

FAIR OAKS RECREATION AND PARK DISTRICT

The Roost

Fall 2009



4150 TEMESCAL ST., FAIR OAKS, CA 95628 • 916/966-1036
Register online 24/7 @ www.fairoakspark.org

BOARD OF DIRECTORS

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Brandon Rose, Vice Chair
Geoffrey Simcoe, John O’Farrell,
Rand Jacobs

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www.fairoakspark.org

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graphic design by Lenore Wellings

Fair Oaks Recreation & Park District

“Creating community through People, Parks & Programs”

- Fostering human development
- Strengthening safety & security
- Providing valued recreational experiences



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THE “ROOST” IS YOUR GUIDE TO FUN IN FAIR OAKS! As the economy transitions, families are looking for unique ways to be active while saving money. The staff of the Fair Oaks Recreation and Park District is here for you and invites you to discover your parks and your safe, affordable and very popular recreational programs. Within the “Roost”, you will find several featured activities including the Chicken Festival, Senior Luau and Father Daughter Dance. This is just a sampling of our programs.

The Fair Oaks Recreation and Park District will soon begin the development of a Comprehensive Master Plan of Parks, Facilities, and Recreational Services. This Master Plan will provide the District with a 10-year roadmap for the future. Citizen input is critical to the successful completion of the District’s Master Plan. The best way for citizens to participate and provide input is to attend one of the three Public Input Meetings which are expected to begin in late August or early September. The District is always looking for new ideas that will better meet the needs of our Community. A list of actual meeting dates and locations will soon be posted to our website at www.fairoakspark.org along with the status of the project.

The District is excited to announce the selection of a conceptual design plan for the Veterans Memorial Amphitheatre. Please visit our website at www.fairoakspark.org to view the conceptual design. The Fair Oaks Recreation and Park District would like to thank everyone who participated in this public process. I hope you will take the time to explore all the great opportunities available to you and your family through Districts programs, parks and faculties. We look forward to seeing you soon –

Maureen Zamarripa, District Administrator

6th Annual Senior Luau

Wednesday, September 16th, 11:30am-1:30pm

The 5th Annual Senior Luau is an event produced by the Fair Oaks Recreation & Park District and the Fair Oaks Rotary Club. This event allows Senior Citizens in the Fair Oaks community to come together and socialize in a friendly, enjoyable environment and experience a Hawaiian luau. Seating is limited. Tickets available at the Fair Oaks Recreation & Park District office. For more information please call: (916) 966-1036

Location: FO Community Clubhouse, 7997 California Avenue

Tickets: \$8 per person

4th Annual Chicken Festival

September 19th, Come and Join the Fun!

General Admission FREE!

An Old Time Country Breakfast from 8:00am to 11:00am
Street Faire, activities and events from 10:00am to 6:00pm
Microbrew tasting from 11:30am to 5:30pm
For more information visit www.fairoakspark.org



Fall Garage Sale

Saturday, September 26th • 8am-Noon

Clean out your closets and garage and make some extra cash this fall. Registration is limited to 57 booth spaces, so register now! (*Garage Sale items only*). Registration opens August 7th @8:00am in District Office.

Booth spaces are approximately 15' x 14' (two parking spaces).

*Location: Fair Oaks Park
11549 Fair Oaks Blvd.*

Fee: \$35 per space • 7410.41



Comedy Under the Stars

Friday, September 25th 8-10pm

Gates open at 7:00pm - Show starts at 8:00pm

Recommended for an Adult Audience

Join the Fair Oaks Recreation and Park District and Sacramento's "Laughs Unlimited" for a night full of laughs! Tickets are \$12 per person presale, or \$15 per person at the door- if available. It is highly recommended that you purchase tickets early as this will SELL OUT! No outside food or drinks will be permitted into the show. Food and Spirits will be available for purchase in the Theatre. For additional Information, please call 966-1036.

Location: Fair Oaks Amphitheatre

Family Fun Fest

August 15th, 10am-3pm

"Omni Youth Programs: Family Fun Fest" is a fun-filled day with family games, sports & art projects. Fee entertainment includes live music, DJ, youth dance performances and a magic show. Enjoy free bounce houses, food & craft vendors, and local businesses and nonprofits. Come enjoy the pet & family parades, costume contests, free miniworkshops and get loads of free goodies! For more information visit www.omniyouth.net or call 916-482-7702.

Fair Oaks Theatre Festival

"THE FANTASTICS"

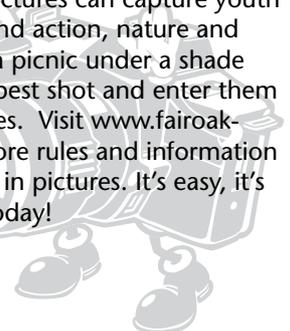
Fri-Sun, Aug 14th - Sept 13th

Showtimes: Fri, Sat, Sun, 8pm

For more information on this and other upcoming events or to purchase tickets visit www.fairoakstheatrefestival.com

Fun in the Park Photo Contest

As you and your family enjoy Fair Oaks Recreation and Park District activities, events and parks, bring along your camera and take pictures! Submit your best recreation or park photos for the 1st Annual 2009 Fun in the Parks Photo Contest. Your pictures can capture youth at play, sports and action, nature and wildlife, or just a picnic under a shade tree. Take your best shot and enter them for fun and prizes. Visit www.fairoakspark.org for more rules and information on how to send in pictures. It's easy, it's free.. so enter today!



“Share The Spirit” Holiday Party

The Fair Oaks Youth Advisory Board is collecting toys and non-perishable food for disadvantaged children and their families. Each year families are selected from the Fair Oaks community to attend the “Share the Spirit” Holiday Party. This party includes presents and pictures with Santa Claus, a Christmas craft, a full turkey and ham dinner, and a box of food to take home. The members of the District’s Youth Advisory Board feel great about making a difference in the community and look forward to “Sharing the Spirit” again this year.

If you’d like to help the Fair Oaks Youth Advisory Board in their mission by donating NEW toys and/or non-perishable food items, please bring toys to the District (4150 Temescal St., Fair Oaks) office by Friday, Dec 4th at 5:00pm. Food Donations will be accept until Friday, Dec 11th. Monetary donations are also accepted.



Father/Daughter Dance

Fri, Oct 2nd, 6:30-8:30pm

Hey dads! The Fair Oaks Youth Advisory Board invites every father to take their little girls out on a date they will never forget! Refreshments, great music, pictures and more! Get your tickets in advance at the District office.

Location: Fair Oaks Comm. Clubhouse

Fee: \$5 per person presale /\$8 per person at door

Teddy Bear Tea

Saturday, October 17th, from 10:30am-12:30pm

Bring your favorite teddy bear and join us at the Fair Oaks Library for “tea” and cookies, story time, and a “beary” special craft project. Space is limited, so reserve a space by calling the Fair Oaks Library at (916) 264-2920 starting September 7th.

Location: Fair Oaks Library - 11601 Fair Oaks Blvd.

Ages 3-8 • Must preregister!

Fee: FREE

Halloween Carnival

Friday, Oct 30th, 12-6pm

Plaza Park (in the old Fair Oaks Village)

Games, Face Painting, Bean Bag Toss, Costume Contest and much, much more!

Location: Plaza Park (10219 Fair Oaks Blvd.)

*Tickets: \$.50 per ticket, 12 tickets for \$5
(each game 1 ticket, face painting 2 tickets)*

Cookies with Santa

Saturday, December 5th from 5:30-7:30pm

Have cookies and visit with Santa at the Fair Oaks Library. This event also includes story time and a Christmas craft project. Space is limited, so reserve a space by calling the Fair Oaks Library at (916) 264-2920 starting November 16th.

Location: Fair Oaks Library - 116001 Fair Oaks Blvd.

Ages: 3-8 • Must Preregister!

Fee: FREE

Village Singers Concert

Sunday, December 13th at 6pm

The Fair Oaks Village Singers are a non-audition community choir whose members pay a small fee for the purchase of music and to support operations. There are currently about 60 members. The group performs for various senior communities in the region during the Christmas and spring seasons.

Location: Orangevale Community Center, 6826 Hazel Avenue, just north of Greenback Lane

Fee: This concert is FREE to the public.



The Fair Oaks Recreation and Park District encourages the involvement of local businesses and organizations through event and group sponsorships. Sponsoring such events and groups is a great way to advertise, an outstanding public image tool, and an interactive way to show support for the community. For more information on becoming a sponsor for any of our events or groups please contact Katy Albers at (916) 966-1036 ex, 16 or email at: kalbers@fairoakspark.org.

Santa's LETTER

Would your loved one like to receive a letter from Santa, Mrs. Claus or Rudolph? Let our Holiday Elves make their Christmas memories complete with a personalized letter. Complete a Letter Order Form with their information and return it to the District office by Friday, Dec 4th. *(This date guarantees mailing one week before Christmas.)*

The fee for this service is \$3 for each letter. Please call the Letter Hotline at 966-1036 for more information. **Mail a check or money order (along with order form) to: Fair Oaks Recreation & Park District, 4150 Temescal Street, Fair Oaks, CA 95628.**

ORDER FORM: Send by December 4th for delivery by Christmas!
If ordering more than one letter, please use a separate form. PLEASE PRINT.

Ordered by: _____ Phone _____
 Address: _____ City _____ State _____ Zip _____

Mail Santa Letter to:

Name: _____ Phone _____
 Address: _____ City _____ State _____ Zip _____

Age: _____ Grade in school: _____

Something great child did _____

Christmas present wished for: _____

Halloween Costume _____

Would you like letter to be from *(choose one)*

- Mrs. Claus Rudolph Santa
- Santa in response to a letter from a child



CERT is a positive and realistic approach to disaster situations where citizens may initially be on their own and their actions can make a difference. While people will respond to others in need without the training, one goal of the CERT program is to help them do so effectively and efficiently without placing themselves in unnecessary danger.

TEENS welcome with a parent/guardian in attendance or those that will be driving themselves to class welcome with parent/guardian permission.

Personal protective equipment will be given to each participant who completes the training.

*Classes held at Metro Station 21 (7641 Greenback Lane).

CLASS SCHEDULE:

Thurs 10/15: 6-10pm

Sat 10/17: 8am-5pm

Thur 10/22: 6-10pm

Sat 10/24: 8am-5pm

For more information or to register for an upcoming class, please visit our website at: www.smfd.ca.gov/cert.htm or contact Metro Fire CERT program at: (916) 566-4381; cert@smfd.ca.gov

MAGIC MOTION

Ages: 4-5 / Location: Old Library

Come experience ballet and jazz dance in a fun and creative class. Movement is often a primary medium used to enhance creative and intellectual potential within a young child. Each child is a star in Magic Motion class. Creative dancing is a time for imagination to soar. To encourage involvement students are asked to help in the learning experience by making good choices. Let's have fun and get in Motion. *Wear comfortable clothing that allows you to move freely. Students may use dance shoes or go bare foot. Demonstration day will be at the conclusion of the session.*

Tu • 11:10-11:55am

Instructor: Thomas Spencer

1515.31 • T • 9/1-9/29 • \$56 (\$53 res)

1515.32 • T • 10/6-10/27 • \$56 (\$53 res)

1515.33 • T • 11/3-11/24 • \$56 (\$53 res)

1512.34 • T • 12/1-12/8 • \$31 (\$28 res)

Parent's Night Out

Ages: 2 & up- must be potty trained

Location: McMillan Center

Want to enjoy a quiet dinner? Go stress-free shopping for an upcoming birthday or holiday? Then take advantage of the babysitting service provided by Day Care on Demand. We will provide fun and entertainment for your kids in a safe environment. Check us out online at: daycareondemand.com *Must have four registrations to run.*

Fee: \$24 (\$21 res) per child:

includes snack / Session: 1 day

Instructor: Nikki and Kimberly

Fridays • 6:30-10:30pm

1313.31 • 9/25 • Clubhse Auditorium

1313.32 • 12/5 • McMillan Center

1313.33 • 11/6 • McMillan Center

1313.34 • 12/4 • McMillan Center

MY MOTION

Ages: 2-4 / Location: Old Library

In a non-judgmental environment that fosters confidence and the freedom to be creative, students are introduced to dance language, positions and steps. Positive self-image is encouraged through students participating all by themselves. To encourage involvement, students are asked to help in the learning experience by making good choices. My Motion classes enhance motor skills while engaging young imaginations through use of hoops, balls, and ribbons. My Motion is fun, fun, learning and more fun. *Wear comfortable clothing that allows you to move freely. We go bare foot. Demonstration day will be at the conclusion of the session.*

Tu • 10:20-11:05am

Instructor: Thomas Spencer

1513.31 • T • 9/1-9/29 • \$56 (\$53 res)

1513.32 • T • 10/6-10/27 • \$56 (\$53 res)

1513.33 • T • 11/3-11/24 • \$56 (\$53 res)

1513.34 • T • 12/1-12/8 • \$31 (\$28 res)

WEE MOVE

Ages: 1.5-2 / Location: Old Library

Parent and child share fun, education and exploration through music, movement and structured play.

To encourage involvement, students are asked to help in the learning experience by making good choices. Playing with hoops, maracas, and tambourines help students stay on task. Movement principles such as hopping, rolling, galloping, leaping, and stretching are introduced in a non-judgmental, sharing environment. Bring your largest smile and let's have fun. *Parent participation is required. Wear comfortable clothing that allows you to move freely. We go bare foot. Demonstration day will be at the conclusion of the session.*

Tu • 9:30-10:15am

Instructor: Thomas Spencer

1512.31 • T • 9/1-9/29 • \$56 (\$53 res)

1512.32 • T • 10/6-10/27 • \$56 (\$53 res)

1512.33 • T • 11/3-11/24 • \$56 (\$53 res)

1512.34 • T • 12/1-12/8 • \$31 (\$28 res)

TINY TOT SPORTS CLASSES

Ages: 3-5 / Location: Fair Oaks Park

Classes teach basic skills for a variety of sports that focus on self-confidence, teamwork, and fun in a non-competitive environment. *Parent participation is required. T-shirts are provided for all new participants.*

Fee: \$34 (\$31 res) / Session: 4 wks

Instructor: Recreation Staff

TINY TOT T-BALL

1129.31 • Sat • 9/5-9/26 • 9:00-9:45am

1129.32 • Sat • 10/3-10/24 • 9:00-9:45am

TINY TOT BASKETBALL

1160.31 • Sat • 9/5-9/26 • 10-10:45am

1160.32 • Sat • 10/3-10/24 • 10-10:45am

TINY TOT FLAG FOOTBALL

2123.31 • Sat • 9/5-9/26 • 11-11:45am

2123.32 • Sat • 10/3-10/24 • 11-11:45am

TEAM SPORTS CAMP

(a different sport each week)

2122.31 • Sat • 9/5-9/26 • 12-12:45pm

2122.32 • Sat • 10/3-10/24 • 12-12:45pm

MOMMY / DADDY & ME SOCCER

Ages: 2-3.5

Location: Fair Oaks Park

Introduce yourself and your toddler to the "Worlds Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills.

A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy / Daddy & Me Soccer, you won't have to watch from the sidelines. *In case of rainouts, please call the KLS field hotline at 1-800-871-2275.*

Instructor: Jared Rains, Kidz Love Soccer Ch.

Fee: \$100 (\$97 res) / Session: 9 wks

5555.48 • F • 9/11-11/6 • 9:30-10:00am



KIDZ LOVE SOCCER, INC.

Ages: 3.5-12

Location: Fair Oaks Park

Kids learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method; a session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Kidz Love Soccer: "where the score is always fun to fun"™ Log onto www.kidzlovesoccer.com for more information. (Shin guards required after 1st meeting). In case of rainouts, please call the KLS field hotline at 1-800-871-2275.

Fee: \$100 (\$97 res)

Session: 9 wks • Fridays • 9/11-11/6

Instructor: Jared Rains, Kidz Love Soccer Ch
 5555.41 Pre-soccer (4-5 yrs) 10:15-10:50am
 5555.42 Tot-soccer (3.5-4 yrs) 10:50-11:20am
 5555.43 Tot-soccer (3.5-4 yrs) 2:45-3:15pm
 5555.44 Pre-soccer (4-5 yrs) 3:15-3:50pm
 5555.45 Soccer 1 (5-6 yrs) 3:50-4:45pm
 5555.46 Soccer 2 (7-8 yrs) 4:35-5:30pm
 5555.47 Soccer 3 (9-12 yrs) 4:35-5:30pm

New! MOMMY & ME LITTLE HANDS POTTERY

Age: 3-6 w/parent

Location: Arts & Crafts Bldg.

Have some fun & create a memory to treasure. Decorate a plate with your little one's handprint and a personalized design. Then your artwork will be clear coated & kiln fired to be picked up at a pre-arranged date. *Please bring a \$10 materials fee payable to instructor on day of class.*

Instructor: Michelle Lueth

Fee: \$29 (\$26 res)

1611.31 • F • 10/2 • 10:30-11:15a

1611.32 • S • 12/5 • 9:30-10:15am

New!

HOW TO BE A PIRATE

Ages: 5-12

Location: Arts & Crafts Room A

So, ye want to be a pirate, eh? Well, it be more then just talkin funny and wearin' a bird on ye shoulder, yar! Let's be coverin' the most important bits 'o piracy, so ye may pillage and plunder scallywag. Join our fearless Captain on the search for a new crew. In just 3 days you can be a pirate too.

Instructor:

Fee: \$66 (\$63 res)

6521.31 • M-W • 11/23-11/25 • 9am-1:00pm

New!

HOW TO BE A PRINCESS

Ages: 5-12

Location: Arts & Crafts Room B

Do you want to be a princess? Let our former princesses, now queens, show you how! We will give you a complete princess makeover, including a lesson on manners in just 3 days, and end with an awesome party to celebrate!

Instructor:

Fee: \$66 (\$63 res)

6521.32 • M-W • 11/23-11/25 • 9am-1pm

New!

MOMMY & ME ART DISCOVERIES

Age: 3-6 w/parent

Location: Arts & Crafts Bldg

Have some creative fun with your little artist in this class with small hands in mind! New & imaginative art projects will be discovered each week. Come dressed for mess & ready to have fun. *Please bring a \$10 materials fee payable to instructor on first day of class.*

Instructor: Michelle Lueth

Fee: \$41 (\$38 res)

1612.31 • F • 9/11-9/25 • 10:30-11:30am

1612.32 • Th • 10/22-11/5 • 10:30-11:30am



Wee Chefs

Ages: 4-8

Location: McMillan Center

Instructor: Terry Masten, Owner of Luna Baking

Fee: \$21 (\$18 res)

Chefs as young as 4 years old can do a lot in the kitchen: Make a recipe safely and develop reading skills while strengthening hand and motor skill development. Preparing recipes and experiencing fun craft making means Wee Chefs will glue, cut, snip, fold as well as stir, whisk and prepare recipes—yes it can be done!!

SNACK ATTACK: Safari Dip & PBJ Tea Sandwiches are easy, healthy and full of flavor that the smallest chef can put together.

1110.31 • Sat • 9/5 • 10:00-11:30am

1110.32 • Sat • 11/7 • 10:00-11:30am

MEMORY MAKING: Cutting out and gluing "stuff" onto brown kraft bags that Wee Chefs fill with goodies they make. Recipe of the day: Double Chocolate Chocolate dipped cookies.

1110.33 • Sat • 10/17 • 10:00-11:30am

1110.34 • Sat • 11/21 • 10:00-11:30am

FOOD GIFTS: Chocolate tootsie and luscious chocolate truffles you make and gift wrap. Ribbons, bags and containers included.

1110.35 • Sat • 12/12 • 10:00-11:30am

BEGINNERS FENCING

Ages: 7-15

Location: Hristov Fencing Club

Fencing, the art of swordsmanship, has been practiced for centuries. The sport develops your flexibility, strength, and speed. It is the fastest martial sport of them all and its FUN!! Fencing is great for all ages and levels of athletic ability. Learn sportsmanship and self-discipline. *Please bring bottle of water, sweat pants and clean tennis shoes to class.*

Fee: \$71 (\$68 res) / Session: 4 wks

Instructor: Kristiyan Hristov

Location: Hristov Fencing Club,
6028 San Juan Ave, Citrus Heights, CA
3831.31 • W • 9/2-9/23 • 5:00-6:00pm
3831.32 • W • 10/7-10/28 • 5:00-6:00pm
3831.33 • W • 11/4-11/25 • 5:00-6:00pm
3831.34 • W • 12/2-12/23 • 5:00-6:00pm



INTRODUCTION TO KENPO KARATE

Ages: 4-12

Location: Clubhouse Lower Level

Haines Kenpo is a karate program committed to the mental and physical development of our students. Our goal is to not only develop the skills needed for self-defense, but to build qualities of confidence, respect, and self-discipline — a youth's first line of defense against the pressures of today. Students will learn the basic bows, blocks, punches, and kicks of Kenpo karate and will be prepared to enter our continuing kenpo karate program. *A \$25 testing fee is required for those who wish to be evaluated for rank certification (belt testing) at the last class of the course. A \$35 uniform is required for students wishing to continue beyond first introductory class.*

Fee: \$66 (\$63 res)

Instructor: Casey Benedick

T/Th • 6-6:30 pm

1202.31 • 9/1-10/29 • 18 classes

1202.32 • 11/3-12/22 • 14 classes

No class 11/26

YOUTH KENPO KARATE

Ages: 4-12

Location: Clubhouse Lower Level

Haines Kenpo continuing class offers students the opportunity to further develop skills taught in the "Intro to Kenpo Karate" program. Students will learn traditional Kata, self-defense techniques and learn to freestyle spar. Students will be exposed to the "Five Animal Styles" of Kenpo: Dragon, Snake, Tiger, Leopard and Crane. Emphasis continues to be placed on fostering the students confidence, discipline and respect. *A \$25 testing fee is required for those who wish to be evaluated for rank certification. Those wishing to participate in sparring will need to purchase protective equipment for \$50.*

Fee: \$51 (\$48 res) Monthly

Instructor: Casey Benedick

CONTINUING KENPO KARATE #1

T/Th • 6:30-7:15 pm

1203.31 • 9/1-9/29 • 9 classes

1203.32 • 10/1-10/29 • 9 classes

1203.33 • 11/3-11/24 • 7 classes

1203.34 • 12/1-12/22 • 7 classes

CONTINUING KENPO KARATE #2

T/Th • 7:15 -8 pm

1205.31 • 9/1-9/29 • 9 classes

1205.32 • 10/1-10/29 • 9 classes

1205.33 • 11/3-11/24 • 7 classes

1205.34 • 12/1-12/22 • 7 classes

Birthday Party Saturday Art With Miss Michelle

Choose from a variety of arts and crafts projects from clay sculpture & jewelry design to paint your own pottery & printmaking plus many more. Packages include birthday decorations, craft project & party time. Bring your own treat or for a small additional fee, we'll provide the cake and punch! 2hour packages start at \$120 & up for 8 kids.

Each additional child is \$15.

An adult chaperon must be provided for every 6 children.

Location: Arts & Crafts Building
For more information,
call 966-1036

FAMILY POTTERY

Ages: 5-17 with parent

Location: Arts & Crafts Building

Enjoy a unique family experience in this one of a kind ceramics class. Create your own masterpieces in a relaxing and encouraging environment. We will learn the three different methods of hand building as well as have a chance to try the potter's wheel. Bring your imagination-Emphasis is on FUN! Class fee includes parent and child. *Please bring a \$12 materials fee per person payable to instructor at first class. \$24 each additional family member.*

Fee: \$74 (\$71 res) / Session: 5 weeks

Instructor: Michelle Lueth

1610.31 • Tu • 9/8-10/6 • 4:15-5:30pm

1610.32 • W • 9/9-10/7 • 6:15-7:30pm

1610.33 • Tu • 10/20-11/17 • 6:15-7:30pm

1610.34 • Th • 10/22-11/19 • 4:15-5:30pm

New! FAMILY ART NIGHT

Age: 5-17 with parent

Location: Arts & Crafts Bldg

Come have some family fun being creative! Each session will be a new & exciting project designed to bring out your inner artist. Smiles & lasting memories guaranteed. Sign up for one class, or sign up for all five & get a \$10 discount! Class fee includes parent & child. *Please bring a \$5 materials fee per person payable to instructor on day of class. Register additional family members for \$10 each.*

Instructor: Michelle Lueth

Fee: \$29 (\$26 res) for parent & child

1613.31 • W • 9/2 • 6:30-7:30pm

1613.32 • Th • 9/24 • 6:30-7:30pm

1613.33 • Tu • 10/13 • 6:30-7:30pm

1613.34 • W • 11/4 • 6:30-7:30pm

1613.35 • Th • 12/3 • 6:30-7:30pm



Kid Chefs

Ages: 8 & up

Location: McMillan Center

Fee: \$26 (\$23 res) / Session: 1 day

Instructor: Terry Masten, Owner of Luna Baking

A little more experience in your home kitchen means fun and a safe experience, guided with a professional touch.

Beyond Ramen: Try your hand at those easy dishes that teach you more than just basic cooking skills: chicken tortilla soup and cheese straws.

1111.31 • Sat • 9/5 • 1:00-2:30pm

1111.32 • Sat • 11/7 • 1:00-2:30pm

Cakes For Kids: Molten Lava Cakes (chocolate) and Winter Shortcake. Watch and learn from a pro who will show shortcuts, twists, tips and results that will tempt everyone.

1111.33 • Sat • 10/17 • 1:00-2:30pm

1111.34 • Sat • 11/21 • 1:00-2:30pm

Food Gifts: Chocolate Tootsies and luscious chocolate truffles you make and gift wrap say you care about someone. Ribbon, bags and containers included.

1111.35 • Sat • 12/12 • 1:00-2:30pm

New!

THE BAKER'S DAUGHTER

Ages: All Ages Welcome

Location: The Baker's Daughter (6228 Main St. 95662)

Instructor: Shonna Martin

These classes are designed to teach the fundamentals of baking in a safe, hands on and creative environment. Learn to measure, sift, mix, whip, knead, decorate and more—improving math skills, science, reading and social skills along the way.

Cupcake Craze

Everyone loves cupcakes- come learn to make them from scratch and decorate them to our hearts content. We'll learn fancy finishing techniques.

Fee: \$21 (\$18 res)

1112.34 • Fri • 9/18 • 2:00-4:00pm

1112.35 • Fri • 9/18 • 7:00-9:00pm

Candy

Its candy making, dipping and decorating time.

Fee: \$16 (\$13 res)

1112.36 • Sat • 9/19 • 2:00-4:00pm

Cookies with Moms, Dads, Aunt, Uncle or a Grandparent

Kids and invited Guests. We'll mix, measure and stir to create cookie dough from scratch and make unique cookie creative. To top it all off, we'll paint the cookies.

Fee: \$31 (\$28 res)

1112.31 • Sat • 10/3 • 11:00am-1:00pm

1112.32 • Sat • 10/3 • 2:00-4:00pm

1112.33 • Sat • 11/21 • 11:00am-1:00pm

STAGING FUN & MORE

Ages: 7-16

Location: Clubhouse Auditorium

Join us under the spotlight on the Fair Oaks stage for a fun musical production. Sing, dance, act and make new friends! Emphasis is on the enjoyment of acting in a relaxed, fun environment while becoming more creative and self-confident on the stage. We will be doing a show of the directors choice. *A \$10 production fee is payable to the instructor.*

Performance: Friday, Nov 13

Show begins at 7:30pm

Fee: \$106 (\$103 res) / Session: 10 classes

Instructor: Carolyn & Jennie Martin

1723.31 • Tu • 9/1-11/10 • 3:45-5:15pm

No class 10/6

Halloween Haunted Houses

Make, bake and decorate your own haunted house that's sure to grab the attention of everyone.

Fee: \$36 (\$33 res)

1112.37 • Sat • 10/24 • 3:00-5:00pm

Let's Make Gingerbread Houses

Christmas - come learn how to make them from scratch and decorate.

Older kid will learn fancy decorating tips. Ages 2-4 may participate with a parent/guardian, and ages 5-8 can be dropped off.

Fee: \$51 (\$48 res)

1112.38 • Sat • 12/19 • 1:00-4:00pm



New!

PAINT-YOUR-OWN POTTERY

Age: All ages (kids 5-17 must be accompanied by a registered adult)

Location: Arts & Crafts Bldg.

Come have some fun creating your own "artware". You will paint your bowl, mug or plate with your own personalized designs. Plenty of ideas & decorating tools will be available. Then each piece will be clear coated & kiln fired to be picked up at a pre-arranged date. Sign up for one class, or sign up for all three & get a \$10 discount! *Please bring a \$10 materials fee per person payable to instructor on day of class.*

Instructor: Michelle Lueth

Fee: \$26 (\$23 res), add a family member for \$15

1614.31 • Sat • 10/3 • 10:30-11:45am

Project: bowls

1614.32 • Sat • 11/7 • 10:30-11:45am

Project: plates

1614.33 • Sat • 12/5 • 10:30-11:45am

Project: mugs

BREAKDANCING

Ages: 8 & up

Location: Community Clubhouse

This class is designed to give you a background in what Breakdancing is, how to do it, and where it came from. Learn the basic fundamentals for the dance, top rocks, footwork, flow, freezes, battling and power moves. Class will be taught by Vince "Vincan-ity" Horiuchi. Vince has been around for over 10 years and won many international competitions in France, New York, Montreal and more. Vince regularly performs at Sacramento Kings games as well.

Fee: \$36 (\$33 res) / Session: 4 wks
\$10 Drop In fee

Instructor: Vince Horiuchi

BEGINNING

1315.31 • W • 9/2-9/23 • 4:00-5:00pm

1315.32 • W • 10/7-10/28 • 4:00-5:00pm

1315.33 • W • 11/4-12/2* • 4:00-5:00pm

1315.34 • W • 12/9-12/30 • 4:00-5:00pm

*No class 11/11

INTERMEDIATE

1315.35 • W • 9/2-9/23 • 5:00-6:00pm

1315.36 • W • 10/7-10/28 • 5:00-6:00pm

1315.37 • W • 11/4-12/2* • 5:00-6:00pm

1315.38 • W • 12/9-12/30 • 5:00-6:00pm

*No class 11/11

CERTIFIED BABYSITTING

Ages: 11-13

Develop lifelong skills and job responsibilities while earning money when you become a trained babysitter. You will learn how to provide safe and responsible care for children. Develop skills in caring for medical emergencies as well as accident prevention. Gain knowledge about interviewing and professionalism. *Please bring a snack to class.*

Fee: \$56 (\$53 res) / Session: 2 days

Instructor: Cathy Statham

Location: Folsom

For dates & times, email Jennifer at:

jdavis@fairoakspark.org

Location: Folsom or Orangevale

CPR/AED/FIRST AID TRAINING FOR INFANT, CHILD & ADULT

This course is EMSA Certified

Ages: 12 & up

Location: Old Library

Save time and money by receiving this **two-year, EMSA approved, certification**. This course is required for licensed preschool teachers, daycare workers, educators and coaches. However, anyone can benefit from these life saving skills. Come join us for coffee, cookies and life saving education! *A \$10 material fee due to instructor at first class meeting.*

Fee: \$73 (\$70 res) / Session: 1 day

Instructors: Breath Of Life

4444.31 • Sa • 9/26 • 8:00am-4:30 pm

4444.32 • Sa • 10/17 • 8:00am-4:30 pm

4444.33 • Sa • 11/21 • 8:00am-4:30 pm

4444.34 • Sa • 12/19 • 8:00am-4:30 pm

Fair Oaks Youth Advisory Board

Join the Fair Oaks Youth Advisory Board (FOYAB). Applications NOW available and accepted for the 2009-2010 term. See the FOYAB section under Recreation at: www.fairoakspark.org.

FOYAB is a group of highschool students who run their own volunteer board. FOYAB commits to monthly meetings, as well as planned events and projects throughout the school year. For additional information, visit our website or contact:

Katy Albers -

kalbers@fairoakspark.org

Application Deadline: Friday, August 28th.

"You must be the change you wish to see in the world"



We know that people like to look for mistakes, so we include just a few to keep you entertained. Please let us know which ones you find.



JR. NFL FLAG FOOTBALL

JR. NFL Flag Football teaches boys and girls, ages 5-14 the fundamentals of football, good sportsmanship and teamwork through practices and league games. League games will take place on Saturdays and team practices will be during the week scheduled by the team coaches at the convenience of players and parents. All players will receive a NFL Flag Football reversible jersey.

Fee: \$85 per player

Location: Phoenix Park - Football Field

Mini Camp 8/29 10:00am

Punt Pass & Kick 9/5 10:00am

Mini Camp/Evaluation 9/12 10:00am

Games Start 9/26



PUNT, PASS & KICK

The NFL PUNT, PASS & KICK (PPK) program is a FREE national skills competition for boys and girls between the ages of 8 -15 to compete separately against their peers. Girls and boys in four separate age divisions (8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking in a fun and engaging forum. Individual winners will move on for a chance at competing on national television.

Date: 9/5/09

Time: 10:00am

Location: Phoenix Park - Flag Football Field

For more information, contact Nick @ ndavison@fairoakspark.org

INTRO TO SKATEBOARDING- LEVEL I

with Nor Cal Board Lessons Instructors

Ages: 6-13 • Location: Fair Oaks Park Skate Park

This course is designed to teach the basics to 1st time skateboarders. In our small group classes we'll teach you the fundamentals of safe skateboarding techniques. From foot placement and pushing, to carved turns and pumping for speed, this class is sure to improve the skills of any beginning skater. You must bring your own skateboard, and mandatory safety equipment designed for skateboarding: includes helmet, knee and elbow pads. *Classes are subject to postponement and/or cancellation due to weather conditions.*

Level I- Classes (Sa-Su) • Fee: \$55 (\$52 res)

9191.31 • 10/3-10/4 • 8:00-9:30am

9191.32 • 11/21-11/22 • 8:00-9:30am

9191.33 • 12/19-12/20 • 9:00-10:30am

INTRO TO SKATEBOARDING- LEVEL II

with Nor Cal Board Lessons Instructors

Ages: 6-13 • Location: Fair Oaks Park Skate Park

For graduates of Level I, or skaters with some basic ability. Now that you've been introduced to the sport and have the basics down, this course is for you. Small class size will mean lots of instructor time to help you become a more proficient skateboarder. You must bring your own skateboard, and mandatory safety equipment designed for skateboarding: includes helmet, knee and elbow pads. *Classes are subject to postponement and/or cancellation due to weather conditions. If you are not sure what level you are, contact: Brian@norcalboardlessons.com for precourse evaluation.*

Level II- Classes (Sa-Su) • Fee: \$55 (\$52 res)

9193.31 • 10/3-10/4 • 9:45-11:15am

9193.32 • 11/21-11/22 • 9:45-11:15am

SKATE DECK CREATION (SDC)

Ages: 8-17 • Location: Arts & Craft Building, Rm A

Skateboarding is an act of freedom. Whether you are doing tricks or just using your board to travel around town, one of the best ways to look cool while skateboarding is to have a unique skateboard deck. Why not push the limits and make a deck of your own. Skate Deck Creations has designed a fun and innovative way to build high quality skateboard decks. *Class teaches the basics of woodworking and art. Each person will make their own custom skate deck and receive a free SDC t-shirt! A material fee of \$60 for regular skate deck or \$65 for long board deck is due to instructor at first class.*

Fee: \$71 (\$68 res) / Session: 6 classes

Instructor: Nick Davison & Jonas Heppner

5055.31 • MWF • 11/2-11/13 • 6:30-8:30 pm

2009 Fair Oaks Fall Tennis Program

Progressive Tennis ½ COURT TRAINING:

This is a year training which goes through three levels of skill development: Bronze, Silver and Gold. All 6-7 years old players will be using foam balls or felt balls and be using cooperative training with different partners.

Ages: 6-7 • Location: Miller Park Tennis Courts • Fee: \$86 (\$83 res)

BRONZE - "FUNDAMENTALS"

The goal is to build a player's tennis foundation. Children will learn how to initiate a rally, how to move and judge the ball, how to control the racquet at the contact point and control the height, direction and depth to be successful on a mini court.

1255.31 • Sun • 9/13-11/1 • 11am-12pm Session: 8 wks (rain makeups- 11/8, 11/15)

SILVER - "BASIC PLAY"

The goal is to take basic rally skills and add them to the serve, return, and net skills on a mini court. The child will learn how to move effectively with good position and balance for each shot.

1255.32 • Sun • 9/13-11/1 • 11am-12pm Session: 8 wks (rain makeups- 11/8, 11/15)

GOLD - "CONSISTENT PRECISION"

The goal is to upgrade the skills already learned and enhance the player's ability to repeat consistency and with better accuracy.

1255.33 • Sun • 9/13-11/1 • 12:30-1:30pm

Session: 8 wks (rain makeups- 11/8, 11/15)

Progressive Tennis ¾ COURT TRAINING:

This year training has three levels of skill development: Bronze, Silver and Gold. All 7-9 years old players will be using low compression tennis balls.

Ages: 7-9 • Location: Miller Park Tennis Courts • Fee: \$86 (\$83 res)

BRONZE - "PRESSURE THROUGH CONSISTENCY"

The goal is to understand proper grips, have a consistent Impact Point, a stable Hitting Zone which will allow players to play consistency. They are developing their ability to initiate the point effectively.

1255.34 • Sun • 9/13-11/1 • 12:30-1:30pm

Session: 8 wks (rain makeups: 11/8, 11/15)

SILVER - "PRESSURE BY INCREASED PRECISION & POWER"

The goal is to have players with proper biomechanics to increase power and precision when performing basic tennis tactics and different playing situations.

1255.35 • Sun • 9/13-11/1 • 12:30-1:30pm

Session: 8 wks (rain makeups: 11/8, 11/15)

Progressive Tennis FULL COURT TRAINING:

This year training has all 10-13 year old players using low transition tennis balls & regular tennis ball. Players will learn to vary & change the flight, spin & speed of the ball. In this level players are developing tactical game plan.

Ages: 10-13 • Location: Miller Park Tennis Courts • Fee: \$126 (\$123 res)

1255.36 • Sun • 9/13-11/1 • 12:30-1:30pm

Session: 8 wks (rain makeups: 11/8, 11/15)



DOG OBEDIENCE

Location: Fair Oaks Park

Is your dog walking you instead of you walking your dog? This class will cover the basic American Kennel Club exercises for the Companion Dog title: heel, sit when you stop, come when called, sit stay and down stay. Dogs should be at least 5-6 months old and have all vaccinations current. Please bring a training collar or head halter and a six-foot nylon or leather training lead (No chain leads).

Fee: \$61 (\$58 res) / Session: 6 wks

Instructor: Rose Behlendorf

8110.23 • Th • 8/20-9/24 • 6:30-7:30pm

New! MIND BODY WELLNESS WORKSHOP

Ages: 18 +

Location: Old Library

The Art of Living Foundation presents an internationally acclaimed workshop based on innovative breathing techniques which reduce stress & heighten mental clarity. The seminar integrates modern methods with ancient wisdom to help individuals lead a more fulfilling & productive life. Seminar includes take home ancient breathing techniques, insight into secrets of breath, experience meditation and more.

Instructor: Anu Punya

Fee: \$26 (\$23 res)

3533.31 • 1st & 3rd Sat of the Month

9/5-12/19 • 4:00-5:00p

HATHA YOGA CLASSES

Location: Clubhouse Auditorium

In addition to relaxing and stretching, Yoga Postures release tension, gently but firmly strengthen and tone the deeper supportive muscle structure and improve organ and glandular function. You can expect to experience greater ease of movement, increased sense of well-being and deeper more restful sleep. Each student is encouraged to work at his or her own ability level. *Please bring a mat or blanket to class.*

Sessions: Ongoing (begin any time)

Instructor: Judith Aubin, MA

Punch Card Fee \$60: Each Card is good for 6 classes

3710.31 • Sept 3710.33 • Nov
3710.32 • Oct 3710.34 • Dec

STRETCHING, RELAXING AND STRESS RELIEVING YOGA

This class, over time, develops our ability to release our muscle tension and be relaxed in every posture of life.

T • 9/1-12/29 • 8:00-9:15am

STRENGTHENING YOGA

This class is primarily intended to rebuild strength and restore our flexibility. Come and feel your mood improve as your strength slowly returns and grows.

F • 9/4-12/18 • 8:30-10am*

No Class 11/27

ADULT KENPO KARATE

Location: Clubhouse Lower Level

Improve strength, flexibility, cardiovascular fitness, and agility as you learn the exciting art of Five Animal Kenpo. While learning an effective skill of self-defense you will benefit from mental focus, stress relief, and physical fitness that results from martial arts training. *A \$25 testing fee is required for those who wish to be evaluated for rank certification. Those wishing to participate in sparring will need to purchase protective equipment (\$50).*

Fee: \$51 (\$48 res) monthly

Instructor: Casey Benedick

T/Th • 8:00-8:45pm

1204.31 • 9/1-9/29 • 9 classes

1204.32 • 10/1-10/29 • 9 classes

1204.33 • 11/3-11/24 • 7 classes

1204.34 • 12/1-12/22 • 7 classes

CREATIVE JEWELRY DESIGN

Ages: 18 & up (12+ if enrolled w/adult)

Location: Arts & Crafts Bldg, Classrm B

Learn the basics to make your own beautiful jewelry. We will explore different techniques with wire and beads to create your own designs. Bring home a one of a kind piece made by your own hands & the knowledge to successfully create many more. *Please bring a \$22 materials fee payable to instructor at first class*

Fee: \$71 (\$68 res)

Instructor: Michelle Lueth

5112.31 • Tu • 9/22-10/6 • 1:30-3:10pm

5112.32 • Sa • 11/14-11/21 • 10:30-11:00pm

New!

ADULT POTTERY STUDIO

Age: 18 & up

Location: Arts & Crafts Bldg.

This open studio is for students who have previously taken an adult pottery class from Michelle. Studio is open registration & participants can sign up at any time by purchasing a punch card. Punch card is good for 4 classes & expires 60 days from date of purchase. One class equals 2 hours studio time. *Please bring a \$22 materials fee payable to instructor at first class.*

Instructor: Michelle Lueth

Fee: \$60 per punch card

1616.31 • T • 9/ 15-10/6 • 4:30-8:30pm

1616.32 • W • 9/16-10/7 • 12:30-7:30pm

1616.33 • T • 10/27-11/17 • 12:30-7:30pm

1616.34 • Th • 10/ 29-11/19 • 4:30-8:30pm



Have a dog?

Visit our Dog Park in Phoenix Park. Just under 2 acres, with 3 separated areas with shade. For more info visit www.fordog.org

ADULT POTTERY

Location: Arts & Crafts Building, Classrooms A&B

Come have fun while playing in the mud! Experience one of the most ancient and relaxing art forms while learning different techniques to create your own individual works of art. Hand Building as well as wheel throwing will be offered. Emphasis on fun - while exploring your creative side. Although this is a beginning class, all levels are welcome. *Please bring an \$22 materials fee payable to instructor at first class.*

Fee: \$74 (\$71 res) / Session: 4 wks

Instructor: Michelle Lueth

5110.31 • T • 9/15-10/6 • 6:30-8:30pm

5110.32 • W • 9/16-10/7 • 12:30-2:30pm

5110.33 • W • 9/16-10/7 • 3:30-5:30pm

5110.34 • T • 10/27-11/17 • 12:30-2:30pm

5110.35 • T • 10/27-11/17 • 3:30-5:30pm

5110.36 • Th • 10/29-11/19 • 6:30-8:30pm

COUNTRY LINE DANCING

Location: Clubhouse Auditorium

Under 18 allowed with a paying adult

Come learn the basics needed to become a successful line dancer. It's a great way to meet and be with others while staying fit. No partner needed. Learn traditional line dances while developing the skills needed to progress into higher level classes. Routines and teaching are also tailored for the active senior.

Instructor: Norm Gifford

BEGINNING

Fee: \$29 (\$26 res) per person

Session: 4 wks

4201.31 • Th • 9/3-9/24 • 6-7:00pm

4201.32 • Th • 10/1-10/22 • 6-7:00pm

4201.33 • Th • 10/29-11/19 • 6-7:00pm

4201.11 • Th • 1/7-1/28 • 6-7:00pm

INTERMEDIATE

Fee: \$33 (\$30 res) per person

Session: 4 wks

4210.31 • Th • 9/3-9/24 • 7:30-9pm

4210.32 • Th • 10/1-10/22 • 7:30-9pm

4210.33 • Th • 10/29-11/19 • 7:30-9pm

4210.11 • Th • 1/7-1/28 • 7:30-9pm

New! ROUND DANCE

Instructors: Marie Hathaway & Gordon Sill

Learn the basics of this popular form of couples dancing- ballroom steps taught in small units, then adapted to many popular songs. We will cover cha cha & rumba rhythms in the beginner class and introduce the rumba, foxtrot and jive rhythms in the intermediate. Casual Attire.

BEGINNING

Fee: \$81 (\$78 res) / Session: 13 classes

Drop- in fee \$6 per person

Instructor: Marie Hathaway & Gordon Sill

Location: Community Clubhouse

4220.32 • W • 9/2-12/16* • 1:00-3:00pm

INTERMEDIATE

Fee: \$81 (\$78 res) / Session: 13 classes

Drop- in fee \$6 per week

Location: Clubhouse Auditorium

4220.31 • W • 9/2-12/16* • 6:30-9:30pm

*No class 9/16, 9/23, 11/11

BELLY DANCING

Ages: 13 & up

Learn the beautiful art of belly dancing in a fun and supportive environment. These classes offer a full-body workout that tones muscle and provides one of the best low impact aerobic workouts around. Intermediate class will focus on a different theme each week, from finger cymbals to shimmes and floor work. For more information visit www.adrianedance.com. *Please bring a yoga mat & come ready to work out, with bare feet.*

Fee: \$60 Punch card - good for 6 classes, expires in 8 weeks from date on purchase

Drop In fee :\$15

Instructor: Adriane Dellorco

BEGINNING: Tuesdays 9/1-12/29

7:15-8:15pm • Old Library Building

2222.31 • Sept 2222.33 • Nov

2222.32 • Oct 2222.34 • Dec

INTERMEDIATE: Tuesdays 9/1-12/30

5:45-6:45pm • Clubhouse Auditorium

2222.35 • Sept 2222.37 • Nov

2222.36 • Oct 2222.38 • Dec

EAST COAST SWING DANCE

Location: Clubhouse Auditorium

Have you ever gone out dancing and watched other people spin around the dance floor and wonder how they do it? This class will teach you footwork, turns and how to lead or follow any partner. You won't have to watch from the sidelines anymore.

Fee: \$56 (\$53 res) **per couple**

Session: 4 wks / Instructor: Meghan Kerins

BEGINNING

4112.31 • M • 9/7-9/28 • 6:45-7:45pm

4112.32 • M • 10/5-10/26 • 6:45-7:45pm

INTERMEDIATE

4112.33 • M • 11/2-11/23 • 6:45-7:45pm

BALLROOM DANCE I

Location: Clubhouse Auditorium

Ever felt uncomfortable dancing at weddings, office parties or out socializing? Why not begin dancing in a fun and friendly environment. Ballroom dancing for beginners starts with learning the basics of dances such as Waltz, Fox Trot, Rumba, and Cha Cha.

Fee: \$56 (\$53 res) **per couple**

Session: 4 wks

Instructor: Meghan Kerins

4110.31 • M • 9/7-9/28 • 8-9:00pm

4110.32 • M • 10/5-10/26 • 8-9:00pm

4110.33 • M • 11/2-11/23 • 8-9:00pm



BABY SIGNS® SIGN, SAY AND PLAY

Ages: 6-24 months

Location: McMillan Center

Parents and their babies will enjoy 6 weeks of fun-filled play classes with lots of singing, signing, and dancing activities that highlight important developmental skills. With the Baby Signs® Program, infants and toddlers can use simple signs to let you know what they see, what they need, and even how they feel. Research has shown that using the Baby Signs® program decreases frustration and helps babies learn to talk sooner. Classes include fun activities and parent education topics to stimulate growth in your baby's motor, cognitive, language, literacy, social and emotional development. *\$55 materials fee payable to instructor at first class*

Fee: \$66 (\$63 res) per parent/child

Session: 6 wks

Instructor: Sandy Seddon-Rice BSN, IBCLC

1414.31 • Tu • 9/15-10/20 • 6-6:45pm

1414.32 • Tu • 11/10-12/15 • 6-6:45pm

BABY SIGNS® PARENT WORKSHOP

Ages: Parents only

Location: Old Fair Oaks Library

Why wait to communicate? Babies have a lot to say, even before they can actually speak. With the Baby Signs® program, infants and toddlers can use simple sign to let you know what they see, what they need, and even how they feel. Research has shown that using the Baby Signs® program decreases frustration and helps babies learn to talk sooner. Learn everything you need to know to get started with the Baby Signs® program, including effective ways to begin teaching signs at home, easy ways to use signs in daily routines and what to expect as your baby transitions from signs to speech. Expectant parents, early childhood educators and professionals are also welcome. *\$30 materials fee per couple payable to instructor at first class.*

Fee: \$31 (\$28 res) per couple

Session: 1 day

Instructor: Sandy Seddon-Rice BSN, IBCLC

1415.31 • Th • 9/3 • 6:30-8:30pm

1415.32 • Th • 10/8 • 6:30-8:30pm

1415.33 • Th • 11/5 • 6:30-8:30pm

1415.34 • Th • 12/3 • 6:30-8:30pm

Fair Oaks Recreation & Park District offers year round Adult Sports leagues. Sports offered by the District include Softball and Basketball. Below you will find registration & league start dates for Adult Sport leagues. For further league information, please contact Nick Davison at 966-1036, or visit www.fairoakspark.org.

Softball

There are four (4) leagues offered during the year, which are the Spring, Early Summer, Late Summer, and Fall Double Header leagues. Divisions offered are Men's C & D and COED C & D. Games are held Sunday through Friday, from 6:20pm-9:20pm.

FALL DOUBLE HEADER SOFTBALL

League Dates: Oct 11th - Nov 20th

Registration Deadline:

Oct 2nd @ 5:00pm

Schedule Available:

Oct 7th @ 3:00pm (Online)

League Starts: Week of Oct 11th

Number of Games: Min of (8)

Game Times: 6:20-9:20pm

Location: Fair Oaks Park

Cost: \$400 per team

Basketball

Basketball leagues are offered four (4) times a year during the Winter, Spring, Summer, and Fall seasons. Divisions offered are Men's D and Women's D. Games are held on Sunday's from 1:00pm - 8:00pm at Bella Vista High School in the large gymnasium.

FALL BASKETBALL

League Dates: Oct 25th - Dec 20th

Registration Deadline:

Oct 16th @ 5:00pm

Schedule Available:

Oct 21st @ 3:00pm (Online)

League Starts:

Week of Oct 25th

Number of Games: Min of (8)

Game Times: 1:00pm - 8:00pm

Location: Bella Vista High School

Cost: \$405 per team

**Stay tuned for information on new leagues including volleyball. All Team Managers are required to retain a Team Managers Guide Book and the District Waiver/Roster form from the District office or online prior to participating in any Adult Sports League. To be added to the Free Agent list, e-mail ndavison@fairoakspark.org.*

If inclement weather should arise, the **INCLEMENT WEATHER HOTLINE** will be updated by 3:00 pm with program information.
Inclement Weather Hotline (916) 966-1011 Ext. 22

FAIR OAKS COMMUNITY GROUPS

Fair Oaks /Orangevale

Little League

(916) 863-9616

Fair Oaks Soccer Club

(916) 961-7802

American River Girls Softball

(916) 989-1174

Fair Oaks Youth Lacrosse

(916) 961-7983

Fair Oaks Theatre Festival

(916) 966-3683

Fair Oaks Foundation for Leisure & Arts

(916) 961-9012

Fair Oaks Historical Society

(916) 967-7135

Fair Oaks Responsible

Dog Owners (916) 967-4544

Weather Hotline for Dog Park

966-1011x23

Fair Oaks Chamber of

Commerce (916) 967-2903

Fair Oaks Rotary Club

(916) 962-6644

Fair Oaks Horticulture Center

(916) 875-6913

Fair Oaks Master Gardeners

(916) 875-6913

Starlight Shufflers

(916) 991-3960

Sierra Chapter American Theatre Organ Society

(916) 967-5386

Fair Oaks Village Singers

(916) 369-8964

Fair Oaks Racquet Club

info@forctennis.com

Woman's Thursday Club

(916) 967-7891

P.A.S.A. - PROGRAM FOR ACTIVE SENIOR ADULTS

Winner of CARPD Outstanding Group 2007

ALWAYS ACCEPTING NEW MEMBERS!

Location: Clubhouse Lower Level, Building is accessible for those with disabilities

PASA is a fun and social organization designed to promote wonderful recreation activities for senior adults and seniors-in-training. PASA is held 2nd-4th Wednesday of each month. Doors open at 10:00am for those wishing to play cards. Bingo and a raffle are some activities held at meetings, guest speakers or other entertainment may also be at meetings. Dues are \$10 per year, interested members may attend 3 meetings before paying dues. *Must have own ride to and from meetings. If you have questions please feel free to contact Jennifer at 966-1036 ex 17 or e-mail: jdavis@fairoakspark.org.*

MONTHLY SCHEDULE:

2 nd Wednesday	Meeting	Time: 11:00am- 1:00pm
3 rd Wednesday	Bingo	Time: 11:00am- 1:00pm
4 th Wednesday	Meeting	Time: 11:00am- 1:00pm

SENIOR STRETCH WITH SHARON SHUTE

Location: Clubhouse Auditorium

A low impact exercise class specially designed for senior citizens. Improve muscular endurance and flexibility as well as cardio-respiratory and aerobic fitness. Meet new friends, and feel more vibrant and healthy.

Please bring a mat or towel to class.

Fee: \$1.50 per class paid at class location
 M/T/W/TH • On-going/Drop-in • 9:35-10:30am
 (No program 9/7,11/11,12/25,12/31)

SENIOR DROP-IN . . . PINOCHE ANYONE?

Location: Clubhouse Lower Level

Individuals may "drop-in" for a game of pinocle, or other card games. This FREE, fun social gathering is an informal program.

Although there is no formal program, refreshments and cards are available.

Drop by and bring a friend!

Th • On-going/Drop-in • 9:00am-1:00pm
 (No program on District Holidays)

Instructors WANTED!

Have special training or experience in a skills others maybe interested in learning about? FORPD is looking for energetic instructors to teach a variety of recreational classes. Share your interests and talent with others in the community. We are interested in hearing about what you would like to offer. Teach children or adults, its up to you. FORPD is always accepting new class proposals. Check online at www.fairoakspark.org under Employment Opportunities for the Independent Contactor Handbook for more information on how to become and Instructor with FORPD.

NEW! INK & OIL ON GLASS & ONE STROKE ACRYLIC PAINTING

Location: Arts & Craft Building, Rm A

Join us and have fun learning to paint with ink and oil on glass and "one stroke" basic acrylic painting of florals. No artistic talent is needed. You will be able to paint animals, roses, sunflowers, daisies and much more.

Fee: 10 classes for \$30

Instructor: Linda Chandler

Thursdays • 1:30pm-4:00pm

5113.31 • Sept

5113.32 • Oct

5113.33 • Nov

5113.34 • Dec



GARDENING FOR THE HEALTH OF IT

Location: McMillan Center

Gardening for seniors (50+) covering all aspects of gardening including guest appearances by UC Master Gardeners plus planned field trips. This 18-week class is sponsored by the San Juan Unified School District. A \$20 material fee is payable to instructor on the first day of class.

Instructor: Alicia Labelle

W • 9:00am-12:00pm

Call 966-3535 for dates and more information.

Scholarship Opportunity

The District's goal is to provide a quality recreation experience to every child, and that no potential participant would ever be turned away because of a low family income situation. The Board of Directors established an annual "Don Ralls Memorial Scholarship Fund" for Fair Oaks youth and seniors.

This program is available on a case-by-case basis. Eligible participants will receive up to a 50% discount on one District program upon the approved completion of an application and all appropriate criteria. Please note that funds are limited. The District reserves the right to limit the eligibility of programs. For more information contact Fair Oaks Recreation and Park District at 966-1036 or visit the website at www.fairoakspark.org.

Gifts of the Heart Catalog

The Fair Oaks Recreation and Park District offers an excellent opportunity for you to invest in your community. The Gifts of the Heart program was established to encourage individuals, businesses and community organizations to help provide financial assistance for needed programs.

A donation to the Gifts of the Heart program could provide a variety of items that would enhance our parks, community events, facilities, and recreation programs. Your gift is an investment that will benefit the Fair Oaks Community. All donors will receive public acknowledgment. Each contribution, regardless of size, is important and greatly appreciated. Give a gift that will last a lifetime, and help support our parks and recreation system. Become a Partner and support Gifts of the Heart! For more information visit our website at www.fairoakspark.org.

5 Ways to Register

IF PAYING WITH CHECK MAKE OUT TO FORPD



Online Registration

Visit www.fairoakspark.org to register online with Visa, MasterCard or American Express.



Walk-In Registration

Fill out registration form at our District Office, 4150 Temescal St, Fair Oaks. Monday-Friday 8:00am-5:00pm
Cash, Check or Credit cards (listed above) accepted



Mail-In Registration

Mail-In Registration accepted with a complete registration form and correct fees. *Please do not mail cash.* Mail registration to FORPD District Office, 4150 Temescal St., Fair Oaks, CA 95628.



Drop-Box Registration

Drop-Box Registration accepted with a complete registration form and correct fees. *Please do not mail cash.* Drop-Box is located at District office to left of front door for after hours registration.



Fax-In Registration

Fax your completed form with credit card # to 966-9863.

GENERAL INFORMATION

1. The District reserves the right to cancel or modify any class and/or program. Classes may be cancelled three (3) days prior to the start date if minimum enrollment is not met.
2. Resident/Non Resident: Residents are those who live within the Fair Oaks area. All other pay the non-resident fee (indicated by non res).
3. Don Ralls Scholarship program: Scholarships are available for District residents who are on a fixed income or lower income families with special needs. Please contact the District for more information.

REFUND POLICY

1. Full refund will be given if the Fair Oaks Recreation and Park District cancels the program or for medical reasons.
2. **On line convenience fee is non refundable.**
3. No refund will be issued after the class or program has had its second meeting.
4. All refund requests will be approved or denied by the Fair Oaks Recreation and Park District. All refund checks will be processed through the County of Sacramento and mailed to you within 4-6 weeks.
5. The Fair Oaks Recreation and Park District reserves the right to adjust the policy, depending upon the circumstances and the severity of the situation.

All refunds are required to submit a refund/transfer request form to be approved by District Staff.

**FAIR OAKS RECREATION & PARK DISTRICT
PARTICIPANT'S REGISTRATION WAIVER, RELEASE, ASSUMPTION OF RISK
AND INDEMNITY AGREEMENT**

**Note: Participant(s) or legal guardian must complete waiver form in its entirety, prior to the first class meeting.
If waiver is not signed, participant will not be registered, and form will be returned.**

PAYEE INFORMATION

LAST NAME _____ FIRST NAME: _____
 PHONE/HOME: _____ WORK: _____
 ADDRESS: _____ CITY: _____ ZIP: _____
 E-MAIL ADDRESS: _____
 EMERGENCY CONTACT NAME: _____ PHONE: _____
 PLEASE CHECK ONE: FAIR OAKS RESIDENT: _____ NON-RESIDENT: _____

Method of Payment:

Cash _____ Check #: _____ Card #: _____ Expiration Date _____ Visa _____ MasterCard _____

 Cardholder's Name (Print) Cardholder's Signature

Class Code	Participant's Name	Date of Birth	Class Name	Session Dates	Fee

Please remember to sign the waiver on the bottom of this form, Thank You! Please check here if you would like a receipt sent.

Agreement, Waiver & Release Fair Oaks Recreation & Park District 2004

In consideration for being permitted by the above District to participate in the above activity(ies), I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity(ies). This release is intended to discharge the above District (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity(ies), even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding by my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in the said activity(ies).

Parental Consent:

(To be completed and signed by parent/guardian if applicant is under 18 years of age)

I hereby consent that my son/daughter, _____ participate in the above activity(ies), and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense, which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity(ies).

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY OWN FREE WILL.

Signature of Participant (if under 18, Parent or Guardian): _____ Date: _____

I understand that photographs taken of recreational programs may be used by the District for promoting programs, classes or events.

Signature of Participant (if under 18, Parent or Guardian): _____ Date: _____

Are you looking for a special place to hold a party, bar mitzvah, plays, dances, meetings, or a wedding! Our facilities provide space for a large or small attendance. Building we have to offer are the F.O. Community Clubhouse, (upper & lower levels), McMillan Center, and the Old Fair Oaks Library. Whatever your needs may be, the Fair Oaks Recreation & Park District has the place for you. To view dimensions and pictures go to our web site: www.fairoakspark.org.

FACILITIES FOR RENT

General Information:

- 1) Reservations may be made up to one (1) year in advance
- 2) Tables, chairs, and set up are included in your indoor facility rental fee
- 3) Private Caterers are allowed in all facilities

Steps to Renting a Facility:

- 1) Call the District Office at 966-1036 for further information, to check availability of date, or to schedule an appointment to view the facility.
- 2) If the date is available fill out a rental application.
- 3) For Outdoor Rentals: full rental fees must be paid to reserve the date.
- 4) For Indoor Rentals: A refundable \$200 deposit to reserve the date is required.
- 5) Payment in full and proof of insurance are required 120 days in advance. Table layout due 2 weeks prior to event.

INDOOR

Clubhouse Auditorium 7997 California Ave.

Capacity: 179 seated / 400 standing
Included in Rental: 46' x 63' Meeting Room, 30' x 27' Stage, and 19' x 19' Commercial Kitchen
Equipment Provided: (13) twelve ft. tables, (2) ten ft. tables, (2) six ft. table, (179) folding chairs, commercial range, refrigerator, double sink & cleaning equipment.
 (10) Six ft round tables available for additional fee.
Rental Fee: \$85 per hr. or \$590 for 8 hrs

Clubhouse Lower Level 7997 California Ave.

Capacity: 80 seated / 120 standing
Included in Rental: 27' x 44' Meeting Room, 15' x 19' Commercial Kitchen
Equipment Provided: (7) ten ft. tables, (1) six ft. tables, (80) folding chairs, commercial range, refrigerator, double sink & cleaning equipment.
Rental Fee: \$55 per hr or \$290 for 8 hrs
 4hr minimum rental

McMillan Center 8020 Temple Park Rd.

Capacity: 72 seated / 154 standing
Included in Rental: 773 sq. ft. Meeting Room, Kitchen with refrigerator & Range, fenced in outdoor park space with barbecues.
Equipment Provided: (4) ten ft. tables, (2) eight ft. tables, (10) six ft. tables, (72) folding chairs, kitchen range & refrigerator, cleaning equipment.
Rental Fee: \$45 per hour or \$270 for 8 hours - 2hr minimum rental

Old Fair Oaks Library 4200 Temescal St.

Capacity: 30 seated/ 59 standing
Included in Rental: 690 sq ft Meeting Rm
Equipment Provided: (2) Twelve ft. tables, (4) eight ft tables, (1) six ft. table, 40 folding chairs/12 fixed chairs, one mounted writing board
Rental Fee: \$35 per hr or \$200 for 8 hrs
 2hr minimum rental



OUTDOOR

2hr minimum rental for all BBQ Areas

Fair Oaks Park BBQ Area 11549 Fair Oaks Blvd.

Capacity: 200 Total seating (picnic tables)
Equipment Provided: (5) BBQ Grills, (1) Large Center Table
Additional Equipment: Water and Electricity available for \$5 each
Rental fee: \$30 per hour

McMillan Center BBQ Area 8020 Temple Park Rd.

Capacity: 16 total seating (picnic tables)
Equipment Provided: (2) BBQ Grills
Additional Equipment: Water and Electricity available for \$5 each
Rental Fee: \$20 per hour



Miller Park BBQ Area 8480 Sunset Ave.

Capacity: 24 total seating (picnic tables)
Equipment Provided: (2) BBQ Grills
Additional Equipment: Water and Electricity available for \$5 each
Rental Fee: \$20 per hour



Fair Oaks
Recreation and
Park District

To Our Valued Customer
Postal Customer - Local
Fair Oaks, CA 95628
Carrier Route

Prst Std
US Postage
PAID
Permit No. 601
NON PROFIT
Fair Oaks,
CA 95628

Look What's Coming to Town!

Catch the action and excitement of these special events coming to Fair Oaks for the Fall Season!



<i>Fair Oaks Theater Festival</i>	8/14 & 9/13
<i>Senior Luau</i>	9/16
<i>4th Annual Chicken Festival</i>	9/19
<i>Comedy Under the Stars</i>	9/25
<i>Fall Garage Sale</i>	9/26
<i>Father/Daughter Dance</i>	10/2
<i>Fair Oaks Dog Walk</i>	10/3
<i>Teddy Bear Tea Party</i>	10/17
<i>Halloween Carnival</i>	10/30
<i>Christmas in The Village</i>	12/5
<i>Cookies with Santa</i>	12/5
<i>Village Singers Concert</i>	12/13

For more information on these Special Events, see pages 3 & 4. For more information on how you can be involved as a sponsor or volunteer for our events please contact Fair Oaks Recreation and Park District at 916-966-1036.