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.

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.

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.

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

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.
Fall 2019 Calendar

August

2, 9, 16, 23, 30 Hot Summer Nights Concerts...4
14 Resident Registration Begins.............59
24 Elk Grove Multicultural Festival........7
28 Non-Resident Registration Begins.....59

September

2 Labor Day - CSD Offices Closed.......4
7 Healthy Kids Extravaganza.............4
7 Party on the Palms Teen Festival......7
13 Comedy Under the Stars..............4
21 Historical Society Plow to Plate Dinner......7
23 Community Band Concert...........7
28 Rotary Beef & Reef........................7
29 Elk Grove Amateur Golf Tournament......48

October

5, 6 Elk Grove Giant Pumpkin Festival......8-9
7-13 Fire Prevention Week..............50
12 Franklin HS Band Review...............7
14 Columbus Day - CSD Offices Closed...
19 Pool of Pumpkins...........................5
22 Festival of Lights..........................5

November

4 Community Band Concert.......................7
11 Veteran's Day - CSD Offices Closed....
11 Veteran's Day Parade.......................7
28-29 Thanksgiving - CSD Offices Closed.
30 Holiday Kick-Off Dickens Faire

December

7 Breakfast with Santa........................6
3, 4, 5 Santa & Sirens Parade...............50
7 Emerald Lakes Golf Course Toy Drive.....48
9 Community Band Concert....................7
14 Kids’ Night Out, Parents’ Night Off........7
24-25 Christmas Season - CSD Offices Closed.
30 CSD Offices Close at Noon in Observance of New Year’s Eve

Secure your spot by registering as early as possible!

Don’t delay, register right away!

For residents in the 95624, 95757, 95758 zip codes, resident registration begins 8am on August 14!
Non-resident registration begins August 28

yourcsd.com/onlinereg

Don’t delay, register right away!
**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

Contribution to the Enrichment of Your Community

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

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

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**Event SPONSORSHIPS**

- Golf
- Youth Sports
- Giant Pumpkin Festival

Food Available for Purchase

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

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**Comedy Under the Stars**

**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.

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**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!
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
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.

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

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

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

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

Santa is coming to a neighborhood near you!
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
25th Annual Elk Grove Giant Pumpkin Festival

25 Years & Growing!

Carnival rides & inflatables
GIANT Pumpkin Weigh-Off
Pumpkin pie & more sweet treats

Elk Grove Citizen
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
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.

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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

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ELK GROVE AQUATICS CENTER $5/CLASS

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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

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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

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**AQUATICS**

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 for pool dates and hours.

---

**Aqua Jogging**

*NEW*

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

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**Swim ‘n Stretch**

*NEW*

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 ½ 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

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**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

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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.

AQUATICS

Group Lessons $66

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

**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

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
- 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.

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

*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

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**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

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**Fall 2019 Swim Lesson Schedule**

**Wackford Aquatic Complex**

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

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**Session 2: September 9 – September 19**

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**Session 3: September 23 – October 3**

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**Elk Grove Aquatics Center**

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

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**Session 3: September 23 – October 3**

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</table>
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.

**PRE-K PROGRAM & TINY TOT PRESCHOOL**

**CSD PROGRAM**

**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
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 or (916) 405-5300.

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 Dorcey 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

Map showing locations of Tiny Tot programs in Elk Grove.
**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

---

**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.**

Instructor: Susie Franklin Roeser

14745 Mon 12/23 10:00am-11:00am

---

**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**

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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**EXPLORE, CREATE, PLAY!**

**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**

<table>
<thead>
<tr>
<th>Class ID</th>
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**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

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<td>14805</td>
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<tr>
<td>14808</td>
<td>Mon</td>
<td>12/16</td>
<td>6:00pm-7:30pm</td>
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**Parent 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 tabletime 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

<table>
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<tr>
<th>Age</th>
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*No Class 11/22, 11/29

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**New**

**CSP Programs to help your little ones prepare for Preschool!**

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

---

**TOTS CLASSES**

**ADULT-CHILD CLASSES**

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 tabletime 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

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<tr>
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</table>

*No Class 11/22, 11/29

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**Parent and Grandparent 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

<table>
<thead>
<tr>
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<td>14747</td>
<td>Fri</td>
<td>12/6</td>
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<td>14748</td>
<td>Fri</td>
<td>12/20</td>
<td>6:30pm-8:00pm</td>
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</tbody>
</table>
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

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 10/26-12/27* 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

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 10/26-12/27* 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

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 10/26-12/27* 9:00am-9:50am
*No Class 10/14, 11/11, 11/25, 11/26, 11/30

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

Encore! Studio, 9154 E. Stockton Blvd $80
13785 Fri 8/30-9/27 10:00am-11:00am
13786 Fri 10/4-10/25 10:00am-11:00am
13787 Fri 11/1-11/29 10:00am-11:00am
13788 Fri 12/6-12/20 10:00am-11:00am
*No Class 10/14, 11/11, 11/25, 11/26, 11/30

Encore! Studio, 9154 E. Stockton Blvd $80
13789 Sat 9/14-10/19 10:00am-11:00am
13790 Sat 10/26-11/23 10:00am-11:00am
13791 Sat 11/30-12/17 10:00am-11:00am
15614 Fri 11/22-12/20 10:00am-11:00am
*No Class 10/14, 11/11, 11/25, 11/26, 11/30
**Gymnastics Classes**

**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

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<td>13848</td>
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*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

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**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

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

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**Pee Wee 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**


*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

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<td>14847 M,W 12/2-12/18</td>
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*No Class 10/14, 11/11

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

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*No Class 9/14

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

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*No Class 9/14
**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

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<th>15555 Mon 9/9-10/7 4:30pm-5:15pm</th>
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**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 |

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**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.

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Support the kids and get your business noticed!
Sponsorships Deadline - Jan. 12, 2020
For information, please call 405-5303.

Limited T-Ball Team Sponsorships Available!
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.

**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 11/5-12/10 5:30pm-6:00pm
  *No Class 11/26, 11/28, 11/30*

**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*

**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*
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.

Before & After-School Program

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
• Elk Grove Elementary
Year-Round Calendar
• Joseph Sims 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
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
10/28-11/1 The Great Pumpkin
11/4-11/8 KC on the Move
11/12-11/15 Jurassic Adventure
11/18-11/22 Silly Science
11/25-11/27 Give Thanks
12/23-12/27 Winter Wonderland
12/30-1/3 Polar Escape

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

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

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

**YOUTH CLASSES**

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**CULINARY**

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**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.

**Fall Baking Challenge**

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!

**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.

**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!

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**Fall Baking Challenge**

Wackford Complex, Kitchen $50
Instructor: Junior Chef Stars
14866 Sat 9/21 10:00am-12:00pm

For ages 14-17 see page 35

**Gourmet Caramel Apples for Kids**

Wackford Complex, Kitchen $50
Instructor: Heather Saldivar
14801 Wed 10/9 6:00pm-8:00pm

**Match That Halloween Championship**

Wackford Complex, Kitchen $50
Instructor: Junior Chef Stars
14868 Sat 10/19 9:00am-10:30am

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**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.

**Chocolate Fun for Kids**

Wackford Complex, Kitchen $40
Instructor: Heather Saldivar
14799 Mon 10/7 6:00pm-8:00pm

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**Cooking for Youth and Teens**

**Fall Baking Challenge**

Wackford Complex, Kitchen $40
Instructor: Liza Kilgariff

**Gourmet Caramel Apples for Kids**

**Match That Halloween Championship**

**Chocolate Fun for Kids**
CULINARY

YOUTH CLASSES

Holiday Baking Challenge

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 $50
Instructor: Liza Kilgarriff
14864 Sat 11/9 10:00am-12:00pm

Gingerbread Workshop

NEW

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
14789 Sat 12/14 9:00am-12:00pm

Holiday Baking Challenge

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

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

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
**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

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**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

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**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

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**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 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 are included.

Wackford Complex, Poppy Room B $65

Instructor: Nancy Quiaoit

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**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 are included.

Wackford Complex, Poppy Room B $70

Instructor: Nancy Quiaoit

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**Kid’s Intermediate 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
**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
  - **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
  - **LEVEL 1**
    - 13788 Mon 9/9-11/18* 4:30pm-5:20pm
  - **LEVEL 2**
    - 13789 Mon 9/9-11/18* 5:30pm-6:20pm
    - *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

**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

**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
Code Ninjas - 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

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  $65
Instructor: Mad Science Staff
14788  Fri  12/27  9:00am-2:00pm

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

PlayWell TEK LEGO Mine Craft

Age 7-11
Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast, 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

Code Ninjas - 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

Code Ninjas - Mad Science Staff

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  $65
Instructor: Mad Science Staff
14788  Fri  12/27  9:00am-2:00pm

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

PlayWell TEK LEGO Mine Craft

Age 7-11
Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast, 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
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

**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

You and Me 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

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. 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)

**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

Clubs 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

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
14897 M,W 9/4-9/30 5:30pm-6:30pm
14898 M,W 10/2-10/23* 5:30pm-6:30pm
14899 M,W 11/4-11/20* 5:30pm-6:30pm
14900 M,W 12/2-12/18 5:30pm-6:30pm

*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

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

The First Tee

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
AGE 10-12
15590 Th 10/10-11/14 4:30pm-5:30pm
AGE 13-18
15591 Fri 10/11-11/15 4:30pm-5:30pm
**YOUTH SPORTS**

**BASKETBALL**

**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

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**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

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**Mark Your Calendar**

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

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**Thank you Pee Wee Soccer league**
**Presenting sponsors:**

**Elk Grove**

**Nissan Infinity Mazda**

**Auto Body Expressions**
(916) 685-5078
www.AutoBodyExpressions.com

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

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<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>12972 Sun</td>
<td>7/28-9/22</td>
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<tr>
<td>15561 Sun</td>
<td>9/29-11/17</td>
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**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_

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<th>Class</th>
<th>Date</th>
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<tr>
<td>BEGINNING (AGE 5-8)</td>
<td>13752 Wed</td>
<td>9/4-9/25</td>
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<td>13753 Wed</td>
<td>10/2-10/23</td>
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<td>BEGINNING (AGE 9-12)</td>
<td>13754 Th</td>
<td>9/5-9/26</td>
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<td>13755 Th</td>
<td>10/3-10/24</td>
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<tr>
<td>INTERMEDIATE (AGE 9-12)</td>
<td>13756 Wed</td>
<td>9/4-9/25</td>
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<td>13757 Wed</td>
<td>10/2-10/23</td>
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**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.

**Miwok Park, Tennis Court**

Instructor: Kenny Pack

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<th>Class</th>
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<tr>
<td>AGE 6-8 CLASS</td>
<td>13762 Sat</td>
<td>9/7-10/12</td>
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<td>13764 Sat</td>
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<td>TOURNAMENT</td>
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<td>AGE 9-14 CLASS</td>
<td>13763 Sat</td>
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</table>
**The Grove Teen Center**
Elk Grove’s largest teen recreation facility, offering exciting leisure amenities! 
Located in the Wackford Complex, 9014 Bruceville Road

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**Afterschool Program**

**Become a Member**
For students enrolled in grades 7–12.
Annual membership fee $135.
Register at the Wackford Complex.
Monday–Thursday: 3–6 pm
Friday: 2–6 pm

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

**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.

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**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.

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**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.

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**Interesting in joining one of these committees?**
To become a TAC or TLC member please contact The Grove Teen Center at (916) 405-5622
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
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
14791 Th 9/12 5:30pm-7:30pm
14891 Th 9/12 5:30pm-7:30pm

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
14889 Th 10/17 5:30pm-7:30pm

Holiday Baking Challenge

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 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
14885 Sat 11/9 2:00pm-4:00pm

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

More classes for Teens to check out!

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

Holiday Cookie Bars

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.

Instructor: Liza Kilgariff
Wackford Complex, Kitchen $40
14891 Th 12/17 5:30pm-7:30pm

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

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

THANKSGIVING APPETIZERS DESSERTS
14861 Wed 11/13 5:30pm-7:30pm

Holiday Baking Challenge

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 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
14885 Sat 11/9 2:00pm-4:00pm

Cancelled

HOLIDAY COOKIE BARS
14891 Th 12/17 5:30pm-7:30pm
14892 Tu 12/17 5:30pm-7:30pm

Get in the Fall Spirit
Scarecrow Contest
YourCSB.com/GPF
TEEN CLASSES

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.

Wackford Complex, Poppy A / Willow  $85
Instructor: Heart Beat CPR Staff
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
DANCE, FITNESS, TENNIS, & GOLF

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
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
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
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

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

Looking to get some holiday shopping done without the kids? See Pajama Party & Kids’ Night Out, Parents’ Night Off on page 7

Holiday Card Making $15
14747 Fri 12/6 6:30pm-8:00pm
Ornament Making $25
14748 Fri 12/20 6:30pm-8:00pm

Santa’s Helper Boot Camp

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

Looking to get some holiday shopping done without the kids? See Pajama Party & Kids’ Night Out, Parents’ Night Off on page 7

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

Looking to get some holiday shopping done without the kids? See Pajama Party & Kids’ Night Out, Parents’ Night Off on page 7
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

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
14803 Wed 12/4 6:00pm-8:00pm

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

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

Chocolate Gifts 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

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

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

Chocolate Gifts Made Easy

Age 18+
In this workshop, you will learn how to make the ganache (truffle centers), roll, dip and garnish your very own homemade 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
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 $16
15146 Th 9/5-9/26 10:30am-11:30am $16
15143 Wed 10/2-10/23 10:30am-11:30am $16
15147 Th 10/3-10/24 10:30am-11:30am $12
15144 Wed 11/6-11/27 10:30am-11:30am $16
15148 Th 11/7-11/21 10:30am-11:30am $12
15145 Wed 12/4-12/18 10:30am-11:30am $12
15165 Th 12/5-12/19 10:30am-11:30am $12

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
GHOSTLY GALA
15150 Fri 10/18 7:00pm-9:00pm
ALL THAT GLITTERS
15151 Fri 11/1 7:00pm-9:00pm
WINTER WONDERLAND
15152 Fri 12/20 7:00pm-9:00pm

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 $12
15161 Tu 10/1-10/22 10:30am-11:30am $16
15162 Tu 11/12-11/26 10:30am-11:30am $12
15163 Tu 12/3-12/17 10:30am-11:30am $12

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
DEEP POOL
Participants must feel comfortable in deep water for “Deep Pool” class
15140 Th 9/5-9/26 10:30am-11:30am

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

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
CULINARY

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 online 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
14800 Wed 12/18 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

Pumpkin Recipe Contest
Cook up your favorite savory or sweet pumpkin fall foods for a chance to win!
Best of Show $200
First Place $150
Second Place $75
Third Place $50
YourCSD.com/GPF
ADULT CLASSES

**Computer Basics**

*Assist-Tech*

**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**

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**Computer Basics**

*Assist-Tech*

**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**

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**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**

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**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**

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**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**

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**LEVEL 1**

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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**

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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14854</td>
<td>Wed</td>
<td>11/6-12/18* 1:00pm-3:00pm</td>
</tr>
</tbody>
</table>
*No Class 11/27

**Smartphone Basics**

*Assist-Tech*

**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**

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>14855</td>
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<tr>
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<td>1:00pm-3:30pm</td>
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<tr>
<td>14857</td>
<td>Wed</td>
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</tr>
<tr>
<td>14858</td>
<td>Wed</td>
<td>1:00pm-3:30pm</td>
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</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>13749</td>
<td>Tu, Th</td>
<td>9/10-9/26 6:30pm-7:45pm</td>
</tr>
<tr>
<td>13750</td>
<td>Tu, Th</td>
<td>10/8-10/24* 6:30pm-7:45pm</td>
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**LEVEL 1**

<table>
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<tbody>
<tr>
<td>13751</td>
<td>Tu, Th</td>
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*No Class 10/22, Makeup 10/29

**LEVEL 2**

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<tbody>
<tr>
<td>13752</td>
<td>Tu, Th</td>
<td>11/5-11/21 6:30pm-7:45pm</td>
</tr>
</tbody>
</table>
EDUCATION

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

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

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
ADULT CLASSES

MARTIAL ARTS, YOGA, & ZUMBA

T'ai Chi

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 6:00pm-7:00pm $48
14815 Tu 10/1-10/22 6:00pm-7:00pm $48
14816 Tu 11/12-11/26 6:00pm-7:00pm $48
14817 Tu 12/3-12/17 6:00pm-7:00pm $36

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

T'ai Chi For Those With Limited Mobility

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 $59
14909 Mon 10/7-10/21* 9:00am-10:15am $30
14910 Mon 11/18-11/25* 9:00am-10:15am $30
14911 Mon 12/2-12/23 9:00am-10:15am $59
*No Class 10/14, 11/11

Restorative Yoga

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 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 $24
13730 Mon 9/9-9/30* 6:00pm-7:00pm $18
13731 Wed 10/2-10/30 6:00pm-7:00pm $30
13732 Mon 10/7-10/28* 6:00pm-7:00pm $18
13734 Wed 11/6-11/27 6:00pm-7:00pm $24
13733 Mon 11/18-11/25* 6:00pm-7:00pm $12
13735 Mon 12/2-12/30* 6:00pm-7:00pm $24
13736 Wed 12/4-12/18 6:00pm-7:00pm $18
*No Class 9/23, 10/14, 12/9

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

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 $24
13730 Mon 9/9-9/30* 6:00pm-7:00pm $18
13731 Wed 10/2-10/30 6:00pm-7:00pm $30
13732 Mon 10/7-10/28* 6:00pm-7:00pm $18
13734 Wed 11/6-11/27 6:00pm-7:00pm $24
13733 Mon 11/18-11/25* 6:00pm-7:00pm $12
13735 Mon 12/2-12/30* 6:00pm-7:00pm $24
13736 Wed 12/4-12/18 6:00pm-7:00pm $18
*No Class 9/23, 10/14, 12/9
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: Archey Rubi-Yabut

**New**

**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

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: Ashey Rubi-Yabut

13725 Tu 9/3-9/24 6:00pm-7:15pm  $20
13726 Tu 10/1-10/29* 6:00pm-7:15pm  $20
13727 Tu 11/5-11/26 6:00pm-7:15pm  $20
*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, 9134 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
13741 Wed 9/4-10/9 7:30pm-8:30pm
WALTZ/CHA CHA
13742 Wed 10/16-11/20 7:30pm-8:30pm
INTERMEDIATE (INSTRUCTOR APPROVAL)
SALSA/NIGHT CLUB 2STEP
13743 Wed 9/4-10/9 8:30pm-9:30pm
VIENNESE WALTZ/WEST COAST SWING
13744 Wed 10/16-11/20 8:30pm-9:30pm
ADVANCED (INSTRUCTOR APPROVAL)
SALSA/BACHATA
13745 Tu 9/3-10/8 7:30pm-8:30pm
NIGHT CLUB 2STEP/ARGENTINE TANGO
13746 Tu 9/3-10/8 8:30pm-9:30pm
WALTZ/VIENNESE WALTZ
13747 Tu 10/15-11/19* 7:30pm-8:30pm
WEST COAST SWING
13748 Tu 10/15-11/19* 8:30pm-9:30pm
*No Class 10/22, Pro-rated class $35
ADULT CLASSES

MARTIAL ARTS, FITNESS, & TENNIS

ADULT CLASSES

Cosumnes CSD: Parks & Recreation Department | Enriching Community

MARTIAL ARTS, FITNESS, & TENNIS

ADULT CLASSES

Cardio Tennis for Adults

Age 18+
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

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

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
14876 M,W 9/4-9/30 6:30pm-7:30pm
14877 M,W 10/2-10/23* 6:30pm-7:30pm
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

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
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

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

Aqua Spin

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
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  All league fees $480.

<table>
<thead>
<tr>
<th>5-on-5 Basketball</th>
<th>Softball</th>
<th>Flag Football</th>
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</thead>
<tbody>
<tr>
<td>Wackford Complex</td>
<td>Bartholomew Sports Park and Laguna Community Park</td>
<td>Bartholomew Sports Park Fall Tournament TBA</td>
</tr>
<tr>
<td>Sundays: All Levels</td>
<td>Mondays–Fridays, First Games 6pm</td>
<td>Spring: April–June</td>
</tr>
<tr>
<td>Fridays: Recreational League</td>
<td>Spring: March–May</td>
<td>Volleyball</td>
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<tr>
<td>Wednesdays: 30+ League</td>
<td>Summer: May–August</td>
<td>Wackford Complex Year-Round, Open Gym</td>
</tr>
<tr>
<td>Winter: January–March</td>
<td>Fall: August–October</td>
<td>Mondays, 7–10 pm</td>
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<tr>
<td>Spring: April–July</td>
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<td>Summer: July–September</td>
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<tr>
<td>Fall: September–December</td>
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### 7-on-7 Soccer
Bartholomew Sports Park
Fall: August–October
Spring: April–June

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

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).

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 1 pm: $12 • After 6 pm: $10

Annual Membership

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

Junior Golf Programs

Youth On Course
(Age 6-18) Sign up online at 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.

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

10651 E. Stockton Blvd. Elk Grove, CA 95624
**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
- Cleveland/Srixon
- Callaway

**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).

**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.

- 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
- 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
- Helpful shortcuts to save time while playing
- 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.

<table>
<thead>
<tr>
<th></th>
<th>One Registered Participant</th>
<th>Three or More Registered Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Private Lessons</strong></td>
<td>One Hour Lessons</td>
<td>One Hour Lessons</td>
</tr>
<tr>
<td><strong>30 Minute Lessons</strong></td>
<td>$45 – Single Session</td>
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<td><strong>1 Session</strong></td>
<td>$165 – Four Sessions</td>
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<td><strong>One Hour Lessons</strong></td>
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<td><strong>Learn More</strong></td>
<td>To learn more about the programs offered by Emerald Lakes Golf Course or to schedule a club fitting: Katie Hamilton, PGA</td>
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</tbody>
</table>

Katie Hamilton, PGA
katiehamilton@csdparks.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

---

**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

---

**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

---

**Creating a Home Escape 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.

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---

**PulsePoint**

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
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.

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).
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.
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

Reservable Picnic & Park Facilities

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.
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<tr>
<th>Number</th>
<th>Name</th>
<th>Address</th>
<th>Acres</th>
<th>Play Equipment</th>
<th>Park Aces</th>
<th>Horse Trail</th>
<th>Reservable Picnic Site</th>
<th>Bocce/Cornhole</th>
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<th>BMX Bike Park</th>
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<td>Field Equipment/Size</td>
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<td>Futsal Court</td>
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<td>Junior Tennis Court</td>
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<td>Skate Elements, Bocce Ball, Labyrinth, Reservable Pavilion</td>
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<td>Pickleball Court</td>
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<td>Wright Park</td>
<td>9370 Sierra River Drive</td>
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</table>
Report Concerns to The CSD Maintenance Hotline
Graffiti, Playground Issues, Tree Issues, Vandalism,
Overflowing Trash Cans, Running Water
hotline@csdparks.com · (916) 405-5688
**ELK GROVE BIKE PARK**

in Elk Grove Park
9950 Elk Grove-Florin Road

yourcsd.com/Elk-Grove-Bike-Park

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

**COSUMNES CSD SKATE PARK**

in Wackford Complex
9014 Bruceville Road

yourcsd.com/Skate-Parks

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

**BIKE & SKATE at DERR-OHAKOMOTO**

in Derr-Okamoto Community Park
9550 Mainline Drive

yourcsd.com/Skate-Parks

**Dog Parks**

Dog Parks
Hotline: (916) 405-5355

Elk Grove Dog Park
9950 Elk Grove-Florin Road

Morse Dog Park
5540 Bellaterra Drive

Laguna Community Dog Park
9014 Bruceville Road
### Enrollment Details for CSD Classes

**Hold Harming Form**
Some classes require a parent/guardian to accompany participant to the first class and sign a Hold Harming 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(en) 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
- 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

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

### Receipts
Receipts by mail. Receipts are available by request. Allow at least two weeks advance notice.

### Enrollment Details for CSD Classes

**Registration Form** *(copies accepted)*

<table>
<thead>
<tr>
<th>Responsible Adult</th>
<th>Birthday</th>
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<tbody>
<tr>
<td>Name as it appears on card: ________________________________________________ Expires (month/year) <em><strong><strong>/</strong></strong></em></td>
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<tr>
<td>Credit Card:  <strong><strong>VISA  <strong><strong>MasterCard  <strong><strong>Discover   Card #</strong></strong></strong></strong></strong></strong>__________________________________</td>
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<tr>
<td>By signature below, I authorize the CSD to charge this credit card for the amount shown.</td>
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**PAYMENT TYPE:**
- Cash
- Check
- Credit Card *(fill out information below)*

Name as it appears on card: ____________________________ Expires (month/year) /___

**Participant Name**  
<table>
<thead>
<tr>
<th>Gender</th>
<th>Birthdate</th>
<th>Activity #</th>
<th>Activity Name</th>
<th>Dates</th>
<th>Fee</th>
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</table>

**Hold Harming Agreement**

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.*

<table>
<thead>
<tr>
<th>Signature of Participant (Parent/Guardian if under age 18)</th>
<th>Date</th>
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</thead>
</table>
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.

**Ways to Register**

**Online**
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

@CosumnesParkRec
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.

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

The CSD utilizes water saving practices to meet water savings goals. Learn more at www.yoursd.com.
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 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 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.

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.

Keep Your CSD Clean and Green

What You Can Do To Help

Don’t Litter
Litter like plastic bottles, fast food wrappers and cups tossed on the ground can carry germs and bacteria.

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

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

Put Your Butt in the Trash
If you’re a smoker, always put your extinguished cigarette butts in the trash.

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

The Cosumnes Community Services District (CSD) has been authorized by the California Water Quality Control Board and the federal government to conduct a storm water pollution prevention program at its properties and facilities in southern Sacramento County, including the 96 parks it operates in Elk Grove.

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: yoursds.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

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**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

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**Make Your Park**

- Grafitti, Playground Issues, Tree Issues, Vandalism, Overflowing Trash Cans, Running Water

Report Concerns to The CSD Maintenance Hotline

hotline@csdparks.com (916) 405-5688
Learn all about CSD’s parks, streetscapes & trails assessments  
page 43

Dia De Los Muertos  
November 2  
Page 5

Volunteer Op!  
Page 2

Does your business want to sponsor an event? 405-5303

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!
25th Annual
ELK GROVE
GIANT PUMPKIN FESTIVAL

October 5 & 6
See pages 8-9

HOLIDAY HAPPENINGS

Breakfast with Santa
Page 6

Holiday Classes for the whole family
Page 38-39

Festival of Lights
Page 5

Emerald Lakes Golf Course Toy Drive
Page 48

Dia de los Muertos
Page 5

Santa and Sirens Parades
Page 50

yourcsd.com | facebook | twitter | Instagram | CosumnesParkRec | (916) 405-5600