSD

# POP UP!

Neighborhood Events

Grandparents Teddy Bear Picnic  
Family fun  
Cute crafts  
Messy Me Art in the Park  
May Flowers  
Unique interactive activities  
All FREE!

**For FREE, spontaneous, family-friendly fun, follow:**  
**@CosumnesParkRec**   

## CSD Proudly Supports

**August**  
**24** Elk Grove Multicultural Festival  
[elkgrovecity.org](http://elkgrovecity.org)

**September**  
**7** Party on the Palms Teen Festival  
[elkgrovecity.org](http://elkgrovecity.org)  
**21** Historical Society Plow to Plate Dinner  
[elkgrovehistoricalsociety.com](http://elkgrovehistoricalsociety.com)  
**23** Community Band Concert  
**28** Rotary Beef & Reef Bash  
[elkgroverotary.org](http://elkgroverotary.org)

**October**  
**12** Franklin HS Band Review  
[franklinhsband.net](http://franklinhsband.net)

**November**  
**4** Community Band Concert  
**11** Veteran's Day Parade  
[elkgrovecity.org](http://elkgrovecity.org)  
**30** Dickens Street Faire  
[dickensstreetfaire.com](http://dickensstreetfaire.com)

**December**  
**9** Community Band Concert

25<sup>th</sup> Annual

ELK GROVE

# GIANT

PUMPKIN FESTIVAL



25 Years & Growing!

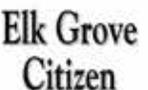
Carnival rides & inflatables



GIANT Pumpkin Weigh-Off



Pumpkin pie & more sweet treats



# October 5 & 6, Elk Grove Park

## Free Admission, \$10 Parking

Have you ever seen a one-ton pumpkin? Have you ever heard of giant pumpkins being carved into canoes and raced across a lake? The 25th annual Elk Grove Giant Pumpkin Festival will have all that and more!

There is pumpkin fun for everyone including the **Giant Pumpkin Weigh-Off**, **Hometown Pumpkin Pie-Eating Contest**, **Pumpkin Food Court**, and **pumpkin patch**. After the **Pumpkin Regatta**, watch the pumpkin boats fall from great heights into the lake making a **GIANT splash**.

New this year, **X Games athletes** will be featured in a **BMX stunt show!** With shows every hour, meet and greets, and a **virtual reality** experience – this is an attraction you won't want to miss!

Squash the competition and **win cash prizes** at the festival by signing up for the Youth Art, Best Pumpkin Recipe, Lil' Pumpkin Cupcake, or Scarecrow contests. Advanced registration is required.

For this year's entertainment schedule, contest registration, sponsor and vendor information and more, visit [yourcsd.com/gpf](http://yourcsd.com/gpf)



[f](#) [t](#) [i](#) @ElkGroveGPF #ElkGroveGPF





### SESSION 1

14941	Tu,Th	9/3-9/12	9:00am-9:55am
14942	Tu,Th	9/3-9/12	7:05pm-8:00pm
14920	M,W	9/4-9/11	9:00am-9:55am
14921	M,W	9/4-9/11	7:05pm-8:00pm
14934	Sat	9/7-9/14	9:00am-9:55am

### SESSION 2

14922	M,W	9/16-9/25	9:00am-9:55am
14923	M,W	9/16-9/25	7:05pm-8:00pm
14943	Tu,Th	9/17-9/26	9:00am-9:55am
14944	Tu,Th	9/17-9/26	7:05pm-8:00pm
14935	Sat	9/21-9/28	9:00am-9:55am

## 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. It includes an abdominal work out to strengthen, tone, and build the bodies core muscles.

### WACKFORD AQUATIC COMPLEX \$5/CLASS

#### SESSION 1

14959	Tu,Th	9/3-9/12	10:00am-10:55am
14955	M,W	9/4-9/11*	10:00am-10:55am

#### SESSION 2

14956	M,W	9/16-9/25	10:00am-10:55am
14960	Tu,Th	9/17-9/26	10:00am-10:55am

#### SESSION 3

14957	M,W	9/30-10/9	10:00am-10:55am
14961	Tu,Th	10/1-10/10	10:00am-10:55am

#### SESSION 4

14962	Tu,Th	10/15-10/24	10:00am-10:55am
14958	M,W	10/16-10/23	10:00am-10:55am

\*No Class 9/2



## Deep Water Aerobics

Age 16+

Prerequisite: Participants must be able to swim 25 yards unassisted without equipment. 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 cardiovascular exercise or helping to treat muscle and bone injuries. This fitness class is 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, \$5/Class.**

### SESSION 3

14924	M,W	9/30-10/9	9:00am-9:55am
14925	M,W	9/30-10/9	7:05pm-8:00pm
14945	Tu,Th	10/1-10/10	9:00am-9:55am
14946	Tu,Th	10/1-10/10	7:05pm-8:00pm
14936	Sat	10/5-10/12	9:00am-9:55am

### SESSION 4

14926	M,W	10/14-10/23*	9:00am-9:55am
14927	M,W	10/14-10/23*	7:05pm-8:00pm
14947	Tu,Th	10/15-10/24	9:00am-9:55am
14948	Tu,Th	10/15-10/24	7:05pm-8:00pm
14937	Sat	10/19-10/26	9:00am-9:55am

\*No Class 10/14

### SESSION 5

14928	M,W	10/28-11/6	9:00am-9:55am
14929	M,W	10/28-11/6	6:30pm-7:25pm
14949	Tu,Th	10/29-11/7	9:00am-9:55am
14950	Tu,Th	10/29-11/7	6:30pm-7:25pm
14917	Fri	11/1-11/8	9:00am-9:55am
14938	Sat	11/2	9:00am-9:55am

### SESSION 6

14951	Tu,Th	11/12-11/19	9:00am-9:55am
14952	Tu,Th	11/12-11/19	6:30pm-7:25pm
14930	M,W	11/13-11/20	9:00am-9:55am
14931	M,W	11/13-11/20	6:30pm-7:25pm
14918	Fri	11/15-11/22	9:00am-9:55am
14939	Sat	11/16	9:00am-9:55am

### SESSION 7

14932	M,W	11/25-12/11	9:00am-9:55am
14933	M,W	11/25-12/11	6:30pm-7:25pm
14953	Tu,Th	11/26-12/12	9:00am-9:55am
14954	Tu,Th	11/26-12/12	6:30pm-7:25pm
14919	Fri	12/6-12/13	9:00am-9:55am
14940	Sat	12/7-12/14	9:00am-9:55am

## Piloga

Age 16+

Bring balance to body and mind with a combination of Pilates and Yoga. Class provides core and back strengthening of Pilates and the balance of mind and body calming stretches incorporated by Yoga.

### Wackford Aquatic Complex \$5/Class

Instructor: Kim Matranga			
15042	Fri	9/20-9/27	9:00am-9:55am

## Tabata

Age 16+

Tabata Power workouts are conducted in deep water with no impact to your bodies bones or joints. The class consists of high energy intervals guaranteed to trip your metabolism into working more efficiently and finishing the class with core strengthening and stability.

### Wackford Aquatic Complex \$5/Class

Instructor: Kim Matranga			
14963	W,F	9/18-9/27	8:00am-8:55am
14964	W,F	10/2-10/11	8:00am-8:55am
14965	W,F	10/16-10/25	8:00am-8:55am

\*No Class 9/2, 10/14



# Swim For Fitness

For all swimmers age 16 and up

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! Everyone is encouraged to share a lane with a fellow swimmer and ask staff any questions before beginning your workout.

### Wackford Aquatic Complex

- \$7 Drop-In
- \$50 10-Visit Punch Pass
- \$44 Monthly Pass
- \$39 Monthly Automatic Payment

### Elk Grove Aquatics Center

- \$7 Drop-in \$55 10 Visit Punch Pass
- \$50 Monthly Pass (\$40 Laguna Ridge Resident/Senior)
- \$45 Monthly Autopay (\$36 Laguna Ridge Resident/Senior)

The Elk Grove Aquatics Center offers a 50-meter long course for lap swimming on Sunday mornings.

Use of the pool is not exclusive and will be shared with other CSD programs. Days, times, and lane availability will vary throughout the winter and spring months. Please visit [yourcsd.com/Swim4Fitness](http://yourcsd.com/Swim4Fitness) for pool dates and hours.



Fall 2019 Activity Guide | www.yourcsd.com | (916) 405-5600 or (916) 405-5600

## Aqua Jogging



**Age 16+**  
This course is ideal for runners or participants recovering from injury, but looking for a low impact workout. This class offers the benefits of running with less impact on the body. Participants' goal will be to increase cardiovascular conditioning against water resistance in 3.5 feet of water. Swimmers will move against the current of the Lazy River at the Elk Grove Aquatics Center while focusing on speed and power intervals. This class may utilize a flotation belt and other equipment. Class taught by certified Water Aerobics & fitness Instructors.

Elk Grove Aquatics Center		\$5/Class
Instructor: CSD Staff		
15168	Tu,Th 9/3-9/12	12:00pm-12:45pm
15169	M,W 9/4-9/11	12:00pm-12:45pm
15170	M,W 9/16-9/25	12:00pm-12:45pm
15172	Tu,Th 9/17-9/26	12:00pm-12:45pm
15171	M,W 9/30-10/9	12:00pm-12:45pm
15173	Tu,Th 10/1-10/10	12:00pm-12:45pm

## Swim 'n Stretch



**Age 16+**  
This class is a great option for those with arthritis, joint and muscle pain or those recovering from injury. This low-impact class focuses on range of motion, with gentle stretching and swimming techniques and exercises geared towards reducing pain and stiffness. The goal of this class is to help increase joint flexibility and range of motion while restoring and maintaining muscular strength. This class may utilize equipment, depending on Instructor. Class will be held in 3 1/2 to 5 feet of water. Class taught by certified instructors.

Elk Grove Aquatics Center		\$5/Class
Instructor: CSD Staff		
15188	Fri 9/6-9/13	10:00am-10:55am
15189	Fri 9/20-9/27	10:00am-10:55am
15190	Fri 10/4-10/11	10:00am-10:55am
15191	Fri 10/18-10/25	10:00am-10:55am
15192	Fri 11/1-11/8	10:00am-10:55am
15193	Fri 11/15-11/22	10:00am-10:55am

## Teen Water Fitness



**Age 13-17**  
An energetic workout for all participant levels with movements that will increase your heart rate and offer you a total body workout. This class is low-impact and will include high intensity intervals to improve cardiovascular health. It includes an abdominal workout to strengthen, tone, and build the bodies core muscles. Class is held in deep water, taught by trained and certified instructors in 7-8 feet of water.

Wackford Aquatic Complex		\$20
Instructor: CSD Staff		
15174	M,W 9/9-9/18	6:30pm-7:00pm
15175	M,W 9/23-10/2	6:30pm-7:00pm

# FALL SWIM LESSONS



Discover the life skill of learning to swim with the award winning CSD Aquatics Swim Lesson Program! All classes are taught by trained instructors and under the watchful supervision of experienced lead and management staff.

## Registration TIPS

- Have a second and third time choice prepared when registering or transferring, as classes fill up quickly.
- If unsure of the appropriate level, refer to sample Progress Report on: [yourcsd.com/swimlessons](http://yourcsd.com/swimlessons)
- 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.
- Wackford Aquatic Complex and Elk Grove Aquatics Center both offer Fall swim lessons. If a class is full at one facility, check the other.

## Come Prepared!

- Participants should have a swim suit, towel, and sun block. For children in diapers, swim diapers must be worn in the pool. Goggles and swim caps may be worn but are not required.
- Classes are not designed as drop-off and parents must remain on the pool deck for the duration of each class. Be on time or early to class.

## Refund Policy

- Transferring classes or refunds will be granted if received at least 72 hours prior to the first class.
- Refunds or credits will not be granted due to failure to attend a program.
- If registered incorrectly, participants may be asked to leave the class without a refund, credit or transfer.



## Group Lessons \$66

**Group Lessons** meet Monday through Thursday, for 2 weeks (8 lessons). Each class is 30 minutes.

**Session I:** August 26 – September 5\*  
**Session II:** September 9 – September 19  
**Session III:** September 23 – October 3

### Level 1 - Starfish (Age 3+)

For children who have not participated in swim lessons before, or are not comfortable in the water. Child learns to submerge face independently and is introduced to floating and locomotion in a fun and supportive environment.

### Level 2 - Seahorse (Age 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.

### Level 3 - Minnow (Age 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.

### Level 4 - Otter (Age 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.

### Level 5 - Dolphin (Age 3+)

Child must be able swim at least 25 yards of front crawl, back crawl, elementary backstroke, and sidestroke in deep water. Breaststroke is refined and butterfly is learned. They will also practice treading water with different kicks and flip turns.

### Level 6 - Shark (Age 3+)

Child must be able to swim at least 50 yards of freestyle, backstroke, breaststroke, sidestroke, and elementary backstroke. Endurance and technique are emphasized and butterfly is refined.

\*Special pricing due to holiday \$56

## Parent & Infant Lessons \$44

**Turtle (Parent & Infant) Lessons** meet Monday through Thursday, for 1 week (4 lessons). Each class is 30 minutes. (Age 6 Months +)

Lessons cover water adjustment and safety skills designed to increase comfort level of toddlers in and around water. Instructors teach parents skills that the toddlers then practice, such as bubble blowing and floating.

**Session I:** August 26 – August 29

**Session II:** September 3 – September 5\*

\*Special pricing due to holiday \$33

## Private Lessons \$104

**Private Lessons** meet Monday through Thursday, for 1 week (4 lessons). Each class is 30 minutes. (Age 5+)

Lessons are one-on-one instruction taught at student's individual level.

**Session I:** August 26 – August 29

**Session II:** September 3 – September 5\*

**Session III:** September 9 – September 12

**Session IV:** September 16 – September 19

**Session V:** September 23 – September 26

**Session VI:** September 30 – October 3

\*Special pricing due to holiday \$78



## Fall 2019 Swim Lesson Schedule

### Wackford Aquatic Complex

#### Session 1: August 26 – September 5

	4:00	4:30	5:00	5:30
Turtle				●
Starfish	●	●	●	●
Seahorse	●	●	●	●
Minnow	●		●	
Otter		●		●
Private	●	●	●	●

#### Session 2: September 9 – September 19

	4:00	4:30	5:00	5:30
Starfish	●	●	●	●
Seahorse	●	●	●	●
Minnow	●		●	
Otter		●		●
Private	●	●	●	●

#### Session 3: September 23 – October 3

	4:00	4:30	5:00	5:30
Starfish	●	●	●	●
Seahorse	●	●	●	●
Minnow	●	●	●	●
Otter		●		●
Private	●	●	●	●



### Elk Grove Aquatics Center



#### Session 1: August 26 – September 5

	4:15	4:45	5:15	5:45
Turtle		●		
Starfish	●	●	●	●
Seahorse	●	●	●	●
Minnow		●		●
Otter	●		●	
Dolphin	●			●
Shark			●	
Private	●	●	●	●

#### Session 2: September 9 – September 19

	4:15	4:45	5:15	5:45
Starfish	●	●	●	●
Seahorse	●	●	●	●
Minnow		●		●
Otter	●		●	
Dolphin	●			●
Shark			●	
Private	●	●	●	●

#### Session 3: September 23 – October 3

	4:15	4:45	5:15	5:45
Starfish	●	●	●	●
Seahorse	●	●	●	●
Minnow	●	●	●	●
Otter	●		●	
Dolphin		●		
Shark				●
Private	●	●	●	●

# TINY TOT

## PRESCHOOLS

Your children are our children



Tiny Tot Preschools offer an inclusive educational experience through a wide variety of recreational activities where children are encouraged to explore and become involved in a safe, secure learning environment.

### Schedules

#### Preschool: Age 3

**\$200\*/month: 8/1/19 - 6/30/20**

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

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

*\* Monthly rate will be prorated based on time of registration*

**NOTE:** If you cannot find a schedule that works for your family, accommodations may be available.

#### Pre-Kindergarten: Age 4

**\$265\*/month: 8/2/19 - 6/29/20**

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  
**(\$181\*/month)** TTFC, TTC, TTZ

T/Th afternoons, 12:30-3:30 pm  
**(\$200\*/month)** TTFC, TTP, TTZ, TTC





Old



1:10 Teacher-Child Ratio



Voted Best in Elk Grove



## Register Today!

Registration began in March for the August 2019 - June 2020 school year. Enrollment opportunities are still available. To schedule a classroom visit, please call (916) 405-5600

### THE 2019-2020 SCHOOL YEAR IS UNDERWAY

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 \$75 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.

#### Registration Requirements:

1. Children must be the required age on or before **December 31, 2019**.
2. Children in the 3 and 4 year old programs must be potty trained by the first day of class.

### West Elk Grove

#### Tiny Tot Connection

Laguna Town Hall  
3020 Renwick Avenue

#### Tiny Tot Pals

Stephenson Rec Center  
5511 Dorsey Drive

#### Tiny Tot Station

Johnson Rec Center  
3570 Marsh Point Drive

#### Tiny Tot Neighbors

Wackford Community Complex  
9014 Bruceville Road

### East Elk Grove

#### Tiny Tot Kids at Play

Elk Grove Rec Center, Room 2  
8828 Elk Grove Blvd.

#### Tiny Tot Friendship Corner

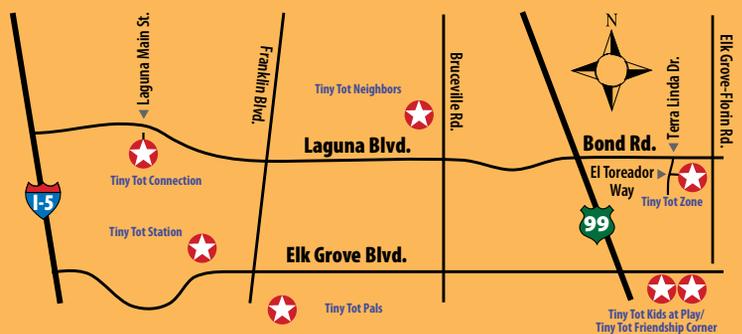
Elk Grove Rec Center, Room 3  
8828 Elk Grove Blvd.

#### Tiny Tot Zone

Castello Rec Center  
8830 El Toreador Way



## 7 ELK GROVE LOCATIONS





## You & Me: Last Minute Gift Workshop

Age 2-9 with adult  
Child and adult will work together to make a wrap their choice of a gift suitable for a parent or grandparent.

**Gifts from the Heart of Grove, 9685 Elk Grove-Florin Rd. \$18**

Instructor: Susie Franklin Roeser  
14745 Mon 12/23 10:00am-11:00am



CSD Programs to help your little ones Prepare for Preschool!

# EXPLORE, CREATE, PLAY!



Classes are held at the Elk Grove Recreation Center.

To arrange a classroom visit or for more information: (916) 405-5600

## 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	Monthly Fee
13724 Fri 8/2-9/27 9:00am-10:30am	\$126
14742 Fri 10/4-12/20 9:00am-10:30am	\$154

## 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	Monthly Fee
13868 Mon 8/5-12/18 8:30am-10:15am	\$112
11750 Mon 8/5-12/18 10:30am-12:15pm	\$112
13869 Tues 8/1-12/19 8:30am-10:15am	\$125
11751 Tues 8/1-12/19 10:30am-12:15pm	\$125

## Parents and Tots

Age 2-4½, with adult

This class is 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. Supplies included. This class may meet off-site for a pre-planned field trip. See instructor for more information.

**Wackford Complex, Poppy Room**

Instructor: Katie Thomas

AGE 2-3½	\$92
11768 Fri 8/16-10/4 9:00am-10:00am	
11769 Fri 10/11-12/13* 9:00am-10:00am	

AGE 3-4½	\$126
11770 Fri 8/16-10/4 10:15am-11:45am	
11771 Fri 10/11-12/13* 10:15am-11:45am	

\*No Class 11/22, 11/29

## You and Me Chocolate Fun

Age 4-10, with adult

Adult 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! Supplies included.

**Wackford Complex, Kitchen \$30**

Instructor: Heather Saldivar

14806 Tu 9/10 6:00pm-7:30pm	
14805 Tu 12/10 6:00pm-7:30pm	
14808 Mon 12/16 6:00pm-7:30pm	

## Parent/Grandparent & Child Date Night

Age 3+, with adult

Spend quality time with your special person working together on a project, creating a masterpiece to take home! Supplies included.

**Gifts from the Heart of Grove, 9685 Elk Grove-Florin Rd.**

Instructor: Susie Franklin Roeser

DECOUPAGE CONTAINER	\$25
14743 Fri 9/20 6:30pm-8:00pm	

CANDY MOSAIC	\$20
14744 Fri 10/11 6:30pm-8:00pm	

MAKE A MONSTER PLUSH	\$25
14746 Fri 10/25 6:30pm-8:00pm	

HOLIDAY CARD MAKING	\$15
14747 Fri 12/6 6:30pm-8:00pm	

ORNAMENT MAKING	\$25
14748 Fri 12/20 6:30pm-8:00pm	



## Wiggle and Grow with Music (Spanish)

Age less than 4 years, with adult

This interactive music class for infants and toddlers will get your little one moving and learning. They'll play instruments, listen to musical masterpieces and dance! This is a great time for bonding and learning in a fun way. Class will be bilingual, in English and Spanish.

**Wackford Complex, Willow Room \$65**

Instructor: Monica Frahm

13783 Tu 9/3-10/1 10:00am-10:45am  
13784 Tu 10/15-11/19\* 10:00am-10:45am

\*No Class 11/12



## Russian for Tots

Age 2-4, with adult

This is a Russian language immersion class that offers a unique opportunity to expose your child to Russian language and culture. Classes consist of crafts, songs, games, storytime and other activities designed to enhance hand and eye coordination, fine and gross motor skills, and cognitive skills. Classes are in Russian language. All levels are welcome. This is a parent/adult participation class.

**Laguna Town Hall, Room 2 \$80**

Instructor: Alisa Wesson

15612 Fri 8/30-9/20 10:00am-11:00am

15613 Fri 9/27-10/18 10:00am-11:00am

~~15614 Canceled 10:00am-11:00am~~

15615 Fri 11/22-12/20 10:00am-11:00am

## Dance Classes

Taught by Encore! Studio of Performing Arts staff



## First Steps in Dance

Age 3½ - 4½

A bubbly fun class with colorful props, character acting through nursery rhymes, and story dances. This class provides an 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':**

**Wackford Complex, Poppy Room A/B \$90**

13803 Mon 9/9-10/21\* 5:00pm-5:45pm

13804 Tu 9/17-10/22 6:30pm-7:15pm

13805 Mon 10/28-12/16\* 5:00pm-5:45pm

13806 Tu 11/5-12/17\* 6:30pm-7:15pm

**Encore! Studio, 9154 E. Stockton Blvd \$90**

13799 Sat 9/14-10/19 10:00am-10:45am

13800 Th 9/19-10/24 5:30pm-6:15pm

13801 Sat 10/26-12/7\* 10:00am-10:45am

13802 Th 11/7-12/19\* 5:30pm-6:15pm

\*No Class 10/14, 11/11, 11/25, 11/26, 11/28, 11/30



## Me and My Shadow

Age 2-3, with adult

This adult participation class has an emphasis on 'bubbly fun.' Activities include exercise and dancing to music, along with colorful hoops, scarves, balls and props. This class is recommended for 3-year-olds getting ready for First Steps in Dance.

**Encore! Studio, 9154 E. Stockton Blvd \$72**

13791 Mon 9/9-10/21\* 7:00pm-7:30pm

13792 Sat 9/14-10/19 12:00pm-12:30pm

13794 Sat 10/26-12/7\* 12:00pm-12:30pm

13793 Mon 10/28-12/16\* 7:00pm-7:30pm

**Wackford Complex, Poppy Room A/B \$72**

13795 Mon 9/9-10/21\* 6:00pm-6:30pm

13796 Tu 9/17-10/22 4:45pm-5:15pm

13797 Mon 10/28-12/16\* 6:00pm-6:30pm

13798 Tu 11/5-12/17\* 4:45pm-5:15pm

\*No Class 10/14, 11/11, 11/25, 11/26, 11/30

## Ballet/Tap Combo

Age 4½ - 5½

Class includes introduction for the young dancer to ballet and tap dancing. Class includes vocabulary and fun sing-a-long routines. *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. Please have both ballet and tap shoes on the first day of class.*

**This class is designed as 'drop-off':**

**Wackford Complex, Poppy Room A/B \$90**

13809 Mon 9/9-10/21\* 4:00pm-4:50pm

13810 Tu 9/17-10/22 5:30pm-6:20pm

13811 Mon 10/28-12/16\* 4:00pm-4:50pm

13812 Tu 11/5-12/17\* 5:30pm-6:20pm

**Encore! Studio, 9154 E. Stockton Blvd \$90**

13807 Sat 9/14-10/19 9:00am-9:50am

13808 Sat 10/26-12/7\* 9:00am-9:50am

\*No class 10/14, 11/11, 11/25, 11/26, 11/30



## Gymnastics Classes

Taught by Elevate Gymnastics Academy staff

### Parent Participation Gym

Age 14 months – 2 years 11 months, with adult  
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 independently.

**Elevate Gym,**  
**3132 Dwight Road, Suite 100** **\$72**

Instructor: Elevate Gymnastics Staff

13841	Tu	9/3-10/8	10:30am-11:15am
13842	Wed	9/4-10/9	10:40am-11:25am
13844	Fri	9/6-10/11	5:30pm-6:15pm
13845	Tu	10/15-12/3*	10:30am-11:15am
13846	Wed	10/16-12/4*	10:40am-11:25am
13848	Fri	10/18-12/6*	5:30pm-6:15pm

\*No Class 10/29, 10/30, 11/1, 11/26, 11/27, 11/29

### Tot Gym

Age 3 – 3 years 11 months  
A structured motor skill exploration class that helps to develop coordination, various gymnastic movements and activities.

**Elevate Gym,**  
**3132 Dwight Road, Suite 100** **\$72**

Instructor: Elevate Gymnastics Staff

13849	Tu	9/3-10/8	11:30am-12:15pm
13850	Wed	9/4-10/9	11:30am-12:15pm
13851	Wed	9/4-10/9	9:00am-9:45am
13852	Tu	10/15-12/3*	11:30am-12:15pm
13853	Wed	10/16-12/4*	11:30am-12:15pm
13854	Wed	10/16-12/4*	9:00am-9:45am

\*No Class 10/29, 10/30, 11/26, 11/27

### Kinder Gym

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

**Elevate Gym,**  
**3132 Dwight Road, Suite 100** **\$72**

Instructor: Elevate Gymnastics Staff

13833	Tu	9/3-10/8	11:30am-12:15pm
13834	Wed	9/4-10/9	9:50am-10:35am
13835	Wed	9/4-10/9	4:30pm-5:15pm
13836	Fri	9/6-10/11	4:30pm-5:15pm
13837	Tu	10/15-12/3*	11:30am-12:15pm
13838	Wed	10/16-12/4*	9:50am-10:35am
13839	Wed	10/16-12/4*	4:30pm-5:15pm
13840	Fri	10/18-12/6*	4:30pm-5:15pm

\*No Class 10/29, 10/30, 11/1, 11/26, 11/27, 11/29

# PEEWEE OPEN GYM

Age 6 and under.

Toddlers can enjoy tumbling mats & tunnels, hula hoops, soccer and basketball activities.

Tuesdays, Aug 13 - Dec 10 • 11:30am-1:30pm • Wackford Complex, Gym

\$3/Visit • \$27/10-Visit Punch Pass \*Closed 11/26-11/29. Last day 12/13.

Parents are required to stay and participate. Register at the door. Free for toddlers under age 1.





## 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. There is a \$45 Supply Fee (uniform fee) payable to instructor.

**Laguna Town Hall, Room 2 \$75**

Instructor: Ronald Robinson

### BEGINNER

14840	M,W	9/4-9/30	5:00pm-5:45pm
14841	M,W	10/2-10/30*	5:00pm-5:45pm
14842	M,W	11/4-11/20*	5:00pm-5:45pm
14843	M,W	12/2-12/18	5:00pm-5:45pm

### WHITE BELT WITH YELLOW STRIPE

14844	M,W	9/4-9/30	5:45pm-6:30pm
14845	M,W	10/2-10/30*	5:45pm-6:30pm
14846	M,W	11/4-11/20*	5:45pm-6:30pm
14847	M,W	12/2-12/18	5:45pm-6:30pm

\*No Class 10/14, 11/11



**Elk Grove GIANT Pumpkin Festival**

### Youth Art Contest

Calling all young artists, enter for a chance to win! All artwork will amaze and delight festival goers while it is prominently displayed in the festival's Art Walk.

.....

First Place \$100  
Second Place \$50

YourCSD.com/GPF



## Kids Self-Defense and Safety

Age 2-4

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.

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

Instructor: Mark Gothard

14763	Sat	9/7-9/28	8:30am-9:00am
14764	Sat	10/5-10/26	8:30am-9:00am
14765	Sat	11/2-11/23	8:30am-9:00am
14766	Sat	12/7-12/21	8:30am-9:00am

\*No Class 9/14

**TINYTOT PRESCHOOLS**

# Pajama Party

**Saturday, December 14**  
**See page 7**



Limited T-Ball Team Sponsorships Available!

Support the kids and get your business noticed!

Sponsorships Deadline - Jan. 12, 2020  
For information, please call 405-5303.



### Pee Wee T-ball



Age 3-6  
Calling all home run hitters!! Come out and join the CSD sports staff in a class designed to prepare kids for the upcoming t-ball season. The fundamental skills of baseball will be taught through a variety of skills, drills and age appropriate games.

**Wackford Complex, Gym \$48**

Instructor: CSD STAFF

AGE 3-4				
15555	Mon	9/9-10/7	4:30pm-5:15pm	
15557	Mon	11/18-12/16	4:30pm-5:15pm	
AGE 5 - 6				
15556	Mon	9/9-10/7	5:30pm-6:15pm	
15558	Mon	11/18-12/16	5:30pm-6:15pm	



### Pee Wee Golf: The First Tee Wee



Age 4-6  
The First Tee Junior Golf Program not only teaches boys and girls how to golf, but we also aim to improve healthy habits, self esteem, and understanding The Nine Core Values. Classes will consist of putting, chipping, full swing, and understanding a golf course. We also incorporate ways for participants to develop the necessary athletic movements needed for a child to become physically literate.

**Emerald Lakes Golf Course \$125**

Instructor: Natalie Farahani

AGE 4			
15592	Sat	10/12-11/16	9:00am-10:00am
AGE 5-6			
15593	Sat	10/12-11/16	11:00am-12:00pm

Cosumnes CSD

# T-Ball League

Ages 3 - 6





**February–May, 2020**  
Registration begins November 1  
**\$135/Player**

Late registration begins 1/15,  
\$145 if space is available.

Boys and girls play on the same teams. Practices begin in February with day and time determined by the coach. All players field and bat each inning and no score or outs are kept.

# Pee Wee Soccer & Basketball

Join CSD Sports Staff for classes that will focus on teamwork, socialization and fun through a variety of motor development activities, fundamentals and games. All participants will receive evaluations on their progress throughout each session.



## Level 1

**Ages 3-6 • \$47 • Introductory**  
Wackford Complex, Gym

For children who have shown interest in the sport, but have never received any organized teaching from an instructor. Children will be introduced to the fundamental skills of the sport.

## Level 2

**Ages 3-6 • \$47 • Beginner**  
Wackford Complex, Gym

For children who have received introductory instruction on the sport, but have not yet achieved full coordination of the basic skills. This level will help refine their skills and children will begin to learn how to play with a teammate.

## Level 3

**Ages 3-6 • \$67 • Intermediate**  
Wackford Complex, Gym

For children who have achieved the basic fundamentals of the sport, and would now like to begin learning more complex skills and strategies. Children will learn more advanced skills and begin to understand gameplay strategies and situational concepts.



## Lil' Kickers



12977	Wed	8/28-9/25	5:30pm-6:00pm
15543	Wed	10/2-10/30	5:00pm-5:30pm
15546	Fri	10/4-11/1	4:30pm-5:00pm
15548	Wed	11/6-12/11*	5:30pm-6:00pm

\*No Class 11/27

## Lil' Ballers



15510	Sat	8/31-9/28	9:00am-9:30am
15513	Tu	8/27-9/24	5:30pm-6:00pm
15525	Th	8/29-9/26	5:00pm-5:30pm
15526	Tu	10/1-10/29	5:00pm-5:30pm
15528	Th	10/3-10/31	5:30pm-6:00pm
15532	Sat	10/5-11/2	9:00am-9:30am
15534	Tu	11/5-12/10*	5:30pm-6:00pm
15536	Th	11/7-12/12*	5:00pm-5:30pm
15533	Sat	11/9-12/14*	9:00am-9:30am

\*No Class 11/26, 11/28, 11/30

## Junior Kickers



15538	Wed	8/28-9/25	5:00pm-5:30pm
15541	Fri	8/30-9/27	4:30pm-5:00pm
15544	Wed	10/2-10/30	5:30pm-6:00pm
15551	Wed	11/6-12/11*	5:00pm-5:30pm
15553	Fri	11/8-12/13*	4:30pm-5:00pm

\*No Class 11/27, 11/29



## Junior Ballers



15512	Tu	8/27-9/24	5:00pm-5:30pm
15524	Th	8/29-9/26	5:30pm-6:00pm
15527	Tu	10/1-10/29	5:30pm-6:00pm
15529	Th	10/3-10/31	5:00pm-5:30pm
15530	Th	11/7-12/12*	5:30pm-6:00pm
15535	Tu	11/5-12/10*	5:00pm-5:30pm

\*No Class 11/26, 11/28

## Kickers



15540	Wed	8/28-9/25	6:00pm-6:45pm
15542	Fri	8/30-9/27	5:00pm-5:45pm
15545	Wed	10/2-10/30	6:00pm-6:45pm
15547	Fri	10/4-11/1	5:00pm-5:45pm
15552	Wed	11/6-12/11*	6:00pm-6:45pm
15554	Fri	11/8-12/13*	5:00pm-5:45pm

\*No Class 11/27, 11/29

## Ballers



15518	Tu	8/27-9/24	6:00pm-6:45pm
15519	Th	8/29-9/26	6:00pm-6:45pm
15520	Tu	10/1-10/29	6:00pm-6:45pm
15523	Th	10/3-10/31	6:00pm-6:45pm
15521	Tu	11/5-12/10*	6:00pm-6:45pm
15522	Th	11/7-12/12*	6:00pm-6:45pm

\*No Class 11/26, 11/28



# Kid Central

COSUMNES CSD

# Where Kids



## 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.

### Rates 2019 - 2020

#### Registration

Children must be currently enrolled in K-6th grade. Registration may be completed online or at a CSD registration location (pg. 59).

**Kid Central sites do not accept registration payments.**

#### Annual Membership

Required for the Before/After School Program and Off-Track Day Camp. **Annual Rate:** \$65.00

#### Before-School Rates

**Daily Rate:** \$9.00 (1-3 Days)

**Weekly Rate:** \$33.00 (4-5 Days)

#### After-School Rates

**Daily Rate:** \$26.00 (1-3 Days)

**Weekly Rate:** \$95.00 (4-5 Days)

#### Drop-in Card

*(Before/After School Only)*

For up to ten hours of care, punched in 30 minute increments, or portions thereof

**2019/2020 - 20 Punch Card Rate:** \$118.00

### Hours of Operation

*based on dismissal time of 1st-6th grades*

**M-F:** School release – 6pm

**Before School:** 7am – 8am

*(available for 2 schools)*

#### Before & After-School

##### Traditional Calendar

- Florence Markofer Elementary

##### Year-Round Calendar

- Stone Lake Elementary,  
*Located directly behind campus,  
at Johnson Rec. Center*

#### After-School Only

##### Traditional Calendar

- Elk Grove Elementary
- Ellen Feickert Elementary

##### Year-Round Calendar

- Joseph Sims Elementary
- Modified-Traditional
- John Ehrhardt Elementary

### Themes

**August** – KC All Stars

**September** – On the Farm

**October** – Mystical Creatures & Creepy Crawlies

**November** – Give Thanks

**December** – The Polar Express  
Time Machine



# Kids Have Fun!

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

Fun daily activities for kids off track or on break! Activities include arts & crafts, sports, games, science projects, cooking projects, and free time to enjoy with friends.



**Monday – Friday • 7am – 6pm**

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

A healthy morning and afternoon snack is included. Child must wear closed-toe shoes and bring ready-to-eat lunch that does not require refrigeration or microwaving.

### Annual Membership

Required for the Before/After School Program and Off-Track Day Camp.

**Annual Rate:** \$65.00

### Program Rates 2019/2020

**Daily Rate:** \$39.00

**Weekly Rate:** \$163.00

#### A Track Themes

<b>10/28-11/1</b>	The Great Pumpkin
<b>11/4-11/8</b>	KC on the Move
<b>11/12-11/15</b>	Jurassic Adventure
<b>11/18-11/22</b>	Silly Science
<b>11/25-11/27</b>	Give Thanks
<b>12/23-12/27</b>	Winter Wonderland
<b>12/30-1/3</b>	Polar Escape

#### B Track Themes

<b>8/19-8/23</b>	Best of Summer
<b>8/26-8/30</b>	KC on the Move
<b>9/3-9/6</b>	Jurassic Adventure
<b>9/9-9/13</b>	Silly Science
<b>12/2-12/6</b>	When I Grow Up
<b>12/9-12/13</b>	Under the Big Top
<b>12/16-12/20</b>	Tropi-Cool Vacation
<b>12/23-12/27</b>	Winter Wonderland
<b>12/30-1/3</b>	Polar Escape

#### C Track Themes

<b>9/16-9/20</b>	KC on the Move
<b>9/23-9/27</b>	Jurassic Adventure
<b>9/30-10/4</b>	Silly Science
<b>12/23-12/27</b>	Winter Wonderland
<b>12/30-1/3</b>	Polar Escape

#### D Track Themes

<b>10/7-10/11</b>	KC on the Move
<b>10/14-10/18</b>	Jurassic Adventure
<b>10/21-10/25</b>	Silly Science
<b>12/23-12/27</b>	Winter Wonderland
<b>12/30-1/3</b>	Polar Escape

Closed 9/2, 11/11, 11/28-11/29, 12/24-25, 1/1/20





## Cooking for Youth and Teens

Age 8-17

This class focuses on the basics of cooking. Participants 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. Supplies included.

**Wackford Complex, Kitchen \$40**

Instructor: Liza Kilgariff

### PIZZA

14792	Wed	9/11	5:30pm-7:30pm
14891	Th	9/12	5:30pm-7:30pm

### HALLOWEEN PARTY TREATS

14860	Wed	10/16	5:30pm-7:30pm
14889	Th	10/17	5:30pm-7:30pm

### THANKSGIVING DESSERTS & APPETIZERS

14861	Wed	11/13	5:30pm-7:30pm
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### HOLIDAY COOKIE BARS

14791	Th	12/12	5:30pm-7:30pm
14892	Tu	12/17	5:30pm-7:30pm



## Fall Baking Challenge

NEW



Age 7-12

Are you ready for a fall baking challenge? This class will team students up and challenge them to create a delectable Fall treat all while learning useful baking skills lead by our chefs. Students will have access to fall flavors from our pantry, in season produce, and our amazing team of chefs to help guide them to success. So, are you ready to get creative and design a Fall Favorite dessert that you can share with family and friends for years to come? No baking experience needed, just be ready to have fun and make some new friends!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
14866 Sat 9/21 10:00am-12:00pm

For ages 14-17 see page 35



## 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). Supplies included.

**Wackford Complex, Kitchen \$40**

Instructor: Heather Saldivar  
14799 Mon 10/7 6:00pm-8:00pm

## 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. Supplies included.

**Wackford Complex, Kitchen \$50**

Instructor: Heather Saldivar  
14801 Wed 10/9 6:00pm-8:00pm

NEW

## Match That Halloween Championship



Age 7-12

Celebrate Halloween with a disgustingly delicious take on the "Nailed It" challenge. Students will be tasked with re-creating some of the creepiest, crawliest, diabolical desserts they can imagine. This class is sure to be frightfully entertaining, but which group of bakers will be crowned the scariest baking champions in our little culinary shop of horrors. Enter if you dare!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
14868 Sat 10/19 9:00am-10:30am



**Holiday Baking Challenge** **NEW**



*Age 7-12*  
It's that time of the year, where friends and family gather, the weather gets a bit more crisp, and things start to heat up in the kitchen! This all new holiday baking class will be sure to keep you on your toes. Students will receive a mystery recipe to bake with their team, which sounds easy, but our elves have some fun twists and turns that are sure to make you laugh and keep you thinking. If you're up for some holiday fun, ready to learn some new baking skills, love to have a great time in the kitchen, and eat delicious treats of course, grab a friend and join us for this fun filled challenge.

**Wackford Complex, Kitchen** **\$50**  
Instructor: Junior Chef Stars  
14864 Sat 11/9 10:00am-12:00pm



**NEW**

**Cooking Camp for Youth and Teens**

*Age 8-17*  
Each day in this culinary camp 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. Supplies included.

**Wackford Complex, Kitchen** **\$85**  
Instructor: Liza Kilgariff  
**THANKSGIVING MEAL**  
14789 M-Tu 11/25-11/26 10:00am-12:30pm  
14790 M-Tu 11/25-11/26 2:00pm-4:30pm

**Gingerbread Workshop**



*Age 7-12*  
Celebrate the season with a gingerbread filled day, warm up with some hot cocoa and have fun creating colorful, candy coated houses and gingerbread people. Students will make & bake their very own house from scratch, and while those houses are baking, get a lesson in decorating gingerbread people with the most delicious royal icing recipe made by your junior chef. Space is very limited for this class, so grab a friend and join us for holiday house building and baking you won't forget.

**Wackford Complex, Kitchen** **\$60**  
Instructor: Junior Chef Stars  
14869 Sat 12/14 9:00am-12:00pm

**A Mad Science Thanksgiving**



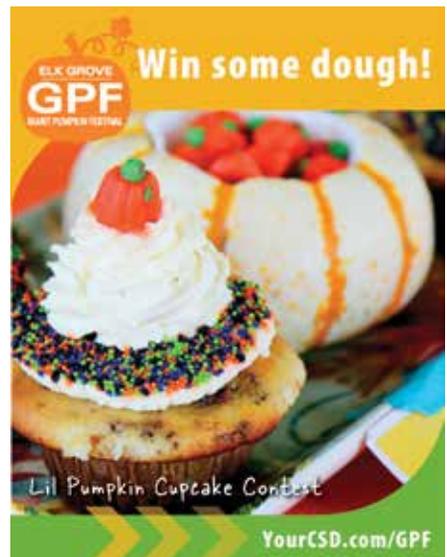
*Age 6-12*  
You can't be in the Mad Science kitchen without washing your hands! Cook up a chemical reaction, find out what nutrients are in our favorite Thanksgiving foods, even watch a sweet potato fly! Make beautiful, multicolored falling leaves, eat a pumpkin "pi," and MELT the Thanksgiving Turkey! It's Thanksgiving - MAD SCIENCE style!

**Wackford Complex, Willow Room** **\$62**  
Instructor: Mad Science Staff  
14787 Mon 11/18 9:00am-2:00pm

**Kids Holiday Chocolate Gifts from the Kitchen** **NEW**

*Age 7-12*  
In this class, you'll learn how to make delectable Holiday gifts such as Peppermint Bark, Chocolate Dipped Carmel Pretzels and more! You'll learn candy making tips, storage, packaging tricks and the best online and local places to purchase supplies; taking home treats and recipes. Supplies included.

**Wackford Complex, Kitchen** **\$50**  
Instructor: Heather Saldivar  
14804 Wed 12/4 6:00pm-8:00pm





## Introduction to Sewing

Age 8+

Learn the basics of hand sewing, an introduction to the sewing machine and create cute projects! Aimed at youth, teens and adults, this is a basic course. Students are strongly encouraged to bring their own sewing machine and its manual. A few sewing machines will be available for student use but they will be shared. Some basic supplies will be provided. Students will leave the class with basic hand sewing skills and 1 or 2 projects, like a pillow or tote bag. Students must purchase supplies at a cost of about 15 to \$20 depending on their individual projects.

**Wackford Complex, Blue Heron Room**

Instructor: Sherlene Yabut				
14848	Wed	9/4-9/25	5:00pm-7:00pm	<b>\$85</b>
14849	Wed	10/2-10/16	5:00pm-7:00pm	<b>\$65</b>
14850	Wed	11/6-11/20	5:00pm-7:00pm	<b>\$65</b>

## Kid's Art

Age 6-12

This class is for kids who love making art! Different art mediums will be used in each class. Materials include: pastels, colored pencils, and watercolor paint. We will learn how to use the elements of art: color, line, shape, form, space, and texture. Kids just need to bring their smiles and imagination. Young artists will take home their masterpieces. Supplies included.

**Wackford Complex, Poppy Room B \$55**

Instructor: Nancy Quiaoit				
11754	Tu	9/3-9/24	4:30pm-5:30pm	
11755	Tu	10/1-10/22	4:30pm-5:30pm	
11756	Tu	10/29-11/19	4:30pm-5:30pm	

## Kid's Drawing

Age 8-16

Explore the fundamentals of drawing. Students will develop their understanding of line, shape, and proportion in a fun and encouraging environment. In this class students will be drawing animals, people, and landscapes. The focus will be on learning how to balance shapes to create figures, shading, and perspective. Supplies are included.

**Wackford Complex, Poppy Room B \$55**

Instructor: Nancy Quiaoit				
13876	Th	9/5-9/26	4:30pm-5:30pm	
13878	Th	11/14-12/12*	4:30pm-5:30pm	
*No Class 11/28				

## Kid's Painting

Age 8-15

We will be completing two painting in this class. Students will learn how to blend and layer paint while creating highlights and lowlights to enhance their artwork. Artist quality acrylic paints will be used on canvas boards. Kids only need to bring their smile and creativity. Students will take home their finished masterpieces. Supplies included.

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

Instructor: Nancy Quiaoit				
11758	Tu	9/3-9/24	6:15pm-7:15pm	
11759	Tu	10/1-10/22	6:15pm-7:15pm	
11760	Tu	10/29-11/19	6:15pm-7:15pm	



## Kid's Intermediate Painting

Age 11-12

This class is for students who have taken at least two of the Kid's Painting Classes. Students will complete an acrylic painting on a 14x18 stretched canvas. It will take 4-weeks to complete. This class focuses on the use of color, shape, and details while teaching various painting skills. Individual creativity will be encouraged and supported. The subject matter will be a nature scene. Supplies are included. This class runs concurrently with the Painting on Canvas Class for Teens.

**Wackford Complex, Poppy Room B \$70**

Instructor: Nancy Quiaoit				
13880	Th	9/5-9/26	6:15pm-7:15pm	
13882	Th	11/14-12/12*	6:15pm-7:15pm	
*No Class 11/28				



## 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. Supplies included.

**Wackford Complex, Willow Room \$90**

Instructor: Steve Dunne

### LEVEL 1

11772	Wed	9/18-10/23	5:30pm-6:25pm
11773	Wed	11/6-12/18*	5:30pm-6:25pm

### LEVEL 2

11775	Wed	9/18-10/23	6:30pm-7:25pm
11777	Wed	11/6-12/18*	6:30pm-7:25pm

\*No Class 11/27

## Piano for Kids

Age 7-12

The Simply Music Piano program 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. Participants share piano during lessons. \$35 supply fee payable through Simply Music; instructions provided at first class.

**Laguna Town Hall, Room 1 \$150**

Instructor: Sharissa Delgado

### LEVEL 1

13788	Mon	9/9-11/18*	4:30pm-5:20pm
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### LEVEL 2

13789	Mon	9/9-11/18*	5:30pm-6:20pm
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\*No Class 9/16, 10/14, 11/11



## Cultural Urban Legends, Folktales, and Scary Stories!

**NEW**

Age 10-15

October is a spooky and mysterious time of the year! Halloween lessons are a fun and howling way to bridge a few cultural gaps. Let's take a trip around the world to explore the various Cultural Urban Legends, Folktales, and Stories. Join me on this exploration of scary storytelling and creative haunting writing from cultures around the world. Must have 4th grade reading level.

**Wackford Complex, Poppy Room A \$50**

Instructor: Marie A. Young

14859	Sun	10/6-10/27	2:00pm-3:00pm
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## Santa's Helper Boot Camp

**NEW**

Age 9-15

Earn your official Elf Ears in this high intensity class teaching Christmas history & lore along with valuable Santa helping skills such as holiday decorating, gift-wrapping and other top-secret Elf information too sensitive to print. Bring a snack.

**Gifts from the Heart of Grove, 9685 Elk Grove-Florin Rd. \$35**

Instructor: Susie Franklin Roeser

14749	Fri	11/29	10:00am-2:00pm
14750	Fri	12/20	1:00pm-5:00pm

## Spanish Immersion

**NEW**

Age 4-7

This class is the perfect way to introduce your child to the Spanish Language. Designed with a variety of Latin-American songs, kids will learn useful Spanish words and phrases while participating in fun hands on activities, interactive games, singing and playing musical instruments.

**Wackford Complex, Willow Room \$85**

Instructor: Monica Frahm

13785	Tu	9/3-10/8	4:00pm-4:50pm
13786	Tu	10/15-11/26*	4:00pm-4:50pm

\*No Class 11/12



## Code Ninjas - **NEW** Game Builder's Camp

Age 7-14

Learn how to code and build your very own video games from the ground up, using your artwork (or ours) combined with the power of coding! Games are made in Scratch, and all kids are welcome!

**Code Ninja Studio, 8641 Elk Grove Blvd \$195**

Instructor: Code Ninjas Elk Grove Center Staff  
 15447 T-Th 9/10-9/12 9:00am-3:00pm  
 15448 T-Th 10/22-10/24 9:00am-3:00pm



## Code Ninjas - **NEW** Roblox Create Camp

Age 7-14

Spark your imagination and explore game concepts through Roblox, no matter what your level - from beginner to expert! Everyone will design, plan, and build their own 3D world. All kids are welcome!

**Code Ninja Studio, 8641 Elk Grove Blvd \$195**

Instructor: Code Ninjas Elk Grove Center Staff  
 15449 T-Th 10/1-10/3 9:00am-3:00pm  
 15450 W-F 11/13-11/15 9:00am-3:00pm



## 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.

**Wackford Complex, Willow Room \$65**

Instructor: Charlotte Bill  
 13739 Wed 9/18-10/9 4:00pm-5:00pm  
 13740 Wed 10/16-11/6 4:00pm-5:00pm



## Mad Science- **SCIENCE** "Frozen Science"

Age 6-12

It's the coolest science around! Learn the difference between real snow and the stuff in the movies, safely utilize a substance that is -109 degrees F, make non-melting snowballs and learn the similarities between you and a snowflake!

**Wackford Complex, Willow Room \$62**

Instructor: Mad Science Staff  
 14788 Fri 12/27 9:00am-2:00pm



## PlayWell TEK LEGO Mine Craft

Age 7-11

Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghost, and a motorized Minecart. This project-based camp combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering and architecture while building their favorite Minecraft objects.

**Wackford Complex, Poppy Room A \$116**

Instructor: Lynda Weiss  
 14809 Th 11/7-12/12\* 4:00pm-5:30pm  
 \*No Class 11/28



## A Glimpse of the Pacific Youth/Teen/Adult

Age 8+

This class is for intermediate level students who have experience in basic Polynesian dance steps and movements. Students will learn featured dances and have the opportunity to explore some traditions of the Polynesian culture, such as costume and implement making. Students may also have the opportunity to participate in performances. Optional supply fee - prices vary, see instructor.

**Wackford Complex, Valley Oak Ballroom \$34**

Instructor: Maria Cisneros  
 13773 Th 9/12-10/10 7:00pm-8:30pm  
 13774 Th 10/17-12/5\* 7:00pm-8:30pm  
 \*No Class 10/31, 11/7, 11/28

## Polynesian Dance Basics Youth/Teen/Adult

Age 8+

Beginning Polynesian dance basics. Through drills and dance step combinations, students will be offered instruction on basic Polynesian dance steps and motions with a focus on timing, coordination, and form. Continuing students mastering the basics curriculum will have opportunities to advance and learn basic choreography and/or advance to an intermediate level class. \$10-15 Optional Supply Fee (for Pareo; students may provide own)

**Wackford Complex, Valley Oak Ballroom \$34**

Instructor: Maria Cisneros  
 13771 Th 9/12-10/10 6:00pm-7:00pm  
 13772 Th 10/17-12/5\* 6:00pm-7:00pm  
 \*No Class 10/31, 11/7, 11/28

## Dances of India **NEW** Youth/Teen/Adult

Age 8+

This class is a rhythmic, cultural, and musical treat to your senses. India is a country with various different dance styles - from the fun, popular, larger than life Bollywood dances to the classical, deeply rooted cultural, austere, structured dance styles like Bharatanatyam, Mohiniyattam, Kathak, Kuchipudi etc. *Please wear comfortable fitted pants, long loose shirt, and bare feet or non-slip socks. Recital fees include use of costumes for performance.*

**Laguna Town Hall, Reception Hall**

Instructor: Gokul Dance Academy Staff

DANCE CLASS		\$120
15502	Th 8/29-10/10 5:00pm-6:00pm	
OPTIONAL RECITAL (FOR #15502)		\$40
15623	Th 10/17 5:30pm-6:30pm	

DANCE CLASS		\$120
15506	Th 10/24-12/12* 5:00pm-6:00pm	
OPTIONAL RECITAL (FOR #15506)		\$40
15624	Th 12/19 5:30pm-6:30pm	

\*No class 11/28

## Ballet/Tap Combo

Age 5½-8

Class includes introduction for the young dancer to ballet and tap dancing. Class includes vocabulary and fun sing-a-long routines. This class is designed as 'drop-off'. *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. Please have both ballet and tap shoes at first class.*

**Encore! Studio, 9154 E. Stockton Blvd \$90**

Instructor: Lisa Brown

AGE 5½-7	
13813	Mon 9/9-10/21 5:00pm-5:50pm
13814	Mon 10/28-12/16 5:00pm-5:50pm

AGE 6-8	
13815	Th 9/19-10/24 4:30pm-5:20pm
13816	Th 11/7-12/19* 4:30pm-5:20pm

\*No class 10/14, 11/1, 11/25, 11/28



## You and Me **NEW** Bollywood Beats

Age 4-7 with participating adult

Combining the feet tapping, soulful, contemporary Bollywood music with various dance styles this class is sure to delight! Popular moves and classical routines will give a bird's eye view of the numerous dance styles of India with a focus on Bollywood. *Please wear comfortable fitted pants, long loose shirt, and bare feet or non-slip socks. Recital fees include use of costumes for performance (for child and adult.)*

**Laguna Town Hall, Reception Hall**

Instructor: Gokul Dance Academy Staff

DANCE CLASS		\$120
15504	Th 8/29-10/10 6:10pm-7:10pm	
OPTIONAL RECITAL (FOR #15504)		\$60
15625	Th 10/17 5:30pm-6:30pm	

DANCE CLASS		\$120
15508	Th 10/24-12/12* 6:10pm-7:10pm	
OPTIONAL RECITAL (FOR #15508)		\$60
15626	Th 12/19 5:30pm-6:30pm	

\*No Class 11/28

## Club Hip Hop

Age 6-11

Class includes current styles, terms and techniques of Hip Hop and Funk. Lots of fun and energy in this class! Join us for the latest moves and grooves on the Hip Hop scene. This class is designed as 'drop-off'.

**Wackford Complex, Willow Room \$90**

Instructor: Lisa Brown

AGE 6-8	
13817	Mon 9/9-10/21* 5:00pm-5:45pm
13818	Mon 9/9-10/21* 6:00pm-6:45pm
13819	Mon 10/28-12/16* 5:00pm-5:45pm
13820	Mon 10/28-12/16* 6:00pm-6:45pm

AGE 9-11	
13821	Mon 9/9-10/21* 7:00pm-7:45pm
13822	Mon 10/28-12/16* 7:00pm-7:45pm

\*No class 10/14, 11/1, 11/25

## Jeet Kune Do for Kids

Age 6-12

Come and learn the martial art that Bruce Lee developed. This class focuses on discipline, respect, self-defense, confidence, fitness, and fun. Please bring a water bottle and wear shoes.

**Wackford Complex, Poppy Room A \$45**

Instructor: Shannon Newman

### BEGINNER

14822	M,W	9/4-9/30*	5:45pm-6:25pm
14823	M,W	10/2-10/30*	5:45pm-6:25pm
14824	M,W	11/4-11/25*	5:45pm-6:25pm
14825	M,W	12/2-12/18*	5:45pm-6:25pm

### INTERMEDIATE (INSTRUCTOR APPROVAL)

14826	M,W	9/4-9/30*	6:30pm-7:20pm
14827	M,W	10/2-10/30*	6:30pm-7:20pm
14828	M,W	11/4-11/25*	6:30pm-7:20pm
14829	M,W	12/2-12/18*	6:30pm-7:20pm

\*No Class 9/11, 9/25, 10/9, 10/14, 10/23, 11/11, 12/11



## 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. There is a \$45 Supply Fee (uniform fee) payable to instructor.

**Laguna Town Hall, Room 2 \$75**

Instructor: Ronald Robinson

14836	M,W	9/4-9/30	6:30pm-7:15pm
14837	M,W	10/2-10/30*	6:30pm-7:15pm
14838	M,W	11/4-11/20*	6:30pm-7:15pm
14839	M,W	12/2-12/18	6:30pm-7:15pm

\*No Class 10/14, 11/11

## Kids Self-Defense and Safety

Age 8-17

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. There are optional supply fees (\$40 uniform fee and \$10 belt advancement) payable to instructor.

Instructor: Mark Gothard

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

### WHITE BELT (AGE 5-13)

14767	Sat	9/7-9/28*	9:05am-9:45am
14768	Sat	10/5-10/26	9:05am-9:45am
14769	Sat	11/2-11/23	9:05am-9:45am
14770	Sat	12/7-12/21	9:05am-9:45am

### YELLOW BELT (AGE 5-13)

14771	Sat	9/7-9/28*	9:50am-10:30am
14772	Sat	10/5-10/26	9:50am-10:30am
14773	Sat	11/2-11/23	9:50am-10:30am
14774	Sat	12/7-12/21	9:50am-10:30am

### ORANGE/PURPLE BELT (AGE 6-15)

14775	Sat	9/7-9/28*	10:45am-11:25am
14776	Sat	10/5-10/26	10:45am-11:25am
14777	Sat	11/2-11/23	10:45am-11:25am
14778	Sat	12/7-12/21	10:45am-11:25am

### GREEN BELT (AGE 8-17)

14779	Sat	9/7-9/28*	11:30am-12:10pm
14780	Sat	10/5-10/26	11:30am-12:10pm
14781	Sat	11/2-11/30	11:30am-12:10pm
14782	Sat	12/7-12/21	11:30am-12:10pm

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

14783	Sat	9/7-9/28*	12:15pm-12:55pm
14784	Sat	10/5-10/26	12:15pm-12:55pm
14785	Sat	11/2-11/23	12:15pm-12:55pm
14786	Sat	12/7-12/21	12:15pm-12:55pm

**Laguna Town Hall, Room 2 \$35**

### WHITE BELT (AGE 5-13)

14751	Tu	9/3-9/24	5:15pm-5:55pm
14752	Tu	10/1-10/29	5:15pm-5:55pm
14753	Tu	11/5-11/26	5:15pm-5:55pm
14754	Tu	12/3-12/17	5:15pm-5:55pm

### YELLOW BELT (AGE 5-13)

14755	Tu	9/3-9/24	6:00pm-6:40pm
14756	Tu	10/1-10/29	6:00pm-6:40pm
14757	Tu	11/5-11/26	6:00pm-6:40pm
14758	Tu	12/3-12/17	6:00pm-6:40pm

### ORANGE BELT AND UP (5-13)

14759	Tu	9/3-9/24	6:45pm-7:25pm
14760	Tu	10/1-10/29	6:45pm-7:25pm
14761	Tu	11/5-11/26	6:45pm-7:25pm
14762	Tu	12/3-12/17	6:45pm-7:25pm

\*No Class 9/14



## Karate

Age 6-12

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. \$35 uniform payable to instructor.

Instructor: School Of The Tiger Staff

### BEGINNING

**Elk Grove Park, Pavilion \$55**

14893	Tu,Th	9/3-9/24	5:30pm-6:30pm
14894	Tu,Th	10/8-10/29	5:30pm-6:30pm
14895	Tu,Th	11/5-11/21	5:30pm-6:30pm
14896	Tu,Th	12/3-12/19	5:30pm-6:30pm

**Wackford Complex, Valley Oak Ballroom \$55**

14884	M,W	9/4-9/30	5:30pm-6:30pm
14885	M,W	10/2-10/23*	5:30pm-6:30pm
14886	M,W	11/4-11/20*	5:30pm-6:30pm
14887	M,W	12/2-12/18	5:30pm-6:30pm

\*No Class 10/14, 11/11

### INTERMEDIATE

**Elk Grove Park, Pavilion \$55**

14902	Tu,Th	9/3-9/26	6:30pm-7:30pm
14903	Tu,Th	10/8-10/29	6:30pm-7:30pm
14904	Tu,Th	11/5-11/21	6:30pm-7:30pm
14905	Tu,Th	12/3-12/19	6:30pm-7:30pm

**Wackford Complex, Valley Oak Ballroom \$55**

14897	M,W	9/4-9/30	6:30pm-7:30pm
14898	M,W	10/2-10/23*	6:30pm-7:30pm
14899	M,W	11/4-11/20*	6:30pm-7:30pm
14900	M,W	12/2-12/18	6:30pm-7:30pm

\*No Class 10/14, 11/11

**Basic Gym** 

*Age 6-12*  
Designed to develop coordination and teach beginning tumbling, vault, bars, beam and trampoline.

**Elevate Gym,**  
**3132 Dwight Road, Suite 100** **\$72**

Instructor: Elevate Gymnastics Staff

13825	Tu	9/3-10/8	3:30pm-4:15pm
13826	Wed	9/4-10/9	5:30pm-6:15pm
13827	Fri	9/6-10/11	4:30pm-5:15pm
13828	Fri	9/6-10/11	5:30pm-6:15pm
13829	Tu	10/15-12/3*	3:30pm-4:15pm
13830	Wed	10/16-12/4*	5:30pm-6:15pm
13831	Fri	10/18-12/6*	4:30pm-5:15pm
13832	Fri	10/18-12/6*	5:30pm-6:15pm

\*No class 10/29, 10/30, 11/1, 11/26, 11/27, 11/29



**Ninja Zone** 

*Age 5-13*  
Fusion of obstacle training, gymnastics, martial arts and freestyle movement. \$53 Uniform Fee - available for purchase at Elevate Gymnastics Academy.

**Elevate Gym,**  
**3132 Dwight Road, Suite 100** **\$72**

Instructor: Elevate Gymnastics Staff

**JUNIOR NINJA: AGE 5-7**

13870	Tu	9/3-10/8	3:30pm-4:15pm
13871	Tu	10/15-12/3*	3:30pm-4:15pm

**NINJA: AGE 8-13**

13872	Wed	9/4-10/9	6:30pm-7:15pm
13873	Wed	10/16-12/4*	6:30pm-7:15pm

\*No Class 10/29, 10/30, 11/26, 11/27



**LPGA\*USGA**  
**Girls Golf Program**

*Age 7-11*  
The LPGA\*USGA Girls Golf Program teaches girls fundamentals of golf with a focus on the 5 E's: Enrich, Empower, Exercise, Engage, and Energize. We believe girls can do anything they set their minds to, which is why we teach them more than just the game of golf, we inspire them for the game of life too.

**Emerald Lakes Golf Course** **\$125**

Instructor: Natalie Farahani

15588	Tue	10/8-11/12	4:30pm-5:30pm
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**The First Tee**  
Greater Sacramento

*Age 7-18*  
The First Tee Junior Golf Program teaches participants how to golf, healthy habits, promotes self esteem, and understanding of The Nine Core Values. Classes will consist of putting, chipping, full swing, and understanding a golf course.

**Emerald Lakes Golf Course** **\$125**

Instructor: Natalie Farahani

**AGE 7-9**

15589	Wed	10/9-11/13	4:30pm-5:30pm
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**AGE 10-12**

15590	Th	10/10-11/14	4:30pm-5:30pm
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**AGE 13-18**

15591	Fri	10/11-11/15	4:30pm-5:30pm
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YOUTH BASKETBALL LEAGUE

Age 5 – 14

**Season Dates:** Saturdays 10/12 – 12/14  
(No Games 11/30)

**Registration Begins:** 7/1

**Cost:** \$135 through 8/11,  
Beginning 8/12 late registration if space is available \$145

**Coaches Meeting:** 9/19 at Wackford, 7pm

**Player Clinic Day:** 9/21

**Coed D4** - Ages 5-6 N/A

**Boys D3** - Ages 7-8, 1pm @ Wackford

**Boys D2** - Ages 9-11, 9am @ Wackford

**Boys D1** - Ages 12-14, 10am @ Eddy

**Girls D3** - Ages 7-8, 3pm @ Wackford

**Girls D2** - Ages 9-11, 11am @ Wackford

**Girls D1** - Ages 12-14, 12pm @ Eddy

**Picture Day:** 10/5 @ Wackford

**Game Locations:** D4, D3 – Wackford D2 – Eddy D1 - Pinkerton



Mark Your Calendar

Winter-Spring season is  
January – April 2019.  
Registration Begins 11/1.

After School Basketball

Age 7-12

Our after school basketball program is a twice a week class designed to help participants develop the fundamental skills of basketball through drills and exercises. Our experienced basketball instructors will teach passing, dribbling, shooting and defense while encouraging teamwork, sportsmanship, communication and responsibility. All levels of skill are welcome.

**Wackford Complex, Gym** **\$100**

Instructor: CSD STAFF  
15560 T,Th 10/8-11/7 3:30pm-4:45pm  
15563 T,Th 11/12-12/19 3:30pm-4:45pm  
\*No Class 11/26, 11/28



COSUMNES CSD

Thank you Pee Wee Soccer league presenting sponsors:

Elk Grove  
Nissan Infinity Mazda

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www.AutoBodyExpressions.com

If you would like to sponsor call Anna (916) 405-5303

# Tennis Classes

## Tennis for Youth

Age 5-12

Learn the fundamentals of tennis. Basic strokes, techniques, and etiquette will be taught through fun drills and games. Classes are taught by a U.S. Professional Tennis Association Professional. Students must bring their own racquet.

**Miwok Park, Tennis Court** **\$65**

Instructor: Kenny Pack

### BEGINNING (AGE 5-8)

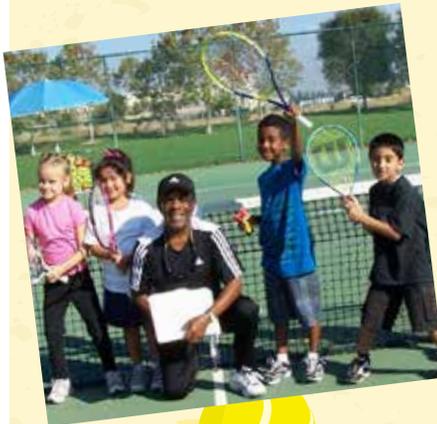
13752	Wed	9/4-9/25	3:30pm-4:30pm
13753	Wed	10/2-10/23	3:30pm-4:30pm

### BEGINNING (AGE 9-12)

13754	Th	9/5-9/26	3:30pm-4:30pm
13755	Th	10/3-10/24	3:30pm-4:30pm

### INTERMEDIATE (AGE 9-12)

13756	Wed	9/4-9/25	5:30pm-6:30pm
13757	Wed	10/2-10/23	5:30pm-6:30pm



## QuickStart Tennis

Age 6-14

QuickStart Tennis is designed to allow kids of all levels to learn and play the game of tennis in an easy and fun way. Courts are scaled down to the size of the child and we will use age appropriate equipment such as smaller racquets and lower bouncing balls. Learn the game with friends and have a great time. Classes are taught by a U.S. Professional Tennis Association Professional. Students must bring their own racquet.

**Miwok Park, Tennis Court**

Instructor: Kenny Pack

### AGE 6-8

**CLASS** **\$125**

13762	Sat	9/7-10/12	9:00am-10:30am
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**TOURNAMENT** **\$15**

13764	Sat	10/19	9:00am-11:00am
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### AGE 9-14

**CLASS** **\$125**

13763	Sat	9/7-10/12	10:45am-12:15pm
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**TOURNAMENT** **\$15**

13765	Sat	10/19	12:00pm-2:00pm
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20 ★ COSUMNES CSD ★ 19

**Thank You Volunteer Coaches!**

For your dedication & commitment this past year!

The Cosumnes CSD relies on community support to provide volunteer coaches for youth sports leagues. If you are passionate about supporting youth programming we encourage you to sign up today!

**MORE INFO: (916) 405-5600**  
**SPORTS DEPT: CSDSPORTS@CSDPARKS.COM**



## Volleyball Academy

Age 10-14

Cosumnes CSD Volleyball Academy is a once a week program designed to help participants develop the fundamental skills of volleyball through drills and organized challenges. Experienced volleyball staff will be here to help teach passing, setting, hitting and tactics while encouraging teamwork, sportsmanship, communication and responsibility. All levels of skill are welcome.

**Wackford Complex, Gym** **\$79**

Instructor: CSD STAFF

12972	Sun	7/28-9/22	8:45am-9:45am
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15561	Sun	9/29-11/17	8:45am-9:45am
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# THE GROVE TEEN CENTER

Elk Grove's largest teen recreation facility, offering exciting leisure amenities!  
Located in the Wackford Complex, 9014 Bruceville Road



## Teen Taxi

Register for Teen Taxi at the Wackford Aquatic Complex.

## FREE Friday Night Events

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

## AFTERSCHOOL PROGRAM

### Become a Member

For students enrolled in grades 7-12.  
Annual membership fee \$135.  
Register at the Wackford Complex.  
Monday-Thursdays: 3-6 pm  
Friday: 2-6 pm

- Snack Bar •
- Computers • Wii U •
- Flat Screen TVs •
- Xbox One • PlayStation 4 •
- Pool Table • Patio Foosball •
- Ping Pong Table •

### Awesome Equipment

### Cool Stuff To Do

- Creative Arts & Science Projects • Games
- Social & Skills-Based Clubs • Study Hall
- Community Service Projects • Sports
- Teen Leadership Series

2019-20 Membership begins August 15.  
\*Last day of after-school program is May 20, 2020.

## GET INVOLVED: TEEN COMMITTEES

### Teen Leadership Committee (TLC)

#### For middle school students

TLC is a group of students that has an interest in learning how to be effective leaders. Members receive leadership training, work on fun service projects, and volunteer. Past projects include: Harry Potter Late Night, Thanksgiving Dinner, Kid Central site visit, and a college campus tour.



### Teen Action Committee (TAC)

#### For high school students

TAC is a group of students that works as a team to create positive opportunities for Elk Grove teens. Members meet once every other week to discuss current youth trends and plan positive events that better their community. Past events include: Giant Pumpkin Festival, Art in Motion Teen Festival, and Leadership Workshops.

### Interested in joining one of these committees?

To become a TAC or TLC member please contact The Grove Teen Center at (916) 405-5622

**NEW**

## Fall Baking Challenge



Age 14-17

Are you ready for a fall baking challenge? This class will team students up and challenge them to create a delectable Fall treat all while learning useful baking skills lead by our chefs. Students will have access to fall flavors from our pantry, in season produce, and our amazing team of chefs to help guide them to success. So, are you ready to get creative and design a Fall Favorite dessert that you can share with family and friends for years to come? No baking experience needed, just be ready to have fun and make some new friends!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
14867 Sat 9/21 2:00pm-4:00pm

Age 7-12 see page 24



## Painting on Canvas

Age 13-18

This class is ideal for intermediate and beginning teen painters. Students will complete an acrylic painting on a 14x18 stretched canvas. It will take 4-weeks to complete. This class focuses on the use of color, shape and details while teaching various painting skills. Individual creativity will be encouraged and supported. The subject matter will be a nature scene. Supplies are included. This class runs concurrently with the Kid's Intermediate Painting Class.

**Wackford Complex, Poppy Room B \$70**

Instructor: Nancy Quiaoit  
13884 Th 9/5-9/26 6:15pm-7:15pm  
13886 Th 11/14-12/12\* 6:15pm-7:15pm

\*No Class 11/28

## Cooking Camp for Youth and Teens

Age 8-17

Each day in this culinary camp 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. Supplies included.

Instructor: Liza Kilgariff

**Wackford Complex, Kitchen \$85**

### THANKSGIVING MEAL

14789 M-Tu 11/25-11/26 10:00am-12:30pm  
14790 M-Tu 11/25-11/26 2:00pm-4:30pm

## Cooking for Youth and Teens

Age 8-17

This class focuses on the basics of cooking. Participants 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. Supplies included.

**Wackford Complex, Kitchen \$40**

Instructor: Liza Kilgariff

### PIZZA

14792 Wed 9/11 5:30pm-7:30pm  
14891 Th 9/12 5:30pm-7:30pm

### HALLOWEEN PARTY TREATS

14860 Wed 10/16 5:30pm-7:30pm  
14889 Th 10/17 5:30pm-7:30pm

### THANKSGIVING APPETIZERS DESSERTS

14861 Wed 11/13 5:30pm-7:30pm

### HOLIDAY COOKIE BARS

14791 Th 12/12 5:30pm-7:30pm  
14892 Tu 12/17 5:30pm-7:30pm



## More classes for Teens to check out!

Self Defense .....	30
Zumba .....	44
Ballroom Dance .....	45
Karate, Jiu Jitsu, Jeet Kune Do.....	46

## Holiday Baking Challenge

**NEW**



Age 14-17

It's that time of the year, where friends and family gather, the weather gets a bit more crisp, and things start to heat up in the kitchen! This all new holiday baking class will be sure to keep you and your friends busy. Students will receive a **Cancelled** to bake with their team, which sounds easy, but our elves have some fun twists and turns that are sure to make you laugh and keep you thinking. If you're up for some holiday fun, ready to learn some new baking skills, love to have a great time in the kitchen, and eat delicious treats of course, grab a friend and join us for this fun filled challenge.

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
~~14865 Sat 11/9 2:00pm-4:00pm~~



### Canines on Course

Age 14+

Develop a better relationship with your dog learning a combination of traditional training techniques and by using equipment that is applicable for the dog and is comfortable for the owner to use. 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. Optional Supply Fee (price varies).

**Elk Grove Park, Picnic Site 1B \$110**

Instructor: Myra Muhammad  
13787 Wed 9/4-10/16\* 6:00pm-7:00pm  
\*No Class 10/2

### Driver Ed – Online

Age 15-17

An interactive, fun and educational program with all work completed online any time with immediate test results. Classes do not include behind-the-wheel driving. DMV-accepted certificate received when course is passed. You will receive a confirmation e-mail within 72 hours with directions on how to proceed.

**This is an online class \$40**

Instructor: All Good Drivers Staff  
15037 9/1-9/30 September  
15038 10/1-10/31 October  
15039 11/1-11/30 November  
15040 12/1-12/31 December



### Adult, Child, Infant CPR/AED & First Aid

Age 14+

The First Aid CPR / AED Course is designed to prepare students to provide life saving skills in a safe, timely, and effective manner. Upon successful completion of the course students receive an American Heart Association Heartsaver First Aid CPR AED course completion card, valid for two years. This course includes adult/child/infant CPR and what to do if someone is choking. First Aid includes medical, injury and environmental emergencies. It is perfect for those that work or live in the community.

Instructor: Heart Beat CPR Staff

**Wackford Complex, Poppy A / Willow \$85**

14832 Sat 9/7 9:00am-1:30pm  
14833 Tu 10/29 5:00pm-9:30pm  
14834 Sat 11/2 9:00am-1:30pm  
14835 Tu 12/10 5:00pm-9:30pm

### 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. Supplies included.

**Wackford Complex, Willow Room \$90**

Instructor: Steve Dunne

#### LEVEL 1

11779 Wed 9/18-10/23 7:30pm-8:25pm

#### LEVEL 2

11780 Wed 11/6-12/18\* 7:30pm-8:25pm

\*No Class 11/27



### Piano for Teen/Adults

Age 13+

The Simply Music Piano program 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. Participants share piano during lessons. \$35 supply fee payable through Simply Music; instructions provided at first class.

**Laguna Town Hall, Room 1 \$150**

Instructor: Sharissa Delgado

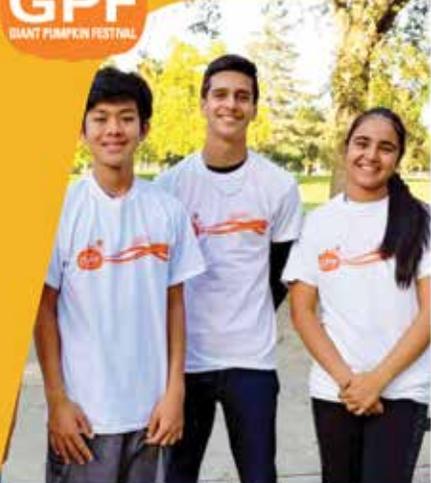
#### LEVEL 1

13790 Mon 9/9-11/18\* 6:30pm-7:20pm

\*No Class 9/16, 10/14, 11/11



## Elk Grove GIANT Pumpkin Festival



### Volunteers needed!

We are looking for fun and energetic volunteers to provide exceptional customer service at this year's festival!

Hours Needed:  
October 1-6  
9am - 6pm

YourCSD.com/GPF

## Dances of India **NEW** Youth/Teen/Adult

Age 8+

This class is a rhythmic, cultural, and musical treat to your senses. India is a country with various different dance styles - from the fun, popular, larger than life Bollywood dances to the classical, deeply rooted cultural, austere, structured dance styles like Bharatanatyam, Mohiniyattam, Kathak, Kuchipudi etc. *Please wear comfortable fitted pants, long loose shirt, and bare feet or non-slip socks. Recital fees include use of costumes for performance.*

### Laguna Town Hall, Reception Hall

Instructor: Gokul Dance Academy Staff

DANCE CLASS		\$120
15502	Th 8/29-10/10	5:00pm-6:00pm
OPTIONAL RECITAL (FOR #15502)		\$40
15623	Th 10/17	5:00pm-6:00pm

DANCE CLASS		\$120
15506	Th 10/24-12/12*	5:00pm-6:00pm
OPTIONAL RECITAL (FOR #15506)		\$40
15624	Th 12/19	5:00pm-6:00pm

\*No Class 11/28



## A Glimpse of the Pacific Youth/Teen/Adult

Age 8+

This class is for intermediate level students who have experience in basic Polynesian dance steps and movements. Students will learn featured dances and have the opportunity to explore some traditions of the Polynesian culture, such as costume and implement making. Students may also have the opportunity to participate in performances. Optional supply fee - prices vary, see instructor.

### Wackford Complex, Valley Oak Ballroom \$34

Instructor: Maria Cisneros

13773 Th 9/12-10/10 7:00pm-8:30pm

13774 Th 10/17-12/5\* 7:00pm-8:30pm

\*No class 10/31, 11/7, 11/28

## Polynesian Dance Basics Youth/Teen/Adult

Age 8+

Beginning Polynesian dance basics. Through drills and dance step combinations, students will be offered instruction on basic Polynesian dance steps and motions with a focus on timing, coordination, and form. Continuing students mastering the basics curriculum will have opportunities to advance and learn basic choreography and/or advance to an intermediate level class. \$10-15 Optional Supply Fee (for Pareo; students may provide own)

### Wackford Complex, Valley Oak Ballroom \$34

Instructor: Maria Cisneros

13771 Th 9/12-10/10 6:00pm-7:00pm

13772 Th 10/17-12/5\* 6:00pm-7:00pm

\*No Class 10/31, 11/7, 11/28

## Teen Water Fitness **NEW**

Age 13-17

An energetic workout for all participant levels with movements that will increase your heart rate and offer you a total body workout. This class is low-impact and will include high intensity intervals to improve cardiovascular health. It includes an abdominal workout to strengthen, tone, and build the bodies core muscles. Class is held in deep water, taught by trained and certified instructors in 7-8 feet of water.

### Wackford Aquatic Complex \$20

Instructor: CSD Staff

15174 M,W 9/9-9/18 6:30pm-7:00pm

15175 M,W 9/23-10/2 6:30pm-7:00pm

## Tennis for Teens

Age 13-17

Learn the fundamentals of tennis. Basic strokes, techniques, and etiquette will be taught through fun drills and games. Classes are taught by a U.S. Professional Tennis Association Professional. Students must bring their own racquet.

### Miwok Park, Tennis Court \$65

Instructor: Kenny Pack

BEGINNING			
13758	Wed	9/4-9/25	4:30pm-5:30pm
13759	Wed	10/2-10/23	4:30pm-5:30pm

INTERMEDIATE			
13760	Th	9/5-9/26	4:30pm-5:30pm
13761	Th	10/3-10/24	4:30pm-5:30pm

## The First Tee Greater Sacramento

Age 13-18

The First Tee Junior Golf Program teaches participants how to golf, healthy habits, promotes self esteem, and understanding of The Nine Core Values. Classes will consist of putting, chipping, full swing, and understanding a golf course.

### Emerald Lakes Golf Course \$125

Instructor: Natalie Farahani

AGE 13-18			
15591	Fri	10/11-11/15	4:30pm-5:30pm



## You & Me: Last Minute Gift Workshop

Age 2-9 with adult

Child and adult will work together to make a wrap their choice of a gift suitable for a parent or grandparent.

**Gifts from the Heart of Grove,  
9685 Elk Grove-Florin Rd. \$18**

Instructor: Susie Franklin Roeser  
14745 Mon 12/23 10:00am-11:00am

## You and Me Chocolate Fun

Age 4-10, with adult

Adult 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! Supplies included.

**Wackford Complex, Kitchen \$30**

Instructor: Heather Saldivar  
14806 Tu 9/10 6:00pm-7:30pm  
14805 Tu 12/10 6:00pm-7:30pm  
14808 Mon 12/16 6:00pm-7:30pm

## Parent/Grandparent & Child Date Night

Age 3+, with adult

Spend quality time with your special person working together on a project, creating a masterpiece to take home! Supplies included.

**Gifts from the Heart of Grove,  
9685 Elk Grove-Florin Rd.**

Instructor: Susie Franklin Roeser

**HOLIDAY CARD MAKING \$15**

14747 Fri 12/6 6:30pm-8:00pm

**ORNAMENT MAKING \$25**

14748 Fri 12/20 6:30pm-8:00pm

Looking to get some holiday shopping  
done without the kids?

See Pajama Party & Kids' Night Out,  
Parents' Night Off on page 7

## Fall Baking Challenge

Age 7-17

Are you ready for a fall baking challenge? This class will team students up and challenge them to create a delectable Fall treat all while learning useful baking skills lead by our chefs. Students will have access to fall flavors from our pantry, in season produce, and our amazing team of chefs to help guide them to success. So, are you ready to get creative and design a Fall Favorite dessert that you can share with family and friends for years to come? No baking experience needed, just be ready to have fun and make some new friends!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars

**Age 7-12**  
14866 Sat 9/21 10:00am-12:00pm

**Age 14-17**  
14867 Sat 9/21 2:00pm-4:00pm

## Santa's Helper Boot Camp NEW

Age 9-15

Earn your official Elf Ears in this high intensity class teaching Christmas history & lore along with valuable Santa helping skills such as holiday decorating, gift-wrapping and other top-secret Elf information too sensitive to print. Bring a snack.

**Gifts from the Heart of Grove,  
9685 Elk Grove-Florin Rd. \$35**

Instructor: Susie Franklin Roeser

14749 Fri 11/29 10:00am-2:00pm

14750 Fri 12/20 1:00pm-5:00pm

## Holiday Baking Challenge



Age 7-17

It's that time of the year, where friends and family gather, the weather gets a bit more crisp, and things start to heat up in the kitchen! This all new holiday baking class will be sure to keep you on your toes. Students will receive a mystery recipe to bake with their team, which sounds easy, but our elves have some fun twists and turns that are sure to make you laugh and keep you thinking. If you're up for some holiday fun, ready to learn some new baking skills, love to have a great time in the kitchen, and eat delicious treats of course, grab a friend and join us for this fun filled challenge.

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars

**Age 7-12**  
14864 Sat 11/9 10:00am-12:00pm

**Age 14-17**  
14865 Sat 11/9 2:00pm-4:00pm

# Happy Holidays

## Cooking Camp for Youth and Teens

Age 8-17

Each day in this culinary camp 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. Supplies included.

**Wackford Complex, Kitchen** **\$85**

Instructor: Liza Kilgariff

### THANKSGIVING MEAL

14789 M-Tu 11/25-11/26 10:00am-12:30pm  
14790 M-Tu 11/25-11/26 2:00pm-4:30pm

## A Mad Science Thanksgiving



Age 6-12

You can't be in the Mad Science kitchen without washing your hands! Cook up a chemical reaction, find out what nutrients are in our favorite Thanksgiving foods, even watch a sweet potato fly! Make beautiful, multicolored falling leaves, eat a pumpkin "pi," and MELT the Thanksgiving Turkey! It's Thanksgiving - MAD SCIENCE style!

**Wackford Complex, Willow Room** **\$62**

Instructor: Mad Science Staff

14787 Mon 11/18 9:00am-2:00pm

## Mad Science- "Frozen Science"



Age 6-12

It's the coolest science around! Learn the difference between real snow and the stuff in the movies, safely utilize a substance that is -109 degrees F, make non-melting snowballs and learn the similarities between you and a snowflake!

**Wackford Complex, Willow Room** **\$62**

Instructor: Mad Science Staff

14788 Fri 12/27 9:00am-2:00pm

## Kids Holiday Chocolate Gifts from the Kitchen

Age 7-12

In this class, you'll learn how to make delectable Holiday gifts such as Peppermint Bark, Chocolate Dipped Carmel Pretzels and more! You'll learn candy making tips, storage, packaging tricks and the best online and local places to purchase supplies; taking home treats and recipes. Supplies included.

**Wackford Complex, Kitchen** **\$50**

Instructor: Heather Saldivar

14804 Wed 12/4 6:00pm-8:00pm

## Gingerbread Workshop



Age 7-12

Celebrate the season with a gingerbread filled day, warm up with some hot cocoa and have fun creating colorful, candy coated houses and gingerbread people. Students will make & bake their very own house from scratch, and while those houses are baking, get a lesson in decorating gingerbread people with the most delicious royal icing recipe made by your junior chef. Space is very limited for this class, so grab a friend and join us for holiday house building and baking you won't forget.

**Wackford Complex, Kitchen** **\$60**

Instructor: Junior Chef Stars

14869 Sat 12/14 9:00am-12:00pm

## Gourmet Truffles Made Easy

Age 18+

In this workshop, you will learn how to make the ganache (truffle centers), roll, dip and garnish your very own handmade truffles! Tips and tricks shared in class will make it easy. Recipes will be provided. Supplies included.

**Wackford Complex, Kitchen** **\$50**

Instructor: Heather Saldivar

14803 Mon 12/2 6:00pm-8:00pm

## Gourmet Caramel Apples

Age 18+

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. Supplies included.

**Wackford Complex, Kitchen** **\$50**

Instructor: Heather Saldivar

14802 Wed 10/2 6:00pm-8:00pm

## 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. Recipes will be provided. Supplies included.

**Wackford Complex, Kitchen** **\$50**

Instructor: Heather Saldivar

14800 Wed 12/18 6:00pm-8:00pm





**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 different styles of dance and basic choreography in this high energy class through structured and free movement exercises.

Instructor: CSD Staff

#### Wackford Complex, Valley Oak Ballroom

15142	Wed	9/4-9/25	10:30am-11:30am	<b>\$16</b>
15146	Th	9/5-9/26	10:30am-11:30am	<b>\$16</b>
15143	Wed	10/2-10/23	10:30am-11:30am	<b>\$16</b>
15147	Th	10/10-10/24	10:30am-11:30am	<b>\$12</b>
15144	Wed	11/6-11/27	10:30am-11:30am	<b>\$16</b>
15148	Th	11/7-11/21	10:30am-11:30am	<b>\$12</b>
15145	Wed	12/4-12/18	10:30am-11:30am	<b>\$12</b>
15165	Th	12/5-12/19	10:30am-11:30am	<b>\$12</b>

### RAD Dance

*Age 18+*  
Like to get down and boogie? Enjoy the latest hits and the greatest classics with a night of social interaction, dancing, and fun. RAD Dances are for individuals with disabilities.

#### Wackford Complex, Valley Oak Ballroom **\$10**

Instructor: CSD Staff

#### WIZARD'S BALL

15149	Fri	9/20	7:00pm-9:00pm
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#### GHOSTLY GALA

15150	Fri	10/18	7:00pm-9:00pm
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#### ALL THAT GLITTERS

15151	Fri	11/1	7:00pm-9:00pm
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#### WINTER WONDERLAND

15152	Fri	12/20	7:00pm-9:00pm
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### RAD Smile & Stretch

*Age 18+*  
This class for adults with disabilities will focus on fundamental yoga poses with emphasis on stretching and breathing.

Instructor: CSD Staff

#### Wackford Complex, Valley Oak Ballroom

15160	Tu	9/3-9/17	10:30am-11:30am	<b>\$12</b>
15161	Tu	10/1-10/22	10:30am-11:30am	<b>\$16</b>
15162	Tu	11/12-11/26	10:30am-11:30am	<b>\$12</b>
15163	Tu	12/3-12/17	10:30am-11:30am	<b>\$12</b>



### RAD Open Rec

*Age 18+*  
Come spend your Friday with us playing various sports and games. Relax in the Teen Center while playing video games, pool, foosball, and more! Whether you like competitive sports or just hanging with friends, there is something for everyone at Open Rec.

Instructor: CSD Staff

#### Wackford Complex, Gym & Teen Center **\$16**

15156	Fri	9/6-9/27	10:30am-11:30am
15157	Fri	10/4-10/25	10:30am-11:30am
15158	Fri	11/1-11/22	10:30am-11:30am
15159	Fri	12/6-12/27	10:30am-11:30am



### RAD Aquatic Fitness

*Age 18+*  
RAD Aquatic Fitness is designed to meet the needs of individuals with disabilities. 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.

#### Wackford Aquatic Complex **\$16**

Instructor: CSD STAFF

#### SHALLOW POOL

15141	Tu	9/3-9/24	11:00am-12:00pm
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#### DEEP POOL

*Participants must feel comfortable in deep water for "Deep Pool" class*

15140	Th	9/5-9/26	10:30am-11:30am
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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



## 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. Recipes will be provided. Supplies included.

**Wackford Complex, Kitchen** **\$50**

Instructor: Heather Saldivar  
14800 Wed 12/18 6:00pm-8:00pm



## Gourmet Cooking

*Age 18+*  
Golden Gourmet is offering hands on cooking classes that conclude with a sit-down meal. Supplies included.

**Wackford Complex, Kitchen** **\$50**

Instructor: Liza Kilgariff

### 10 TERRIFIC APPETIZERS

14862 Mon 12/9 6:00pm-8:30pm  
14890 Wed 12/11 6:00pm-8:30pm

## Gourmet Caramel Apples

*Age 18+*  
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. Supplies included.

**Wackford Complex, Kitchen** **\$50**

Instructor: Heather Saldivar  
14802 Wed 10/2 6:00pm-8:00pm



## Gourmet Truffles Made Easy

*Age 18+*  
In this workshop, you will learn how to make the ganache (truffle centers), roll, dip and garnish your very own handmade truffles! Tips and tricks shared in class will make it easy. Recipes will be provided. Supplies included.

**Wackford Complex, Kitchen** **\$50**

Instructor: Heather Saldivar  
14803 Mon 12/2 6:00pm-8:00pm





## Elk Grove GIANT Pumpkin Festival

### Pumpkin Recipe Contest

Cook up your favorite savory or sweet pumpkin fall foods for a chance to win!

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Best of Show \$200

First Place \$150

Second Place \$75

Third Place \$50



[YourCSD.com/GPF](http://YourCSD.com/GPF)



## Computer Basics

Age 18+

For those who are new to desktop computers and laptop computers, and/or are ready to make use of one. This workshop will teach the basics of both Macintosh computers and Windows computers.

**Wackford Complex, Poppy Room B \$40**

Instructor: Tre Ewell

14851	Wed	9/4	1:00pm-3:30pm
14852	Wed	10/2	1:00pm-3:30pm
14853	Wed	11/6	1:00pm-3:30pm
14854	Wed	12/4	1:00pm-3:30pm



## Smartphone Basics

Age 18+

For those who are new to smartphones and/or are ready to make use of one. This workshop will teach the basics of both Android and iPhone so that you can properly operate and make better use of your smartphone device.

**Wackford Complex, Poppy Room B \$40**

Instructor: Tre Ewell

14855	Wed	9/11	1:00pm-3:30pm
14856	Wed	10/9	1:00pm-3:30pm
14857	Wed	11/13	1:00pm-3:30pm
14858	Wed	12/11	1:00pm-3:30pm

## Watercolor - Intermediate

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. Participants must provide their own painting supplies.

**Wackford Complex, Poppy Room B \$55**

Instructor: Sandy Coulter

11762	Tu	9/3-9/24	10:00am-12:00pm
11763	Tu	10/1-10/22	10:00am-12:00pm
11764	Tu	10/29-11/19	10:00am-12:00pm

## Watercolor - Open Studio

Age 18+

This is an open studio where you will paint your own paintings with one-on-one access to the instructor. Participants must provide their own painting supplies.

**Wackford Complex, Poppy Room B \$55**

Instructor: Sandy Coulter

11765	Tu	9/3-9/24	1:00pm-3:00pm
11766	Tu	10/1-10/22	1:00pm-3:00pm
11767	Tu	10/29-11/19	1:00pm-3:00pm

## 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. Supplies included.

**Wackford Complex, Willow Room \$90**

Instructor: Steve Dunne

### LEVEL 1

11779	Wed	9/18-10/23	7:30pm-8:25pm
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### LEVEL 2

11780	Wed	11/6-12/18*	7:30pm-8:25pm
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\*No Class 11/27

## Piano for Teen/Adults

Age 13+

The Simply Music Piano program 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. Participants share piano during lessons. \$35 supply fee payable through Simply Music; instructions provided at first class.

**Laguna Town Hall, Room 1 \$150**

Instructor: Sharissa Delgado

### LEVEL 1

13790	Mon	9/9-11/18*	6:30pm-7:20pm
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\*No Class 9/16, 10/14, 11/11

## Digital Photography

Age 18+

Enjoy learning how to take beautiful pictures through the use of composition, adjusting shutter and aperture, lighting and using camera features. Bring Camera and instruction book to every class. \*This class may meet off-site for a pre-planned field trip. See instructor for more information.

**Laguna Town Hall, Room 1 \$60**

Instructor: Deirdre Asay

### LEVEL 1

13749	Tu,Th	9/10-9/26	6:30pm-7:45pm
13750	Tu,Th	10/8-10/24*	6:30pm-7:45pm

### LEVEL 2

13751	Tu,Th	11/5-11/21	6:30pm-7:45pm
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\*No Class 10/22, Makeup 10/29

**Elk Grove GIANT Pumpkin Festival**

**Volunteers needed!**

*We are looking for fun and energetic volunteers to provide exceptional customer service at this year's festival!*

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**Hours Needed:**  
October 1-6  
9am - 6pm

[YourCSD.com/GPF](http://YourCSD.com/GPF)

**Cosumnes CSD**  
YOUR PARKS, TRAILS & STREETSCAPES

CSD maintains over **45,000 trees.**

**Park maintenance services include:**

- Repairing park amenities
- Maintaining sports fields
- Inspecting and repairing playgrounds
- Removing graffiti
- Managing landscape watering
- Repairing sidewalks
- Planting and maintaining trees
- Mowing and much more!

Residents of Elk Grove enjoy award-winning recreation facilities, including **98 parks**, **1,017 acres** of park and open space and **18 miles** of trails. These facilities are constructed and maintained by Cosumnes CSD.

Maintenance of parks, streetscapes and trails is funded through **Landscape & Lighting assessments** collected in **13 benefit zones** throughout the District

Residents can report issues to the **24/7 Park Maintenance Hotline at 916-405-5688**

**Learn more about park maintenance and Landscape & Lighting funding, attend the FREE class below!**

**COSUMNES CSD**

## Landscape Maintenance Funding 101

All Ages Welcome

The Cosumnes Community Services District (CSD) owns and operates over 1,000 acres of land, including 98 parks, as well as streetscapes and trails. The CSD's award winning park system is an essential piece of Elk Grove's social infrastructure. If you have questions about maintenance funding and the long-term sustainability of your local park system, this is the class for you! CSD Staff will provide information about landscape funding and answer all of your questions about Landscape & Lighting benefit assessments, how benefit assessments are determined, what benefit assessments can be used for and how and why benefit assessments are increased. For more information, please contact Josh Branco at (916) 405-5332 or JoshBranco@csdparks.com.

**Wackford Complex, Willow Room \$0**

Instructor: CSD Staff

14710	Sat	9/21	9:00am-11:00am
14711	Th	9/26	6:00pm-8:00pm

## Canines on Course

Age 14+

Develop a better relationship with your dog learning a combination of traditional training techniques and by using equipment that is applicable for the dog and is comfortable for the owner to use. Traditional 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. Optional Supply Fee (price varies).

**Elk Grove Park, Picnic Site 1B \$110**

Instructor: Myra Muhammad  
13787 Wed 9/4-10/16\* 6:00pm-7:00pm  
\*No class 10/2

## Adult, Child, Infant CPR/AED & First Aid

Age 14+

The First Aid CPR / AED Course is designed to prepare students to provide life saving skills in a safe, timely, and effective manner. Upon successful completion of the course students receive an American Heart Association Heartsaver First Aid CPR AED course completion card, valid for two years. This course includes adult/child/infant CPR and what to do if someone is choking. First Aid includes medical, injury and environmental emergencies. It is perfect for those that work or live in the community.

Instructor: Heart Beat CPR Staff

**Wackford Complex, Poppy Room A \$85**

14832	Sat	9/7	9:00am-1:00pm
14833	Tu	10/29	5:00pm-9:30pm
14834	Sat	11/2	9:00am-1:30pm
14835	Tu	12/10	5:00pm-9:30pm



### Tai Chi for Beginners

Age 18+

Tai Chi is a fun and energizing way to engage the body's natural capacity for self-healing and regeneration. The relaxed, gentle movements improve circulation, strengthen and tone muscles, promote wellness, longevity and mental acuity. These are ongoing, continuous classes. Enrollment accepted year round.

**Wackford Complex, Valley Oak Ballroom**

Instructor: Robert Nakashima

14814	Tu	9/3-9/24	6:30pm-7:30pm	<b>\$48</b>
14815	Tu	10/1-10/22	6:30pm-7:30pm	<b>\$48</b>
14816	Tu	11/1-11/26	6:30pm-7:30pm	<b>\$48</b>
14817	Tu	12/3-12/17	6:30pm-7:30pm	<b>\$36</b>

### Tai Chi

Age 18+

Tai Chi is the ancient Chinese art of health maintenance and moving meditation. The natural, graceful movements are easy to learn and are perfect for any age. Regular practice relieves stress, increases energy, and strengthens and tones muscles.

**Wackford Complex, Valley Oak Ballroom**

Instructor: Robert Nakashima

14810	Tu,Th	9/3-9/26	9:00am-10:00am	<b>\$55</b>
14811	Tu,Th	10/1-10/24	9:00am-10:00am	<b>\$55</b>
14812	Tu,Th	11/12-11/26	9:00am-10:00am	<b>\$48</b>
14813	Tu,Th	12/3-12/19	9:00am-10:00am	<b>\$42</b>

### Tai Chi For Those With Limited Mobility

**NEW**

Age 18+

Tai Chi's reputation as a superb method of health maintenance and self-care is well deserved. Yet, one of its core features (emphasis on leg strength and balance) puts it out of reach for many folks, particularly those with knee, hip or back problems. This class is designed to serve the needs of students with a variety of mobility issues, including those living with chronic health conditions. We will focus on developing a complete, individualized Tai Chi practice that can be enjoyed seated or standing, as conditions allow.

**Wackford Complex, Poppy Room A**

Instructor: Robert Nakashima

14908	Mon	9/9-9/30	9:00am-10:15am	<b>\$59</b>
14909	Mon	10/7-10/21*	9:00am-10:15am	<b>\$30</b>
14910	Mon	11/18-11/25*	9:00am-10:15am	<b>\$30</b>
14911	Mon	12/2-12/23	9:00am-10:15am	<b>\$59</b>

\*No Class 10/14, 11/11

### Restorative Yoga

**NEW**

Age 18+

Learn how to reliably release long-held tensions in the body using yoga poses that are effective, yet surprisingly easy to do. Students regularly report that their minds quiet down and a sense of calmness is restored in each class. Instructor has over 20 years of experience teaching yoga and utilizes props to make sure students are comfortable in every pose. This approach is great for people who don't think they can do yoga and for advanced students who want a deeper, more relaxed practice. Many people want to enjoy the multiple benefits of yoga, but are unable to do the more athletic forms of yoga that are available. Restorative yoga can be done by anyone who is able to get up and down on the floor.

**Breathing Space Studio \$55**

**8841 Williamson Drive, Suite 20**

Instructor: Barbara Thompson

15618	Wed	9/25-10/9	6:00pm-7:15pm
15619	Wed	10/23-11/6	6:00pm-7:15pm
15620	Wed	11/13-12/4	6:00pm-7:15pm

### Zumba Gold®

Age 16+

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

**Laguna Town Hall, Reception Hall**

Instructor: Mary Lynn Fisher

13775	Tu	9/3-9/24	9:30am-10:30am	<b>\$20</b>
13776	Th	9/5-9/26	9:30am-10:30am	<b>\$20</b>
13777	Tu	10/1-10/29	9:30am-10:30am	<b>\$25</b>
13778	Th	10/3-10/31	9:30am-10:30am	<b>\$25</b>
13779	Tu	11/5-11/26	9:30am-10:30am	<b>\$20</b>
13780	Th	11/7-11/21	9:30am-10:30am	<b>\$15</b>
13781	Tu	12/3-12/17	9:30am-10:30am	<b>\$15</b>
13782	Th	12/5-12/19	9:30am-10:30am	<b>\$15</b>



### Zumba Fitness®

Age 16+

Join this high energy exercise/dance class with a party-like format. Choreographed with fun and fitness in mind, combining interval cardio training and introducing a toning portion using optional lightweight, maraca-like toning sticks.

**Laguna Town Hall, Reception Hall**

Instructor: Anica Walls

13729	Wed	9/4-9/25	6:00pm-7:00pm	<b>\$24</b>
13730	Mon	9/9-9/30*	6:00pm-7:00pm	<b>\$18</b>
13731	Wed	10/2-10/30	6:00pm-7:00pm	<b>\$30</b>
13732	Mon	10/7-10/28*	6:00pm-7:00pm	<b>\$18</b>
13734	Wed	11/6-11/27	6:00pm-7:00pm	<b>\$24</b>
13733	Mon	11/18-11/25*	6:00pm-7:00pm	<b>\$12</b>
13735	Mon	12/2-12/30*	6:00pm-7:00pm	<b>\$24</b>
13736	Wed	12/4-12/18	6:00pm-7:00pm	<b>\$18</b>

\*No Class 9/23, 10/14, 12/9

**NEW**

## Dances of India - Youth/Teen/Adult

Age 8+

This class is a rhythmic, cultural, and musical treat to your senses. India is a country with various different dance styles - from the fun, popular, larger than life Bollywood dances to the classical, deeply rooted cultural, austere, structured dance styles like Bharatanatyam, Mohiniyattam, Kathak, Kuchipudi etc. *Please wear comfortable fitted pants, long loose shirt, and bare feet or non-slip socks. Recital fees include use of costumes for performance.*

**Laguna Town Hall, Reception Hall**

Instructor: Gokul Dance Academy Staff

<b>DANCE CLASS</b>	<b>\$120</b>
15502 Th 8/29-10/10	5:00pm-6:00pm
<b>OPTIONAL RECITAL (FOR #15502)</b>	<b>\$40</b>
15623 Th 10/17	5:30pm-6:30pm

<b>DANCE CLASS</b>	<b>\$120</b>
15506 Th 10/24-12/12*	5:00pm-6:00pm
<b>OPTIONAL RECITAL (FOR #15506)</b>	<b>\$40</b>
15624 Th 12/19	5:30pm-6:30pm

\*No Class 11/28

## Ballroom Line Dancing

Age 18+

No dance partner required. You'll learn a fusion of club, contemporary and traditional dance moves such as Cha Cha, Rhumba, Waltz, Night Club Two Step, Swing, etc.

**Laguna Town Hall, Reception Hall**

Instructor: Archey Rubi-Yabut

13725 Tu 9/3-9/24	6:00pm-7:15pm	<b>\$20</b>
13726 Tu 10/1-10/29*	6:00pm-7:15pm	<b>\$20</b>
13727 Tu 11/5-11/26	6:00pm-7:15pm	<b>\$20</b>

\*No Class 10/22

## Introduction to Ballroom Dance

Age 16+

If you've never danced before, this is the class for you. This class provides an introduction to partnership dancing that is fun and easy to understand. All levels of dancers are welcome in this class as we will discuss higher level technique, styling, and concepts as well. Singles, pairs, and couples welcome.

**Laguna Town Hall, Reception Hall** **\$42**

Instructor: James Burmich

13737 Th 9/5-10/10	7:30pm-8:30pm
13738 Th 10/17-11/21	7:30pm-8:30pm



## Polynesian Dance Basics Youth/Teen/Adult

Age 8+

Beginning Polynesian dance basics. Through drills and dance step combinations, students will be offered instruction on basic Polynesian dance steps and motions with a focus on timing, coordination, and form. Continuing students mastering the basics curriculum will have opportunities to advance and learn basic choreography and/or advance to an intermediate level class. \$10-15 Optional Supply Fee (for Pareo; students may provide own)

**Wackford Complex, Valley Oak Ballroom** **\$34**

Instructor: Maria Cisneros

13771 Th 9/12-10/10	6:00pm-7:00pm
13772 Th 10/17-12/5*	6:00pm-7:00pm

\*No Class 10/31, 11/7, 11/28

## A Glimpse of the Pacific Youth/Teen/Adult

Age 8+

This class is for intermediate level students who have experience in basic Polynesian dance steps and movements. Students will learn featured dances and have the opportunity to explore some traditions of the Polynesian culture, such as costume and implement making. Students may also have the opportunity to participate in performances. Optional supply fee - prices vary, see instructor.

**Wackford Complex, Valley Oak Ballroom** **\$34**

Instructor: Maria Cisneros

13773 Th 9/12-10/10	7:00pm-8:30pm
13774 Th 10/17-12/5*	7:00pm-8:30pm

\*No Class 10/31, 11/7, 11/28

## Adult Ballet

Age 18+

This class is designed for participants with little or no dance training. The focus is to dance for fitness and health using ballet core fundamentals and movements such as posture, muscle tone, balance, coordination, flexibility, and body awareness. Stretching and ballet music will help relieve stress and relax the mind while focusing on fitness.

**Encore! Studio, 9154 E. Stockton Blvd** **\$90**

Instructor: Lisa Brown

13823 Mon 9/9-10/21*	7:00pm-7:50pm
13824 Mon 10/28-12/16*	7:00pm-7:50pm

\*No class 10/14, 11/11, 11/25

## Ballroom, Swing & Latin Dance

Age 18+

Come experience the fun of Ballroom, Latin and Swing dancing! Beginning level is for those who are trying partner dancing for the first time. Participants will learn basic patterns and how to dance with another person. In the intermediate and advanced levels, we expand on the patterns and add more fun techniques to bring your dancing to the next level! Singles, pairs, and couples welcome. For every participant's benefit, partner rotation is required.

**Laguna Town Hall, Reception Hall** **\$42**

Instructor: Christine Comer

**BEGINNING****RUMBA/TANGO**

13741 Wed 9/4-10/9	7:30pm-8:30pm
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**WALTZ/CHA CHA**

13742 Wed 10/16-11/20	7:30pm-8:30pm
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**INTERMEDIATE (INSTRUCTOR APPROVAL)****SALSA/NIGHT CLUB 2STEP**

13743 Wed 9/4-10/9	8:30pm-9:30pm
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**VIENNESE WALTZ/WEST COAST SWING**

13744 Wed 10/16-11/20	8:30pm-9:30pm
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**ADVANCED (INSTRUCTOR APPROVAL)****SALSA/BACHATA**

13745 Tu 9/3-10/8	7:30pm-8:30pm
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**NIGHT CLUB 2STEP/ARGENTINE TANGO**

13746 Tu 9/3-10/8	8:30pm-9:30pm
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**WALTZ/VIENNESE WALTZ**

13747 Tu 10/15-11/19*	7:30pm-8:30pm
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**WEST COAST SWING**

13748 Tu 10/15-11/19*	8:30pm-9:30pm
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\*No Class 10/22, Pro-rated class \$35



## Karate for Teens/Adults

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. \$35 Uniform payable to instructor.

**Elk Grove Park, Pavilion \$55**

Instructor: School Of The Tiger Staff

14880	Tu,Th	9/5-9/24	6:30pm-7:30pm
14881	Tu,Th	10/8-10/29	6:30pm-7:30pm
14882	Tu,Th	11/5-11/21	6:30pm-7:30pm
14883	Tu,Th	12/3-12/19	6:30pm-7:30pm

**Wackford Complex, Valley Oak Ballroom \$55**

Instructor: School Of The Tiger Staff

14876	M,W	9/4-9/30	6:30pm-7:30pm
14877	M,W	10/2-10/23*	6:30pm-7:00pm
14878	M,W	11/4-11/20*	6:30pm-7:30pm
14879	M,W	12/2-12/18	6:30pm-7:30pm

\*No Class 10/14, 11/11

## Aqua Spin

**NEW**

Age 16+

Come Spin, splash & sweat with us in our new Aqua Spin class. An energetic workout for all participant levels that will increase your heart rate. This low-impact class offers participants the freedom to enjoy cycling through the water. This class is conducted in our shallow water pool with a maximum depth of 4.5 feet. Class space is limited.

**Elk Grove Aquatics Center**

**For dates, times or to register:**  
[yourcsd.com/water-aerobics](http://yourcsd.com/water-aerobics)



## Self Defense for Women

Age 16+

This workshop will provide women with the tools to be safe in today's environment. Subjects that will be covered are awareness, weapons, escapes, strikes, takedowns and how not to become a target.

**Wackford Complex, Poppy Room B \$25**

Instructor: School Of The Tiger Staff

14906	Mon	10/21	7:00pm-9:00pm
14907	Mon	12/2	7:00pm-9:00pm

## Jeet Kune Do

Age 13+

Come and learn the system Bruce Lee developed. Fitness, balance, speed, strength and confidence-building skills will be covered. Most of all, you will be part of a special piece of history. Presented by a third generation practitioner. Please bring a water bottle and wear shoes.

**Wackford Complex, Poppy Room A \$45**

Instructor: Shannon Newman

14818	M,W	9/4-9/30*	7:25pm-8:45pm
14819	M,W	10/2-10/30*	7:25pm-8:45pm
14820	M,W	11/4-11/25*	7:25pm-8:45pm
14821	M,W	12/2-12/18*	7:25pm-8:45pm

\*No Class 9/11, 9/25, 10/9, 10/14, 10/23, 11/11, 11/13, 12/11



## Cardio Tennis for Adults

Age 18+

For players of all ability levels! While doing the ultimate in full body aerobic workouts, you will also be training for tennis and learning stroke technique, strategies, and tactics. Classes are taught by a U.S. Professional Tennis Association Professional. Students must bring their own racquet.

**Miwok Park, Tennis Court \$65**

Instructor: Kenny Pack

13766	Th	9/5-9/26	5:30pm-6:30pm
13767	Th	10/3-10/24	5:30pm-6:30pm

## 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 two different styles of martial arts Aiki Jujitsu and Kyokushin Karate. \$75 Optional uniform payable to instructor.

**Wackford Complex, Valley Oak Ballroom \$55**

Instructor: School Of The Tiger Staff

14870	M,W	9/4-9/30	7:30pm-8:30pm
14871	M,W	10/2-10/23*	7:30pm-8:30pm
14873	M,W	11/4-11/20*	7:30pm-8:30pm
14874	M,W	12/2-12/18	7:30pm-8:30pm

\*No Class 10/14, 11/11

# ADULT SPORT LEAGUES

Adult sports leagues offer leisure and focus on friendly competition for both men and women of all skill levels. To register for sports leagues visit: [teamsideline.com/cosumnes](http://teamsideline.com/cosumnes) All league fees \$480.

## 5-on-5 Basketball

Wackford Complex  
Sundays: All Levels  
Fridays: Recreational League  
Wednesdays: 30+ League  
Winter: January–March  
Spring: April–July  
Summer: July–September  
Fall: September–December

## Softball

Bartholomew Sports Park and Laguna Community Park  
Mondays–Fridays, First Games 6pm  
Spring: March–May  
Summer: May–August  
Fall: August–October

## 7-on-7 Soccer

Bartholomew Sports Park  
Fall: August–October  
Spring: April–June

## Flag Football

Bartholomew Sports Park  
Fall Tournament TBA  
Spring: April–June

## Volleyball

Wackford Complex  
Year-Round, Open Gym  
Mondays, 7–10 pm

# Free Play

at Bartholomew Sports Park

The CSD has set aside FREE play time at Bartholomew Sports Park for all to enjoy. This is an opportunity for community members to access the facility in an unstructured setting. In addition to many physical health benefits, unstructured play time encourages social skills, well-being, and teamwork. In order for Free Play to be successful we need everyone to work together to foster a safe, fun, and fair environment at all times.

### Schedule

- BSP 1:** July-August, Fridays 5-9:30 pm
- BSP 3:** July & November-December, Sundays 2-9 pm
- BSP 2:** September-December: Fridays 5-9:30 pm



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

The CSD has facilities, including lighted synthetic turf multi-purpose fields, lighted softball fields, a lighted soccer field, a lighted hardball field and gymnasiums, available for your use (pages 52-53).



If you are interested in renting a sports facility or for more information, call (916) 405-5600.



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.

- **Covered and lighted driving range!**
- **Nine-hole, Par-33**
- **Pro Shop**  
*If we don't have what you're looking for, we can order it for you. We re-grip clubs on site. Check out new merchandise or gift cards. These make great gifts!*
- **Private, Semi-Private & Group Lessons**  
*Taught by members of the PGA*



## Annual Membership

Annual fee : \$85. Play for \$12 Monday through Friday (*Cart fee not included*). 10% off merchandise (excludes Ping).

## Seasonal Specials

### Winter Range Special

November 23–December 31, 2019  
 Buy 50 get 65  
 Buy 100 get 140  
 Buy 250 get 375  
 Buy 300 get 420 and 10% off 1 round of golf

### Winter Pass

December 1, 2019–February 28, 2020  
 Unlimited play Monday through Friday, \$250. Cart not included.

### Twilight Golf

Monday–Friday (*holidays excluded*)  
 After 1pm: \$12 • After 6pm: \$10

## Events

### Elk Grove Amateur Championship

Saturday, September 29  
 8:30 am start, 18-hole individual stroke play  
 \$50/pp, lunch & prizes (*power carts extra*)  
 Let's see who's the best amateur player in Elk Grove! Continental breakfast, lunch and tee prizes included.

Tournament Sponsor:



### Toys for Tots

Saturday, December 7  
 Play 9 holes of golf for \$20pp (cart not included) and bring a toy for donation and receive a free round of golf (applies to future round of golf).



## Junior Golf Programs



**Youth On Course**  
 (Age 6-18) Sign up online at [youthoncourse.org](http://youthoncourse.org) and play golf at Emerald Lakes for only \$3.



**The First Tee**  
 (Age 4-6) Page 20  
 (Age 7-12) Page 31  
 (Age 13-18) Page 37

### LPGA\*USGA Girls Golf



Girls golf fundamentals with leadership skills.  
 (Age 7-11) Page 31

### PGA Junior League

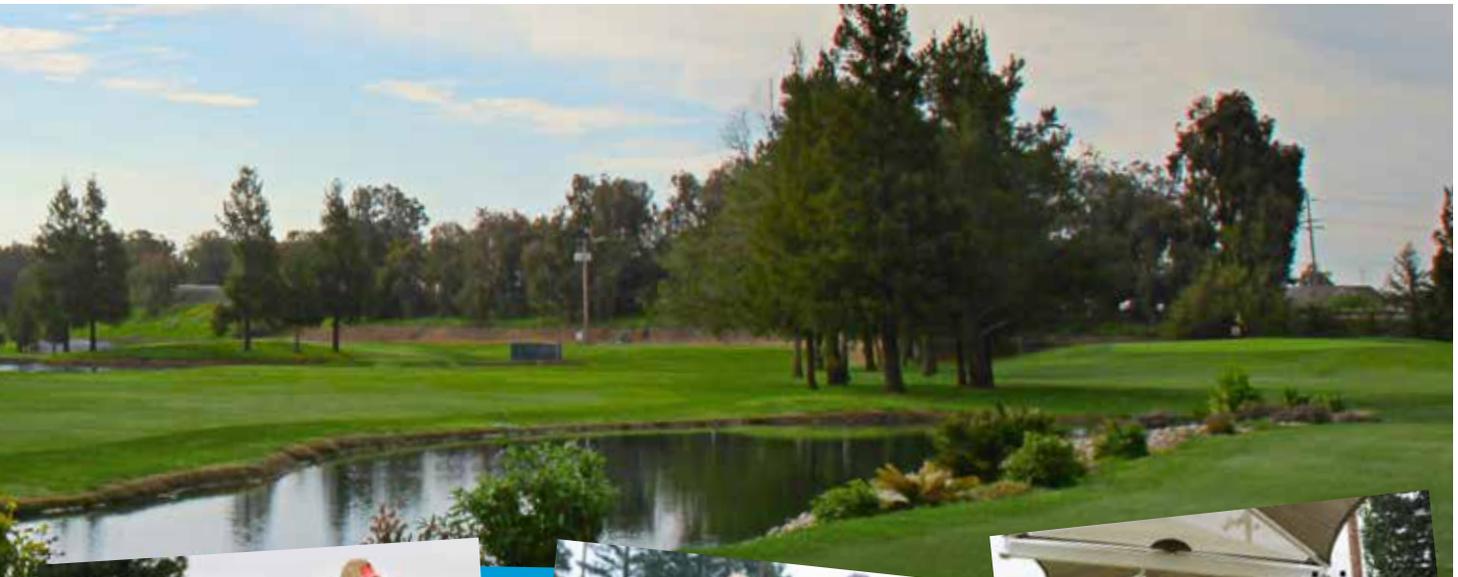


(Ages 8-13) Fall season starts in October. \$250 per participant. Sign up online at [pgajuniorleague.com](http://pgajuniorleague.com).

## Foot Golf



This fun, new game combines the popular sports of golf and soccer. **9-Hole Rates:**  
 Junior \$5, Adult 18+ \$8



## Mentor League

Ladies, are you just starting out in golf? Mentor League is just for you. This league is for women new to golf to learn the game in a no-pressure, all-fun group setting! Mentors assist participants for 9 holes in getting more comfortable navigating the golf course, basic etiquette, pace of play, rules, and some swing tips for your game.

Mentor league is going on now! Participants meet Fridays at 6:00pm through October 19th. Free clinic at 5:00pm. \$10 per person, cart not included.

To sign up call (916) 685-GOLF (4653).

### Custom Club Fittings

In order to play your best game, professional club fitting is vital. Our team of dedicated professionals, will assist you in choosing your next set of clubs or simply make "adjustments" to your current set.

Custom Club Fitting:  
Irons - \$40. Woods - \$40.

Featured brands include:

- Ping • Taylormade • Tour Edge • Cobra •
- Cleaveland/Srixon • Callaway •

## Get Golf Ready



Get Golf Ready is designed to teach players everything needed to play golf in just a few lessons! PGA and LPGA professionals show golfers lots of ways to play by combining fun, friends and fitness. Put skills into action in a casual, friendly setting. No equipment needed! **\$99.**

### Session 1

- Warming up, stretching and wellness tips
- The best ways to hold a club
- Chipping, pitching and other shots from short distances
- Caring for the course

### Session 2

- Getting comfortable with the full swing
- Using irons to get the ball in the air and onto the green
- Learning the 'lingo'
- Having more fun using 'It's Okay' as the way to play

### Session 3

- Swinging a driver and other 'big' clubs to hit long shots
- Play from the correct tee markers — use TEE IT FORWARD to have more fun
- Helpful shortcuts to save time while playing

### Session 4

- Review skills and play a few holes
- Tips for playing after program completion
- Getting more comfortable on the course & carts
- More opportunities to come back and play golf

## Adult Private Lessons

Age 18+. Register singularly or with friends – private lessons allow for players to set their own schedule with certified instructors and PGA members.

### Private Lessons

#### One Registered Participant

#### 30 Minute Lessons

**\$45** – Single Session  
**\$165** – Four Sessions  
**\$240** – Six Sessions

#### One Hour Lessons

**\$80** – Single Session  
**\$280** – Four Sessions  
**\$420** – Six Sessions

### Semi-Private Lessons

#### Two Registered Participants

#### One Hour Lessons

**\$80** – Single Session  
**\$240** – Four Sessions  
**\$420** – Six Sessions

#### Three or More Registered Participants

#### One Hour Lessons

**\$125** per participant  
Six Sessions

### Learn More



To learn more about the programs offered by Emerald Lakes Golf Course or to schedule a club fitting:

**Katie Hamilton, PGA**

katiehamilton@cspdarks.com  
(916) 926-2660



Create a home escape plan with all members of your household and practice it! Here are some essentials for making a plan:



**Map it Out**

Draw or map out the layout of your home, marking two exits from every room (typically a door and a window) and a path from each exit to the outside.



**Meeting Place**

Pick a meeting place outside in front of your home where everyone will meet upon exiting.



**Smoke Alarms**

Mark the location of all smoke alarms in your home. (There should be at least one on every level, in each bedroom, and near all sleeping areas.)

**BE A LIFE SAVER.**

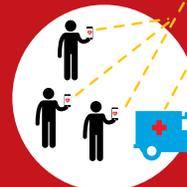
Get alerted to sudden cardiac arrests in your immediate vicinity, so that you can start CPR in the critical lifesaving minutes before EMS teams arrive.



1 SCA victim in need



2 911 system sends PulsePoint alert



3 Signal received by nearby PulsePoint users



4 Users rush to help victim before professional help arrives

**PulsePoint**



*You're invited*

**FIRE STATION Open House**

Come meet the firefighters that serve you, tour the station, and see fire engines!

**Saturday, September 28**

Station 45, 10am -2pm

**Saturday, October 12**

Station 71, 10am -2pm

**Saturday, October 19**

Station 74, 10am -2pm

*Serving Elk Grove & Galt*



**Santa & Sirens PARADE**

Get in the ho...ho...holiday spirit with friends, neighbors, and your local fire personnel. The Cosumnes Fire Department and the Firefighters Association have teamed up to host a series of parades. Come out and greet Santa and his elves. New, unwrapped toys for the toy drive will be accepted.

**Tuesday, December 3**

Station 76, 7:00-9:00 pm

**Wednesday, December 4**

Station 71, 7:00-9:00 pm

**Thursday, December 5**

Station 74, 7:00-9:00 pm



**Cosumnes Fire welcomes two new Fire Inspectors to the team**

Reuben Burton joined the fire service in 1998 and moved up the ranks from Intern to Firefighter then Engineer before transitioning to fire prevention as a Defensible Space Inspector. He participated in countless strike teams over a 17-year span, battling some of the largest fires in the state. Reuben holds an associate's degree in Fire Science, a bachelor's degree in Occupational Safety and Health and has served with multiple fire agencies including Sacramento City, Higgins Fire District, and CAL FIRE.



Jenna Angus began her fire service career as a Fire Explorer with El Dorado County Fire. She became a volunteer firefighter while studying fire technology at Folsom Lake College and that's where she fell in love with fire prevention. Later, as a Fire Prevention Officer with the Garden Valley Fire Protection District, Jenna started a Fire Prevention Program, initiated multiple community service programs and events, ran calls on the engine, and acted as the Public Information Officer.



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

**Phone: (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

**Did You Know?**



► Cosumnes Fire Department (CFD) provides fire, rescue, and emergency medical services to an area covering more than 157 square miles, including the cities of Elk Grove and Galt, and a population of approximately 185,000.

**Approximately 70% of our calls are for medical emergencies.**

When a heart stops, or a serious injury occurs, **SECONDS COUNT**. Given CFD's network of 8 strategically located fire stations, the same **response time advantage** that exists for fires also exists for medical emergencies.

*Because medical incidents constitute the highest percentage of our emergency calls, each of our firefighters is certified as a Paramedic or Emergency Medical Technician (EMT).*



## Cosumnes CSD Rental Facilities

*The Cosumnes CSD 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.*



### Valley Oak Ballroom

*in the Wackford Community Complex*

The Valley Oak Ballroom features a state-of-the-art kitchen, modern light fixtures, banquet chairs and furnished patio.

200 guests: table and chair set-up,

300 guests: lecture style

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



### The Pavilion

*in Elk Grove Regional Park*

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

200 guests: table and chair set-up,

300 guests: lecture style

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



### Reception Hall

*in Laguna Town Hall*

Features include a fully-equipped kitchen, banquet chairs, indoor stage, outdoor amphitheater, and courtyard.

There is an adjacent meeting room.

300 guests: table and chair set-up,

400 guests: lecture style

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

*For reservations, call (916) 405-5600.*

# Perfect for Celebrations & Business Needs

Fall 2019 Activity Guide | www.yourcsd.com | (916) 405-5600 or (916) 405-5300



## Reservable Picnic & Park Facilities

### Elk Grove Park

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

### Strauss Island in EG 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.



### Morse Park

Contains a large play area with spray ground, large picnic area, full court basketball, and more.

### Derr-Okamoto Park

Features a jungle themed play area with spray ground, BMX/Skate elements, picnic areas with shade structures and more.

All other park sites are first-come first-serve.



## Sports Facilities

### 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



## Wackford Complex

### Poppy Room

The Poppy Room accommodates up to 64 guests. Featuring a corner sink, white board/cork board, and ceiling mounted projector screen.

### Willow Room

The Willow Room is a carpeted meeting room that will host 35 guests. Features include: black-out drapes for presentations, ceiling mounted projector screen, corner sink, white board/cork board



### Teen Center

Elk Grove's largest teen recreation facility offers 2,100 square feet of fun accommodating up to 64 guests. Features include: black lights, flat screen TVs with video game systems, foosball table, pool table and sound system



## Laguna Town Hall

### Room 1

Ideal for executive meetings or conference room space, Room 1 will accommodate up to 16 guests. Features include a corner sink and a white board/cork board.

### Room 2

Ideal for smaller seminars and lectures, the Room 2 will accommodate up to 35 guests. Features include a white board/cork board and an option to partition the room in half for breakout sessions.

For reservations, call (916) 405-5600.

# 54 PARKS

			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 Baseball	Babe Ruth Baseball	Pool or Waterplay	Dog Park	Parking Lot	Adult Fitness	Notes
1.	<b>Amundson Park</b> • 8730 Heritage Hill Drive	1	8.0	●	●	●	●	●	●					●	●	●									
2.	<b>Backer Park</b> • 10400 Stathos Drive	3	10.0	●	●	●	●	●	●	●			●	●			●		W		●	●			
3.	<b>Baker Park</b> • 8800 Elk Grove Blvd.	1	0.9		●	●	●																		Universal
4.	<b>Bartholomew Park</b> • 9292 Lakepoint Drive	3	10.0			●	●	●	●						●										
5.	<b>Bartholomew Sports Park</b> • 10150 Franklin High Road	3	46.0	●	●	●	●	●	●	●			L	L	L		L				●				
6.	<b>Batey Park</b> • 6820 Seasons Drive	2	1.9		●	●	●						●												
7.	<b>Beeman Park/Senior Center</b> • 8830 Sharkey Avenue	1	3.5		●	●				●	●											●			
8.	<b>Berens Park</b> • 10144 Sonoma Creek Drive	1	2.65		●	●	●			●															
9.	<b>Betschart Park</b> • 5666 Adobe Spring Way	2	12.7	●	●	●	●	●	●	●					●	●									
10.	<b>Bradford Park</b> • 9894 Spring View Way	3	1.5		●	●	●	●		●															
11.	<b>Bridgeview Park</b> • 9595 Oakham Way	3	0.6			●																			City/CSD Park
12.	<b>Buscher Park</b> • 4805 Matina Drive	3	2.3	●	●	●	●															●			Open Grass Area
13.	<b>Camden Park</b> • 8740 Cooperston Way	1	7.0							●															Natural Area
14.	<b>Camden Parkway</b> • Camden Drive	1	14.4							●															Natural Area, Horse Trail
15.	<b>Case Park</b> • 5423 Laguna Park Drive	2	5.6	●	●	●	●											●							
16.	<b>Castello Park</b> • 8830 El Toreador Way	1	2.3	●	●	●	●			●			●												
17.	<b>Caterino Park</b> • 4101 Windy Cove Drive	3	1.8		●	●				●															
18.	<b>Colton Park</b> • 9410 Laguna Springs Way	2	3.5	●	●	●	●																		
19.	<b>Constellation Park</b> • 7725 Nassa Circle	3	2.4	●	●	●	●	●		●															City/CSD Park
20.	<b>Davis Park</b> • 8908 Laguna Star Drive	2	1.5	●	●	●	●			●															
21.	<b>Del Meyer Park</b> • 9265 Elk Grove-Florin Road	1	1.0							●												●			Horse Trail
22.	<b>Derr-Okamoto Community Park</b> • 9550 Mainline Drive <i>Phase 1 – open, Phase 2 – FP</i>	1	11.0	●	●	●	●	●	●	●	●			●	●				W		●	●			Skate/BMX Elements, Reservable Picnic Site
23.	<b>Ehrhardt Oaks Park</b> • 4800 Percheron Drive	3	1.8	●	●	●	●			●															
24.	<b>Elk Grove Regional Park</b> • 9950 Elk Grove-Florin Road	4	127.0	●	●	●	●	●	●	●	●	●			●	L	●	●	●	●	●	●			Disc Golf, BMX Bike Park, 17 Reservable Picnic Areas
25.	<b>Fales Park</b> • 8485 Auberry Drive	3	6.2	●	●	●	●	●		●															
26.	<b>Feickert Park</b> • 9310 Emerald Vista Drive	1	4.3	●	●	●	●			●	●														
27.	<b>Fite Park</b> • 4312 Careyback Avenue	2	4.3		●	●	●			●	●	●	●	●	●										
28.	<b>Fite Park Extension</b> • 4312 Thira Way	2	0.3		●																				
29.	<b>Fleming Park</b> • 9275 Salmon Creek Drive	1	2.0	●		●	●			●															
30.	<b>Foulks Park</b> • 9433 Trenholm Drive	2	5.5	●	●	●	●	●					●	●	●										
31.	<b>Gage Park</b> • 8888 Silverberry Avenue	1	1.1		●	●	●																		
32.	<b>Gates Park</b> • 9381 Mainline Drive	1	2.4		●	●	●			●	●				●										
33.	<b>George Park</b> • 10493 Fossil Way	3	4.8	●	●	●	●	●	●	●			●						W			●			Bocce/Cornhole
34.	<b>Guttridge Park</b> • 8100 Laguna Brook Way	2	4.3		●	●	●			●					●	●									
35.	<b>Hawkins Park</b> • 2301 Bastona Drive	3	4.5		●	●	●			●				●	●										
36.	<b>Henderson Park</b> • 9930 W. Taron Drive	3	2.2		●	●	●	●																	
37.	<b>Herburger Park</b> • 6811 Peninsula Way	2	1.9	●	●	●	●			●															
38.	<b>Hill Park</b> • 9380 Porto Rosa Drive	1	7.5		●	●	●	●	●	●								●				●			Natural Area
39.	<b>Horseshoe Park</b> • 9800 Denali Circle	3	9.0	●	●	●	●	●	●	●	●		●	●				W			●	●			City/CSD Park
40.	<b>Houde Park</b> • 9759 Club Park Circle	3	4.2	●	●	●	●						●	●											
41.	<b>Hrepich Park</b> • 8620 Black Kite Drive	1	1.5	●	●	●	●																		
42.	<b>Island Park</b> • 8825 Bonito Circle	3	2.3	●	●	●	●	●															●		City/CSD Park
43.	<b>Johnson Park</b> • 9645 Lakepoint Drive	3	21.0		●	●	●	●	●	●			●	●	●	●						●			Junior Tennis Court
44.	<b>Johnston Park</b> • 9925 Ferragamo Way	3	3.1		●	●	●			●															
45.	<b>Jones Park</b> • 8840 Shasta Lily Drive	1	17.2		●	●	●	●	●	●			●	●				●			●				
46.	<b>Jordan Family Park</b> • 8441 Jordan Ranch Road	1	1.7	●	●	●	●	●	●	●	●												●		
47.	<b>Jungkeit Park</b> • 9760 Fire Poppy Drive	3	6.3	●		●	●			●					●	●									
48.	<b>Kammerer Family Park</b> • <i>NEW!</i> • 8801 Upbeat Way	3	13.5	●	●	●	●	●	●	●			●	●	●		●	●	●	●	●	●	●		Skate Elements
49.	<b>Karamanos Park</b> • 8671 Magnolia Hill Drive	1	1.5	●	●	●	●			●															
50.	<b>Keema Park</b> • 9720 Summer Glen Way	3	2.2		●	●	●			●															
51.	<b>King Park</b> • 9328 Keefe Drive	3	5.7		●	●				●					●										
52.	<b>Kloss Park</b> • 6501 Laguna Park Drive	2	22.8	●	●	●	●	●	●	●	●				●	●									Universal Wheelchair Swing

**KEY**  
**FP:** Future Park  
**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 Baseball  
 Babe Ruth Baseball  
 Pool or Waterplay  
 Dog Park  
 Parking Lot  
 Adult Fitness  
 Notes

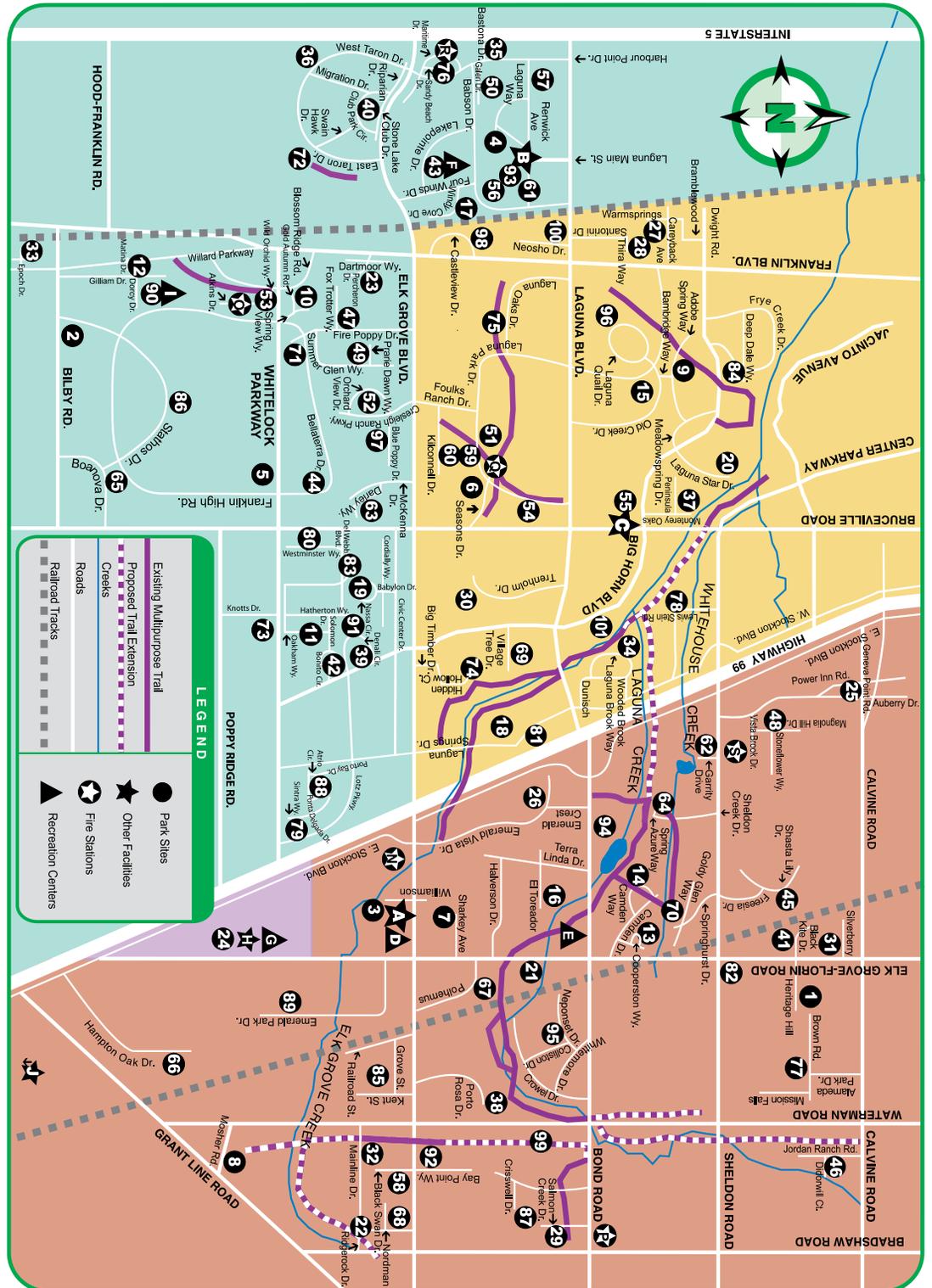
Area Number	Acreage	Play Equipment: Age 2-5	Play Equipment: Age 5-12	Picnic Area/Tables	Barbecue	Shade Structure	Restrooms	Jogging/Bike Trail	Swings	Horseshoe Pits	Volleyball	Tennis Courts	Basketball	Soccer Field	Softball Field	Youth Baseball	Babe Ruth Baseball	Pool or Waterplay	Dog Park	Parking Lot	Adult Fitness	Notes
53. Kramer Park • 6135 Orchard View Drive	3	2.9	•	•	•	•	•	•	•													
54. Kunsting Family Park • 10069 Wild Orchid Way	3	8.0	•	•	•	•	•	•	•			•	•				W		•	•		Skate Elements, Reflexology Path
55. Laguna Creek Greenbelt • Laguna Park Drive	2	3.1																				Greenbelt
56. Laguna Community Park • 9014 Bruceville Road	2	16.0	•	•	•	•	•	•	•				L	L			•	•	•			Skate Park, Community Center
57. Lawrence Park • 9369 Fasset Way	3	8.0	•	•	•	•	•	•	•				•									
58. Lawson Park • 2507 Renwick Avenue	3	2.1	•	•	•	•	•	•	•													
59. Lewis Park • 9615 Black Swan Drive	1	2.5	•	•	•	•	•	•	•													
60. Lichtenberger North Park • Laguna Park Drive	2	7.3	•	•	•	•	•	•	•				•		•							
61. Lichtenberger South Park • 6615 Kilconnell Drive	2	8.3	•	•	•	•	•	•	•			•	•		•							
62. Lippincott Park • 3230 Renwick Avenue	3	1.5																				
63. Lombardi Park • 8830 Garrity Drive	1	2.0	•	•	•	•	•	•	•													
64. Luttig Park • 9710 Toscano Drive	3	9.5	•	•	•	•	•	•	•			•	•		•					•		
65. MacDonald Park • 8601 Spring Azure Way	1	1.0	•	•	•	•	•	•	•				•									
66. Machado Dairy Park • 10394 Franklin High Road	3	10.0	•	•	•	•	•	•	•			•	•						•	•		
67. McConnell Park • 10081 Hampton Oak Drive	1	6.6	•	•	•	•	•	•	•			•	•							•		Futsal Court
68. Mendoza Park • 9001 Polhemus Drive	1	1.0	•	•	•	•	•	•	•													
69. Miles Park • 9621 Mainline Drive	1	2.0	•	•	•	•	•	•	•													
70. Miwok Park • 9344 Village Tree Drive	2	6.2	•	•	•	•	•	•	•		•	•										Junior Tennis Court
71. Mix Park • 8770 Goldy Glen Way	1	2.8	•	•	•	•	•	•	•		•	•										
72. Morse Park • 5540 Bellaterra Drive and Fire Poppy Drive	3	30.0	•	•	•	•	•	•	•			•	•		•		W	•	•	•		Skate Elements, Bocce Ball, Labyrinth, Reservable Pavilion
73. Nottoli Park • 10050 East Taron Drive	3	21.1	•	•	•	•	•	•	•			L	•		L	W		•				
74. Oasis Community Park • FP • Whitelock Pkwy & Knotts Dr.	3	20	•	•	•	•	•	•	•		•	•	•			W	•	•	•			Pickleball, Cornhole, Table Tennis
75. Oneto Park • 9477 Hidden Hollow Court	2	1.6	•	•	•	•	•	•	•													
76. Pedersen Park • 5520 Laguna Oaks Drive	2	5.8	•	•	•	•	•	•	•													
77. Perez Park • 2326 Sandy Beach Way	3	1.7	•	•	•	•	•	•	•													
78. Perry Park • 9220 Brown Road	1	2.0	•	•	•	•	•	•	•													
79. Pinkerton Park • 8906 W. Stockton Blvd.	2	4.5	•	•	•	•	•	•	•			•										
80. Porto Park • Ponta Delgada & Sintra Way	1	1.3	•	•	•	•	•	•	•													
81. Promenade Park • 9945 Westminster Way	3	4.0					•	•	•											•		City/CSD Park
82. Rain Garden Plaza • 9385 Laguna Springs Drive	2	.904		•	•	•	•	•	•											•		City Park, Eco-Friendly, Education Components, Local Artwork
83. Rau Park • 8795 Elk Grove-Florin Road	1	18.0	•	•	•	•	•	•	•			•	•		•					•		
84. Rose Garden Park • Del Webb Blvd.	3	1.0																				City/CSD Park, Rose Garden
85. Rose Park • 8620 Frye Creek Drive	2	1.1	•	•	•	•	•	•	•													
86. Russell Park • 9136 Grove Street	1	0.8	•	•	•	•	•	•	•													
87. Schauer Park • 10181 Frank Gregg Way	3	1.5	•	•	•	•	•	•	•			•										
88. Simpson Park • 9565 Crisswell Drive	1	7.8	•	•	•	•	•	•	•		•	•	•		•							Pickleball Court
89. Singh & Kaur Park • FP • Ponta Delgada & Atrio Circle	1	5	•	•	•	•	•	•	•			•								•		Bocce Ball, Cornhole
90. Smedberg Park • 9854 Emerald Park Drive	1	1.8	•	•	•	•	•	•	•													
91. Stephenson Family Park • 5511 Dorcey Drive	3	8.0	•	•	•	•	•	•	•						•		W		•	•		Skate Elements, Labyrinth, Reflexology Path, City/CSD Park
92. Storybook Woods Park • 9925 Hatherton Way	3	1.8	•	•	•	•	•	•	•													
93. Strong Park • 9580 Baypoint Way	1	7.9	•	•	•	•	•	•	•			•	•		•					•		
94. Town Square Park • 3020 Renwick Avenue	3	6.2	•	•	•	•	•	•	•			•										Community Garden
95. Underwood Park • 8751 Bond Road	1	5.6	•	•	•	•	•	•	•				•									
96. Van Doren Park • 9100 Neponset Drive	1	1.1	•	•	•	•	•	•	•		•											Bocce Ball
97. Wackman Park • 5851 Laguna Quail Way	2	9.5	•	•	•	•	•	•	•		•	•	•		•						•	
98. Willard Park • 9650 Cresleigh Parkway	3	6.3	•	•	•	•	•	•	•						•							
99. Womack Park • 9340 Castleview Drive	2	4.1	•	•	•	•	•	•	•		•	•										
100. Wright Park • 9370 Sierra River Drive	1	1.5	•	•	•	•	•	•	•								W			•		
101. Zehnder Park • 9212 Edisto Way	2	9.5	•	•	•	•	•	•	•			•	•		•							
102. Zimbelman Park • 9191 Big Horn Boulevard	2	5.3	•	•	•	•	•	•	•			•			•					•		

## Parks Make Life Better!

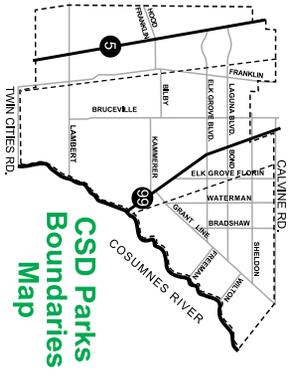


Report Concerns to The CSD Maintenance Hotline  
 Graffiti, Playground Issues, Tree Issues, Vandalism,  
 Over-flowing Trash Cans, Running Water

hotline@csdparks.com • (916) 405-5688



- ### FACILITIES
- CSD FACILITIES**
  - A** CSD Administration Building
  - B** Laguna Town Hall
  - C** Westford Community & Aquatic Complex
  - D** Elk Grove Recreation Center
  - E** Casteln Recreation Center
  - F** Johnson Recreation Center
  - G** Elk Grove Youth Center
  - H** Stry Fox Sports Center
  - I** Emerald Lakes Golf Course
- CSD FIRE STATIONS**
  - N** Station 71
  - O** Station 74
  - P** Station 72
  - Q** Station 75
  - R** Station 73
  - S** Station 76



### LEGEND

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

- ### PARK SITES
- |    |                     |     |                        |
|----|---------------------|-----|------------------------|
| 1  | Amundson            | 51  | Kross                  |
| 2  | Baker               | 52  | Kramer                 |
| 3  | Baker               | 53  | Kunzing                |
| 4  | Batholomew          | 54  | Laguna Creek Greenhill |
| 5  | Batholomew Sports   | 55  | Laguna Community       |
| 6  | Batey               | 56  | Lawrence               |
| 7  | Beaman              | 57  | Lawson                 |
| 8  | Berens              | 58  | Lewis Park             |
| 9  | Berens              | 59  | Lichtenberger North    |
| 10 | Berens              | 60  | Lichtenberger South    |
| 11 | Birdview            | 61  | Ludwick                |
| 12 | Buschter            | 62  | Ludwick                |
| 13 | Camden Park         | 63  | Ludwick                |
| 14 | Camden Park         | 64  | MacDonald Dairy        |
| 15 | Case                | 65  | MacDonald Dairy        |
| 16 | Castello            | 66  | McCannell              |
| 17 | Caterino            | 67  | Mendoza                |
| 18 | Colton              | 68  | Miles                  |
| 19 | Constellation       | 69  | Van Doren              |
| 20 | Constellation       | 70  | Wolk                   |
| 21 | Constellation       | 71  | Wolk                   |
| 22 | Constellation       | 72  | Wolk                   |
| 23 | Constellation       | 73  | Wolk                   |
| 24 | Constellation       | 74  | Wolk                   |
| 25 | Constellation       | 75  | Wolk                   |
| 26 | Constellation       | 76  | Wolk                   |
| 27 | File                | 77  | Perry                  |
| 28 | File Park Extension | 78  | Ponzo                  |
| 29 | Fouls               | 79  | Pronomade              |
| 30 | Fouls               | 80  | Rain Garden Plaza      |
| 31 | Gage                | 81  | Rain Garden Plaza      |
| 32 | Gage                | 82  | Rau                    |
| 33 | Gage                | 83  | Rose Garden            |
| 34 | Gage                | 84  | Rose                   |
| 35 | Gage                | 85  | Rose                   |
| 36 | Gage                | 86  | Rose                   |
| 37 | Gage                | 87  | Rose                   |
| 38 | Gage                | 88  | Rose                   |
| 39 | Gage                | 89  | Rose                   |
| 40 | Gage                | 90  | Rose                   |
| 41 | Gage                | 91  | Rose                   |
| 42 | Gage                | 92  | Rose                   |
| 43 | Gage                | 93  | Rose                   |
| 44 | Gage                | 94  | Rose                   |
| 45 | Gage                | 95  | Rose                   |
| 46 | Gage                | 96  | Rose                   |
| 47 | Gage                | 97  | Rose                   |
| 48 | Gage                | 98  | Rose                   |
| 49 | Gage                | 99  | Rose                   |
| 50 | Gage                | 100 | Rose                   |
| 51 | Gage                | 101 | Rose                   |

- AREA 1**
- AREA 2**
- AREA 3**
- AREA 4**



## ELK GROVE BIKE PARK



in Elk Grove Park  
9950 Elk Grove-Florin Road

[yourcsd.com/Elk-Grove-Bike-Park](http://yourcsd.com/Elk-Grove-Bike-Park)

2.4-acres, jumps, pump tracks, all skill levels.



Canines on Course  
Page 43

## Dog Parks

Hotline: (916) 405-5355

### Elk Grove Dog Park



### Morse Dog Park



### Laguna Community Dog Park



## COSUMNES CSD SKATE PARK

in Wackford Complex  
9014 Bruceville Road

[yourcsd.com/Skate-Parks](http://yourcsd.com/Skate-Parks)

Free, unsupervised, concrete bowls, rails, steps, and a street course. Safety equipment required.



## BIKE & SKATE at DERR-OKAMOTO

in Derr-Okamoto Community Park  
9550 Mainline Drive

[yourcsd.com/Skate-Parks](http://yourcsd.com/Skate-Parks)

# 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

Supply fees cover the cost of materials that are used in classes to present or produce items. Some classes have mandatory supply fees that are required for every class and are included in the registration fee (example: art materials). Mandatory supply fees are always collected with registration and are not paid to the instructor. Some classes have optional supply fees that are not required for every class, or are not required at all (example: martial arts uniform). Optional supply fees will be paid directly to the instructor and are not included in the registration fee.

### 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 60 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, 8820 Elk Grove Blvd, Elk Grove, CA 95624 • (916) 405-5300 • fax (916) 685-6942**

## Registration Form *(copies accepted)*

Receipt # \_\_\_\_\_

Init.  

Responsible Adult \_\_\_\_\_ Birthdate \_\_\_\_\_

Phone (home) \_\_\_\_\_ (mobile) \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

**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	Birthdate	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 participant, or participant's guardian if participant is under 18, shall indemnify, hold harmless and defend the District and its elected officials, employees, agents, volunteers, and any co-sponsor of this activity (collectively, "District"), against all liability (including without limitation court costs and attorneys' fees), claims, losses, demands or actions for injury to or death of any person(s), or damage to property relating to or arising from his or her participation in the activity designated in this notice. The District has no medical insurance for participants, and any injury to, or caused by, the participant will be the participant's sole and exclusive responsibility. The participant, or participant's guardian if actual participant is under 18, acknowledges that the District reserves the right to photograph participant during the activity designated in this notice for future publicity or promotion use only.

The undersigned additionally acknowledges that s/he has read California Civil Code § 1542, which provides:

A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS WHICH THE CREDITOR DOES NOT KNOW OR SUSPECT TO EXIST IN HIS OR HER FAVOR AT THE TIME OF EXECUTING THE RELEASE, WHICH IF KNOWN BY HIM OR HER MUST HAVE MATERIALLY AFFECTED HIS OR HER SETTLEMENT WITH THE DEBTOR.

The undersigned hereby waive all rights and protections otherwise available to them under Civil Code § 1542.

The undersigned, by signing below, acknowledges that s/he has read and understands this notice and, if signing on behalf of a participant under the age of 18, attests that s/he is that participant's legal guardian.

### No confirmation of registration will be sent.

Please contact front office staff to confirm registration.

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

\_\_\_\_\_  
Date

# Register Today!



Residents in 95624, 95757, 95758 zip codes may register beginning **August 14, 2019** at 8 am.  
 Non-residents may register beginning **August 28, 2019** at 8 am.

## Easy



Search by keyword, age, day, location and more!

## Fast



Register for multiple programs in one transaction

## Convenient



Faster payment process, easy to use, mobile friendly



For information on the new registration software, visit [yourcsd.com/onlinereg](http://yourcsd.com/onlinereg)

## Ways to Register

### Online

[yourcsd.com/onlinereg](http://yourcsd.com/onlinereg)  
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.

## 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

8820 Elk Grove Blvd.  
Elk Grove, CA 95624

M-F, 8 am – 5 pm



**Community Organizations**

<b>4-H Sacramento Clubs</b> sac4h.ucanr.edu	916-875-6530
<b>Baseball</b> Elk Grove Babe Ruth Baseball (Ages 13-18) 916-747-6252 leaguelineup.com/welcome.asp?url=EGBR Elk Grove Youth Baseball (Ages 4-14) www.elkgroveyouthbaseball.com Laguna Youth Baseball (Ages 5-12) www.lagunayouthbaseball.com	
<b>City of Elk Grove</b> www.elkgrovecity.org	916-691-2489
<b>Cosumnes River Preserve</b> www.cosumnes.org	916-684-2816
<b>Elk Grove Artists</b> www.elkgroveartistsca.org	
<b>Elk Grove Chamber of Commerce</b> www.elkgroveca.com	916-691-3760
<b>Elk Grove Community Band</b> Search for us on Facebook	
<b>Elk Grove Community Garden</b> www.elkgrovecommunitygarden.org	
<b>Elk Grove Fine Arts Center</b> www.elkgrovetheartscenter.org	916-685-5992
<b>Elk Grove Food Bank Services</b> www.elkgrovefoodbank.org	916-685-8453
<b>Elk Grove Libraries:</b> saclibrary.org 916-264-2700 Elk Grove Franklin 8900 Elk Grove Blvd. 10055 Franklin High Rd.	
<b>Elk Grove Youth Lacrosse Club</b> www.eglax.com	916-248-3289
<b>Elk Grove Unified School District</b> www.egusd.net	916-686-5085
<b>Friends of Stone Lakes National Wildlife Refuge</b> friendsofstonelakes.org	916-775-4418
<b>Football and Cheerleading</b> Cosumnes Oaks Jr. Wolfpack cojrwolfpack.org Elk Grove Jr. Thundering Herd elkgrovejrherd.org Franklin Jr. Wildcats franklinjrwildcats.com Laguna Creek Jr. Cardinals 549181102185130748.weebly.com Monterey Trail Jr. Mustangs 916-479-9036 www.montereytrailjrmustangs.com Pleasant Grove Jr. Eagles pgeagles.com Sheldon Jr. Huskies sheldondjrhuskies.org	
<b>International Order of the Rainbow for Girls</b> www.gorainbow.org	800-843-4674
<b>Job's Daughters International</b> jobsdaughtersinternational.org	916-592-7987
<b>Sacramento City Unified School District</b> scusd.edu	916-643-9174
<b>Scouts</b> Boy Scouts - www.scouting.org Girl Scouts: Heart of Central California www.girlscoutshcc.org	
<b>Senior Center Of Elk Grove</b> www.thescceg.org	916-685-3160
<b>Six Pack Tennis League</b>	916-448-2430
<b>Soccer</b> - Elk Grove Youth Soccer League www.elkgrovesoccer.com	
<b>Softball</b> - Elk Grove Girls Softball (Ages 5-16) www.elkgrovesoftball.com	
<b>Stone Lakes National Wildlife Refuge</b> fws.gov/refuge/stone_lakes/	916-775-4420
<b>Swim Team</b> - Elk Grove Piranhas	916-684-0324
<b>Wrestling</b> - Elk Grove Wrestling Academy elkgrovewrestlingacademy.com	

**WATER LESS**

Save Water  
*We can all do it!*

**FALL WATER CONSERVATION TIPS**

1. Shut irrigation down before a rain event and keep it off for a minimum of 48 hours after the rain has passed.
2. Cool weather and shorter days mean less water is needed. Have you adjusted your irrigation controller's run times?
3. When replanting around your home, use plants that are drought tolerant and require little water.
4. Know where the master water shutoff is to your house in case of a broken pipe.
5. For more water saving tips/tricks, visit the Save Our Water website [www.saveourwater.com](http://www.saveourwater.com)

*The CSD utilizes water saving practices to meet water savings goals. Learn more at [www.yourcsd.com](http://www.yourcsd.com).*

**COSUMNES Recreation Opportunity FUND**

**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.

*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.

**We Serve Clients**  
Monday-Friday: 10:00am-3:00pm  
Saturday: 9:00am-12:00pm

**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](http://www.elkgrovefoodbank.org)



## Please SCOOP YOUR PET POOP!

Besides being unpleasant to the eyes and nose, pet waste is an environmental pollutant that can cause serious harm to Elk Grove's waterways. A quick rain is all it takes to transfer dog droppings from the ground and into our streams, lakes and rivers.

### Here's the Scoop

- A single gram of pet waste contains an average of 23 million fecal coliform bacteria, some of which cause diseases in humans.
- Waters that contain high levels of bacteria and other pathogens from animal waste are unfit for human contact.
- As pet waste decays it uses up oxygen that fish and aquatic life need to survive.
- Pet waste contains nutrients that can cause excessive algae growth in our waterways.

### Did you know?

- Pet waste attracts fleas, flies and other insects which adds another source from which diseases can be transmitted.
- According to the FDA, the average-size dog makes at least one half-pound of poop each day. That is equal to one half-ton of poop made by one dog each year!
- When you leave your pet's poop on the ground, you violate Elk Grove Municipal Section 9.36.062(h) and the Cosumnes CSD Ordinance No. 15 Section 1.60(H).

### Handy Tips

- Make use of the CSD provided "Scoop the Poop" bag stations located around the city at high use parks and trails.
- Put bags in the car or tie them to the leash so you'll be prepared when you travel with your pet.
- Place bags by the door so you don't forget them.
- Dispose of all pickup bags in the nearest trash can.
- Teach children to pick up after a pet.

## Keep Your CSD Clean and Green



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 96 parks it operates in Elk Grove.

### 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.

## Gifts for Tomorrow

Today's gifts are tomorrow's treasures.



The Cosumnes Legacy Foundation offers options to memorialize an individual, group, or event and contribute to the community through a donation to "Gifts for Tomorrow."



Each gift improves the high quality park facilities that make Elk Grove a wonderful place to live.



Donations can enhance a playground with play features, or increase the appeal of a park such as:

- Installing shade structures
- Benches & picnic tables
- Trees
- Drinking fountains
- Dog waste stations

Or special enhancements to:

- Volleyball courts
- Horseshoe pits
- Bocce ball courts
- Sport field amenities
- Golf course amenities
- and more!

For more information visit: [yourcsd.com/GiftsForTomorrow](http://yourcsd.com/GiftsForTomorrow)

### Message from the General Manager

Planning is underway to develop two new play spaces in Elk Grove. The Cosumnes CSD 2018 Parks and Recreation Master Plan identified a multipurpose recreation center at Morse Community Park and the opportunity to repurpose the recreation building at Beeman Park for the highest and best uses. Join the conversation and follow along with these exciting projects at **MorseParkCenter.com** and **yourcsd.com/BeemanRecCenter**.



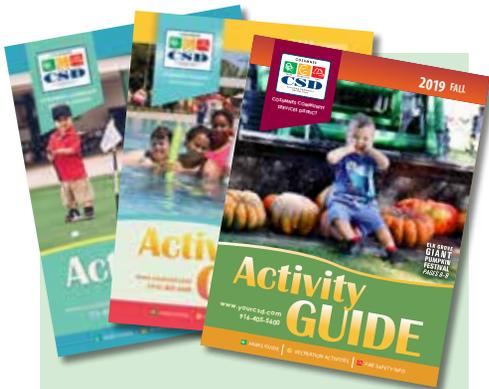
– Joshua Green,  
General Manager

### Message from the Fire Chief

October is Fire Prevention Month and Cosumnes Fire will continue to offer outreach and education on fire safety topics. Visit your firefighters at the Elk Grove Giant Pumpkin Festival or during three Fire Station Open Houses and learn how to stay fire safe. Also this fall, Cosumnes Fire will welcome new recruits to our intensive 23-week Fire Academy. They will be trained to the highest standards and ready to serve you in time of need. Learn more and connect with us on social media **@CosumnesFire**.



– Michael McLaughlin,  
Cosumnes Fire Department, Fire Chief



### 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 (916) 405-5688 for more information and become a Partner for Parks!

For more information and to sign up to become a Partner for Parks visit our website at:  
**yourcsd.com/partners4parks**

### Make Your Park



### Report Concerns to The CSD Maintenance Hotline

Graffiti, Playground Issues, Tree Issues, Vandalism, Overflowing Trash Cans, Running Water

hotline@csdparks.com  
(916) 405-5688



# CSD Bulletin

Learn all about  
CSD's parks,  
streetscapes &  
trails assessments

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Looking to get some  
holiday shopping  
done without the kids?

Pajama Party &  
Kids Night Out, Parent's  
Night Off

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**ONLINE  
REGISTRATION**

[yourcsd.com/onlinereg](http://yourcsd.com/onlinereg)

**Dia De Los  
Muertos**

November 2  
Page 5

**Volunteer  
Op!**

Page 2

**MEMO**

Holiday fun for  
all ages! See  
pages 38-39

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sponsor an event? 405-5303

*thankful*

**Staff Highlight:** *David Olivares*  
David oversees four busy concession stands: The Aqua Café at the Wackford Aquatic Complex, Grover's Grotto at the Elk Grove Aquatics Center, Clyde's Cave at the Jerry Fox Swim Center, and the Bartholomew Sports Complex Snack Shack. David consistently comes up with new ideas to improve the quality and selection of offerings and has a passion for serving up healthier snack options. Next time you're at the pool, try his delicious "Island Oasis" drink!



**David Olivares**  
Asst. Recreation Coordinator -  
Concessions





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ELK GROVE

# GIANT

PUMPKIN FESTIVAL

**October 5 & 6**

See pages 8-9

## HOLIDAY HAPPENINGS



**Festival of Lights**

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**Dia de los Muertos**

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**Breakfast with Santa**

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**Holiday Classes  
for the whole family**

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**Emerald Lakes  
Golf Course Toy Drive**

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**Santa and Sirens  
Parades**

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