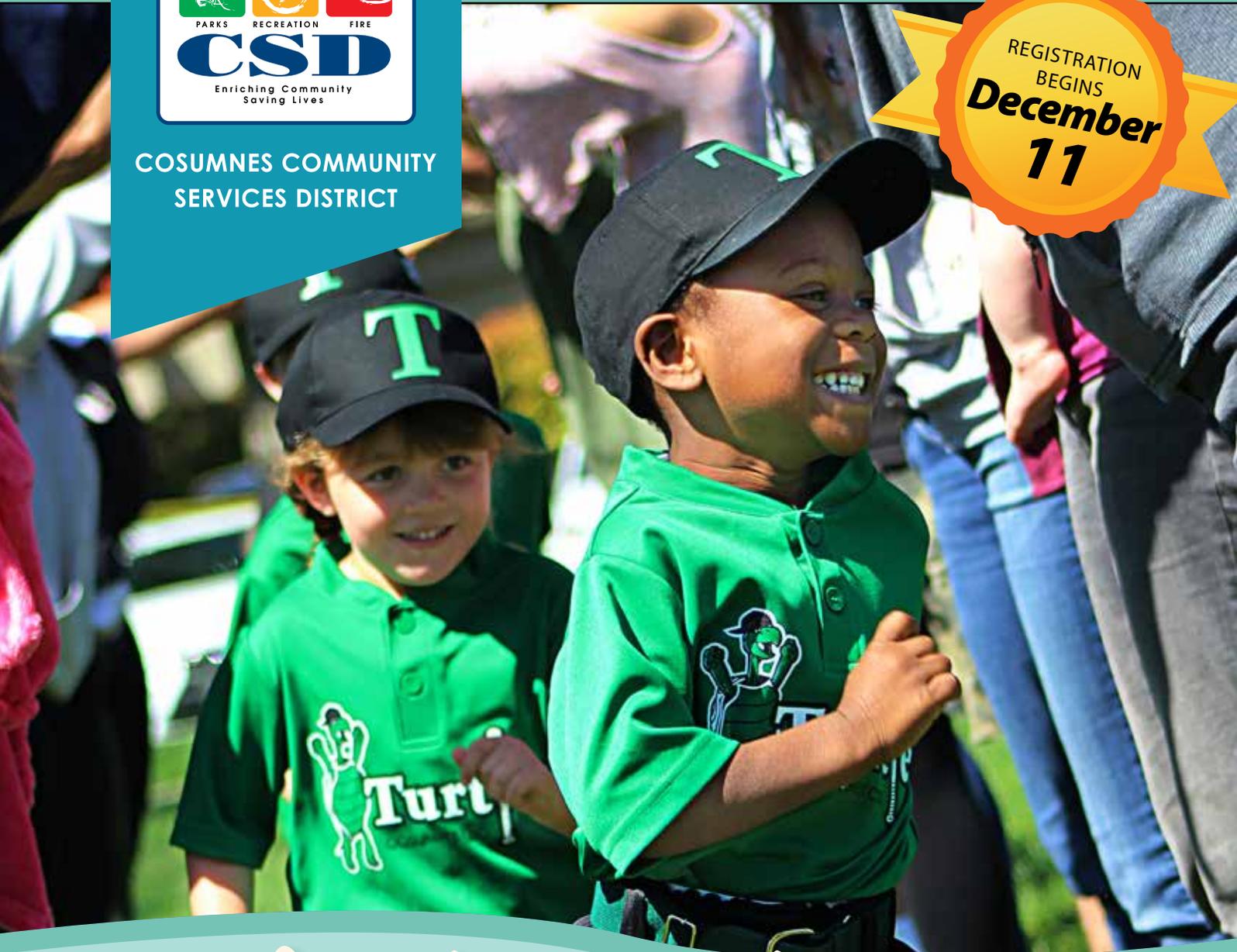




2020 WINTER/SPRING



COSUMNES COMMUNITY SERVICES DISTRICT



# Activity GUIDE

[yourcsd.com](http://yourcsd.com)  
(916) 405-5600



PARKS GUIDE



RECREATION ACTIVITIES



FIRE SAFETY INFO



# COSUMNES COMMUNITY SERVICES DISTRICT

## Your Parks and Recreation, and Fire Departments

The Cosumnes Community Services District (CSD) was created in 1985 and serves an estimated 205,000 south Sacramento County residents in a 157-square-mile area. Its award-winning parks and recreation services—including the operation of 98 CSD parks—operate exclusively within the Elk Grove community. It provides fire protection and emergency medical services for the cities of Elk Grove and Galt and unincorporated areas of south Sacramento County.

### Inclusive and Adaptive Recreation for People with Disabilities

In an effort to meet the needs of the community and in accordance with the Americans with Disabilities Act (ADA), the CSD wants to ensure that all individuals have access to our programs. We are committed to promote positive participation and a quality experience by providing reasonable accommodations upon request and adaptive recreation opportunities for people with disabilities. To request an accommodation, mark the "accommodations needed" box on the registration form or online, and a staff will contact you. Reasonable accommodations will be determined on an individual basis. Please allow at least 3 weeks for your request to be processed. Accommodation Request forms can also be found online at [yourcsd.com](http://yourcsd.com)

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

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

### Standards of Behavior

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

**Parks  
Make  
Life  
Better!**

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

Look for this badge on our social media for **FREE, spontaneous, family-friendly fun.**

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

@CosumnesParkRec

## CSD JustServe



**Saturday,  
April 18**

**Service projects may include:**

- Creek Clean-Up
- Park Enhancements
- Playground Beautification

**8:00am – 1:00pm** (rain or shine)

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



**BOARD OF DIRECTORS**  
 Gil Albiani – *President*  
 Orlando Fuentes – *Vice President*  
 Rod Brewer  
 Jim Luttrell  
 Jaclyn Moreno  
 Joshua Green  
*General Manager*

**ADMINISTRATIVE SERVICES DEPARTMENT**  
 8820 Elk Grove Blvd  
 Elk Grove, CA 95624  
 (916) 405-7150  
 Nitish Sharma  
*Chief Administrative Officer*

**PARKS AND RECREATION DEPARTMENT**  
 8820 Elk Grove Blvd.  
 Elk Grove, CA 95624  
 (916) 405-5300  
 Mike Dopson, Kelly Gonzalez, Steve Sims  
*Parks and Recreation Directors*

**FIRE DEPARTMENT**  
 10573 E. Stockton Blvd.  
 Elk Grove, CA 95624  
 (916) 405-7100  
 Michael McLaughlin  
*Fire Chief*



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

*Register Today!*  
[yourcsd.com/onlinereg](http://yourcsd.com/onlinereg)  
 For residents in the 95624, 95757, 95758 zip codes, **resident** registration begins 8am on **December 11!**  
**Non-resident** registration begins **December 26**

# Calendar

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**LOOKING FOR A SUMMER JOB?**  
 Applications available beginning in February.  
 Check [yourcsd.com](http://yourcsd.com) for details.

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## Mission

At Cosumnes CSD, we provide exceptional parks and recreation services to our diverse Elk Grove community.

## Vision

An inclusive and connected park, recreation, and trails system that delivers opportunities for health and wellness, social interaction, and delight to the Elk Grove community.



# Princess Ball

*Ages 7 and under*

Parent and child dance the night away at this special ball! DJ, Photo booth, light appetizers, & craft.

**February 1, 5pm – 7pm**  
 (#16118)

**Laguna Town Hall**

Child \$10 • Adult \$15




# MOONLIGHT Masquerade

*Father-Daughter Dance*  
*Age 5+*

Come together for a catered dinner, dancing, and a keepsake for each child. Pre-register soon as dances fill quickly!

**NEW Location: The Center at District56**

Feb. 7, 6pm-9pm (#14622)  
 Feb. 8, 6pm-9pm (#14624)  
 Feb. 9, 5pm-8pm (#14626)

**\$35 per person**



# GLOW IN THE DARK PARTY

**FEB 21 2020**

**LAGUNA TOWN HALL**

**\$15/pp**  
**#16095**  
 5:30pm – 9:00pm

**FAMILY DANCE**

Join us for an awesome night of fun! Wear glow-in-the-dark or black-light reactive clothing, jewelry & bring glow sticks for extra fun! This event will have a DJ, pizza dinner and photo op.

*Parents must accompany children. All members of the party must pay. All ages welcome. No assigned seating. Additional glow in the dark items for sale during event.*



## Giant Pumpkin Growers Forum

**Saturday, March 7**

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

\$20/person (#16117)

\$30 at the door

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

### Meeting Includes

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



**Saturday, April 11!** Enjoy a pancake breakfast with the Bunny. Each child will have an opportunity to visit with the Bunny. This is co-sponsored by the Pride of Laguna Creek Lions Club. Register early, seating is limited.

**Fees:** Ages 2 and up \$5 in advance / \$7 at the door  
All members of the party must pay.

### Seating Times:

- 8:00 am (#15202)
- 8:45 am (#15203)
- 9:30 am (#15204)
- 10:15 am (#15201)



Pride of Laguna Creek

## Cosumnes CSD Proudly Supports

**February 10**

Elk Grove Community Band Concert

**March 7**

Strauss Festival Spring Tea  
[straussfestival.com](http://straussfestival.com)

**March 21**

ARTSbeat  
[elkgroveartistsca.org](http://elkgroveartistsca.org)

**March 28-29**

Early California Days  
[elkgrovehistoricalsociety.com](http://elkgrovehistoricalsociety.com)

**April 13**

Elk Grove Community Band Concert

**April 25**

EGACT Fundraiser Dinner  
[egact.org](http://egact.org)

**May 1-3**

Western Festival  
[elkgrovewesternfestival.org](http://elkgrovewesternfestival.org)

**May 9**

Elk Grove Historical Society Spring Tea  
[elkgrovehistoricalsociety.com](http://elkgrovehistoricalsociety.com)

**May 20**

Big Truck Day  
[elkgrovecity.org](http://elkgrovecity.org)

**May 25**

Walk for Veterans  
[elkgrovepost233.com](http://elkgrovepost233.com)

**May 27**

Senior Day in Beeman Park  
[thesceg.com](http://thesceg.com)

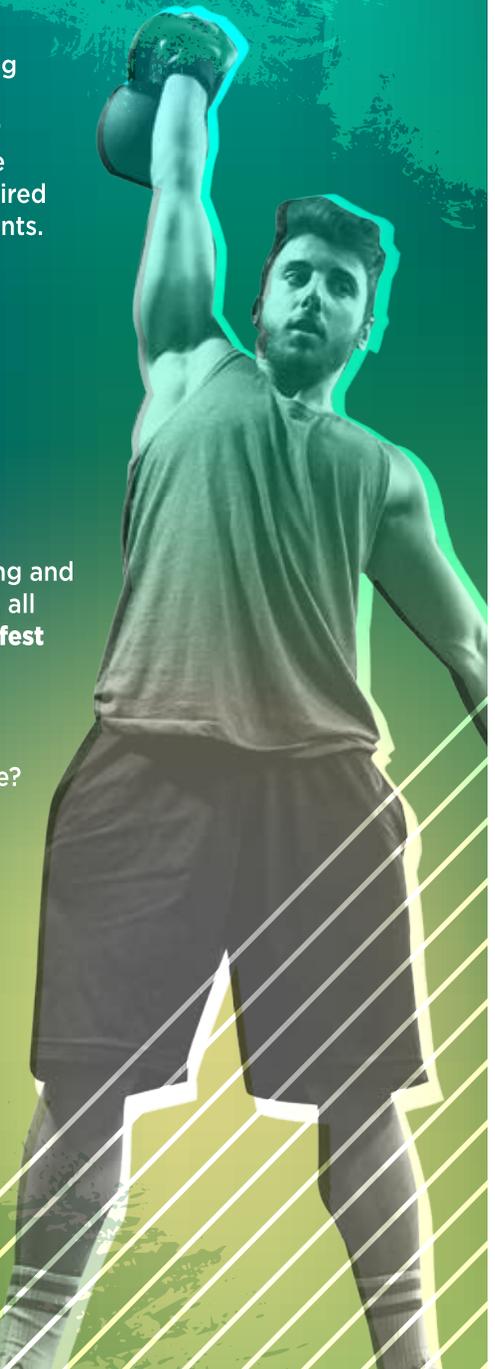
**FREE Admission**

# Lunar New Year

CELEBRATION

Celebrate the new year, Elk Grove's diversity, and learn more about the many cultures that make up our community.

January 31, 2020  
6:00pm-9:00pm  
The Center at District56  
8230 Civic Center Drive



**APR 25**  
**9AM-4PM**  
 ELK GROVE PARK  
 9950 ELK GROVE-FLORIN RD

GET FIT. GET HEALTHY. BE HAPPY.



Kids Warrior Challenge will give young athletes a chance to test their mental and physical abilities as they conquer challenging obstacles on an inflatable course! Advanced registration is required and is limited to the first 200 registrants. Sign up soon! [yourcsd.com/fitfest](http://yourcsd.com/fitfest)

Age 6-12 | \$25/participant  
 (includes KWC Swag)



**Team Competition**

Must be 18+ | \$200 per team.  
 Masters (35+) & Open.

Come test your abilities in conditioning and strength. Teams of 4 (can be all male, all female or co-ed). [elkgrovecity.org/fitfest](http://elkgrovecity.org/fitfest)

**Individual Competition**

18+ | \$50 per person

Are you the fittest person in Elk Grove? Enter our individual competition. Elk Grove Residents Only. Prizes are given in each category. [elkgrovecity.org/fitfest](http://elkgrovecity.org/fitfest)

Join the movement toward a healthier, active lifestyle at this **FREE** fitness festival!

**FREE KIDS ZONE • VENDORS  
 ACTIVITIES • FOOD TRUCKS**



NEW

# Mother's Day Golf

## Sunday, May 10

This Mother's Day, treat mom to golf!  
Moms play for \$12 with paying green fee  
(cart not included).



# AMAZING RACE MOTHER-SON CHALLENGE

Don't miss out on this FUN RACE. Mothers & sons will work as a team to complete a series of challenges and mile racing against other mother-son teams.

**Ready, Set, RACE!**  
**Saturday, May 9**

10am – 1pm, Lunch Provided  
Elk Grove Park, Near Jerry Fox Swim Center  
All Ages Welcome, \$40 per duo  
#16659

Cancelled



# Event

## SPONSORSHIPS

*Contribute to the Enrichment  
of Your Community*



*Movie in the Park*



*Recreation Adventures*



*Comedy Under the Stars*

Don't miss this great opportunity for affordable publicity & networking!  
For more information call Community Sponsorship (916) 405-5303  
or visit [yourcsd.com/sponsorships](http://yourcsd.com/sponsorships)

# GIANT THANKS TO OUR 2019 SPONSORS



AT&T, Arena Party Rentals, East Lawn Elk Grove,  
Enterprise Fleet Management, Jack In The Box, My Kids Dentist,  
Sutter Medical Foundation, Well Quest of Elk Grove,  
Sacramento River Cats



## Deep Water Aerobics

Age 16+

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

**Wackford Aquatic Complex**

**\$5/Class**

Instructor: CSD Staff

### SESSION 1

16355	T,Th	1/2-1/9	9:00am-9:55am
16356	T,Th	1/2-1/9	6:30pm-7:25pm
16311	Fri	1/3-1/10	9:00am-9:55am
16344	Sat	1/4-1/11	9:00am-9:55am
16322	M,W	1/6-1/15	9:00am-9:55am
16323	M,W	1/6-1/15	6:30pm-7:25pm

### SESSION 2

16361	T,Th	1/14-1/23	9:00am-9:55am
16362	T,Th	1/14-1/23	6:30pm-7:25pm
16314	Fri	1/17-1/24	9:00am-9:55am
16347	Sat	1/18-1/25	9:00am-9:55am
16328	M,W	1/20-1/29*	9:00am-9:55am
16329	M,W	1/20-1/29*	6:30pm-7:25pm

\*No Class 1/20

### SESSION 3

16363	T,Th	1/28-2/6	9:00am-9:55am
16364	T,Th	1/28-2/6	6:30pm-7:25pm
16315	Fri	1/31-2/7	9:00am-9:55am
16348	Sat	2/1-2/8	9:00am-9:55am
16330	M,W	2/3-2/12	9:00am-9:55am
16331	M,W	2/3-2/12	6:30pm-7:25pm

### SESSION 4

16365	T,Th	2/11-2/20	9:00am-9:55am
16366	T,Th	2/11-2/20	6:30pm-7:25pm
16316	Fri	2/14-2/21	9:00am-9:55am
16349	Sat	2/15-2/22	9:00am-9:55am
16332	M,W	2/17-2/26*	9:00am-9:55am
16333	M,W	2/17-2/26*	6:30pm-7:25pm

\*No Class 2/17

### SESSION 5

16367	T,Th	2/25-3/5	9:00am-9:55am
16368	T,Th	2/25-3/5	7:05pm-8:00pm
16317	Fri	2/28-3/6	9:00am-9:55am
16350	Sat	2/29-3/7	9:00am-9:55am
16335	M,W	3/2-3/11	9:00am-9:55am
16334	M,W	3/2-3/11	7:05pm-8:00pm

### SESSION 6

16369	T,Th	3/10-3/19	9:00am-9:55am
16370	T,Th	3/10-3/19	7:05pm-8:00pm
16318	Fri	3/13-3/20	9:00am-9:55am
16351	Sat	3/14-3/21	9:00am-9:55am
16336	M,W	3/16-3/25	9:00am-9:55am
16337	M,W	3/16-3/25	7:05pm-8:00pm

### SESSION 7

16371	T,Th	3/24-4/2	9:00am-9:55am
16372	T,Th	3/24-4/2	7:05pm-8:00pm
16319	Fri	3/27-4/3	9:00am-9:55am
16352	Sat	3/28-4/4	9:00am-9:55am
16338	M,W	3/30-4/8	9:00am-9:55am
16339	M,W	3/30-4/8	7:05pm-8:00pm

### SESSION 8

16373	T,Th	4/7-4/16	9:00am-9:55am
16374	T,Th	4/7-4/16	7:05pm-8:00pm
16320	Fri	4/10-4/17	9:00am-9:55am
16353	Sat	4/11-4/18	9:00am-9:55am
16340	M,W	4/13-4/22	9:00am-9:55am
16341	M,W	4/13-4/22	7:05pm-8:00pm

### SESSION 9

16375	T,Th	4/21-4/30	9:00am-9:55am
16376	T,Th	4/21-4/30	7:05pm-8:00pm
16321	Fri	4/24-5/1	9:00am-9:55am
16354	Sat	4/25-5/2	9:00am-9:55am
16342	M,W	4/27-5/6	9:00am-9:55am
16343	M,W	4/27-5/6	7:05pm-8:00pm

### SESSION 10

16357	T,Th	5/5-5/14	9:00am-9:55am
16358	T,Th	5/5-5/14	7:05pm-8:00pm
16312	Fri	5/8-5/15	9:00am-9:55am
16345	Sat	5/9-5/16	9:00am-9:55am
16324	M,W	5/11-5/20	9:00am-9:55am
16325	M,W	5/11-5/20	7:05pm-8:00pm

### SESSION 11

16359	T,Th	5/19-5/28	9:00am-9:55am
16360	T,Th	5/19-5/28	7:05pm-8:00pm
16313	Fri	5/22-5/29	9:00am-9:55am
16346	Sat	5/23-5/30	9:00am-9:55am
16326	M,W	5/25-6/3*	9:00am-9:55am
16327	M,W	5/25-6/3*	7:05pm-8:00pm

\*No Class 5/25



3 Locations for everyone to enjoy!

**WACKFORD AQUATIC COMPLEX**

**ELK GROVE AQUATICS CENTER**

**JERRY FOX SWIM CENTER**

SWIM LESSONS • RECREATION SWIM  
WATER FITNESS • SUMMER CAMP





## Aqua Spin

Age 16+

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. (Participants must wear water shoes while attending class)

**Elk Grove Aquatics Center**      **\$40/Session**

Instructor: CSD STAFF

**Session 1**

16545 M,W 1/6-1/15 10:30am-11:15am  
16546 M,W 1/6-1/15 5:30pm-6:15pm

**Session 2**

16547 M,W 1/20-1/29\* 10:30am-11:15am  
16554 M,W 1/20-1/29\* 5:30pm-6:15pm

\*No Class 1/20

**Session 3**

16548 M,W 2/3-2/12 10:30am-11:15am  
16555 M,W 2/3-2/12 5:30pm-6:15pm

**Session 4**

16549 M,W 2/17-2/26\* 10:30am-11:15am  
16556 M,W 2/17-2/26\* 5:30pm-6:15pm

\*No Class 2/17

**Session 5**

16550 M,W 3/2-3/11 10:30am-11:15am  
16557 M,W 3/2-3/11 5:30pm-6:15pm

**Session 6**

16551 M,W 3/16-3/25 10:30am-11:15am  
16558 M,W 3/16-3/25 5:30pm-6:15pm

**Session 7**

16552 M,W 3/30-4/8 10:30am-11:15am  
16559 M,W 3/30-4/8 5:30pm-6:15pm

**Session 8**

16553 M,W 4/13-4/22 10:30am-11:15am

No evening Aqua Spin due to swim lessons

## Shallow Water Aerobics

Age 16+

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

**ELK GROVE AQUATICS CENTER**      **\$5/CLASS**

**Session 1**

16646 M,W 1/13-1/22\* 6:30pm-7:25pm  
16647 T,Th 1/14-1/23 6:30pm-7:25pm

**Session 2**

16402 T,Th 1/28-2/6 6:30pm-7:25pm  
16396 M,W 1/27-2/5 6:30pm-7:25pm

**Session 3**

16403 T,Th 2/11-2/20 6:30pm-7:25pm  
16397 M,W 2/10-2/19\* 6:30pm-7:25pm

**Session 4**

16398 M,W 2/24-3/4 6:30pm-7:25pm  
16404 T,Th 2/25-3/5 6:30pm-7:25pm

**Session 5**

16405 T,Th 3/10-3/19 6:30pm-7:25pm  
16399 M,W 3/9-3/18 6:30pm-7:25pm

**Session 6**

16400 M,W 3/23-4/1 6:30pm-7:25pm  
16406 T,Th 3/24-4/2 6:30pm-7:25pm

**Session 7**

16407 T,Th 4/7-4/16 6:30pm-7:25pm  
16401 M,W 4/6-4/15 6:30pm-7:25pm

\*No Class 1/20, 2/17

**WACKFORD AQUATIC COMPLEX**      **\$5/CLASS**

**Session 9**

16379 M,W 4/20-4/29 10:00am-10:55am  
16383 T,Th 4/21-4/30 10:00am-10:55am

**Session 10**

16377 M,W 5/4-5/13 10:00am-10:55am  
16381 T,Th 5/5-5/14 10:00am-10:55am

**Session 11**

16378 M,W 5/18-5/27 10:00am-10:55am  
16382 T,Th 5/19-5/28 10:00am-10:55am



**COMING SOON!  
AQUA BODY STRONG**

Enjoy water fitness on a whole new level by adding an Aqua Board! Classes coming late Spring 2020!



## 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 floatation belt and other equipment. Class taught by certified Water Aerobics & fitness Instructors.

**Elk Grove Aquatics Center**

**\$5/Class**

Instructor: CSD Staff

### SESSION 1

16390	M,W	4/20-4/29	12:00pm-12:45pm
16393	T,Th	4/21-4/30	12:00pm-12:45pm

### SESSION 2

16391	M,W	5/4-5/13	12:00pm-12:45pm
16394	T,Th	5/5-5/14	12:00pm-12:45pm

### SESSION 3

16392	M,W	5/18-5/27	12:00pm-12:45pm
16395	T,Th	5/19-5/28*	12:00pm-12:45pm

\*No Class 5/25



## 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 1/2 to 5 feet of water. Class taught by certified instructors.

**Elk Grove Aquatics Center**

**\$5/Class**

Instructor: CSD Staff

16408	Fri	1/31-2/7	10:00am-10:55am
16409	Fri	2/14-2/21	10:00am-10:55am
16410	Fri	2/28-3/6	10:00am-10:55am
16411	Fri	3/13-3/20	10:00am-10:55am
16412	Fri	3/27-4/3	10:00am-10:55am
16413	Fri	4/10-4/17*	10:00am-10:55am

\*No Class 4/7 due to swim meet

## Competitive Swim Clinics

Age 8-13

For intermediate to advanced swimmers wanting to experience a swim conditioning program that introduces the expectations and training of a swim team program. Swimmers will work on gaining proficiency and improving stroke technique, learning legal turns, and receiving consistent conditioning throughout the program. Requirements: Swimmers must be able to swim all four competitive strokes (i.e. freestyle, backstroke, breaststroke and butterfly).

**Wackford Aquatic Complex**

Instructor: Brenda Smart

### INTRO TO SWIM TEAM \$120

16532	T-Th	1/7-1/30	5:30pm-6:30pm
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### BEGINNER SWIM CLINIC \$100

16621	T-Th	1/7-1/30	4:45pm-5:30pm
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### INTERMEDIATE SWIM CLINIC \$100

16624	T-Th	1/7-1/30	4:45pm-5:30pm
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## Even Super Heroes Take Swimming Lessons.

Keep your little heroes safe this summer.



- Always swim with a buddy.
- Avoid water wings; wear a life jacket instead.
- Never drink water from pools, lakes or rivers.
- Teach kids to swim - it's the best way to stay safe in the water.

Visit [www.nationalwatersafetymonth.org](http://www.nationalwatersafetymonth.org) for more tips on playing it safe this summer.



## Private Pool Rentals

The Jerry Fox Swim Center, Wackford Aquatic Complex and Elk Grove Aquatics Center are available to rent for your special occasion! Rentals include exclusive use of the pool(s), grass area, and deck.

Reservations begin **Wednesday, February 5**. Available June 6 - September 20 subject to availability.

For more information call (916) 405-5600 or visit [yourcsd.com/poolrentals](http://yourcsd.com/poolrentals).



# Spring 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.



## Level [Group \$66] [Private \$104]



### Turtle Group (Parent & Infant)

(4 Classes, Age 6 Months+)  
Will learn water adjustment and safety skills. Designed to increase comfort level of toddlers in and around water. Teaches parents skills that the toddlers then practice, such as, bubble blowing and floating.

### Level 3: Minnow Group

(8 Classes, Age 3+)  
Child must be able to swim and float independently on front and back. Child refines front crawl with rotary breathing, back crawl, and is introduced to elementary backstroke and treading water.

### Level 1: Starfish Group

(8 Classes, Age 3+)  
For children who have not participated in swim lessons, or are not comfortable in water. Child learns to submerge face independently and is introduced to floating and locomotion.

### Level 4: Otter Group

(8 Classes, Age 3+)  
Child must swim front crawl, back crawl and elementary backstroke independently for 15 yards 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 2: Seahorse Group

(8 Classes, 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.

### Private Lessons

(4 Classes, Age 5+)  
Lessons are one-on-one instruction taught at student's individual level.

## 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 the sample Progress Report on yourcsd.com.
- 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.
- Jerry Fox Swim Center, Wackford Aquatic Complex, and Elk Grove Aquatics Center all offer swim lessons. If a class is full at one pool, check another facility.

## 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 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.



## Step 2: Session



### Spring I

(4/20-4/30)

### Spring II

(5/4-5/14)



## Step 3: Time



### Wackford Aquatic Complex

Monday–Thursday, Afternoon Only

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

### Elk Grove Aquatics Center

Monday–Thursday, Afternoon Only

	4:30	5:00	5:30	6:00	6:30
Turtle		●			
Starfish	●	●	●	●	●
Seahorse	●	●	●	●	●
Minnow	●	●	●	●	●
Otter	●		●		●
Private	●	●	●	●	



## Register for Summer Swim Lessons!

**RESIDENT:** Tuesday, May 12, 2020 **NON-RESIDENT:** Tuesday, May 19, 2020



## American Red Cross Lifeguard Training

Age 15+

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

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

Instructor: CSD Aquatic Staff **\$195**

- 16414 **Location:** Elk Grove Aquatics Center  
**Final Registration Date:** 3/12  
**Start Date:** 3/20  
**Class Dates:**  
 Fri 3/20 4:30pm-9:00pm  
 Sat/Sun 3/21-3/22 9:00am-6:00pm
- 16415 **Location:** Wackford Aquatic Complex  
**Final Registration Date:** 3/16  
**Start Date:** 3/23  
**Class Dates:**  
 M/W/F 3/23-3/27 4:30pm-9:00pm  
 Sat 3/28 9:00am-6:00pm
- 16416 **Location:** Wackford Aquatic Complex  
**Final Registration Date:** 3/26  
**Start Date:** 4/3  
**Class Dates:**  
 Fri 4/3 4:30pm-9:00pm  
 Sat/Sun 4/4-4/5 9:00am-6:00pm
- 16417 **Location:** Wackford Aquatic Complex  
**Final Registration Date:** 4/9  
**Start Date:** 4/17  
**Class Dates:**  
 Fri 4/17 4:30pm-9:00pm  
 Sat/Sun 4/18-4/19 9:00am-6:00pm

## Lifeguard Training/ Title 22

Age 15+

**\*\*Must register by Final Registration Date and have completed online work by Start Date\*\***  
 Online and classroom program that enhances essential learning of the principals of lifeguarding. Course begins with participation in an 8-hour online class and continues with instructor led skills and water work in the classroom. Learn rescue skills, first aid, CPR/AED, and professional lifeguard responsibilities. Successful completion of this course will certify you in Lifeguard Training, First Aid, CPR for the Professional Rescuer/AED, Emergency Oxygen, and Title 22: First Aid for Public Safety Personnel for two years.

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

Instructor: CSD Aquatic Staff **\$195**

- 16418 **Location:** Elk Grove Aquatics Center  
**Final Registration Date:** 3/28  
**Start Date:** 4/6  
**Class Dates:**  
 Mon-Thu 4/6-4/9 9:00am-5:30pm  
 Fri 4/10 9:00am-4:00pm



## Lifeguard Training Review

Age 15+

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

**Elk Grove Aquatics Center \$105**

Instructor: CSD Aquatic Staff  
 16419 Fri 4/24 5:00pm-9:00pm  
 Sat 4/25 9:00am-1:00pm



LOOKING FOR A SUMMER JOB?

# BECOME A LIFEGUARD

FRIENDS • FUN • EXPERIENCE

**Applicants need to be 15 years of age and have completed American Red Cross Lifeguard Training. Training classes fill quickly, enroll today!**

**More info: [yourcsd.com](http://yourcsd.com)**

Application Deadline: Early April

Age 16+

# Swim For Fitness



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.

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.

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

## 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 Automatic Payment  
(\$36 Laguna Ridge Resident/Senior)

*\*Prices subject to change*

Please visit [yourcsd.com/Swim4Fitness](http://yourcsd.com/Swim4Fitness) for pool dates and hours.

# TINY TOT

# PRESCHOOLS

Your children are our children



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



## Schedules

Call to schedule a classroom visit: (916) 405-5311

### Preschool: Age 3

**\$210\*/month: 8/4/20 – 6/29/21**

- T/Th mornings, 8:30-11:30am, All Locations
- T/Th afternoons, 12:30-3:30pm, TTKP, TTN

#### Age 3 Registration

Resident Registration Begins: March 2, 2020

Non-Resident Registration Begins: March 16, 2020

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

### Pre-Kindergarten: Age 4

**\$278\*/month: 8/3/20 – 6/30/21**

- M/W/F mornings, 8:30-11:30am, All Locations
- M/W/F afternoons, 12:30-3:30 pm, All Locations (Except TTS)
- M/W afternoons, 12:30-3:30 pm (\$190\*/month) TTFC, TTC, TTZ
- T/Th afternoons, 12:30-3:30 pm (\$210\*/month) TTFC, TTP, TTZ, TTC

#### Age 4 Registration

Resident Registration Begins on March 30, 2020

Non-resident Registration begins on April 13, 2020





Old



Play, learn, grow!



Voted Best in Elk Grove



# Register Today!

## 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.
3. Sibling priority forms are available **February 3, 2020**, and due no later than **February 18, 2020**.

### Priority Registration

1. Elk Grove residents have priority when filling preschool classes.
2. Children in the 3 year-old classes advance to the 4-year old classes each fall, leaving limited openings in the Pre-Kindergarten classes.

## West Elk Grove

### Tiny Tot Connection

Laguna Town Hall  
3020 Renwick Avenue

### Tiny Tot Pals

Stephenson Rec Center  
5511 Dorsey Drive

### Tiny Tot Station

Johnson Rec Center  
3570 Marsh Point Drive

### Tiny Tot Neighbors

Wackford Community Complex  
9014 Bruceville Road

## East Elk Grove

### Tiny Tot Kids at Play

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

### Tiny Tot Friendship Corner

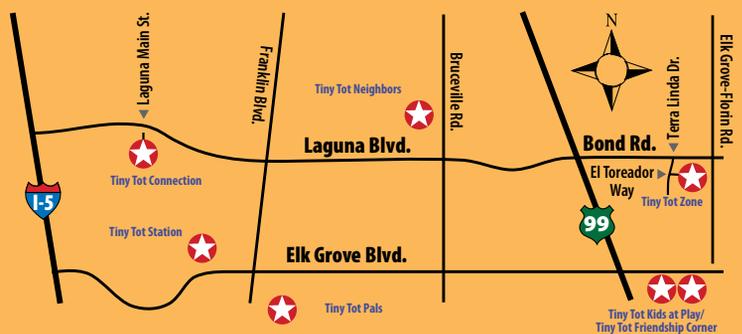
Elk Grove Rec Center, Room 3  
8828 Elk Grove Blvd.

### Tiny Tot Zone

Castello Rec Center  
8830 El Toreador Way



## 7 ELK GROVE LOCATIONS



# PREWEE OPEN GYM

Age 6 and under.

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

**Year-Round\* • Tuesdays • 11:30am–1:30pm • Wackford Complex, Gym**  
**\$3/Visit • \$27/10-Visit Punch Pass** \*First day 1/6/20. Closed 4/7/20.

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



## Gymnastics Classes

### Parent Participation Gym

Age 14 months – 2 years 11 months, with adult  
 Parent and child participate together in this movement exploration class. It is a wonderful way to introduce hand-eye coordination, motor skills, and listening skills. Children at this age are introduced to reading readiness, comprehension, and vocabulary through fine motor development, spatial awareness, and gymnastics technology. Designed for children who are already walking independently. Only one child per adult.

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

Instructor: Elevate Gymnastics

15246	Tue	1/14-2/25*	10:30am-11:15am
15247	Wed	1/15-2/26*	10:40am-11:25am
15248	Fri	1/17-2/28*	5:30pm-6:15pm
15249	Tue	3/3-4/7	10:30am-11:15am
15250	Wed	3/4-4/8	10:40am-11:25am
15251	Fri	3/6-4/10	5:30pm-6:15pm
15252	Tue	4/21-5/26	10:30am-11:15am
15253	Wed	4/22-5/27	10:40am-11:25am
15254	Fri	4/24-5/29	5:30pm-6:15pm

\*No Class 2/11, 2/12, 2/14

### Tot Gym

Age 3 – 3 years 11 months  
 Children learn to be independent in this class. Participants will learn hand-eye coordination, motor, and listening skills. Basic skills are introduced using floor, beam, bars and trampoline circuits using size-appropriate equipment and through music with "Lummi Sticks."

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

Instructor: Elevate Gymnastics

15255	Tue	1/14-2/25*	11:30am-12:15pm
15256	Wed	1/15-2/26*	9:00am-9:45am
15257	Wed	1/15-2/26*	11:30am-12:15pm
15258	Tue	3/3-4/7	11:30am-12:15pm
15259	Wed	3/4-4/8	9:00am-9:45am
15260	Wed	3/4-4/8	11:30am-12:15pm
15261	Tue	4/21-5/26	11:30am-12:15pm
15262	Wed	4/22-5/27	9:00am-9:45am
15263	Wed	4/22-5/27	11:30am-12:15pm

\*No Class 2/11, 2/12

### Kinder Gym

Age 4 – 5 years 11 months  
 This class focuses on teaching hand-eye coordination, listening skills and interacting with other children. Children are introduced to basic skills on bars, beam, floor, vault, and trampoline. They are also introduced to some simple strength and flexibility exercises.

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

Instructor: Elevate Gymnastics

15264	Tue	1/14-2/25*	11:30am-12:15pm
15265	Wed	1/15-2/26*	9:50am-10:35am
15266	Wed	1/15-2/26*	4:30pm-5:15pm
15267	Fri	1/17-2/28*	4:30pm-5:15pm
15268	Tue	3/3-4/7	11:30am-12:15pm
15269	Wed	3/4-4/8	9:50am-10:35am
15270	Wed	3/4-4/8	4:30pm-5:15pm
15271	Fri	3/6-4/10	4:30pm-5:15pm
15272	Tue	4/21-5/26	11:30am-12:15pm
15273	Wed	4/22-5/27	9:50am-10:35am
15274	Wed	4/22-5/27	4:30pm-5:15pm
15275	Fri	4/24-5/29	4:30pm-5:15pm

\*No Class 2/11, 2/12, 2/14



## You and Me Bollywood Beats

Age 4 – 7 with 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.

**Laguna Town Hall, Reception Hall**

Instructor: Gokul Dance Academy

DANCE CLASS				\$120
15580	Th	1/9-2/20	6:10pm-7:10pm	
<b>OPTIONAL RECITAL (FOR #15580)</b>				<b>\$60</b>
15582	Th	2/27	5:30pm-6:30pm	
DANCE CLASS				\$120
15581	Th	4/9-5/21	6:10pm-7:10pm	
<b>OPTIONAL RECITAL (FOR #15581)</b>				<b>\$60</b>
15583	Th	5/28	5:30pm-6:30pm	



## Dance Classes

### Me and My Shadow

Age 2 – 3 with adult

This parent 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. Comfortable clothing recommended.

Instructor: Encore! Studio Performing Arts

**Encore! Studio, 9154 E. Stockton Blvd**

15304	Mon	1/6-2/10*	7:00pm-7:30pm	<b>\$60</b>
15305	Sat	1/11-2/15	12:00pm-12:30pm	<b>\$72</b>
15307	Sat	2/22-3/28	12:00pm-12:30pm	<b>\$72</b>
15306	Mon	2/24-3/30	7:00pm-7:30pm	<b>\$72</b>
15308	Mon	4/13-5/18	7:00pm-7:30pm	<b>\$72</b>
15309	Sat	4/18-5/23	12:00pm-12:30pm	<b>\$72</b>

**Wackford Complex, Poppy A/B**

15310	Mon	1/6-2/10*	6:00pm-6:30pm	<b>\$60</b>
15311	Tue	1/7-2/11	4:45pm-5:15pm	<b>\$72</b>
15313	Tue	2/18-3/24	4:45pm-5:15pm	<b>\$72</b>
15312	Mon	2/24-3/30	6:00pm-6:30pm	<b>\$72</b>
15314	Mon	4/13-5/18	6:00pm-6:30pm	<b>\$72</b>
15315	Tue	4/14-5/19	4:45pm-5:15pm	<b>\$72</b>

\*No Class 1/20

### 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. This class is designed as 'drop-off.'

Instructor: Encore! Studio Performing Arts

**Encore! Studio, 9154 E. Stockton Blvd**

15316	Th	1/9-2/13	5:30pm-6:15pm	<b>\$90</b>
15317	Sat	1/11-2/15	10:00am-10:45am	<b>\$90</b>
15318	Th	2/20-3/26	5:30pm-6:15pm	<b>\$90</b>
15319	Sat	2/22-3/28	10:00am-10:45am	<b>\$90</b>
15320	Th	4/16-5/21	5:30pm-6:15pm	<b>\$90</b>
15321	Sat	4/18-5/23	10:00am-10:45am	<b>\$90</b>

**Wackford Complex, Poppy A/B**

15322	Mon	1/6-2/10*	5:00pm-5:45pm	<b>\$75</b>
15323	Tue	1/7-2/11	6:30pm-7:15pm	<b>\$90</b>
15325	Tue	2/18-3/24	6:30pm-7:15pm	<b>\$90</b>
15324	Mon	2/24-3/30	5:00pm-5:45pm	<b>\$90</b>
15326	Mon	4/13-5/18	5:00pm-5:45pm	<b>\$90</b>
15327	Tue	4/14-5/19	6:30pm-7:15pm	<b>\$90</b>

\*No Class 1/20

### 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 first day of class. Please call the Encore Studio for Dress Code questions. This class is designed as 'drop-off.'

Instructor: Encore! Studio Performing Arts

**Wackford Complex, Poppy A/B**

15331	Mon	1/6-2/10*	4:00pm-4:50pm	<b>\$75</b>
15332	Tue	1/7-2/11	5:30pm-6:20pm	<b>\$90</b>
15334	Tue	2/18-3/24	5:30pm-6:20pm	<b>\$90</b>
15333	Mon	2/24-3/30	4:00pm-4:50pm	<b>\$90</b>
15335	Mon	4/13-5/18	4:00pm-4:50pm	<b>\$90</b>
15336	Tue	4/14-5/19	5:30pm-6:20pm	<b>\$90</b>

**Encore! Studio, 9154 E. Stockton Blvd**

15328	Sat	1/11-2/15	9:00am-9:50am	<b>\$90</b>
15329	Sat	2/22-3/28	9:00am-9:50am	<b>\$90</b>
15330	Sat	4/18-5/23	9:00am-9:50am	<b>\$90</b>

\*No Class 1/20

# EXPLORE, CREATE, PLAY!

CSD Programs to help your little ones Prepare for Preschool!



Classes are held at the Elk Grove Recreation Center.  
To arrange a classroom visit or for more information: (916) 405-5311

## Buddy Bunch

Age 18-36 months

A special time for you and your child to explore, create and play together with other parents and children in a safe and secure environment with experienced teacher and age appropriate activities. Siblings may not attend with the exception of multiples who are registered. A great preparation class for Toddler Time!

				Monthly Fee
16022	Fri	1/3-2/28	9:00am-10:30am	\$126
16023	Fri	3/6-4/24	9:00am-10:30am	\$98
16024	Fri	5/1-6/26	9:00am-10:30am	\$126

## Toddler Time

Age 24-36 months

Toddlers learn as they explore a safe and secure environment. Children will participate in cooperative activities such as art, music, outdoor play and story time fostering their development. Children do not need to be potty trained but must be age 2 by the first day of class.

				Monthly Fee
16018	M,W	1/6-6/29	8:30am-10:15am	\$120
16019	M,W	1/6-6/29	10:30am-12:15pm	\$120
16020	T,Th	1/2-6/25	8:30am-10:15am	\$134
16021	T,Th	1/2-6/30	10:30am-12:15pm	\$134



## 2020 Family Vision Board

**NEW**

Age 3+ with adult

Bring your family (up to 5 people) and work together to create a collage style work of art that captures your goals for the year ahead.

Gifts from the Heart of Elk Grove  
9685 Elk Grove-Florin Rd. **\$15**

Instructor: Gifts from the Heart  
15948 Fri 1/10 6:30pm-7:30pm

## You & Me 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 Elk Grove  
9685 Elk Grove-Florin Rd.

Instructor: Gifts from the Heart

**VALENTINE MAKING \$20**  
15949 Fri 2/7 6:30pm-8:00pm

**FAUX STAINED GLASS SUN CATCHER \$15**  
15950 Fri 3/6 6:30pm-8:00pm

**EGGSTRAVAGANZA \$20**  
15951 Fri 4/3 6:30pm-8:00pm

**SUPER SIMPLE SEWING \$20**  
Age 4+ with adult  
15952 Fri 5/1 6:30pm-8:00pm



## Easter Extravaganza!

**NEW**



Age 4-6

Join us this Easter as we celebrate with some Easter fun! Students will prepare delicious egg dishes to use up those hard boiled eggs and many more fun and delicious Easter treats!

Wackford Complex, Kitchen **\$50**

Instructor: Junior Chef Stars  
16289 Tue 3/31 5:30pm-7:30pm  
Age 7-12 see page 24  
Age 13-17 see page 39



## Junior Chef Stars Cooking Classes

Age 7-12 see page 24-25 · Age 13-17 page 39

### Mangia! Mangia!

**NEW**

Age 4-6

Mangia Mangia! If you grew up in an Italian family, you know that nothing can compare to the made-from-scratch family recipes that made it over from the Old World. In this class we open up Grandma's recipe box and share some of the lavish and hearty Italian fare inside. We'll show you how to make an entire family-pleasing menu of authentic dishes so wonderful that a taste will be like transporting to Grandma's kitchen in Italy.

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16119 Tue 1/28 5:30pm-7:30pm

### Tapas Tour!

**NEW**

Age 4-6

Come and celebrate Spain! Tapas are small portions of food that are served as appetizers. Students will enjoy making a variety of Tapas and kid friendly "mocktails" that are as delicious as they are nutritious!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16286 Tue 3/24 5:30pm-7:30pm

### Mexican Mania Part 1

**NEW**

Age 4-6

Right from the times of the Mayans, with some strong influence from Spanish conquistadors, Mexican food culture has evolved into a unique blend of contemporary and timeless cuisine. In this class we will explore some of Mexico's kitchen staples. Your chef will learn to make homemade tortillas, fresh Pico de Gallo salsa, and classic Spanish rice. Your mini chefs will be saying 'Ay, Caramba' after this class.

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16292 Mon 4/27 5:30pm-7:30pm

yummy!

### Hearts & Crafts in the Kitchen

**NEW**

Age 4-6

Make this a simply delicious and crafty Valentine's Day this year. Let your Junior Chefs show you how to make Chocolate Souffle's with Crème Anglaise and fresh berries, and we can't forget the handmade chocolates, it just wouldn't be Valentine's Day without them!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16283 Tue 2/4 5:30pm-7:30pm

## Princess Ball

Ages 7 and under

**February 1, 5pm – 7pm**

**Laguna Town Hall**

Parent and child dance the night away at this special ball!  
DJ, Photo booth, light appetizers, & craft.

Child \$10 • Adult \$15

# Pee Wee Soccer & Basketball Classes

Age 3-6 \* Wackford Complex, Gym

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** *Introductory • \$47*  
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.

## Lil' Ballers

16457	Tue	1/7-2/4	5:00pm-5:30pm
16458	Wed	1/8-2/5	10:00am-10:30am
16459	Th	1/9-2/6	5:30pm-6:00pm
16481	Tue	2/11-3/10	10:00am-10:30am
16461	Tue	2/11-3/10	5:30pm-6:00pm
16462	Th	2/13-3/12	5:00pm-5:30pm
16463	Sat	2/15-3/14	9:00am-9:30am
16499	Tue	3/17-4/21*	5:00pm-5:30pm
16497	Wed	3/18-4/22*	10:00am-10:30am
16503	Th	3/19-4/23*	5:30pm-6:00pm
16505	Sat	3/21-4/25*	9:00am-9:30am
16512	Tue	4/28-5/26	10:00am-10:30am
16507	Tue	4/28-5/26	5:30pm-6:00pm
16509	Th	4/30-5/28	5:00pm-5:30pm
16511	Sat	5/2-5/30	9:00am-9:30am

\*No Class 4/7, 4/8, 4/9, 4/11

## Lil' Kickers

16471	Tue	1/7-2/4	10:00am-10:30am
16472	Wed	1/8-2/5	5:00pm-5:30pm
16474	Fri	1/10-2/7	5:00pm-5:30pm
16483	Wed	2/12-3/11	10:00am-10:30am
16473	Wed	2/12-3/11	5:30pm-6:00pm
16492	Fri	2/14-3/13	5:00pm-5:30pm
16485	Tue	3/17-4/21*	10:00am-10:30am
16479	Wed	3/18-4/22*	5:00pm-5:30pm
16480	Fri	3/20-4/24*	5:00pm-5:30pm
16487	Wed	4/29-5/27	10:00am-10:30am
16494	Wed	4/29-5/27	5:30pm-6:00pm

\*No Class 4/7, 4/8, 4/10

**Level 2** *Beginner • \$47*  
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 learn how to play with a teammate.

## Junior Ballers

16452	Tue	1/7-2/4	5:30pm-6:00pm
16453	Wed	1/8-2/5	10:30am-11:00am
16454	Th	1/9-2/6	5:00pm-5:30pm
16482	Tue	2/11-3/10	10:30am-11:00am
16455	Tue	2/11-3/10	5:00pm-5:30pm
16456	Th	2/13-3/12	5:30pm-6:00pm
16500	Tue	3/17-4/21*	5:30pm-6:00pm
16498	Wed	3/18-4/22*	10:30am-11:00am
16502	Th	3/19-4/23*	5:00pm-5:30pm
16513	Tue	4/28-5/26	10:30am-11:00am
16506	Tue	4/28-5/26	5:00pm-5:30pm
16510	Th	4/30-5/28	5:30pm-6:00pm

\*No Class 4/7, 4/8, 4/9

## Junior Kickers

16465	Tue	1/7-2/4	10:30am-11:00am
16466	Wed	1/8-2/5	5:30pm-6:00pm
14530	Fri	1/10-2/7	5:30pm-6:00pm
16484	Wed	2/12-3/11	10:30am-11:00am
16467	Wed	2/12-3/11	5:00pm-5:30pm
16528	Fri	2/14-3/13	5:30pm-6:00pm
16486	Tue	3/17-4/21*	10:30am-11:00am
16489	Wed	3/18-4/22*	5:30pm-6:00pm
16527	Fri	3/20-4/24	5:30pm-6:00pm
16488	Wed	4/29-5/27	10:30am-11:00am
16495	Wed	4/29-5/27	5:00pm-5:30pm

\*No Class 4/7, 4/8

**Level 3** *Intermediate • \$67*  
For children who have achieved the basic fundamentals of the sport and are ready to begin learning more. Children will learn advanced skills and understanding gameplay strategies and situational concepts.

## Ballers

16448	Tue	1/7-2/4	6:00pm-6:45pm
16449	Th	1/9-2/6	6:00pm-6:45pm
16450	Tue	2/11-3/10	6:00pm-6:45pm
16451	Th	2/13-3/12	6:00pm-6:45pm
16501	Tue	3/17-4/21*	6:00pm-6:45pm
16504	Th	3/19-4/23*	6:00pm-6:45pm
16508	Tue	4/28-5/26	6:00pm-6:45pm
16526	Th	4/30-5/28	6:00pm-6:45pm

\*No Class 4/7, 4/9

## Kickers

16468	Wed	1/8-2/5	6:00pm-6:45pm
16470	Fri	1/10-2/7	6:00pm-6:45pm
16469	Wed	2/12-3/11	6:00pm-6:45pm
16491	Fri	2/14-3/13	6:00pm-6:45pm
16490	Wed	3/18-4/22*	6:00pm-6:45pm
16493	Fri	3/20-4/24*	6:00pm-6:45pm
16496	Wed	4/29-5/27	6:00pm-6:45pm

\*No Class 4/8, 4/10



## 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

AGE 2-3½				\$92
15300	Fri	1/10-2/28	9:00am-10:00am	
15301	Fri	3/6-5/8*	9:00am-10:00am	

AGE 3-4½				\$126
15302	Fri	1/10-2/28	10:15am-11:45am	
15303	Fri	3/6-5/8*	10:15am-11:45am	

\*No Class 4/10, 4/17

## Pee Wee T-Ball Clinic



Age 3-6

Get ready for the upcoming T-Ball league. Learn the fundamentals of baseball including proper throwing, catching and hitting proper mechanics, catching fly balls, fielding ground balls, and base running. Wear your tennis shoes and bring your mitt and hat.

**Wackford Complex, Gym \$67**

Instructor: CSD STAFF

AGE 3-4				
16524	Sat	1/11-2/8	8:00am-8:50am	

AGE 5-6				
16525	Sat	1/11-2/8	9:00am-9:50am	

## The First Tee Wee

Age 5-6

The First Tee not only teaches kids 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 \$100**

Instructor: Natalie Farahani

16076	Fri	4/24-5/15	4:00pm-5:00pm
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Age 7-11 see page 33

Age 13-18 see page 39



## 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).

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

Instructor: RB Robinson

BEGINNERS				
15936	M,W	1/6-1/29*	5:00pm-5:45pm	
15937	M,W	2/3-2/26*	5:00pm-5:45pm	
15938	M,W	3/2-3/30	5:00pm-5:45pm	
15939	M,W	4/1-4/29	5:00pm-5:45pm	
15940	M,W	5/4-5/27*	5:00pm-5:45pm	

\*No Class 1/20, 2/17, 5/25

WHITE BELT WITH YELLOW STRIPE				
15941	M,W	1/6-1/29*	5:45pm-6:30pm	
15942	M,W	2/3-2/26*	5:45pm-6:30pm	
15943	M,W	3/2-3/30	5:45pm-6:30pm	
15944	M,W	4/1-4/29	5:45pm-6:30pm	
15945	M,W	5/4-5/27*	5:45pm-6:30pm	

\*No Class 1/20, 2/17, 5/25

## Kids Self-Defense and Safety

Age 2-4

Designed to develop coordination, balance, attention span, and basic self-defense movements in a fun structured environment. Instructor will cover different issues on safety. There is a \$40 optional uniform fee

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

Instructor: Mark Gothard Self Defense

15860	Sat	1/4-1/25	8:30am-9:00am
15861	Sat	2/1-2/29	8:30am-9:00am
15862	Sat	3/7-3/28	8:30am-9:00am
15863	Sat	4/4-4/25	8:30am-9:00am
15864	Sat	5/2-5/30	8:30am-9:00am



## Outdoor Pee Wee Soccer

Age 3-4

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

**Miwok Park**

**AGE 3-4 \$42**

Instructor: John Ebner

16630	Tue	4/21-5/19	5:15pm-5:45pm
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16631	Th	4/23-5/21	5:15pm-5:45pm
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Instructor: Victor Alaniz

16632	Wed	4/22-5/20	5:15pm-5:45pm
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**AGE 5-6 \$62**

Instructor: John Ebner

16633	Tue	4/21-5/19	5:45pm-6:30pm
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16634	Th	4/23-5/21	5:45pm-6:30pm
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Instructor: Victor Alaniz

16635	Wed	4/22-5/20	5:45pm-6:30pm
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# Kid Central

COSUMNES CSD

# Where Kids

## Before & After School Program

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



**Rates 2019 – 2020**

**Registration**  
Children must be currently enrolled in K-6th grade. Initial registration may be completed online or at a CSD registration location (see page 59.) *Kid Central sites do not accept registration payments.*

**Annual Membership**  
Required for the Before & After School Program and Off-Track Day Camp. (Not required for Summer 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:** \$89.00 (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  
**20 Punch Card Rate:** \$118.00

**Hours of Operation**  
Hours of operation are based on dismissal time of 1st-6th grades  
**M-F:** School release – 6pm  
**Before School:** 7am – 8am (available for 2 schools)

**Before & After School**

**Traditional Calendar**  
• Florence Markofer Elementary

**Year-Round Calendar**  
• Stone Lake Elementary,  
*Located directly behind campus, at Johnson Rec. Center*

**After School Only**

**Traditional Calendar**  
• Elk Grove Elementary  
• Ellen Fieckert Elementary

**Year-Round Calendar**  
• Joseph Sims Elementary

**Modified-Traditional**  
• John Ehrhardt Elementary

**Themes**

**January** (1/2 – 1/31)  
Winter Wonderland

**February** (2/3 – 3/5)  
Inventors and Innovators

**March** (3/6 – 3/27)  
March Mad-Science

**April** (3/30 – 4/29)  
Once Upon a Time

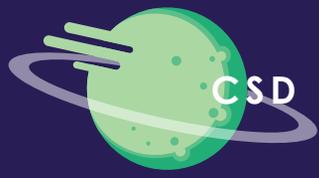
**May** (4/30 – 5/29)  
Art Exploration

**Closed**

**Traditional**  
1/1/, 1/20, 1/21, 2/10, 2/17, 4/6-4/10

**Modified-Traditional**  
4/6-4/17





# Kids Have Fun!

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

## Off-Track Day Camp



We offer fun daily activities such as arts and crafts, sports and games, science and cooking projects, and free time to enjoy with friends. A healthy morning and afternoon snack is included. Child must wear closed-toe shoes and bring ready-to-eat lunch that does not require microwaving.

### Program 2019 – 2020

<b>Hours of Operation</b>
Monday – Friday, 7am – 6pm Closed 5/26 – 5/29
<b>Location</b>
Youth Center at Elk Grove Park 9922 Elk Grove-Florin Road
<b>Annual Membership</b>
Required for the Before/After School Program and Off-Track Day Camp. (Not required for Summer Camp) Annual Rate: \$65.00
<b>Program Rates</b>
Daily Rate: \$39.00 (1-4 Days) Weekly Rate: \$163.00 (5 Days)

### Themes 2019 – 2020

<b>A Track Themes</b>	
Tropi-Cool Vacation	3/9-3/13
Under the Big Top	3/16-3/20
When I Grow Up	3/23-3/26
<b>B Track Themes</b>	
In the Garden	3/30-4/3
Going, Going, GREEN	4/6-4/10
A Reading Rainbow	4/13-4/17
It's a Jungle Out There	4/20-4/24
Under Construction	4/27-4/29
<b>C Track Themes</b>	
Tropi-Cool Vacation	1/6-1/10
Under the Big Top	1/13-1/17
When I Grow Up	1/21-1/24
In the Garden	1/27-1/31
A Reading Rainbow	5/4-5/8
It's a Jungle Out There	5/11-5/15
Under Construction	5/18-5/22
<b>D Track Themes</b>	
Tropi-Cool Vacation	2/3-2/7
Under the Big Top	2/11-2/14
When I Grow Up	2/18-2/21
In the Garden	2/24-2/28

Registration for Summer Camp will begin Wednesday, April 8!  
For more information:  
[youresd.com/KidCentral](http://youresd.com/KidCentral)



## 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: Golden Gourmet Catering

ITALIAN				
16298	Wed	1/8	5:30pm-7:30pm	
VEGETARIAN				
16300	Wed	2/19	5:30pm-7:30pm	
PASTA CASSEROLES				
16302	Wed	3/11	5:30pm-7:30pm	
MEXICAN				
16304	Mon	5/11	5:30pm-7:30pm	



## You and Me Chocolate Fun

Age 4-10 with adult

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

**Wackford Complex, Kitchen** **\$30**

Instructor: Heather Lee's Chocolates

WACKY WINTER FUN				
15882	Th	1/16	6:00pm-7:30pm	
VALENTINE'S DAY				
15880	Mon	2/3	6:00pm-7:30pm	
SPRINGTIME CHOCOLATE FUN				
15886	Th	4/9	6:00pm-7:30pm	
DAY AT THE ZOO FUN!				
15888	Th	5/14	6:00pm-7:30pm	



## Chocolate Fun for Kids

Age 7-12

Learn candy making tips, storage, packing tricks and the best online and local places to purchase supplies. Take home lots of treats and recipes (projects vary by the season). Supplies included.

**Wackford Complex, Kitchen** **\$40**

Instructor: Heather Lee's Chocolates

VALENTINES FUN				
15885	Mon	2/10	6:00pm-8:00pm	
CUTE CRITTER FUN				
15883	Th	3/12	6:00pm-8:00pm	
CANDY BAR WORKSHOP				
15887	Th	4/16	6:00pm-8:00pm	



## Junior Chef Stars Seasonal Classes

Age 4-6 page 19 · Age 13-17 page 38

## Hearts & Crafts in the Kitchen **NEW**

Age 7-12

Make this a simply delicious and crafty Valentine's Day this year. Let your Junior Chefs show you how to make Chocolate Soufflé with Creme Anglaise and fresh berries, and we can't forget the handmade chocolates, it just wouldn't be Valentine's Day without them!

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

Instructor: Junior Chef Stars

16284	Wed	2/5	5:30pm-7:30pm	
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## Easter Extravaganza! **NEW**

Age 7-12

Join us this Easter as we celebrate with some Easter fun! Students will prepare delicious egg dishes to use up those hard boiled eggs and many more fun and delicious Easter Treats!

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

Instructor: Junior Chef Stars

16290	Wed	4/1	5:30pm-7:30pm	
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## Junior Chef Stars Cooking Classes

Age 4-6 page 19 · Age 13-17 page 39

### Mangia! Mangia! **NEW**

Age 7-12

Mangia Mangia! If you grew up in an Italian family, you know that nothing can compare to the made-from-scratch family recipes that made it over from the Old World. In this class we open up Grandma's recipe box and share some of the lavish and hearty Italian fare inside. We'll show you how to make an entire family-pleasing menu of authentic dishes so wonderful that a taste will be like transporting to Grandma's kitchen in Italy.

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

Instructor: Junior Chef Stars  
16120 Wed 1/29 5:30pm-7:30pm



### Cooking Around the World **NEW**

Age 5-13

Calling all chefs from across the globe! We've got your passport ready. Take your taste buds on tour around the globe and enjoy flavorful favorites from each country we visit. This camp will teach them important kitchen skills as we introduce them to the richness of the cuisines and cultures around the world. So pack up those taste buds and register today! This camp features both savory and sweet recipes.

**Wackford Complex, Kitchen** **\$250**

Instructor: Junior Chef Stars  
15857 M-F 4/6-4/10 9:00am-12:00pm

### Cupcake Masters **NEW**

Age 5-13

What's sweeter than a bounty of delicious and beautiful cupcakes hand crafted by your own Junior Chef? Your child, with the help of our professional cake instructors, will learn the ways of a true cupcake artist! Students will mix, bake, design and complete delectable cupcakes that will showcase their creativity and taste absolutely divine!

**Wackford Complex, Kitchen** **\$250**

Instructor: Junior Chef Stars  
15858 M-F 4/6-4/10 1:00pm-4:00pm

### Mexican Mania Part 1 **NEW**

Age 7-12

Right from the times of the Mayans, with some strong influence from Spanish conquistadors, Mexican food culture has evolved into a unique blend of contemporary and timeless cuisine. In this class we will explore some of Mexico's kitchen staples. Your chef will learn to make homemade tortillas, fresh Pico de Gallo salsa, and classic Spanish rice. Your mini chefs will be saying 'Ay, Caramba' after this class. Don't forget to sign up for our 'Part Dos' class on May 4th, right before the famous Cinco de Mayo celebration.

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

Instructor: Junior Chef Stars  
16293 Tue 4/28 5:30pm-7:30pm



### Mexican Mania Part 2 **NEW**

Age 7-12

Alright all you "Cocinero's Pequeños" (Junior Chefs), you may or may not have made it to our kitchen for Part 1 of this 'Muy Loco' class, but either way, its sure to be a real Fiesta. In this class we will learn how to make 'Fajitas de Pollo' (Chicken Fajitas), Delicious Homemade Tortillas and Horchata (Mexican Rice Drink) to wash it all down with. So brush up on your Spanish, because things are getting muy caliente in our kitchen!

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

Instructor: Junior Chef Stars  
16295 Mon 5/4 5:30pm-7:30pm

### Tapas Tour! **NEW**

Age 7-12

Tapas Tour Come and celebrate Spain! Tapas are small portions of food that are served as appetizers. Students will enjoy making a variety of Tapas and kid friendly "mocktails" that are as delicious as they are nutritious!

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

Instructor: Junior Chef Stars  
16287 Wed 3/25 5:30pm-7:30pm



**Code Ninjas Studio, 8641 Elk Grove Blvd**

Age 7 – 14

## Coding Day Camp

Our one-day coding camp is packed full of fun and engaging activities including coding learning in Scratch, Javascript and Python, game-building, and robotics! All kids are welcome!

**\$85**

15946	Mon	2/24	9:00am-3:00pm
15947	Mon	5/18	9:00am-3:00pm

## Coding for Beginners

Learn how to code in a fun, safe, and inspiring learning environment. Participants will experience a game-based curriculum they already know and love, such as Scratch®, JavaScript, and Python. Participants will not just be passively learning coding, they will build games - and have a great time!

**\$155**

16420	Wed	1/8-2/5	6:00pm-6:45pm
16421	Wed	3/4-4/1	6:00pm-6:45pm

## Game Builder's Camp

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!

**\$195**

15572	M-W	1/6-1/8	9:00am-3:00pm
15573	M-F	4/13-4/17	9:00am-12:00pm

## Roblox Create Camp

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!

**\$195**

15574	M-W	3/23-3/25	9:00am-3:00pm
15575	M-F	4/13-4/17	12:00pm-3:00pm

## Chess Academy

Age 5-12

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

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

Instructor: Chess Academy

15232	Wed	3/4-3/25	4:00pm-5:00pm
15233	Wed	4/15-5/6	4:00pm-5:00pm

## Robotics using LEGO WeDo



Age 6-9

Build and program robots in this Robotics class using the LEGO® WeDo® system. Learn programming skills, engineering concepts, and names of robot components. Complete projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs!

**Laguna Town Hall, Room 2 \$185**

Instructor: PlayWell Technologies Staff

15976	M-F	4/6-4/10	9:00am-12:00pm
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## Harry Potter Master Engineering



Age 7-11

Master the magic of Harry Potter using LEGO®! Build Diagon Alley in preparation for your trip to Hogwarts School of Witchcraft and Wizardry. Hop on your Broomstick and play Quidditch, duel the evil Lord Voldemort, and hone your magical skills while learning about advanced Muggle (STEM) concepts.

**Laguna Town Hall, Room 1 \$170**

Instructor: PlayWell Technologies Staff

15977	M-F	4/6-4/10	1:00pm-4:00pm
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## Guitar for Kids

Age 8-12

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

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

Instructor: Steve Dunne Music

### LEVEL 1

15438	Wed	1/8-2/12	5:30pm-6:25pm
15439	Wed	2/26-4/1	5:30pm-6:25pm
15440	Wed	4/15-5/20	5:30pm-6:25pm

### LEVEL 2

15441	Wed	1/8-2/12	6:30pm-7:25pm
15442	Wed	2/26-4/1	6:30pm-7:25pm
15443	Wed	4/15-5/20	6:30pm-7:25pm

## Piano for Kids

Age 7-12

The Simply Music Piano program has beginning students playing great sounding pop, blues, classical and accompaniment pieces from their first group lessons. This unique 'playing-based' approach produces unprecedented results. Participants share piano during lessons. \$35 supply fee payable through Simply Music; instructions provided at first class.

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

Instructor: Sharissa Delgado

### LEVEL 1

15432	Mon	1/13-3/16*	4:30pm-5:20pm
15433	Mon	3/30-5/18	4:30pm-5:20pm

\*No Class 1/20, 2/17

### LEVEL 2

15434	Mon	1/13-3/16*	5:30pm-6:20pm
15435	Mon	3/30-5/18	5:30pm-6:20pm

\*No Class 1/20, 2/17

## 2020 Family Vision Board



Age 3+ With adult

Bring your family (up to 5 people) and work together to create a collage style work of art that captures your goals for the year ahead.

**Gifts from the Heart of Elk Grove 9685 Elk Grove-Florin Rd. \$15**

Instructor: Gifts from the Heart

15948	Fri	1/10	6:30pm-7:30pm
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## Art Classes

Teen Art Classes, see page 38

### Kid's Art

Age 6-12

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. Supplies included.

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

Instructor: Nancy Quiaoit

15402	Tue	2/4-2/25	4:30pm-5:30pm
15403	Tue	3/3-3/24	4:30pm-5:30pm
15404	Tue	4/7-4/28	4:30pm-5:30pm
15405	Tue	5/5-5/26	4:30pm-5:30pm

### Kid's Drawing

Age 8-16

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

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

Instructor: Nancy Quiaoit

15410	Th	2/6-2/27	4:30pm-5:30pm
15411	Th	3/5-3/26	4:30pm-5:30pm
15412	Th	4/9-4/30	4:30pm-5:30pm
15413	Th	5/7-5/28	4:30pm-5:30pm

### Kid's Painting

Age 8-15

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

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

Instructor: Nancy Quiaoit

15406	Tue	2/4-2/25	6:15pm-7:15pm
15407	Tue	3/3-3/24	6:15pm-7:15pm
15408	Tue	4/7-4/28	6:15pm-7:15pm
15409	Tue	5/5-5/26	6:15pm-7:15pm

### Kid's Intermediate Painting

Age 11-12

Students will complete an acrylic painting on a 14x18 stretched canvas. It will take 4-weeks to complete. The subject matter will be a nature scene. Supplies are included. This class runs concurrently with the Painting on Canvas Class for Teens.

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

Instructor: Nancy Quiaoit

15414	Th	2/6-2/27	6:15pm-7:15pm
15415	Th	3/5-3/26	6:15pm-7:15pm
15416	Th	4/9-4/30	6:15pm-7:15pm
15417	Th	5/7-5/28	6:15pm-7:15pm



## Spring Break Camps with Mad Science

**Wackford Complex, Poppy A**  
Mad Science Inc.

### Journey into Space

Age 6-11

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery. See the principles of thrust and propulsion at work in a real rocket launch. Explore the atmosphere on earth and beyond. Watch star dust burn, and journey through a galaxy as you investigate the life cycle of stars. Explore the farthest reaches of our solar system and create a lunar eclipse in the "mad" planetary tour. Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena. Experience the life of an astronaut as you suit up for a space flight and then perform spacecraft repairs. This is an experience that is truly out of this world! **\$170**

15975 M-F 4/6-4/10 9:00am-12:00pm

### Radical Robots

Age 8-11

Great Scott! We need help to control our robots before they get the upper hand and take over the world! In this camp you will program robots, interact with them and build a cool robot to take home. Learn to control them with simple buttons, light, an easy graphical user interface and even your own voice! A wide range of challenges await everyone from the mature beginner to the most experienced roboteer. By the end you'll have a new, super-power to control robots everywhere! **\$200**

15974 M-F 4/6-4/10 1:00pm-4:00pm





## 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: Shake DA Shaka / Glimpse of the Pacific  
 15357 Th 1/23-2/20 6:00pm-7:00pm  
 15358 Th 3/5-4/2 6:00pm-7:00pm  
 15359 Th 4/16-5/21\* 6:00pm-7:00pm

\*No Class 5/7

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

Age 8+

This class is for transition to intermediate/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: Shake DA Shaka / Glimpse of the Pacific  
 15381 Th 1/23-2/20 7:00pm-8:30pm  
 15382 Th 3/5-4/2 7:00pm-8:30pm  
 15383 Th 4/16-5/21\* 7:00pm-8:30pm

\*No Class 5/7

## 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

**DANCE CLASS \$120**

15576 Th 1/9-2/20 5:00pm-6:00pm

**OPTIONAL RECITAL FOR #15576 \$40**

15578 Th 2/27 5:30pm-6:30pm

**DANCE CLASS \$120**

15577 Th 4/9-5/21 5:00pm-6:00pm

**OPTIONAL RECITAL FOR #15577 \$40**

15579 Th 5/28 5:30pm-6:30pm



## Encore! Dance Classes

### Club Hip Hop

Age 6-8

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**

Instructor: Encore! Studio of Performing Arts

**AGE 6-8**

15343 Mon 1/6-2/10\* 5:00pm-5:45pm **\$75**

15344 Mon 1/6-2/10\* 6:00pm-6:45pm **\$75**

15345 Mon 2/24-3/30 5:00pm-5:45pm **\$90**

15346 Mon 2/24-3/30 6:00pm-6:45pm **\$90**

15347 Mon 4/13-5/18 5:00pm-5:45pm **\$90**

15348 Mon 4/13-5/18 6:00pm-6:45pm **\$90**

**CLUB HIP HOP AGE 9-11**

15349 Mon 1/6-2/10\* 7:00pm-7:45pm **\$75**

15350 Mon 2/24-3/30 7:00pm-7:45pm **\$90**

15351 Mon 4/13-5/18 7:00pm-7:45pm **\$90**

\*No Class 1/20

### Ballet/Tap Combo

Age 5½-8

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 first day of class. Please call the Encore Studio for Dress Code questions. This class is designed as 'drop-off'.

**Encore! Studio, 9154 E. Stockton Blvd**

Instructor: Encore! Studio of Performing Arts

**AGE 5½-7**

15337 Mon 1/6-2/10\* 5:00pm-5:50pm **\$75**

15338 Mon 2/24-3/30 5:00pm-5:50pm **\$90**

15339 Mon 4/13-5/18 5:00pm-5:50pm **\$90**

\*No Class 1/10

**AGE 6-8**

15340 Th 1/9-2/13 4:30pm-5:20pm **\$90**

15341 Th 2/20-3/26 4:30pm-5:20pm **\$90**

15342 Th 4/16-5/21 4:30pm-5:20pm **\$90**

**Age 4½ - 5½, see page 17**



## Family Fitness

### Family Yoga

**NEW**

Age 5+ with adult

This is a one hour long beginning yoga class that is great for the entire family. When we say family, we mean the entire family, kids, parents and grandparents who have never set foot on a yoga mat are welcome to attend. Learn the importance of breathing, balance, and strength while enjoying time with your family. This gentle yoga format is great for all levels and can be done with or without the family. Bring a yoga mat and water and to class and wear comfortable clothing.

**Switch Studio, 9632 Emerald Oak Dr. Suite K** **Adult \$45 Child \$15**

Instructor: Switch Fitness

15984	Sun	1/5-1/26	1:30pm-2:30pm
16005	Sun	2/2-2/23	1:30pm-2:30pm
16006	Sun	3/1-3/22	1:30pm-2:30pm
16007	Sun	3/29-4/26*	1:30pm-2:30pm
16008	Sun	5/3-5/31*	1:30pm-2:30pm

\*No Class 4/12, 5/24

### Family Knockout

**NEW**

Age 5+ With adult

Family Knockout is 30 minutes of plyometrics (using your body as a weight and springboard), conditioning drills, and functional training. You'll go from floor to standing and back around again, for a full body workout that's designed for the whole family.

**Switch Studio, 9632 Emerald Oak Dr. Suite K** **Adult \$40 Child \$10**

Instructor: Switch Fitness

15985	Sun	1/5-1/26	4:30pm-5:00pm
16001	Sun	2/2-2/23	4:30pm-5:00pm
16002	Sun	3/1-3/22	4:30pm-5:00pm
16003	Sun	3/29-4/26*	4:30pm-5:00pm
16004	Sun	5/3-5/31*	4:30pm-5:00pm

\*No Class 4/12, 5/24



## Gymnastics

### Basic Gym

Age 6-12

Gymnasts are introduced to skills on each of the events - vault, bars, balance beam, floor, and trampoline. Gymnasts are also introduced to strength and flexibility exercises.

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

Instructor: Elevate Gymnastics

15276	Tue	1/14-2/25*	3:30pm-4:15pm
15277	Wed	1/15-2/26*	5:30pm-6:15pm
15278	Fri	1/17-2/28*	4:30pm-5:15pm
15279	Fri	1/17-2/28*	5:30pm-6:15pm
15280	Tue	3/3-4/7	3:30pm-4:15pm
15281	Wed	3/4-4/8	5:30pm-6:15pm
15282	Fri	3/6-4/10	4:30pm-5:15pm
15283	Fri	3/6-4/10	5:30pm-6:15pm
15284	Tue	4/21-5/26	3:30pm-4:15pm
15285	Wed	4/22-5/27	5:30pm-6:15pm
15286	Fri	4/24-5/29	4:30pm-5:15pm
15287	Fri	4/24-5/29	5:30pm-6:15pm

\*No Class 2/11, 2/12, 2/14

### 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

#### AGE 5-7: JUNIOR NINJA

15288	Tue	1/14-2/25*	3:30pm-4:15pm
15289	Tue	3/3-4/7	3:30pm-4:15pm
15290	Tue	4/21-5/26	3:30pm-4:15pm

#### AGE 8-13: NINJA

15291	Wed	1/15-2/26*	6:30pm-7:15pm
15292	Wed	3/4-4/8	6:30pm-7:15pm
15293	Wed	4/22-5/27	6:30pm-7:15pm

\*No Class 2/11, 2/12

# AMAZING RACE

## MOTHER-SON CHALLENGE

May 9

SEE PAGE 4

## 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 water bottle and wear shoes. Instructor's approval is required for enrollment in the Intermediate classes.

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

Instructor: Shannon Newman

### BEGINNER

15921	M,W	1/6-1/29*	5:45pm-6:25pm
15922	M,W	2/3-2/26*	5:45pm-6:25pm
15923	M,W	3/2-3/30	5:45pm-6:25pm
15924	M,W	4/1-4/29	5:45pm-6:25pm
15925	M,W	5/4-5/27*	5:45pm-6:25pm

### INTERMEDIATE

15926	M,W	1/6-1/29*	6:30pm-7:20pm
15927	M,W	2/3-2/26*	6:30pm-7:20pm
15928	M,W	3/2-3/30	6:30pm-7:20pm
15929	M,W	4/1-4/29	6:30pm-7:20pm
15930	M,W	5/4-5/27*	6:30pm-7:20pm

\*No Class 1/20, 2/17, 5/25



## Kids Self-Defense and Safety

Age 5-17. This course is designed to develop coordination, balance, attention span and basic self-defense movements in a fun structured environment. Instructor will cover different issues on safety. \$40 optional uniform and \$10 optional belt advancement. Instructor's approval required for enrollment beyond White Belt. Instructor: Mark Gothard Self Defense

### WHITE BELT: AGE 5-11

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

15900	Sat	1/4-1/25	9:05am-9:45am
15901	Sat	2/1-2/29	9:05am-9:45am
15902	Sat	3/7-3/28	9:05am-9:45am
15903	Sat	4/4-4/25	9:05am-9:45am
15904	Sat	5/2-5/30	9:05am-9:45am

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

15896	Tue	1/7-1/28	5:15pm-5:55pm
15897	Tue	2/4-2/25	5:15pm-5:55pm
15898	Tue	3/3-3/31	5:15pm-5:55pm
15899	Tue	4/7-4/28	5:15pm-5:55pm
15905	Tue	5/5-5/26	5:15pm-5:55pm

### YELLOW BELT: AGE 5-11

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

15910	Sat	1/4-1/25	9:50am-10:30am
15911	Sat	2/1-2/29	9:50am-10:30am
15912	Sat	3/7-3/28	9:50am-10:30am
15913	Sat	4/4-4/25	9:50am-10:30am
15914	Sat	5/2-5/30	9:50am-10:30am

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

15906	Tue	1/7-1/28	6:00pm-6:40pm
15907	Tue	2/4-2/25	6:00pm-6:40pm
15908	Tue	3/3-3/31	6:00pm-6:40pm
15909	Tue	4/7-4/28	6:00pm-6:40pm
15915	Tue	5/5-5/26	6:00pm-6:40pm

### ORANGE/PURPLE BELT: AGE 6-13

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

15870	Sat	1/4-1/25	10:45am-11:25am
15871	Sat	2/1-2/29	10:45am-11:25am
15872	Sat	3/7-3/28	10:45am-11:25am
15873	Sat	4/4-4/25	10:45am-11:25am
15874	Sat	5/2-5/30	10:45am-11:25am

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

15875	Tue	1/7-1/28	6:45pm-7:25pm
15876	Tue	2/4-2/25	6:45pm-7:25pm
15877	Tue	3/3-3/31	6:45pm-7:25pm
15878	Tue	4/7-4/28	6:45pm-7:25pm
15879	Tue	5/5-5/26	6:45pm-7:25pm

### GREEN BELT: AGE 7-16

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

15865	Sat	1/4-1/25	11:30am-12:10pm
15866	Sat	2/1-2/29	11:30am-12:10pm
15867	Sat	3/7-3/28	11:30am-12:10pm
15868	Sat	4/4-4/25	11:30am-12:10pm
15869	Sat	5/2-5/30	11:30am-12:10pm

### RED/BROWN/BLACK BELT: AGE 8-20

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

15891	Sat	1/4-1/25	12:15pm-12:55pm
15895	Sat	2/1-2/29	12:15pm-12:55pm
15892	Sat	3/7-3/28	12:15pm-12:55pm
15893	Sat	4/4-4/25	12:15pm-12:55pm
15894	Sat	5/2-5/30	12:15pm-12:55pm

## 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.)

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

Instructor: RB Robinson

15931	M,W	1/6-1/29*	6:30pm-7:15pm
15932	M,W	2/3-2/26*	6:30pm-7:15pm
16667	M,W	3/2-3/30	6:30pm-7:15pm
15934	M,W	4/1-4/29	6:30pm-7:15pm
15935	M,W	5/4-5/27*	6:30pm-7:15pm

\*No Class 1/20, 2/17, 5/25

## 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 optional supply fee uniform.

Instructor: School Of The Tiger

### BEGINNING: AGES 6-12

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

15823	M,W	1/6-1/29*	5:30pm-6:30pm
15824	M,W	2/3-2/26*	5:30pm-6:30pm
15825	M,W	3/2-3/30	5:30pm-6:30pm
15826	M,W	4/1-4/29	5:30pm-6:30pm
15830	M,W	5/4-5/27*	5:30pm-6:30pm

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

15827	T,Th	2/4-2/27	5:30pm-6:30pm
15828	T,Th	3/3-3/31	5:30pm-6:30pm
15829	T,Th	4/2-4/30	5:30pm-6:30pm
16672	T,Th	5/5-5/28	6:30pm-7:30pm

\*No Class 1/20, 2/17, 5/6, 5/25

### INTERMEDIATE: AGES 6-12

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

15831	M,W	1/6-1/29*	6:30pm-7:30pm
15832	M,W	2/3-2/26*	6:30pm-7:30pm
15833	M,W	3/2-3/30	6:30pm-7:30pm
15834	M,W	4/1-4/29	6:30pm-7:30pm
15838	M,W	5/4-5/27*	6:30pm-7:30pm

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

15835	T,Th	2/4-2/27	6:30pm-7:30pm
15836	T,Th	3/3-3/31	6:30pm-7:30pm
15837	T,Th	4/2-4/30	6:30pm-7:30pm
15839	T,Th	5/5-5/28	6:30pm-7:30pm

\*No Class 1/20, 2/17, 5/6, 5/25



Instructed by CSD Sports Staff  
Wackford Complex, Gym  
Age 6-12



This indoor/outdoor multi-sports camp focuses on improving skill through drills and fun alternative games with an emphasis on fair play and teamwork. Highlighted sports include basketball, soccer, flag football, dodgeball, volleyball and wiffleball. Friday will focus on games learned throughout the week with

competition amongst their assigned teams. Participants should bring a water bottle and a peanut-free lunch. Pizza will be provided at lunch on Friday.

**\$150/participant \$25 Early Drop-Off 8am – 9am**

16082 M-F 4/6-4/10 9:00am-3:00pm

# Spring

# GOLF CAMPS



Instructed by Natalie Farahani - Emerald Lakes Golf Course  
Age 7-12 - \$200/participant

## The First Tee 5 Day Camp



Hop into spring with The First Tee 5 Day Camp! This 5 day, 2 hour a day camp will include social activities, learning the basics of full swing, chipping, and putting, rules, etiquette, and The Nine Core Values of The First Tee. Clubs will be provided if your child does not own clubs.

16071 M-F 3/16-3/20 4:30pm-6:30pm  
16073 M-F 4/6-4/10 9:00am-12:00pm

## Girls Golf 5 Day Camp



Hop into Spring with The LPGA\*USGA Girls Golf 5 Day Camp! This 5 day, 2 hour a day camp will include social activities, learning the basics of full swing, chipping, and putting, rules, etiquette, and The Five E's of Girls Golf.

16072 M-F 3/23-3/27 4:30pm-6:30pm





# jr. kings

**VOLUNTEER COACHES NEEDED!**

**\$135/Player · Saturdays, 2/15-4/4\***

Our Jr. Kings Basketball League is a partnership with the Sacramento Kings designed to teach kids the fundamentals of basketball, good sportsmanship and teamwork in a fun, recreational environment.

### Important Dates

**Coaches Meeting:** 1/16  
**Clinic Day:** 1/18  
**Contacted by Coach by:** 1/31  
**First Practice:** 2/1  
**Picture Day:** 2/8  
**First Game:** 2/15  
**Final Game:** 4/4

### Key

- **Pink:** Elizabeth Pinkerton Middle School
- **Eddy:** Harriet Eddy Middle School
- **WCAC:** Wackford Community Aquatic Complex

### Girls

**DIVISION 3 (7-8 YEARS)**  
 #16087 10am-6pm @WCAC  
 Clinic Day: 1/18, 12pm @WCAC

**DIVISION 2 (9-11 YEARS)**  
 #16085 9am-5pm @Eddy  
 Clinic Day: 1/18, 2pm @Pink

**DIVISION 1 (12-14 YEARS)**  
 #16083 9am-5pm @Pink  
 Clinic Day: 1/18, 12pm @Pink

**DIVISION 4 COED (5-6YRS)**  
 Wackford Complex  
 16088 10:00am-6:00pm

### Boys

**DIVISION 3 (7-8 YEARS)**  
 16086 10am-6pm @WCAC  
 Clinic Day: 1/18, 2pm @WCAC

**DIVISION 2 (9-11 YEARS)**  
 16084 9am-5pm @Eddy  
 Clinic Day: 1/18, 10am @WCAC

**DIVISION 1 (12-14 YEARS)**  
 15635 9am-5pm @Pink  
 Clinic Day: 1/18, 10am @Pink

Together We Play 



# T-BALL LEAGUE

**Season Dates 2/29/20 - 5/2/20\***

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.

The T-Ball Tribune, a newsletter detailing important dates and league information, will be available at registration.

### Important Dates

**Coaches Meeting:** 2/5  
**Contacted by Coach deadline:** 2/14  
**Picture Day:** 2/29 at WCAC Gym  
**First Game:** 3/7  
**Final Game:** 5/2  
**Coaches vs Staff Game:** 5/2  
**\*No Practice or Games:** 4/6-4/11

### Registration

Registration begins 11/1/19. \$135 by mail or in person through 1/14.

Beginning 1/15, late registration if space is available - \$145.

**Laguna Community Park (LCP)**  
 Age 3-4 16611  
 Age 5-6 16612

**Morse Park**  
 Age 3-4 16614  
 Age 5-6 16615

**Support the kids and get your business noticed!**  
**Limited t-ball sponsorships available.**  
 DEADLINE - December 16, 2019. More info: (916) 405-5303.



Together We Play 



**Volunteer Coaches Needed!**

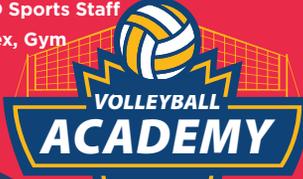
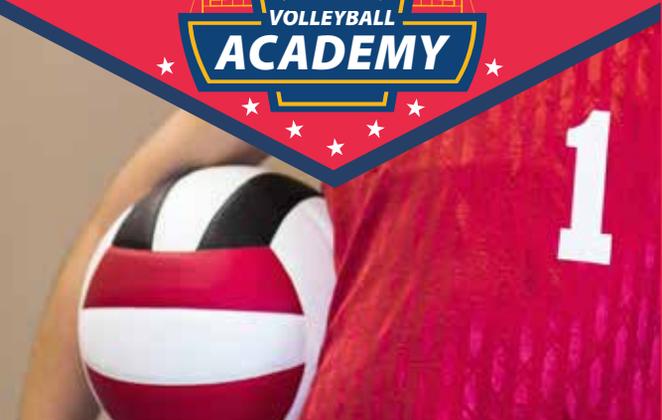
The Cosumnes CSD relies on community support to provide volunteer coaches for youth sports leagues. If you are passionate about supporting youth programming, we encourage you to sign up today!

**Basketball - Tball - Soccer**

More info: (916) 405-5600 or yourcsd.com



Instructed by CSD Sports Staff  
Wackford Complex, Gym  
Age 7-12

Our Volleyball Academy is a once-a-week program designed to help participants develop the fundamental skills of volleyball through drills and organized challenges.

Our experienced volleyball staff will teach passing, setting, hitting and tactics while encouraging teamwork, sportsmanship, communication and responsibility. All levels of skill are welcome.

**\$79/participant**

16093	Sun	1/12-3/1	8:45am-9:45am	
16094	Sun	3/8-5/3*	8:45am-9:45am	*No Class 4/12





Instructed by CSD Sports Staff  
Wackford Complex, Gym  
Age 7-12  
**\$100**

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.

16089	T,Th	1/7-2/6	3:45pm-4:45pm
16090	T,Th	2/11-3/12	3:45pm-4:45pm
16091	T,Th	3/17-4/16	3:45pm-4:45pm
16092	T,Th	4/21-5/21	3:45pm-4:45pm

Together We Play



**Save the Date**

# Pee Wee Soccer League

Season June-July  
Registration Begins 2/1

**Pee Wee Sports**  
Ages 2-6  
Pages 20-21

## Soccer Skills N' Drills

Age 7-12

**4/21-5/21**  
6:30pm-7:30pm  
Tu/Th  
Miwok Park \$82  
Instructor:  
Victor Alaniz  
#16636

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

COSUMNES CSD  
Emerald Lakes

# FOOTGOLF

Emerald Lakes' footgolf course is a great place for families to play. This fun, new game combines the popular sports of golf and soccer.

9-Hole Rates:  
Junior: \$5  
Adult 19+: \$8



# The First Tee Youth Golf Classes

Age 7-12

Instructed by Natalie Farahani · Emerald Lakes Golf Course - \$150



The First Tee not only teaches kids how to golf, but also aims 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.

16074 M,W 4/20-5/13 4:00pm-5:30pm

To inquire about scholarship information through The First Tee, contact Natalie at (916) 224-8894

## 9 Core Values

- **Honesty**
- **Respect**
- **Confidence**
- **Courtesy**
- **Judgment**
- **Sportsmanship**
- **Perseverance**
- **Integrity**
- **Responsibility**



Enrich

Empower

Exercise

Engage

Energize



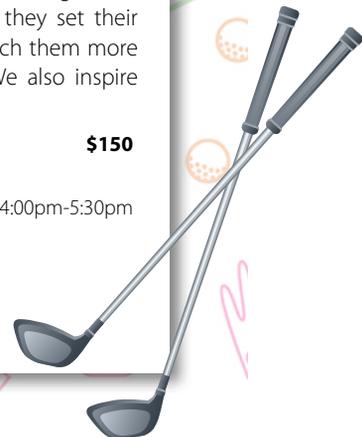
## LPGA\*USGA Girls Golf Program

Age 7-12

LPGA\*USGA Girls Golf focuses on coaching girls the golf fundamentals as well as focusing on the 5 E's of Girls Golf being 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 also inspire them for the game of life.

**Emerald Lakes Golf Course** **\$150**

Instructor: Natalie Farahani  
16075 T,Th 4/21-5/14 4:00pm-5:30pm



Cosumnes CSD

# The Grove Teen

Located inside the Wackford Complex, 9014 B  
The Grove Teen Center is a community resource program that provides literacy,  
and safe constructive alternatives for participants currently enrolled in grade



## The Grove Afterschool Program

For students enrolled in grades 7-12  
Monday-Thursday: 3-6 pm & Friday: 2-6 pm

The Grove  
Afterschool  
Program

May 4, 2020  
2020-21 Afterschool  
Program  
Registration Begins

This isn't your average afterschool program!  
This 2,100-square-foot teen center offers a safe  
location for meeting and making friends as well as  
the opportunity to participate in fun, programmed activities.

Members can enjoy cool amenities such as the snack bar,  
flat screen tvs, pool table, foosball table, ping pong table,  
computer access, various video game consoles, and more!

Once a quarter The Grove hosts a super fun FREE Friday night  
event. Previous events include Dive-In Movie Night, Game Nights,  
Hollywood at the Oscars & Harry Potter Night.

So what are you waiting for? Sign up today!

The Grove offers an after school shuttle service  
between Harriet Eddy, Toby Johnson and Elizabeth  
Pinkerton Middle schools to The Grove's after  
school program. The Teen Taxi is offered at no  
additional cost to program participants and runs  
five days a week, including minimum days. Space  
is limited and registration is required.

May 11, 2020  
Teen Taxi  
Registration Begins

April 8, 2020  
Teen Adventure Summer  
Camp Registration Begins



# Center

nuceville Road  
academic enrichment,  
s 7-12.



## Teen Action COMMITTEE

COSUMNES CSD

*For high school students.*  
The Teen Action Committee (TAC) provides teens with the opportunity to work as a team, participate in community service projects and create positive opportunities for teens of Elk Grove. TAC also offers fun events and informative workshops that are open to the Elk Grove Community.

LEADERSHIP  
WORKSHOP

BLACK LIGHT GAME NIGHT

Service

Leadership

Fun

Teamwork

RESUME WORKSHOP

MULTI-CULTURAL EVENT

## TEEN LEADERSHIP COMMITTEE

COSUMNES CSD



*For middle school students August – May.*

Teen Leadership Committee members receive leadership training, work on fun service projects, and volunteer. TLC members have the opportunity to visit a college and plan for future academic goals.



## 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**

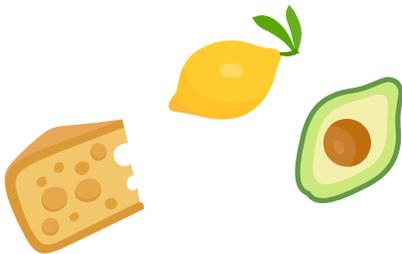
Instructor: Golden Gourmet Catering

ITALIAN			
16298	Wed	1/8	5:30pm-7:30pm

VEGETARIAN			
16300	Wed	2/19	5:30pm-7:30pm

PASTA CASSEROLES			
16302	Wed	3/11	5:30pm-7:30pm

MEXICAN			
16304	Mon	5/11	5:30pm-7:30pm



## More classes for teens to check out!

Guitar, Piano.....	43
Dance.....	44
Fitness.....	45-46
Karate, Jiu Jitsu, Jeet Kune Do.....	46



## Painting on Canvas for Teens

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 B \$70**

Instructor: Nancy Quiaoit

15418	Th	2/6-2/27	6:15pm-7:15pm
15419	Th	3/5-3/26	6:15pm-7:15pm
15420	Th	4/9-4/30	6:15pm-7:15pm
15421	Th	5/7-5/28	6:15pm-7:15pm



## The First Tee

Age 12-18

The First Tee not only teaches teens 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 \$100**

Instructor: Natalie Farahani

16077 Fri 4/24-5/15 5:30pm-6:30pm

Age 5-6 page 20

Age 7-11 page 33



## Dream It, Be It! Workshop NEW

Age 13-18

Designed specifically for girls in secondary school, "Dream It, Be It" provides participants with career support and guidance. Through education and access to role models, the program aims to empower girls to pursue career goals and reach their full potential. In seven sessions during the four full-day workshops, participants will learn about career opportunities, setting and achieving goals, overcoming obstacles to success, and

moving forward after setbacks. Participants will have the opportunity to work closely with professional and respected woman in the community who work together on projects that benefit women and girls. Sign up today and get on track to making your career dreams a reality!

**Wackford Complex, Teen Center \$16**

Instructor: Soroptimist Int'l. of Elk Grove

15637 Sat 1/11-2/8 9:00am-3:00pm



## Junior Chef Stars Classes

Age 4-6 page 19 · Age 7-12 page 25



### Hearts & Crafts in the Kitchen **NEW**

Age 13-17

Make this a simply delicious and crafty Valentine's Day this year. Let your Junior Chefs show you how to make Chocolate Souffle's with Creme Anglaise and fresh berries, and we can't forget the handmade chocolates, it just wouldn't be Valentine's Day without them!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16285 Th 2/6 5:30pm-7:30pm

### Easter Extravaganza! **NEW**

Age 13-17

Join us this Easter as we celebrate with some Easter fun! Students will prepare delicious egg dishes to use up those hard boiled eggs and many more fun and delicious Easter Treats!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16291 Th 4/2 5:30pm-7:30pm

### Mangia! Mangia! **NEW**

Age 13-17

Mangia Mangia! If you grew up in an Italian family, you know that nothing can compare to the made-from-scratch family recipes that made it over from the Old World. In this class we open up Grandma's recipe box and share some of the lavish and hearty Italian fare inside. We'll show you how to make an entire family-pleasing menu of authentic dishes so wonderful that a taste will be like transporting to Grandma's kitchen in Italy.

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16121 Th 1/30 5:30pm-7:30pm

### Tapas Tour! **NEW**

Age 13-17

Tapas Tour Come and celebrate Spain! Tapas are small portions of food that are served as appetizers. Students will enjoy making a variety of Tapas and kid friendly "mocktails" that are as delicious as they are nutritious!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16288 Th 3/26 5:30pm-7:30pm



### Mexican Mania Part 1 **NEW**

Age 13-17

Right from the times of the Mayans, with some strong influence from Spanish conquistadors, Mexican food culture has evolved into a unique blend of contemporary and timeless cuisine. In this class we will explore some of Mexico's kitchen staples. Your chef will learn to make homemade tortillas, fresh Pico de Gallo salsa, and classic Spanish rice. Your chefs will be saying 'Ay, Caramba' after this class. Don't forget to sign up for our 'Part Dos' class on May 4th, right before the famous Cinco de Mayo celebration.

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16294 Wed 4/29 5:30pm-7:30pm



### Mexican Mania Part 2 **NEW**

Age 13-17

Alright all you "Cocinero's Pequenos" (Junior Chefs), you may or may not have made it to our kitchen for Part 1 of this "Muy Loco" class, but either way, its sure to be a real Fiesta. In this class we will learn how to make "Fajitas de Pollo" (Chicken Fajita's), Delicious Homemade Tortillas and Horchata (Mexican Rice Drink) to wash it all down with. So brush up on your Spanish, because things are getting muy caliente in our kitchen!

**Wackford Complex, Kitchen \$50**

Instructor: Junior Chef Stars  
16296 Tue 5/5 5:30pm-7:30pm



**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 Talent Show

Age 5+

Get ready to shine! This FREE event is open to all abilities. Perform a talent or show your support for your friends in the audience. There is something for everyone at this family friendly event.

**Laguna Town Hall, Reception Hall \$0**

Instructor: CSD Staff

15806 Fri 4/17 6:30pm-8:30pm

### RAD Aquatic Fitness

Age 18+

RAD Aquatic Fitness is designed for persons 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

15778 Tue 5/5-5/26 11:00am-12:00pm

#### DEEP POOL

15777 Th 5/7-5/28 10:30am-11:30am



### 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.

**Wackford Complex, Valley Oak Ballroom**

Instructor: CSD Staff

15779	Wed	1/8-1/29	10:30am-11:30am	<b>\$16</b>
15784	Th	1/9-1/30	10:30am-11:30am	<b>\$16</b>
15780	Wed	2/5-2/26	10:30am-11:30am	<b>\$16</b>
15785	Th	2/6-2/27	10:30am-11:30am	<b>\$16</b>
15781	Wed	3/4-3/25	10:30am-11:30am	<b>\$16</b>
15786	Th	3/5-3/26	10:30am-11:30am	<b>\$16</b>
15782	Wed	4/1-4/22	10:30am-11:30am	<b>\$16</b>
15787	Th	4/9-4/30	10:30am-11:30am	<b>\$16</b>
15783	Wed	5/13-5/27*	10:30am-11:30am	<b>\$12</b>

\*No Class 5/6

### 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

**Elk Grove Park, Pavilion \$16**

15801 Tue 1/7-1/28 10:30am-11:30am

**Wackford Complex, Valley Oak Ballroom \$16**

15802 Tue 2/4-2/25 10:30am-11:30am

15803 Tue 3/3-3/24 10:30am-11:30am

15804 Tue 4/7-4/28 10:30am-11:30am

15805 Tue 5/5-5/26 10:30am-11:30am

### 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. Registration is open to participants Age 18+.

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

Instructor: CSD Staff

#### DANCE THROUGH THE DECADES

15788 Fri 1/17 7:00pm-9:00pm

#### VALENTINE'S FORMAL

15789 Fri 2/7 7:00pm-9:00pm

#### MARDI GRAS

15790 Fri 3/6 7:00pm-9:00pm

#### HELLO SPRING

15791 Fri 4/3 7:00pm-9:00pm

#### A GALAXY FAR, FAR AWAY

15792 Fri 5/1 7:00pm-9:00pm

### 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.

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

Instructor: CSD Staff

15796 Fri 1/10-1/31 10:30am-11:30am

15797 Fri 2/7-2/28 10:30am-11:30am

15798 Fri 3/6-3/27 10:30am-11:30am

15799 Fri 4/3-4/24 10:30am-11:30am

15800 Fri 5/1-5/22 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@cspdparcs.com

## Smartphone / Computer Workshop

*Age 18+*  
This is a beginner workshop for those who wish to learn more about their electronics. We will cover the fundamentals which will pave the way for learning about the other tech topics you may discover on your smart device (like Social Media and Online Shopping). The second half of the workshop will be a Q&A style! So take this opportunity to pick the brain of an electronics expert.

**Wackford Complex, Poppy B** **\$80**  
Instructor: Assist Tech Solutions

ANDROID WORKSHOP			
15953	Fri	1/24	1:00pm-4:00pm
15965	Wed	4/29	9:00am-12:00pm

IPHONE WORKSHOP			
15963	Fri	2/28	1:00pm-4:00pm
15968	Fri	5/29	1:00pm-4:00pm

COMPUTER/LAPTOP WORKSHOP			
15964	Wed	3/25	9:00am-12:00pm



## Adult, Child, Infant CPR/AED

*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: CSD Fire Personnel

**Wackford Complex, Willow Room** **\$50**

16013	Sat	1/18	9:00am-12:00pm
16016	Sat	3/21	9:00am-12:00pm
16017	Sat	5/16	9:00am-12:00pm

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

16014	Th	2/13	5:00pm-8:00pm
16015	Th	4/16	5:00pm-8:00pm



## A Loving Approach to Dementia Care

**NEW**

*Age 18+*  
As the number of dementia cases continues to increase locally, nationwide and worldwide, this is a growing need for care givers to become "dementia-aware." This specialized training will cultivate a deeper understanding and clearer recognition of dementia and imparts appropriate, competent and sensitive "dementia aware" care. This course has been approved for 4 hours of continuing education by Prehospital CE Provider #34-1090 and California Board of Nursing Provider #CEP16502. Taught by Laura Wayman. Check her out at [laurawayman.com](http://laurawayman.com).

**Wackford Complex, Poppy Room** **Free**  
Instructor: Laura Wayman  
16523 Fri 1/3 8:00am-12:00pm



## Fall Prevention - It's a Matter of Balance

**NEW**

*Age 16+*  
A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Participants are encouraged to bring their caregiver or a family member.

**Wackford Complex, Poppy Room** **Free**  
Instructor: Gina Hansen  
16658 Th 1/9-2/27 10:00am-12:00pm



## Landscape Maintenance Funding 101

*Age 18+*  
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!

**Wackford Complex, Willow Room** **Free**  
Instructor: CSD Staff  
16514 Fri 4/3 6:30pm-8:30pm



## Chocolate Bar Workshop

Age 18+

In this 2-hour workshop you will learn how to make your own Chocolate Bars. Learn about different styles of candy bar making, packaging tips, trick and storage. Take home lots of treats and recipes. Supplies included.

**Wackford Complex, Kitchen \$53**

Instructor: Heather Lee's Chocolates  
15889 Th 5/21 6:00pm-8:00pm

## Chocolate Gifts from the Kitchen

Age 18+

Make candy bars and many other chocolate treats for Valentine's Day gifts. Also learn candy making tips, storage and packaging tricks, and the best local and on-line places to purchase supplies. Recipes will be provided. Supplies included.

**Wackord Complex, Blue Heron Room \$53**

Instructor: Heather Lee's Chocolates  
15884 Th 2/6 6:00pm-8:00pm

## Canines on Course - Basic Dog Obedience

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: Canines on Course  
15640 Wed 3/18-4/15 6:00pm-7:00pm

## Canines on Course - Advanced Dog Obedience

Age 14+

The Advanced Dog Obedience program will work to master your dog's basic skills and build a solid foundation of more advanced dog obedience skills. This class is structured to begin to prepare students who want their dogs to continue training (proofing basic training and focus around distractions), prepare for Pet Therapy and Canine Good Citizenship test. Supplies to bring: treats, 6 ft. and 15 ft. long line. No retractable or chain leashes, puppy must be four months old and have proof of current vaccinations including rabies. Must have completed a basic obedience class prior to attending. Optional Supply Fee (price varies).

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

Instructor: Canines on Course  
15890 Wed 4/22-5/27\* 6:00pm-7:00pm  
\*No Class 4/29



## 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: Golden Gourmet Catering

**SOUTHERN COMFORT FOOD**  
16297 Mon 1/6 6:00pm-8:30pm

**ROMANTIC VALENTINES DINNER**  
16299 Wed 2/12 6:00pm-8:30pm

**ST PATRICKS FAST POT DINNER**  
16301 Mon 3/9 6:00pm-8:30pm

**PIZZA/STROMBOLI**  
16303 Mon 4/13 6:00pm-8:30pm



## 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, Poppy Room \$50**

Instructor: Heather Lee's Chocolates  
15881 Th 1/30 6:00pm-8:00pm

## Guitar for Teens/Adults

Age 13+

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

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

Instructor: Steve Dunne Music

### LEVEL 1

15444	Wed	1/8-2/12	7:30pm-8:25pm
15445	Wed	2/26-4/1	7:30pm-8:25pm

### LEVEL 2

15446	Wed	4/15-5/20	7:30pm-8:25pm
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## 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

15436	Mon	1/13-3/16*	6:30pm-7:20pm
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### LEVEL 2

15437	Mon	3/30-5/18	6:30pm-7:20pm
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\*No Class 1/20, 2/17



## 2020 Family Vision Board

NEW

Age 3+ With adult

Bring your family (up to 5 people) and work together to create a collage style work of art that captures your goals for the year ahead.

**Gifts from the Heart of Elk Grove**

**9685 Elk Grove-Florin Rd.**

**\$15**

Instructor: Gifts from the Heart

15948 Fri 1/10 6:30pm-7:30pm

## Watercolor-Intermediate

Age 18+

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

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

Instructor: Sandy Coulter

15422	Tue	1/7-1/28	10:00am-12:00pm
15423	Tue	2/4-2/25	10:00am-12:00pm
15424	Tue	3/3-3/24	10:00am-12:00pm
15425	Tue	4/7-4/28	10:00am-12:00pm
15426	Tue	5/5-5/26	10:00am-12:00pm

## Watercolor-Open Studio

Age 18+

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

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

Instructor: Sandy Coulter

15427	Tue	1/7-1/28	1:00pm-3:00pm
15428	Tue	2/4-2/25	1:00pm-3:00pm
15429	Tue	3/3-3/24	1:00pm-3:00pm
15430	Tue	4/7-4/28	1:00pm-3:00pm
15431	Tue	5/5-5/26	1:00pm-3:00pm

In mid-March, you, along with every household in America, will receive a notice to complete the 2020 Census. You can do this online, by phone, or by mail. **Your count is vital!**

The census serves as the basis for how billions of federal dollars are allocated every year for services and programs that make a difference in our lives every day. Examples of funding impacted by census data include money for our local schools, affordable housing, food assistance programs, emergency services, public safety activities, roads and transportation programs, community parks and services, and many others.

This is a once-a-decade chance to shape the next 10 years—make it count! More information is available at [2020census.gov](https://2020census.gov).

**COUNT  
ON  
CENSUS  
2020**

## 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

<b>DANCE CLASS</b>	<b>\$120</b>
15576 Th 1/9-2/20	5:00pm-6:00pm
<b>OPTIONAL RECITAL (FOR #15576)</b>	<b>\$40</b>
15578 Th 2/27	5:30pm-6:30pm

<b>DANCE CLASS</b>	<b>\$120</b>
15577 Th 4/9-5/21	5:00pm-6:00pm
<b>OPTIONAL RECITAL (FOR #15577)</b>	<b>\$40</b>
15579 Th 5/28	5:30pm-6:30pm



## 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 Bryant Burmich

15297 Th 1/16-2/20	7:30pm-8:30pm
15298 Th 3/5-4/9	7:30pm-8:30pm
15299 Th 4/16-5/21	7:30pm-8:30pm

## Ballroom, Latin, and Swing Dance

Age 18+

Come experience the fun of Ballroom, Latin and Swing dancing! Singles, pairs, and couples welcome. For every participant's benefit, partner rotation is required. Instructor approval required for intermediate and advanced classes.

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

Instructor: Christine Comer

<b>BEGINNING</b>	
<b>FOXTROT/EAST COAST SWING</b>	
15234 Wed 1/8-2/12	7:30pm-8:30pm

<b>SALSA/NIGHTCLUB2STEP</b>	
15235 Wed 2/26-4/1	7:30pm-8:30pm
<b>RUMBA/TANGO</b>	
15236 Wed 4/15-5/27*	7:30pm-8:30pm

<b>INTERMEDIATE</b>	
<b>BOLERO/HUSTLE</b>	
15237 Wed 1/8-2/12	8:30pm-9:30pm

<b>FOXTROT/EAST COAST SWING</b>	
15238 Wed 2/26-4/1	8:30pm-9:30pm
<b>SALSA/NIGHTCLUB2STEP</b>	
15239 Wed 4/15-5/27*	8:30pm-9:30pm

<b>ADVANCED</b>	
<b>BOLERO</b>	
15240 Tue 1/7-2/11	7:30pm-8:30pm

<b>HUSTLE</b>	
15241 Tue 1/7-2/11	8:30pm-9:30pm
<b>FOXTROT</b>	
15242 Tue 2/25-3/31	7:30pm-8:30pm

<b>EAST COAST SWING</b>	
15243 Tue 2/25-3/31	8:30pm-9:30pm
<b>WALTZ</b>	
15244 Tue 4/14-5/26*	7:30pm-8:30pm

<b>CHA CHA</b>	
15245 Tue 4/14-5/26*	8:30pm-9:30pm

\*No Class 5/12, 5/13

## Adult Ballet

Age 18+

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

**Encore! Studio, 9154 E. Stockton Blvd**

Instructor: Encore! Studio of Performing Arts	
15353 Mon 1/6-2/10*	7:00pm-7:50pm <b>\$75</b>
15354 Mon 2/24-3/30	7:00pm-7:50pm <b>\$90</b>
15355 Mon 4/13-5/18	7:00pm-7:50pm <b>\$90</b>

\*No Class 1/20

## 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: Shake DA Shaka / Glimpse of the Pacific	
15357 Th 1/23-2/20	6:00pm-7:00pm
15358 Th 3/5-4/2	6:00pm-7:00pm
15359 Th 4/16-5/21*	6:00pm-7:00pm

\*No Class 5/7



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

Age 8+

This class is for transition to intermediate/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: Shake DA Shaka / Glimpse of the Pacific	
15381 Th 1/23-2/20	7:00pm-8:30pm
15382 Th 3/5-4/2	7:00pm-8:30pm
15383 Th 4/16-5/21*	7:00pm-8:30pm

\*No Class 5/7



## 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 \$48**

Instructor: Inner Circle Tai Chi

15847	Tue	1/7-1/28	6:30pm-7:30pm
15848	Tue	2/4-2/25	6:30pm-7:30pm
15849	Tue	3/3-3/24	6:30pm-7:30pm
15850	Tue	4/7-4/28	6:30pm-7:30pm
15851	Tue	5/5-5/26	6:30pm-7:30pm

## Tai 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 B**

Instructor: Inner Circle Tai Chi

15852	Mon	1/6-1/27*	9:00am-10:15am	<b>\$45</b>
15853	Mon	2/3-2/24*	9:00am-10:15am	<b>\$45</b>
15854	Mon	3/2-3/23	9:00am-10:15am	<b>\$59</b>
15855	Mon	4/6-4/27	9:00am-10:15am	<b>\$59</b>
15856	Mon	5/4-5/18	9:00am-10:15am	<b>\$30</b>

\*No Class 1/20, 2/17

## 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: Inner Circle Tai Chi

15842	T,Th	1/7-1/30	9:00am-10:00am	<b>\$55</b>
15843	T,Th	2/4-2/27	9:00am-10:00am	<b>\$55</b>
15844	T,Th	3/3-3/26	9:00am-10:00am	<b>\$55</b>
15845	T,Th	4/7-4/30	9:00am-10:00am	<b>\$55</b>
15846	T,Th	5/5-5/28	9:00am-10:00am	<b>\$48</b>



## Meditation Made Easy

Age 18+

Meditating offers extraordinary benefits for one's overall health and wellbeing. Sitting for even a few minutes a day creates a deep state of relaxation and calm, reducing anxiety, stress and muscle tension. Learning to quiet your mind improves sleep, digestive function and productivity levels. Many doctors recommend meditation to help lower heart rate and blood pressure.\* Our world moves at a fast pace, it's important to nurture the capacity for slowing down in order to renew and replenish one's stores of energy and peace of mind. This course provides concrete tools and techniques for weaving an enjoyable, sustainable meditation practice into your daily life.

**Breathing Space Studio  
8841 Williamson Drive, Suite 20 \$85**

Instructor: Sky Ridge Ranch

15983	Mon	1/27-2/10	6:00pm-7:45pm
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## Family Yoga

Age 5+ With adult

This is a one hour long beginning yoga class that is great for the entire family. When we say family, we mean the entire family, kids (4 & up), parents and grandparents who have never set foot on a yoga mat are welcome to attend. Learn the importance of breathing, balance, and strength while enjoying time with your family. This gentle yoga format is great for all levels and can be done with or without the family. Bring a yoga mat and water and to class and wear comfortable clothing.

**Switch Studio,  
9632 Emerald Oak Dr. Suite K  
Adult \$45  
Child \$15**

Instructor: Switch Fitness

15984	Sun	1/5-1/26	1:30pm-2:30pm
16005	Sun	2/2-2/23	1:30pm-2:30pm
16006	Sun	3/1-3/22	1:30pm-2:30pm
16007	Sun	3/29-4/26*	1:30pm-2:30pm
16008	Sun	5/3-5/31*	1:30pm-2:30pm

\*No Class 4/12, 5/24

## 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  
8841 Williamson Drive, Suite 20 \$55**

Instructor: Sky Ridge Ranch

15980	Mon	2/24-3/9	6:00pm-7:15pm
15981	Mon	3/23-4/6	6:00pm-7:15pm
15982	Mon	5/4-5/18	6:00pm-7:15pm



## 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 B \$25**

Instructor: School Of The Tiger

15840	Mon	3/2	7:00pm-9:00pm
15841	Mon	4/6	7:00pm-9:00pm



## Family Knockout

Age 5+ With adult

Family Knockout is 30 minutes of plyometrics (using your body as a weight and springboard), conditioning drills, and functional training. You'll go from floor to standing and back around again, for a full body workout that's designed for the whole family.

**Switch Studio, 9632 Emerald Oak Dr. Suite K Adult \$40 Child \$10**

Instructor: Switch Fitness

15985	Sun	1/5-1/26	4:30pm-5:00pm
16001	Sun	2/2-2/23	4:30pm-5:00pm
16002	Sun	3/1-3/22	4:30pm-5:00pm
16003	Sun	3/29-4/26*	4:30pm-5:00pm
16004	Sun	5/3-5/31*	4:30pm-5:00pm

\*No Class 4/12, 5/24



## 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. Optional uniform \$75.

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

Instructor: School Of The Tiger

15808	M,W	1/6-1/29*	7:30pm-8:30pm
15809	M,W	2/3-2/26*	7:30pm-8:30pm
15810	M,W	3/2-3/30	7:30pm-8:30pm
15811	M,W	4/1-4/29	7:30pm-8:30pm
15812	M,W	5/4-5/27*	7:30pm-8:30pm

\*No Class 1/20, 2/17, 5/6, 5/25

## 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.

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

Instructor: Shannon Newman

15916	M,W	1/6-1/29*	7:25pm-8:45pm
15917	M,W	2/3-2/26*	7:25pm-8:45pm
15918	M,W	3/2-3/30	7:25pm-8:45pm
15919	M,W	4/1-4/29	7:25pm-8:45pm
15920	M,W	5/4-5/27*	7:25pm-8:45pm

\*No Class 1/20, 2/17, 5/25



## 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: Salsa Fisher Fitness

15391	Tue	1/7-1/28	9:30am-10:30am	<b>\$20</b>
15392	Th	1/9-1/30	9:30am-10:30am	<b>\$20</b>
15393	Tue	2/4-2/25	9:30am-10:30am	<b>\$20</b>
15394	Th	2/6-2/27	9:30am-10:30am	<b>\$20</b>
15395	Tue	3/3-3/31	9:30am-10:30am	<b>\$25</b>
15396	Th	3/5-3/26	9:30am-10:30am	<b>\$20</b>
15397	Th	4/2-4/30	9:30am-10:30am	<b>\$25</b>
15398	Tue	4/7-4/28	9:30am-10:30am	<b>\$20</b>
15399	Tue	5/5-5/26	9:30am-10:30am	<b>\$20</b>
15400	Th	5/7-5/28	9:30am-10:30am	<b>\$20</b>

## 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. Optional uniform \$35.

Instructor: School Of The Tiger

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

15813	M,W	1/6-1/29*	6:30pm-7:30pm
15814	M,W	2/3-2/26*	6:30pm-7:30pm
15815	M,W	3/2-3/30	6:30pm-7:30pm
15816	M,W	4/1-4/29	6:30pm-7:30pm
15820	M,W	5/4-5/27*	6:30pm-7:30pm

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

15817	T,Th	2/4-2/27	6:30pm-7:30pm
15818	T,Th	3/3-3/31	6:30pm-7:30pm
15819	T,Th	4/2-4/30	6:30pm-7:30pm
15821	T,Th	5/5-5/28	6:30pm-7:30pm

\*No Class 1/20, 2/17, 5/6, 5/25

**SPORTS**  
COSUMNES CSD  
Together We Play

# ADULT SPORT LEAGUES

To register:  
[teamsideline.com/cosumnes](http://teamsideline.com/cosumnes)

5-on-5 Basketball

7-on-7 Soccer

Softball

Flag Football

# FREE PLAY!

Get active this season with **Free Play** at the state-of-the-art facility **Bartholomew Sports Park**. The lighted fields with synthetic turf are the perfect location to get moving all year no matter the weather.

**Schedule**

BSP 1: January-February, Fridays 5-9:30 pm  
 BSP 4: March-April, Sundays 2-9 pm  
 BSP 2: May-June: Fridays 5-9:30 pm

**SPORTS**  
Together We Play

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

# DROP-IN SPORTS

TUESDAYS AT BARTHOLOMEW SPORTS PARK  
 KICKBALL • WIFFLE BALL • ULTIMATE FRISBEE  
 GRASS VOLLEYBALL • CORN HOLE

AGES **18+** | TUES\* NIGHTS | 6:30 TO 8:30 | FEE: **\$6**

\*Program starts June 2020  
 For more information: [www.yourcsd.com/Sports](http://www.yourcsd.com/Sports)



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.

- **NEW! Music on the covered and lighted driving range!**

- **Nine-hole, Par-33**

- **Pro Shop**

*If we don't have what you're looking for, we can order it for you. We re-grip clubs on site. Check out new merchandise or gift cards. These make great gifts!*

- **Private, Semi-Private & Group Lessons**

*Taught by members of the PGA*

## Annual Membership

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

## Winter Special!

\$200 Unlimited play December 15 – March 1. Cart not included. Excludes weekends and holidays.

## Twilight Golf

**Monday – Friday**

After 1pm \$12 • After 6 pm \$10

(*holidays excluded*)

**Weekends**

After 12 pm \$15 g  
(cart not included.)



## Sponsorships Available!

Contribute to the enrichment of your community- a great opportunity for affordable publicity and networking. For more information call (916) 405-5303.

## Events

### Shamrock Golf Tournament

Saturday, March 14

8:30 am start, best 2 balls of foursome

\$50/pp, lunch & prizes (*power carts extra*)

Come on out and show us your green!

There will be food and prizes. You can pick your own team or sign up individually.

### Mother's Day Golf

Sunday, May 10

This Mother's Day treat mom to golf!

Come to Emerald Lakes Golf Course for

discounted play for moms! Moms play

for \$12 with paying green fee (cart not included).

## Foot Golf



Emerald Lakes' footgolf course is a great place for families to play. This fun, new game combines the popular sports of golf and soccer.

9-Hole Rates: Junior \$5, Adult 19+ \$8

## Host an Event!

Host your next event at Emerald Lakes Golf Course! Whether it's a birthday, end of the year soccer party, or you're just looking for a space to celebrate, Emerald Lakes is the location for you.

If you'd like to host a tournament, Emerald Lakes has the capacity for a minimum of 36 people and a maximum of 72 golfers.

Call the course for further information.

## Junior Golf Programs



### Youth On Course

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



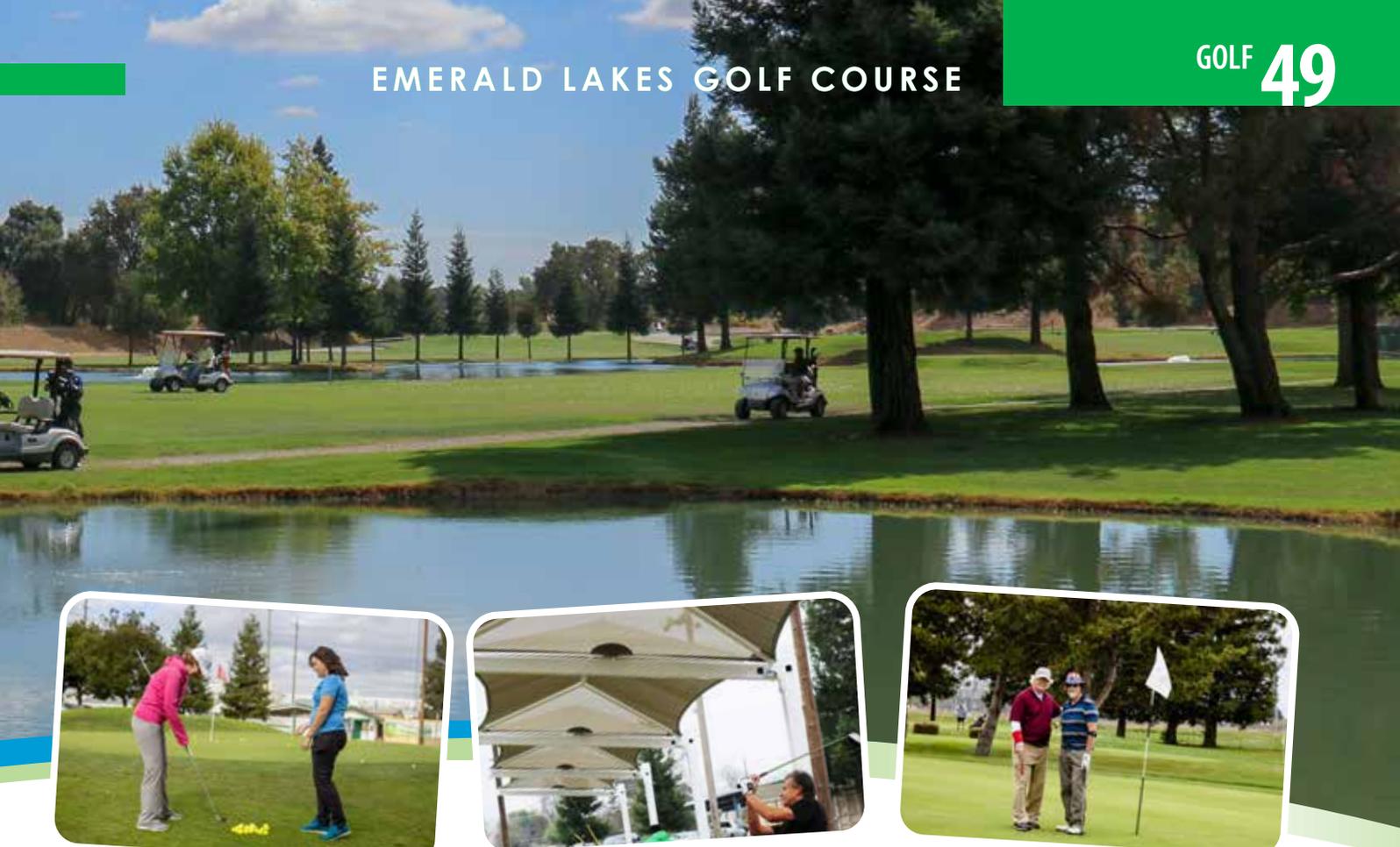
### LPGA\*USGA Girls Golf

Girls golf fundamentals with leadership skills. (Age 7-12) Page 35



### The First Tee

(Age 4-6) Page 21  
(Age 7-12) Page 35  
(Age 13-18) Page 38



## Mentor League

Ladies, are you just starting out in golf? Mentor 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.

This spring, dust off your golf clubs and join us out on the golf course!

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

## Custom Club Fittings

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

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

Featured brands include:

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

## Get Golf Ready



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

Level 1	Level 2
<ul style="list-style-type: none"> <li>• Warming up, stretching and wellness tips</li> <li>• The best ways to hold a club</li> <li>• Chipping, pitching and other shots from short distances</li> <li>• Caring for the course</li> </ul>	<ul style="list-style-type: none"> <li>• Getting comfortable with the full swing</li> <li>• Using irons to get the ball in the air and onto the green</li> <li>• Learning the 'lingo'</li> <li>• Having more fun using 'It's Okay' as the way to play</li> </ul>
Level 3	Level 4
<ul style="list-style-type: none"> <li>• Swinging a driver and other 'big' clubs to hit long shots</li> <li>• Play from the correct tee markers — use TEE IT FORWARD to have more fun</li> <li>• Helpful shortcuts to save time while playing</li> </ul>	<ul style="list-style-type: none"> <li>• Review skills and play a few holes</li> <li>• Tips for playing after program completion</li> <li>• Getting more comfortable on the course &amp; carts</li> <li>• More opportunities to come back and play golf</li> </ul>

## Adult Private Lessons

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

Private Lessons	
One Registered Participant	
30 Minute Lessons	One Hour Lessons
\$45 – Single Session	\$80 – Single Session
\$165 – Four Sessions	\$280 – Four Sessions
\$240 – Six Sessions	\$420 – Six Sessions
Semi-Private Lessons	
Two Registered Participants	Three or More Registered Participants
One Hour Lessons	One Hour Lessons
\$80 – Single Session	\$125 per participant
\$240 – Four Sessions	Six Sessions
\$420 – Six Sessions	

**Learn More**



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

**Katie Hamilton, PGA**  
katiehamilton@cspdparcs.com  
(916) 926-2660

Put a **FREEZE** on Winter Holiday Fires

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.



Read manufacturer's instructions for the number of light strands to connect.



Make sure your tree is **at least 3 feet away** from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.



Get rid of your tree after Christmas or when it is dry.



For more information on how to prevent winter fires, visit [www.usfa.fema.gov/winter](http://www.usfa.fema.gov/winter) and [www.nfpa.org/winter](http://www.nfpa.org/winter).

**If we cannot REACH you, we cannot ALERT you!**

*Fires. Earthquakes. Gas leaks. Be in the know about emergencies in your community.*



SACRAMENTO · YOLO · PLACER

**ALERT**

Sacramento Region Emergency Notification System

The success of the system relies on YOU to OPT IN. The only way to ensure that we can contact you during an emergency is if your information in the system is up to date. Signing up is easy and information is protected. This is one account that could save your life.

Register to receive emergency alert messages at **[Sacramento-Alert.org](http://Sacramento-Alert.org)**



1. Register Online



2. An Emergency Occurs



3. Get an Alert



4. Follow Instructions, Be Safe

The safety of the residents in the community is the top concern of Cosumnes Fire Department. Because of this, Sacramento County, Yolo County, and Placer County have joined together to launch a FREE service, the Sacramento Region Emergency Notification System.

## STAFF SPOTLIGHT

### Firefighter Ed Raschein



It is our pleasure to recognize Ed Raschein, Cosumnes Firefighter and Emergency Medical Services (EMS) Specialist. Firefighter Raschein has been with the Department since 1993. Firefighter Raschein has always held a passion for community interaction and providing educational outreach amongst his peers, as well as the community for which he serves. In 2018, Firefighter Raschein took another step in advancing his abilities to insert his passion of education and outreach by entering a competitive hiring process as an EMS Specialist working in the EMS Division of the Cosumnes Fire Department.

Firefighter Raschein's responsibilities in this unique role within the EMS Division is community education, assisted living facilities liaison officer, and first responder field operations training. In less than one year, Firefighter Raschein and the EMS Division Team have deployed an outreach program in raising awareness on Cardio Pulmonary Resuscitation (CPR) which has resulted in lives saved, personal accolades, and nationally recognized awards from Zoll Medical Corporation, and the Journal of Emergency Medical Services.

Firefighter Raschein has championed High Performance CPR (HPCPR) training with Elk Grove Police Officers, Emergency Medical

Dispatchers, Assisted Living Facilities, and Cosumnes Community Services District Staff. He has also opened doors at many hospital and urgent care facilities in the Sacramento Region to demonstrate the benefits of HPCPR as well as how community members, lifeguards, medical facility staff, and hospital staff can work together with first responders from 911 in saving lives.

In addition to his expertise in CPR, Firefighter Raschein has also worked with other members of the EMS Division to develop a fall prevention program to assist community members with accessing resources, and to bring advanced training to CFD personnel in working with patients who suffer from dementia, psychiatric emergencies, and specialty devices such as cochlear implants.

Through Firefighter Raschein's selfless dedication, persistence, and leadership, patients' lives have improved throughout CSD response area and beyond. The epitome of "Exceeding Expectations."



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

**Telephone: (916) 405-7100**

**Fax: (916) 685-6622**

**Emergency: 9-1-1**

**Toll free from Galt:  
1-866-598-FIRE (3473)**

**STATION 71**

Elk Grove  
8760 Elk Grove Blvd.

**STATION 72**

Franklin  
10035 Atkins Drive

**STATION 73**

East Elk Grove  
9607 Bond Road

**STATION 74**

Laguna Creek  
6501 Laguna Park Drive

**STATION 75**

Lakeside  
2300 Maritime Drive

**STATION 76**

Elk Grove/W. Vineyard  
8545 Sheldon Road

**STATION 45**

Galt  
229 5th Street

**STATION 46**

Galt  
1050 Walnut Avenue



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

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.

**3 Nights of Fun! 7:00-9:00 pm**

**Tuesday, December 3**

**Station 76**

**Wednesday, December 4**

**Station 71**

**Thursday, December 5**

**Station 74**

# Got an EVENT?



## We have 9 facilities, perfect for celebrations & business events!



The Cosumnes CSD presents a selection of distinctive facilities to suit your event needs.

- Event layout assistance
- Seating set-up
- Breakdown service
- On-site event staff

*Let us help you make your next special occasion even more memorable!*



Parks of Elk Grove



Wackford Complex



Elk Grove Picnic Areas



Laguna Town Hall

For reservations, call (916) 405-5600

For more information, go to: [yourcsd.com/venuerentals](http://yourcsd.com/venuerentals)



## RECEPTION HALLS

## PARTY & MEETING ROOMS

## PICNIC SITES



### Valley Oak Ballroom

*in Wackford Complex*  
 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



### Wackford Complex

**POPPY ROOM**  
 Features a corner sink, white board/cork board, and ceiling mounted projector screen.  
 Guests: 64



### 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.

### The Pavilion

*in Elk Grove 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

**WILLOW ROOM**  
 Features black-out drapes for presentations, ceiling mounted projector screen, corner sink, white board/cork board.  
 Guests: 35

### Morse Park

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

### Reception Hall

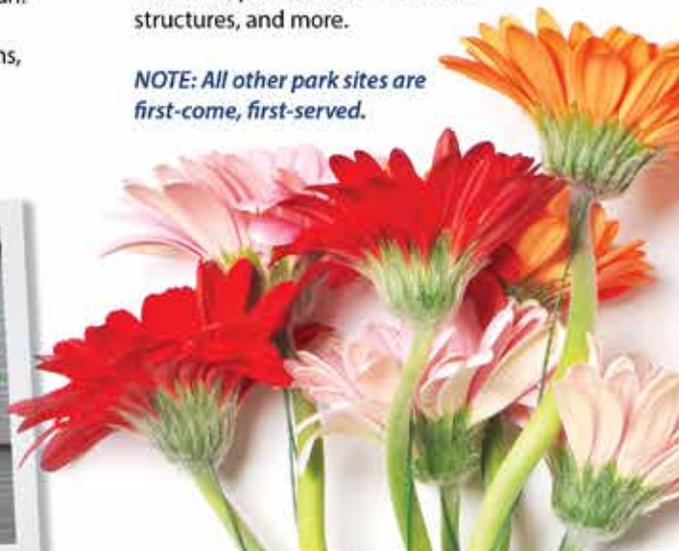
*in Laguna Town Hall*  
 Features include a fully-equipped kitchen, banquet chairs, indoor stage, outdoor amphitheater, and courtyard. There is an adjacent meeting room.  
 250 guests: table and chair set-up  
 300 guests: lecture style

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

### Derr-Okamoto Park

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

*NOTE: All other park sites are first-come, first-served.*



# Cosumnes CSD

YOUR PARKS, TRAILS & STREETSCAPES

CSD maintains over 45,000 trees.

### Park maintenance services include:

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

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

Watch our new park maintenance funding video at: [yourcsd.com/parkfunding](http://yourcsd.com/parkfunding)

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

## Your Assessment at Work



Landscape & Lighting Assessments, paid by Elk Grove property owners, are the primary source of funding to maintain parks, trails and streetscapes. To the right are maintenance projects to be completed in the following months.

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

- **Tree Cleanup**  
Fallen trees and limbs will be removed.

- **Sidewalk Repair**  
Sidewalks will be repaired to eliminate trip hazards.

- **Ballfield Renovations**  
Baseball and softball infields will be graded to ensure a safe playing surface.

**Engineered Wood Fiber (EWF)**  
EWF will be installed to the appropriate depth to ensure our play structures are safe and ready for play.

**Landscape Bark**  
Landscape bark will be installed to reduce water loss.

## Landscape Maintenance Funding 101



**Age 18+**  
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!

**Wackford Complex, Willow Room - Free Class**  
**#16514 Friday, April 3, 2020 6:30pm-8:30pm**

*Instructed by: Steve Sims, CSD Parks Superintendent,  
Rachele Manges, CSD Senior Management Analyst  
& Josh Branco, CSD Management Analyst*

## Make Your Park

**SHINE**



**Report Concerns:**  
Graffiti, Playground Issues,  
Tree Issues, Vandalism,  
Overflowing Trash Cans,  
Running Water

**CSD Maintenance Hotline**  
**hotline@csdparks.com**  
**(916) 405-5688**

## Landscape Maintenance Outreach Meetings



Cosumnes CSD staff host neighborhood outreach meetings throughout Elk Grove. At each meeting, staff will share more about how landscape maintenance is funded, the status of funding in the area, and what residents can do to help improve their neighborhood parks, trails and streetscapes.

### Benefit Zone 4

- 3/11 - Town Square & Bartholomew Park at Laguna Town Hall @ 6:30PM
- 3/22 - Hawkins Park @ 1PM
- 4/5 - King Park @ 1PM
- 4/19 - Lawrence Park @ 1PM
- 5/31 - Lawson Park @ 1PM
- 6/14 - Lippencott Park @ 1PM



## Partners for Parks

Help keep your neighborhood park safe and looking great.  
Volunteer to monitor a park or trail.

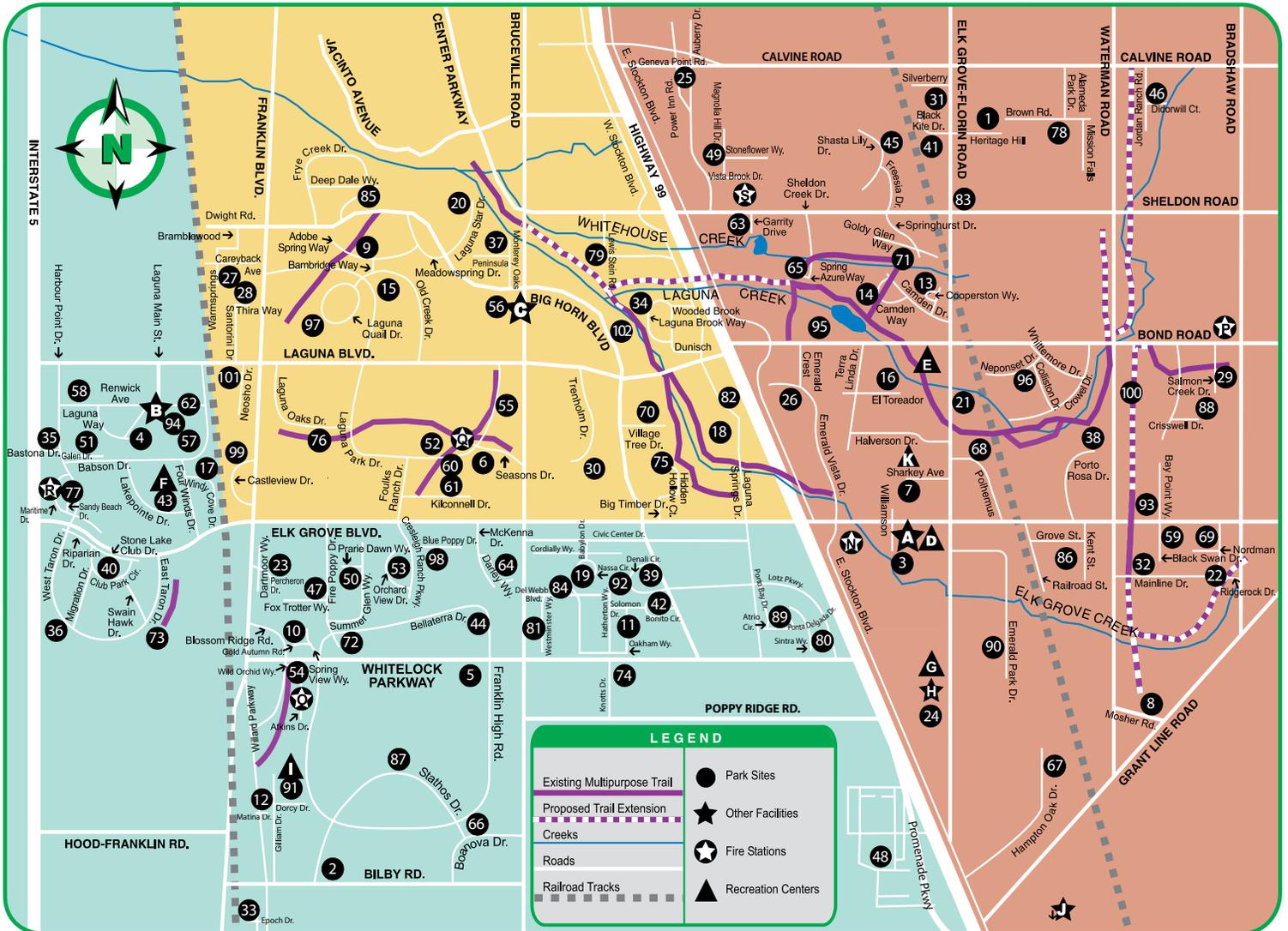
**Partners for Parks**  
**yourcsd.com/partners4parks**  
**(916) 405-5688**



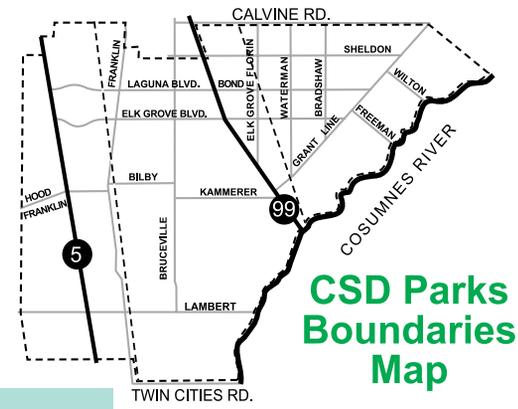
**Parks  
Make  
Life  
Better!**



**Coming Soon!**  
New pickleball complex complete with specialized nets at Oasis Community Park scheduled to open Summer 2020.



- ### FACILITIES
- CSD Facilities
- A. CSD Administration Building
  - B. Laguna Town Hall
  - C. Wackford Community & Aquatic Complex
  - D. Elk Grove Recreation Center
  - E. Castello Recreation Center
  - F. Johnson Recreation Center
  - G. Elk Grove Youth Center
  - H. Jerry Fox Swim Center
  - I. Stephenson Recreation Center
  - J. Emerald Lakes Golf Course
  - K. Beeman Recreation Center
- CSD Facilities
- N. Station 71
  - O. Station 72
  - P. Station 73
  - Q. Station 74
  - R. Station 75
  - S. Station 76



**CSD Parks Boundaries Map**

- ### PARK SITES
- |                       |                         |                            |                       |
|-----------------------|-------------------------|----------------------------|-----------------------|
| 1. Amundson           | 26. Feickert            | 51. King                   | 77. Perez             |
| 2. Backer             | 27. Fite                | 52. Kloss                  | 78. Perry             |
| 3. Baker              | 28. Fite Park Extension | 53. Kramer                 | 79. Pinkerton         |
| 4. Bartholomew        | 29. Fleming             | 54. Kunsting               | 80. Porto             |
| 5. Bartholomew Sports | 30. Foulks              | 55. Laguna Creek Greenbelt | 81. Promenade         |
| 6. Batey              | 31. Gage                | 56. Laguna Community       | 82. Rain Garden Plaza |
| 7. Beeman             | 32. Gates               | 57. Lawrence               | 83. Rau               |
| 8. Berens             | 33. George              | 58. Lawson                 | 84. Rose Garden       |
| 9. Betschart          | 34. Guttridge           | 59. Lewis Park             | 85. Rose              |
| 10. Bradford          | 35. Hawkins             | 60. Litchenberger North    | 86. Russell           |
| 11. Bridgeview        | 36. Henderson           | 61. Litchenberger South    | 87. Schauer           |
| 12. Buscher           | 37. Herburger           | 62. Lippincott             | 88. Simpson           |
| 13. Camden Park       | 38. Hill                | 63. Lombardi               | 89. Singh & Kaur      |
| 14. Camden Parkway    | 39. Horseshoe           | 64. Luttig                 | 90. Smedberg          |
| 15. Case              | 40. Houde               | 65. MacDonald              | 91. Stephenson        |
| 16. Castello          | 41. Hrepich             | 66. Machado Dairy          | 92. Storybook Woods   |
| 17. Caterino          | 42. Island              | 67. McConnell              | 93. Strong            |
| 18. Colton            | 43. Johnson             | 68. Mendoza                | 94. Town Square       |
| 19. Constellation     | 44. Johnston            | 69. Miles                  | 95. Underwood         |
| 20. Davis             | 45. Jones               | 70. Miwok                  | 96. Van Doren         |
| 21. Del Meyer         | 46. Jordan              | 71. Mix                    | 97. Wackman           |
| 22. Derr-Okamoto      | 47. Jundkeit            | 72. Morse                  | 98. Willard           |
| 23. Ehrhardt Oaks     | 48. Kammerer            | 73. Nottoli                | 99. Womack            |
| 24. Elk Grove         | 49. Karamanos           | 74. Oasis                  | 100. Wright           |
| 25. Fales             | 50. Keema               | 75. Oneto                  | 101. Zehnder          |
|                       |                         | 76. Pederson               | 102. Zimbelman        |

- AREA 1
- AREA 2
- AREA 3



# ELK GROVE BIKE PARK

in Elk Grove Park  
9950 Elk Grove-Florin Road

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

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



# COSUMNES CSD SKATE PARK

in Wackford Complex  
9014 Bruceville Road

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

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



# BIKE & SKATE at DERR-OKAMOTO

in Derr-Okamoto  
Community Park  
9550 Mainline Drive

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



Canines on  
Course  
Page 42

# Dog Parks

## Elk Grove Dog Park



9950 Elk Grove-Florin Road

## Morse Dog Park



5540 Bellaterra Drive

## Laguna Community Dog Park



9014 Bruceville Road

Park Maintenance Hotline:  
(916) 405-5688

# 58 PARKS

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

KEY

FP: Future Park  
L: Lighted  
W: Waterplay

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

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



WHERE & HOW

# Remember to Register!



**Resident** registration begins **December 11** at 8am  
 For residents in the 95624, 95757, 95758 zip codes.

**Non-resident** registration begins **December 26**.  
 Register online: [yourcsd.com/onlinereg](http://yourcsd.com/onlinereg)

## Easy



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

## Fast



Register for multiple programs in one transaction

## Convenient



Faster payment process, easy to use, mobile friendly



## Ways to Register

### Online

[yourcsd.com/onlinereg](http://yourcsd.com/onlinereg)  
 24/7 access.

### Walk-In

Cash, checks, or credit cards accepted.

### Phone-In

Visa, MasterCard, or Discover.

### Mail-In

Include correct fee and completed form. Do not mail cash.

### Fax-In

Visa, MasterCard, or Discover.

## Registration Locations

### Wackford Community & Aquatic Complex



**(916) 405-5600**  
 Fax: 405-5659

9014 Bruceville Road  
 Elk Grove, CA 95758

Daily, 8am – 8pm



### CSD Administrative Office



**(916) 405-5300**  
 Fax: 685-6942

8820 Elk Grove Blvd  
 Elk Grove, CA 95624

M–F, 8am – 5pm



## Community Organizations

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

## Volunteer Opportunities

### Looking for community service projects or need service credits?

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



For more information, go to: [yourcsd.com/349/Volunteers](http://yourcsd.com/349/Volunteers)



## Give the Gift of Recreation

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

*The success of CROF relies upon donations from you!*

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

*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.*

## Keep Your CSD Clean and Green



### 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.

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.

### Message from the General Manager



2019 has been a year of celebrations and growth! Our historic Administration Building along Elk Grove Blvd. reopened in April and Elk Grove's 98th play space, Kammerer Family Park, opened in July to the community's delight. Please follow along with us in 2020 as we celebrate the opening of Oasis Community Park and Beeman Recreation Center, complete construction of Morse Park Dog Park Upgrade, and begin construction of the MacDonald Park Revitalization and Fire Stations 77 and 78. We look forward to connecting with you!

-Joshua Green,  
General Manager

### Message from the Fire Chief



Our mission statement challenges us to "strive to exceed expectations at all times." This is no easy task. It requires us to do more than our jobs. I am consistently impressed by the high level of professionalism, service and commitment taken by our personnel to make our communities safe. As this year ends, we reflect on the past year and set the stage for future success. I invite you to review our accomplishments and goals in the 2018 Annual Report at **[yourcsd.com/2018](http://yourcsd.com/2018)**.

-Michael McLaughlin,  
Cosumnes Fire Department, Fire Chief



### Activity Guide

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

Download your guide at:  
**[www.yourcsd.com](http://www.yourcsd.com)**



### STAFF HIGHLIGHT

Jamie Fawcett

Jamie Fawcett has been contributing incredible ideas and work ethic for the past five years at the CSD. Jamie was recently promoted to Accounting Specialist in Finance, but she first made her mark as an Administrative Specialist on the frontline before promoting to an Administrative Assistant in Sports for the past three years. If you attended a CSD Sports program during that time, you probably benefitted from Jamie's talent as she worked hard to ensure the programs were streamlined, organized, and efficient.

Jamie was honored as Employee of the Quarter in 2019 and received a Certificate of Recognition for Diversity & Equity for her work with the GARE Cohort. Jamie developed the Free Play Program at Bartholomew Sports Park which gives all community members an opportunity to access CSD's most desirable athletic facility in an unstructured setting.

"I love working at CSD," Jamie said. "It's our job to help each other, and the CSD helps me to make that positive change in our community."



Cosumnes Community Services District  
8820 Elk Grove Blvd.  
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# Active Lifestyle CHALLENGE

Check off as you go.

- Greet Santa along the **Santa & Sirens parade** route. (pg. 51)
- Give the gift of recreation this holiday season with **CROF**. (pg. 62)
- Learn a new skill in a **leisure class**. (pgs. 16-46)
- Be fire smart – **Get rid of your tree** after Christmas or when it is dry. (pg. 50)
- Dance the night away with your family at our **Glow in the Dark Party**. (pg. 4)
- Learn how to grow a **GIANT pumpkin** just like the pros. (pg. 5)
- Stay busy during Spring Break – Register for a **Spring Break Camp**. (pgs. 25-27, 31)
- Enjoy a **pancake breakfast with the Bunny** on April 11. (pg. 5)
- Save a life – Learn **CPR** from your Cosumnes Firefighters. (pg. 41)
- Visit a **dog park**. (pg. 57)

- Volunteer for the **Community Day of Service** on April 18. (pg. 2)
- Take the step toward a healthy, active lifestyle at **Elk Grove FitFest**. (pg. 6)
- Meet a friend at Bartholomew Sports Park for **Free Play** or **Drop-In Sports**. (pg. 47)
- Walk or bike the **Laguna Creek Trail**. (pg. 56)
- Pitch, putt and play at **Emerald Lakes Golf Course**. (pg. 48)
- Walk the 1.4-mile loop through **Elk Grove Park**. (pg. 56)
- Be spontaneous – Find out about our free **Pop-Up Events** via social media. (pg. 2)
- Swim into shape – Discover a **NEW aqua fitness class**. (pgs. 8-10)
- Go on a nature walk in one of the **98 parks in Elk Grove**. (pg. 58)



**Share your experiences  
along the way!**



@CosumnesParkRec

