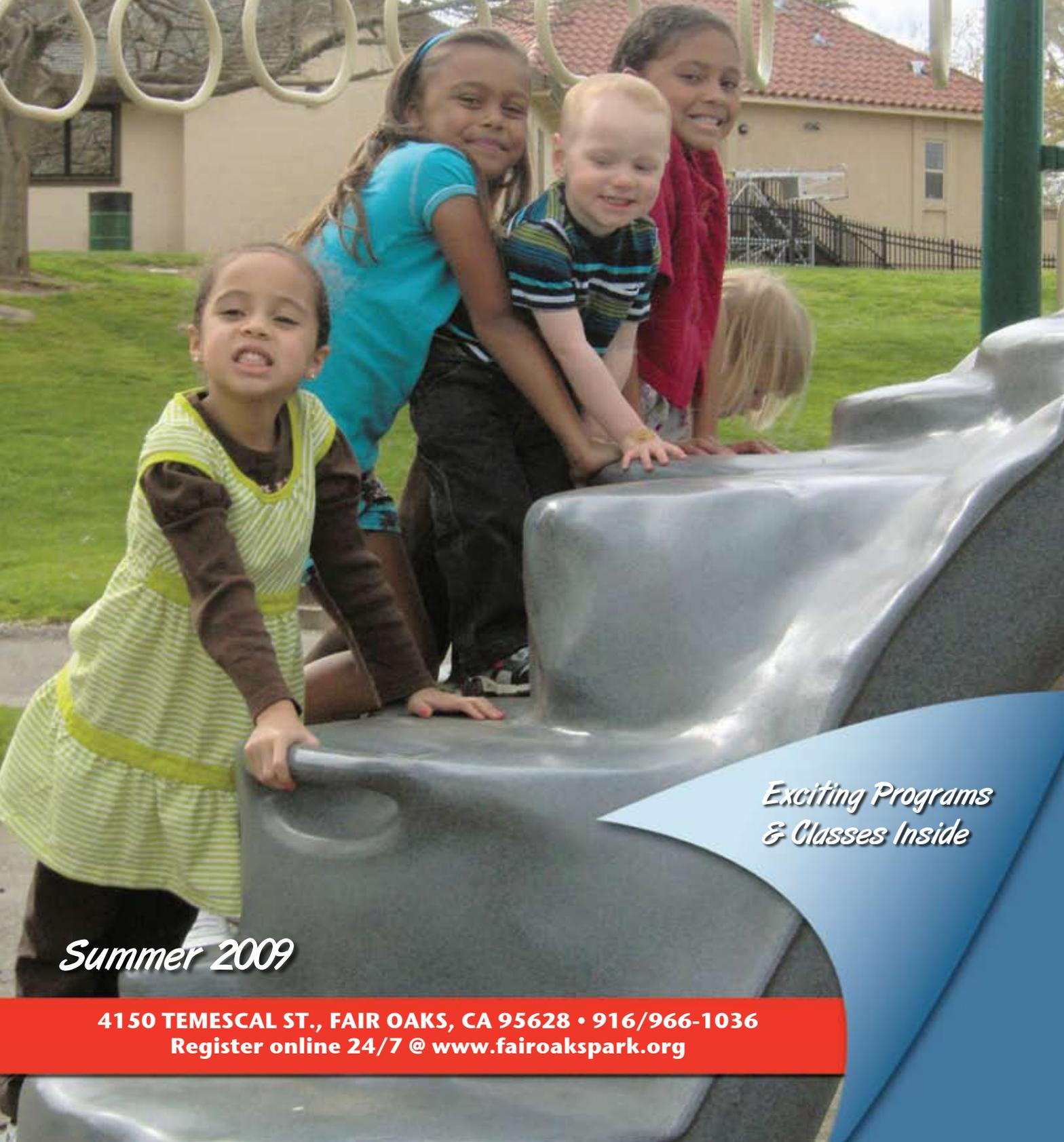


FAIR OAKS RECREATION AND PARK DISTRICT

The Roost



*Exciting Programs
& Classes Inside*

Summer 2009

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

BOARD OF DIRECTORS

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

DISTRICT OFFICE

4150 Temescal St
Fair Oaks, CA 95628
966-1036 • Fax 966-9863
www.fairoakspark.org

ADMINISTRATION

Maureen Zamarripa
District Administrator
mzamarripa@fairoakspark.org

Todd Sebastian, CPRP
Assistant District Administrator
tsebastian@fairoakspark.org

Linda Parks
Accounting Coordinator
lparks@fairoakspark.org

MaryAnn Howard
Receptionist
mhoward@fairoakspark.org

Margaret Voorhees
Project/Grants Coordinator
mvoorhees@fairoakspark.org

Karen Pavisich
HR & Policy
kpavisich@fairoakspark.org

Kathy Corona
Front Desk Assistant
kcorona@fairoakspark.org

RECREATION

Kimbra Shephard
Recreation Supervisor
kshephard@fairoakspark.org

Katy Albers
Recreation Coordinator
kalbers@fairoakspark.org

Jennifer Davis
Recreation Coordinator
jdavis@fairoakspark.org

Nick Davison
Recreation Coordinator
ndavison@fairoakspark.org

For field closure and updates visit
www.fairoakspark.org

PARKS

Park Office 240-3651 • Fax 961-3466
Rick Vaughan, Parks Supervisor
rvaughan@fairoakspark.org

PARK WORKERS

Leo Fletcher, Lead
Robert Matthews, Lead
Kris Duck, Shelley Forrest, Sam Reyna,
Jason Schlosser

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



Special EventsPage 3

Community Happenings.....Page 5

Tiny Tot ClassesPage 6

Youth Classes.....Page 7

Summer Camp Page 9

Youth/Teen Classes Page 10

Sports Camps Page 13

Teen/Adult Special Interest Page 14

Adult Sports Leagues..... Page 18

Senior ProgramsPage 19

Rental Info.....Page 20

Registration Information..... Page 21

Registration WaiverPage 22

Map of FacilitiesPage 23



Spring Garage Sale

Saturday, April 25th • 8am-Noon

It's time to spring clean. Spaces are filling up fast, only 57 booth spaces available so register now. (*Garage Sale items only*).

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

Location: Fair Oaks Park

11549 Fair Oaks Blvd.

Fee: \$35 per space



Mother & Son Dance

Friday, May 8th, 6:30-8:30pm

Western Hoe Down Theme

Moms . . . spend a special night out with your little guy. Guys . . . take mom out for a FUN Mother's Day date. Go out for dinner, and then come spend the evening with us! Refreshments, great music, pictures and more. Get your tickets in advance at the District office or at the door. This event is organized and run by the Fair Oaks Youth Advisory board. For more information please call (916) 966-1036 or e-mail kalbers@fairoakspark.org.

Location: Fair Oaks Community Clubhouse

Tickets: Presale: \$5 per person / At door: \$8 per person

6 Flags Discovery Kingdom

Saturday, June 6th • 7am-10:30pm*

This trip is for all of those who love the fast pace roar of the roller coasters or have a love of animals. There is entertainment of all sorts and you can't forget the great food that an amusement park offers. Bring a friend to come and share all of the excitement with. Participants for this event will be meeting at the Fair Oaks Park parking lot at 7:00am. We will be returning by 10:30 pm. You will need to bring the following items: **money for lunch, snacks, and souvenirs, comfortable clothes and shoes, a sweatshirt or light jacket for the evening, and sun block.**

6913.22 • 6 Flags Discovery Kingdom

Fee: \$65 per person includes entrance fee and transportation

**Trip must meet a minimum number of participants to run.*



The 60th Annual Fair Oaks Spring Fest

(Also known as Fiesta Days)

May 2nd & 3rd

10am - 4pm daily

This year's theme:

"Pirates of the American River"

The two-day event will be held in Village and Plaza Parks. Entertainment is scheduled throughout the weekend including a parade, toilet bowl races, frog jump, children's games, car show, food & craft vendors and more.

For more information call the Fair Oaks Chamber of Commerce at 967-2903.

Interested in becoming a vendor?

Call Katy Albers at 966-1036.

Fair Oaks Village Singers Concert

Sunday, June 7th at 6pm

This is a FREE event! Show will consist of some show tunes and patriotic numbers.

Location: Fair Oaks Presbyterian Church - 11427 Fair Oaks Blvd.

For more information, call 369-8964



1st quarter classes begin May 7th

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:

May 7th 6-10pm &

May 9th 8am-5pm

May 14th 6-10pm &

May 16th 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

Comedy Under the Stars

**Friday, June 5th • Friday, August 7th • Friday, September 25th
8-10pm • Doors & Box Office open at 7pm**

Recommended for an Adult Audience

Join the Fair Oaks Recreation and Park District and Sacramento's "Laughs Unlimited" for a night full of laughs! **No outside food or drinks will be permitted into the show.** *Bags will be checked at the gate prior to entering.* Food and Spirits will be available for purchase in the Theatre. A portion of the proceeds will help the Fair Oaks Theatre Festival fundraising efforts. For additional information, please call 966-1036.

Location: Veterans Memorial Amphitheatre

Tickets: Presale - \$12 per person / at door - \$15 / all 3 shows - \$33

Concerts in the Park

June 11th - August 27th • every Thursday • Begins @ 7pm

Concerts in the Park are a free series of concerts for the Fair Oaks Community. It's an opportunity for families to come together to enjoy a relaxing summer evening in the park. The Concerts in the Park series is a co-sponsored event of the Fair Oaks Chamber of Commerce, the Fair Oaks Recreation and Park District and the Fair Oaks Foundation for Leisure & Arts. For more information and scheduled bands, call the Fair Oaks Chamber of Commerce at 967-2903, or visit www.fairoakschamber.com.

Location: Village Park in Old Fair Oaks

23rd Annual

FAIR OAKS RENAISSANCE FAYRE

June 27th & 28th • 10am - 6pm

Visit the 16th Century village; dine on great foods and ales.

Enjoy ongoing entertainment and belly dancing.

Location: Fair Oaks Park on the corner of Madison & Fair Oaks

For more info call 726-4952 or e-mail Raelynn@renaissance-rose.org

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!

Fair Oaks Theatre Festival SUMMER 2009 SHOW SCHEDULE

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

"SHE STOOPS TO CONQUER"

June 10-July 26

Show Times: Fri/Sat/Sun: 8:30pm • No Show July 4th

Thursday, July 16,23: 8:30pm

"THE FANTASTICKS"

August 14- September 13

Showtimes: Fri/Sat/Sun: 8:00pm

CHILDREN'S SHOWS

"CHARLOTTE'S WEB" • Sat May 2 • Showtime: 12:00 noon

"SNOW WHITE" • July 11- Aug 1 • Showtimes: 10:00am & 12:00pm

Cultivation Celebration HARVEST DAY 2009

Saturday, August 1st • 8am - 2pm

Speakers • Demonstrations • Educational Booths • Harvest Day Store

Master Gardeners and local experts share with you how to: maintain lawns, upgrade or retrofit irrigation, grow tomatoes, create compost and improve soils. Learn how to: maintain a river friendly landscape, identify poisonous plants, find lovely plants for a shade garden, grow healthy landscape trees and fruit producing plants and so much more! **FOR MORE INFO please call:** UC Cooperative Extension, Sacramento County (916) 875-6913, fax 875-6233 or visit www.cesacramento.ucdavis.edu

LOCATION: *Fairs Oaks Horticulture Center & Community Gardens in Fair Oaks Park (11549 Fair Oaks Blvd., south of Madison Avenue).*

COST: *Donations are requested to support the Horticulture Center.*

Family Fun Fest

August 15th, Saturday, 10am - 3pm

Fair Oaks Park "Omni Youth Programs Family Fun Fest" is a fun filled day with family games, sports and art projects. Free entertainment includes live and DJ music, youth dance performances and a magic show. Enjoy free bounce houses, booths with art, crafts, food and local business and non-profit info. Come enjoy the pet and family parades, costume contests, free mini-workshops for youth and parents, and get loads of free goodies! Everyone is welcome to this free event for fun, wholesome activities for children, teens and adults. Want to participate or help? We're looking for financial sponsors, craft and food vendors, youth entertainers and workshop leaders. For more information please call 916-482-7702 or visit Omni Youth programs website at www.omniyouth.net <<http://www.omniyouth.net/>> .

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

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 • 9:30-10:15 am

Instructor: Thomas Spencer

1512.21 • 5/5-5/26 • \$46 (\$43 res)

1512.22 • 6/2-6/30 • \$56 (\$53 res)

1512.23 • 8/4-8/25 • \$46 (\$43 res)

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 • 10:20-11:05 am

Instructor: Thomas Spencer

1513.21 • 5/5-5/26 • \$56 (\$53 res)

1513.22 • 6/2-6/30 • \$68.50 (\$65.50 res)

1513.23 • 8/4-8/25 • \$56 (\$53 res)

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 • 11:10-11:55 am

Instructor: Thomas Spencer

1515.21 • 5/5-5/26 • \$56 (\$53 res)

1515.22 • 6/2-6/30 • \$68.50 (\$65.50 res)

1515.23 • 8/4-8/25 • \$56 (\$53 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

1129.21 • Sat • 5/2-5/23 • 9:00-9:45am

1129.22 • Sat • 6/6-6/27 • 9:00-9:45am*

1129.23 • Sat • 7/11-8/1 • 9:00-9:45am

1129.24 • Sat • 8/8-8/29 • 9:00-9:45am

TINY TOT BASKETBALL

1160.21 • Sat • 5/2-5/23 • 10:00-10:45am

1160.22 • Sat • 6/6-6/27 • 10:00-10:45am*

1160.23 • Sat • 7/11-8/1 • 10:00-10:45am

1160.24 • Sat • 8/8-8/29 • 10:00-10:45am

TINY TOT FLAG FOOTBALL

2123.21 • Sat • 5/2-5/23 • 11:00-11:45am

2123.22 • Sat • 6/6-6/27 • 11:00-11:45am*

2123.23 • Sat • 7/11-8/1 • 11:00-11:45am

2123.24 • Sat • 8/8-8/29 • 11:00-11:45am

TEAM SPORTS CAMP

(a different sport each week)

2122.21 • Sat • 5/2-5/23 • 12:00-12:45pm

2122.22 • Sat • 6/6-6/27 • 12:00-12:45pm*

2122.23 • Sat • 7/11-8/1 • 12:00-12:45pm

2122.24 • Sat • 8/8-8/29 • 12:00-12:45pm

*Class held 6/27 at Village Park

Birthday Party Saturday Art

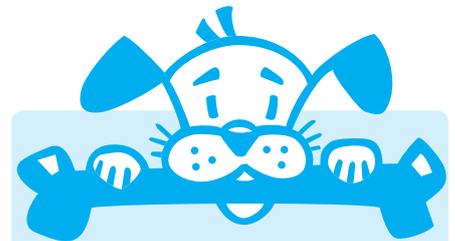
With Miss Michelle

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

**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.fairodog.org

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

1202.21 • 5/5-6/25 • 16 classes

1202.22 • 6/30-8/27 • 18 classes

NEW! 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

3831.21 • W • 5/6-5/27 • 5:00-6:00pm

3831.22 • W • 6/3-6/24 • 5:00-6:00pm

3831.23 • W • 7/1-7/22 • 5:00-6:00pm

3831.24 • W • 8/5-8/26 • 5:00-6:00pm

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 Benedic

CONTINUING KENPO KARATE #1

T/Th • 6:30-7:15 pm

1203.21 • 5/5-5/28 • 8 classes

1203.22 • 6/2-6/25 • 8 classes

1203.23 • 6/30-7/30 • 10 classes

1203.24 • 8/4-8/27 • 8 classes

CONTINUING KENPO KARATE #2

T/Th • 7:15 -8 pm

1205.21 • 5/5-5/28 • 8 classes

1205.22 • 6/2-6/25 • 8 classes

1205.23 • 6/30-7/30 • 8 classes

1205.24 • 8/4-8/27 • 10 classes

LE BALLET

Ages: 6 and up

Location: Grand Ave. Preschool

Le Ballet will introduce the student to classical ballet. Balance and breathing are used to establish the line and posture of a classical ballet dancer. A unique mix of fun and discipline make Le Ballet your ballet. Wear comfortable clothing. Ballet dance shoes are recommended. Bring a big, smile and let's have fun the classical way.

Instructor: Thomas Spencer

Ages 6-8 • Th • 4:30-5:30 pm

1511.21 • 5/7-5/28 • \$56 (\$53 res)*

1511.22 • 6/4-6/25 • \$56 (\$53 res)

1511.23 • 8/6-8/27 • \$56 (\$53 res)*

Ages 9 & up • Th • 5:30-6:30 pm

1511.15 • 5/7-5/28 • \$56 (\$53 res)*

1511.16 • 6/4-6/25 • \$56 (\$53 res)

1511.17 • 8/6-8/27 • \$56 (\$53 res)*

**May classes June 4 and August 20 & 27 will be held at McMillan Center*

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

1313.21 • Fri • 5/1 • 6:30-10:30pm

1313.22 • Fri • 6/5 • 6:30-10:30pm

1313.23 • Fri • 7/10 • 6:30-10:30pm

1313.24 • Fri • 8/7 • 6:30-10:30pm



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: \$89 (\$86 res) / Session: 8 wks
 SUMMER
 5555.37 • F • 6/26-8/21 • 10-10:30am
 No class 7/3



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: \$89 (\$86 res) / Session: 8 wks
 SUMMER

Fridays • 6/26-8/21 • No class 7/3

Instructor: Jared Rains, Kidz Love Soccer Ch
 5555.31 Pre-soccer (4-5 yrs) 10:15-10:50am
 5555.32 Tot-soccer (3.5-4 yrs) 10:50-11:20am
 5555.33 Soccer 1 (5-6 yrs) 11:20-12:05pm
 5555.34 Soccer 2 (7-8 yrs) 12:05-12:50pm
 5555.35 Soccer 3 (9-12 yrs) 12:05-1:05pm
 5555.36 Tot-soccer (3.5-4 yrs) 3:30-4:00pm
 5555.37 Pre-soccer (4-5 yrs) 4:00-4:35pm

FAMILY POTTERY

Ages: 5-17 with parent

Location: Arts & Crafts Bldg., Rm A&B

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
 1610.14 • W • 4/29-5/27 • 6:15-7:30 pm
 1610.21 • Tu • 6/16-7/14 • 6:15-7:30 pm
 1610.22 • W • 6/17-7/15 • 4:15-5:30 pm
 1610.23 • Th • 7/9-8/6 • 4:15-5:30 pm
 1610.24 • W • 7/15-8/12 • 6:15-7:30 pm

FAMILY PRINTMAKING

Ages: 5-17 with parent

Location: Arts & Crafts Bldg., Classrm. B

Enjoy family time together in this basic class where you will learn to make your own designs into stamps of all sizes and shapes in a fun and relaxing environment. We will explore several different techniques to transform your artwork into cards, frameable masterpieces and more. Take home your finished pieces and the templates to create many more at home. Class fee includes parent and child. *Please bring a \$12 materials fee per person payable to instructor at first class.*

Fee: \$71 (\$68 res) / Session: 4 weeks
 Instructor: Michelle Lueth
 1611.12 • Tu • 5/5-5/26 • 4:15-5:30 pm



New! 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!!

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.
 1110.21 • Sat • 5/16 • 10:00am-12:00pm
 1110.22 • Sat • 7/25 • 10:00am-12:00pm

PAINTED POTS: Clay pots will be painted in class. Wee Chefs will fill their pot with dirt and plant an herb that will have been used in the recipe they made in class. Recipe of the day: Wraps, Wraps.
 1110.23 • Sat • 6/13 • 10:00am-12:00pm
 1110.24 • Sat • 7/18 • 10:00am-12:00pm

BOXES, BAGS AND BOWS: Handmade and decorated "stuff" = fun, fun, fun! Wee Chefs cut out a pattern, fold, adorn and fill with a recipe made in class. Recipe of the day: Kaleidoscope Trail Mix (*nuts are included in this recipe*).
 1110.25 • Sat • 5/23 • 10:00am-12:00pm
 1110.26 • Sat • 8/1 • 10:00am-12:00pm



Summer Fun at Camp Fair Oaks

For Ages 5-12 Years
JUNE 8 - AUGUST 14

FULL DAY • 9:00am-4:00pm • \$125 wk

FULL DAY & Extended Care • 7:30am-5:30pm • \$145 wk

2nd child discount: \$10 per week off price

Camps will be held at the McMillan Center

WEEK	DATES	THEMES	FIELD TRIP/ACTIVITIES
1	June 8-12	Next Stop . . . Funville	Bouncetown Pool
2	June 15-19	Game On!	Sunrise Fun Center/Pool
3	June 22-26	Bone Zone	Discovery Museum/Pool
4	June 29-July 2 (no camp 7/3)	Stars & Stripes	Sunsplash
5	July 6-10	Animal Kingdom	Folsom Zoo/Pool
6	July 13-17	Strike Out	Strikes Bowling/Pool
7	July 20-24	Funology	Adventureland/Pool
8	July 27-31	Now starring . . .	Movies/Pool
9	August 3-7	Splashtacular	Marine World**/Pool
10	August 10-14	Bounce Out	Carnival Party/Pool

***Due to the cost of this field trip it's optional and requires an extra \$25 registration fee.*

For ten weeks this summer, the Camp Fair Oaks staff will lead campers in all kinds of fun daily activities. Activities include crafts, board games, group activities, cooking, physical activities and field trips. At camp our goal is to help children gain an understanding and appreciation for nature, culture, and creativity through fun-filled activities. We hope to see you there!



**1st DAY OF REGISTRATION:
APRIL 13th**





KIDS CAMP TENNIS LESSONS

Ages: 7-13

Location: Miller Park Tennis Courts

The one-week summer camps are designed for the beginner to intermediate player, age 7-13 years. The program will emphasize proper strokes and footwork techniques, point play and team matches. Students will be divided according to ability so that they may progress and enhance their own skill level.

There will be a maximum ratio of eight students per instructor.

Fee: \$81 res (\$78 res) / Session: 5 days
 Instructor: USPT Certified Pro, Paul Garron
 1255.21 • M-F • 6/15-6/19 • 8:30am-10am
 1255.22 • M-F • 6/22-6/26 • 8:30am-10am
 1255.23 • M-F • 7/6-7/10 • 8:30am-10am
 1255.24 • M-F • 7/13-7/17 • 8:30am-10am

FAIR OAKS JR LOW INTERMEDIATE/ ADVANCED TENNIS WORKOUT

Ages: 11-16

Location: Miller Park Tennis Courts

The Fair Oaks Jr Tennis workout gives low intermediate and advanced juniors an opportunity to compete, learn sportsmanship, teamwork and rallying in a positive team environment. Players will practice for a 1/2 hour and then compete. This will assist players preparing for their high school team.

Fee: \$71 (\$68 res) / Session: 4 days
 Instructor: USPT Certified Pro, Paul Garron
 1256.21 • M-Th • 6/29-7/2 • 4-5:30pm
 1256.22 • M-Th • 7/20-7/23 • 4-5:30pm
 1256.23 • M-Th • 7/27-7/30 • 4-5:30pm

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)

9191.21 • 6/13-6/14 • 8:00-9:30am

Level I- Camp (M-Th)

Fee: \$105 res (\$102 res)

9192.21 • 6/29-7/2 • 8:00-10:00am

9192.22 • 7/27-7/30 • 8:00-10:00am

9192.23 • 8/10-8/13 • 8:00-10:00am

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)

9193.21 • 6/13-6/14 • 9:45-11:15am

Level II- Camp (M-Th)

Fee: \$105 res (\$102 res)

9194.21 • 6/29-7/2 • 10:00am-12:00pm

9194.22 • 8/3-8/6 • 8:00-10:00am

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 wood-working 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

5055.21 • MWF • 8/17-8/28 • 6:30-8:30 pm



Kid Chefs

Ages: 8 & up

Location: McMillan Center

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

Instructor: Terry Masten, Owner of Luna Baking

Come learn professional techniques and enjoy the fruits of your labor! Private chef, Terry Masten, had been in the food business for 20 years and has trained in New York, San Francisco and Napa cooking schools.

Culinary Boot Camp: Can-Do Paninis, Updated Potato Soup and EZ Enchiladas sound daunting but are so easy and fun.

1111.21 • Sat • 5/16 • 2:00-4:00pm

Snack Attack: Try your hand at these easy recipes that take little time: Cheese Straws, Italian Wedding Soup, and Chocolate Cream Trifle.

1111.22 • Sat • 5/23 • 2:00-4:00pm

Bars & Cookies: Make absolutely delicious treats: Mud Bars and Energy Cookies-Yum!

1111.23 • Sat • 6/13 • 2:00-4:00pm

Cool It!: Asian Pasta Salad, Paninis and Smoothies are perfect for hot summer days and are so easy.

1111.24 • Sat • 7/18 • 2:00-4:00pm

JAZMOTION/STREET MOVES

Ages: 6-8

Location: Grand Avenue Preschool

JazMotion introduces the student to Jazz dance in a fun, creative, non-judgmental and sharing environment. Core strength and breathing are used to establish the posture of a Jazz dancer. Each class is taught a dance routine to highlight the skills learned in class. *No special dress requirements, however loose and comfortable clothes recommended as we may be on the floor.*

Instructor: Thomas Spencer / **Thursdays** • 3:30-4:25pm • *May classes, June 4, August 20 & 27 will be held at McMillan Center.*

1514.21 • 5/7-5/28 • **Fee:** \$56 (\$53 res)

1514.22 • 6/4-6/25 • **Fee:** \$56 (\$53 res)

1514.23 • 8/6-8/27 • **Fee:** \$56 (\$53 res)

NEW! KIDS CANDY MAKING

Ages: All ages welcome

Location: The Baker's Daughter

This is a wonderful time to create lasting memories and perhaps begin a new tradition. With so many various kits currently available, you and the children in your life will be able to use your imaginations and create some very impressive candy, along with some very precious memories. You learn how to make candy, filling and decorate cookies with candy

Fee: \$106 (\$103 res)

Instructor: Shonna Martin

Location: The Baker's Daughter (6228 Main St, Orangevale, CA 95662)
1112.28 • Sun • 8/16 • 1:00-4:00pm

NEW! KID CAKE CREATIONS

Ages: All ages welcome

Location: The Baker's Daughter

If you prefer decorating cakes this is a great way to learn how. These cakes are just the right size and can be topped with just about anything from gummy worms, chocolate chips and coconut to fondant, dragees and chocolate. Use the tools of a cake decorator, you can make anything on a cake that you make – gum paste and sugar flowers, fondant and ganache.

Fee: \$106 (\$103 res)

Instructor: Shonna Martin

Location: The Baker's Daughter (6228 Main St, Orangevale, CA 95662)
1112.25 • Sun • 7/19 • 1:00-3:00pm
1112.26 • Fri • 7/17 • 7:00-9:00pm
1112.27 • Sat • 7/18 • 2:00-4:00pm

NEW! KIDS CAKE CREATIONS

Ages: All ages welcome

Location: The Baker's Daughter

For the beginner, ice your cupcakes with colored buttercreme icing and top with sprinkles, a festive flurry mix or holiday sugar charms. Join the craze cupcakes are in.

Fee: \$81 (\$78 res)

Instructor: Shonna Martin

Location: The Baker's Daughter (6228 Main St, Orangevale, CA 95662)
1112.21 • Fri • 5/1 • 6:30-8:30pm
1112.22 • Fri • 5/15 • 7:00-9:00pm

NEW! KIDS CUPCAKE CLASS

Ages: All ages welcome

Location: The Baker's Daughter

Learn step by step how to create and decorate whimsical cupcakes. You'll grab a cupcake and prepare a sweet treat to take home for your loved ones to see. Cupcakes are everywhere! Join the fun! We have baking cups, cupcake pans, decorations, paper wrappers and more! Theme ideas, tips and techniques, and simple garnish ideas for cupcakes! Discover the science of cupcakes – mixing, filling, baking, icing and decorating. Kids love to eat cupcakes. They will also love to bake and decorate them. Everything you need to make scrumptious, fun, and irresistible cupcakes at any time of the year! Cupcakes are always a treat, make them irresistible

Fee: \$81 (\$78 res)

Instructor: Shonna Martin

Location: The Baker's Daughter (6228 Main St, Orangevale, CA 95662)
1112.23 • Sat • 6/6 • 3:00-5:00pm
1112.24 • Fri • 6/19 • 7:00-9:00pm

FINE ARTS CAMP

Ages: 7-13

Location: Carmichael Park Veterans Hall, 5750 Grant Ave., Carmichael

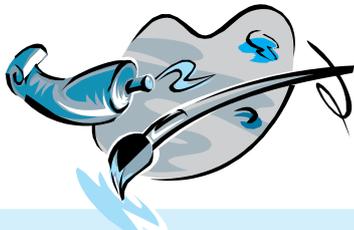
Come and experience the wonderful world of art and creativity! In our fine arts camp the young artist will learn hands-on techniques in creating many works of art. Students expand their creative knowledge in sketching, painting, watercolor, fabric art, charcoal, stone art, pastels, foil art and much, much more. Our final project is an art show exhibiting our masterpieces. Dress for mess and bring a sack lunch. Each camp contains new and creative projects. *Please bring \$18 to the first class for use of quality art supplies.*

Fee: \$76 res (\$73 res) / Session: 1 wk

Instructor: Suzanne Bell

5054.21 • M-Th • 6/15-6/18 • 9am-1pm

5054.22 • M-Th • 7/13-7/16 • 9am-1pm



Fair Oaks Youth Advisory Board

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

2008/2009 OFFICERS

Chair: Ryan Arnold

Vice Chair: Jenna Brinkerhoff

Secretary: Elliot Marx

Treasurer: Tanner Stevenson

YOUTH COMMISSIONERS:

Daniel Cattolica, Jessica Giannini

Hannah Habte, Karah Kingsbury

Vanessa Lanuza, Amanda Lipp,

Keith Lipp, Emily Marx, Meghan Navarro, Shelley Newton, Carly Samelson,

Christina Stevens, Carley Wagner, Devan Weber, Merina West, Lennie Yang

YOUTH DEVELOPMENT COORDINATOR: Katy Albers -

kalbers@fairoakspark.org

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



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 "Vincanity" 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

1315.21 • W • 5/6-5/27 • 4-5pm

1315.22 • W • 6/3-6/24 • 4-5pm

1315.23 • W • 7/8-7/29 • 4-5pm

1315.24 • W • 8/5-8/26 • 4-5pm

INTERMEDIATE BREAKDANCE

Ages: 8 & up

Location: Community Clubhouse

This class is taught by Vince Horiuchi, a member of the breakdance group Flexible Flave. Flexible Flave has won competitions and performed in France, Korea, the USA, Canada, Portugal, Taiwan and even Tahiti. Flexible Flave performs regularly for the Sacramento Kings and Monarchs. This class is a great way to get a start on your dance career. You will master the basics and fundamentals of the dance (Top Rocks, Footwork, Power moves, Freezes and Flow) and learn more advanced concepts, moves and forms of Break Dancing. We will also learn choreography and have opportunities to perform and enter competitions. All students must complete Beginning Break Dance in order to advance to the intermediate class.

Fee: \$36 res (\$33 res) / Session: 4 wks

\$10 Drop In Fee

Instructor: Vince Horiuchi

1315.25 • W • 5/6-5/27 • 5:00-6:00 pm

1315.26 • W • 6/3-6/24 • 5:00-6:00 pm

1315.27 • W • 7/8-7/29 • 5:00-6:00 pm

1315.28 • W • 8/5-8/26 • 5:00-6:00 pm

STAGING FUN & MORE

Ages: 7-16

Location: Clubhouse Auditorium

Splash onto 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, July 17

Show begins at 7:30pm

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

Instructor: Carolyn & Jennie Martin

1723.21 • Tu/Th • 6/16-7/16 • 3:30-5:00pm

NEW! Skyhawks Sports Camps

Fee: \$135 (\$132 res) • 9:00am-12:00pm

Instructor: Skyhawks staff

Beginning Golf

Golf can become a lifelong sport when you start with building confidence through training and proper technique. Skyhawks Sports golf camps have adapted the SNAG (Starting New At Golf) technology to its curriculum, which results in a focus on building a foundation of skills while having fun.

Ages: 5-8

Location: Miller Park

Equipment Fee: \$15

3411.31 • M-F • 6/15-6/19

Cheerleading

S-K-Y-H-A-W-K-S spells victory! Cheerleading camps support the team by preparing young athletes for competition. Proper hand and body movements and jumping techniques are taught during the week, and a choreographed performance concludes the camp.

Ages: 5-9

Location: Fair Oaks Park

3411.32 • M-F • 7/6-7/10

Flag Football Camp

Football camps are sure to deliver classic gridiron action! Football camps are presented in fun and invigorating training environments. These camps offer the core skills of passing, catching, and de-flagging or defensive positioning. Our objective is to prepare our campers to be true champions on and off the gridiron. All camps conclude with the Skyhawks Bowl.

Ages: 6-12

Location: Fair Oaks Park

3411.33 • M-F • 7/6-7/10

Mini-Hawk (Soccer, Basketball & Baseball)

Multi-sport camps are ideal for introducing athletics, allowing children to sample up to 3 different sports in one camp! These camps are designed to expose children to different sports and help them choose whichever sport(s) they desire to pursue in the future. In some areas these camps are known as Mini-Hawk®!

Ages: 4-6

Location: Fair Oaks Park

3411.34 • M-F • 7/13-7/17

Basketball

Basketball breaks down into an action-packed team sport that's full of thrills. The focus of Skyhawks Sports basketball camps is on ball handling, passing, shooting, defense, and rebounding. Your young athletes will put their newly found skills to the test in an end-of-the-week tournament!

BOYS BASKETBALL

Ages: 9-14

Location: TBD

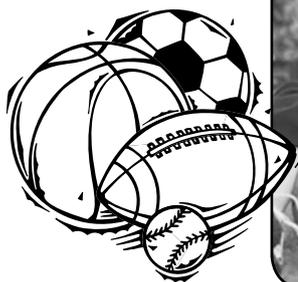
3411.36 • M-F • 7/27-7/31

GIRLS BASKETBALL

Ages: 9-14

Location: TBD

3411.35 • M-F • 7/20-7/24



DEL CAMPO YOUTH BASKETBALL

Grades: 1st - 10th

Location: Del Campo High School Gym

The Cougar Youth Basketball Program is geared for children who are interested in the opportunity of enhancing their basketball skills while having fun. Under the direction of coach Dave Nobis, participants will be given hands-on instruction in all areas of basketball, including: shooting, passing, ball handling, defense and teamwork. Each participant will receive a Cougar's Basketball T-shirt.

Mon-Thur

5151.61 • Grades: 1st-6th 6/8-6/11 \$75
9:00-11:00am

5151.62 • Grades: 7th-10th 6/8-6/11 \$75
11:00am-1:00pm

5151.31 • Grades: 1st-6th 6/15-6/18 \$75
9:00-11:00am

5151.32 • Grades: 7th-10th 6/15-6/18 \$75
11:00am-1:00pm

5151.41 • Grades: 1st-6th 6/8-6/18 \$125
9:00-11:00am

5151.42 • Grades: 7th-10th 6/8-6/18 \$125
11:00am-1:00pm

Fair Oaks Soccer Club - SUMMER SOCCER CAMP

Ages: 4-11

Location: Phoenix Park

Online Registration ONLY for this program. For check/cash/direct payment contact Fair Oaks Soccer Club.

Fair Oaks Soccer Club in cooperation with Sacramento State Men's Soccer is sponsoring this summer skills learning/building camp for children who are just beginning as well as experienced players who wish to learn more about the game and improve their skill level.

Ages: U-6 / Fee: \$55

6922.21 • M-Th • 7/27-7/30 • 5-7 pm

Ages: U8 & Older / Fee: \$73

6923.22 • M-Th • 7/27-7/30 • 5-8 pm

BELLA VISTA BASKETBALL CAMP

Grades: 3rd-8th Grade

Location: Bella Vista High School Basketball Gym

The Broncos invite you to "Explore the World of Bronco Basketball". The Bronco's Basketball camp will provide a summer program for your children that's ENGAGING and FUN. This is a wonderful opportunity for children to learn the fundamentals of Basketball. Camp will focus on Team Concepts including defense and offense, zone vs man on man, and individual skills like warm up/stretching, free throws, rebounding/box-out, pick and roll, dribbling and passing. *Fee includes morning snack, lunch and afternoon snack. Each player must bring: court/gym shoes, gym clothes and a water bottle.*

Fee-Full Session: \$180 • Half Session: \$90
 6/15-6/19 • M-Th 9am-3pm / Fri 9am-1pm
 5153.21 – Full Session 9am-3pm
 5153.22 – AM Session 9am-12pm
 5153.23 – PM Session 12pm-3pm

NEW! 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 • 4:00-7:00pm
 4443.21 • M/W • 6/8 & 6/10
 4443.22 • M/W • 7/13 & 7/15
 Location: Orangevale • 1:00-4:00pm
 4443.23 • T/W • 6/23 & 6/24

CREATIVE JEWELRY DESIGN

Ages: 18 & up (14+ if enrolled w/adult)

Location: Arts & Crafts Building, Classroom 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) / Session: 3 weeks
 Instructor: Michelle Lueth
 5112.13 • W • 5/6-5/20 • 3:30-5:15pm
 5112.21 • T • 6/30-7/14 • 12:45-2:30pm
 5112.22 • T • 7/21-8/4 • 6:15-8pm



ADULT CHEFS

Ages: 18 & up • Instructor: Terry Masten, owner of Luna Baking

Come learn professional techniques and enjoying the fruits of your labor! Your instructor, private chef, Terry Masten, had been in the food business for 20 years and has trained in New York, San Francisco and Napa cooking schools.

Fee: \$31 (\$28 res) / Session: 1 day
 Location: McMillan Center

Picnic Menus: Asian Chicken Wings with Plum Soy Dipping Sauce, Satay Meatballs and Seasonal Tiramisu.

1114.25 • Sat • 5/16 • 6:00-8:00pm

Cool It!: Spicy Thai Pasta Salad, Paninis and Chocolate Parfaits are perfect recipes to enjoy on hot summer days.

1114.24 • Sat • 5/23 • 6:00-8:00pm

Grill Thrills: Baste, mop, rub- these concoctions can make all the difference while grilling . . . Latin Mop Sauce, Sweet but Sticky Basting Sauce and All-Purpose Rub work well on some surprises.

1114.23 • Sat • 6/13 • 6:00-8:00pm

Caribbean Simplified: Salad Tropical, Caribbean Pork Tenderloin and Spiced Snack Cake will fill the kitchen with tropical aromas that are divine.

1114.22 • Sat • 7/25 • 6:00-8:00pm

A Most Extravagant Dinner: Muhammara (A Moroccan dip that's incredible), Garlic Lime Baked Salmon and Grilled Cinnamon Plantains—hungry now?

1114.21 • Fri • 8/21 • 6:00-8:00pm



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.

Sessions: Ongoing (begin any time)

Instructor: Judith Aubin, MA

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

3710.21 • May 3710.23 • July
3710.22 • June 3710.24 • Aug

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 • 5/5-8/25 • 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 • 5/1-8/28 • 8:30-10am

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

1204.21 • 5/5-5/28 • 8 classes

1204.22 • 6/2-6/25 • 8 classes

1204.23 • 6/30-7/30 • 10 classes

1204.24 • 8/4-8/27 • 8 classes

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 non res) / Session: 1 day

Instructors: Breath Of Life

4444.21 • Sat • 5/23 • 8:00 am-4:30 pm

4444.22 • Sat • 6/27 • 8:00 am-4:30 pm

4444.23 • Sat • 7/25 • 8:00 am-4:30 pm

4444.24 • Sat • 8/22 • 8:00 am-4:30 pm

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

5110.21 • W • 6/17-7/8 • 12:30-2:30pm

5110.22 • W • 6/17-7/8 • 6:15-8:15pm

5110.23 • Tu • 6/23-7/14 • 3:30-5:30pm

5110.24 • W • 7/22-8/12 • 3:30-5:30pm

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

8110.21 • Th • 5/14-6/18 • 6:30-7:30pm

8110.21 • Th • 7/2-8/6 • 6:30-7:30pm

8110.21 • Th • 8/20-9/24 • 6:30-7:30pm



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.

BEGINNER ROUND DANCE

Location: Community Clubhouse

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 waltz and jive in the beginner class. Casual attire.

Fee: \$66 (\$63 res) / Session: 12 wks
Drop-in fee: \$6 per person
Instructor: Marie Hathaway & Gordon Sill
4220.22 • W • 5/6-7/8 • 1:00-3:00pm

INTERMEDIATE ROUND DANCE

Location: Clubhouse Auditorium

Round dancing is ballroom dancing set to choreographed music. For those who have completed our beginners waltz and two-step classes, we'll introduce the higher level waltz, rumba and bolero. Casual dress.

Fee: \$66 (\$63 res) / Session: 12 wks
Drop-In fee: \$6 per week
Instructor: Marie Hathaway & Gordon Sill
4220.21 • W • 5/6-7/8 • 6:30-9:30 pm

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

4112.21 • M • 5/4-6/1 • 6:45-7:45 pm
*No class 5/25

INTERMEDIATE

4112.22 • M • 6/8-6/29 • 6:45-7:45 pm

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
4201.21 • Th • 4/30-5/21 • 6:00-7:00pm
4201.22 • Th • 6/4-6/25 • 6:00-7:00pm
4201.23 • Th • 7/9-7/30 • 6:00-7:00pm
4201.24 • Th • 8/6-8/27 • 6:00-7:00pm

INTERMEDIATE

Fee: \$33 (\$30 res) per person
Session: 4 wks
4210.21 • Th • 4/30-5/21 • 7:30-9pm
4210.22 • Th • 6/4-6/25 • 7:30-9pm
4210.23 • Th • 7/9-7/30 • 7:30-9pm
4210.24 • Th • 8/6-8/27 • 7:30-9pm

BELLY DANCING

Ages: 12 & 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

7:15-8:15pm • Old Library Building
2222.21 • May 2222.23 • July
2222.22 • June 2222.24 • Aug

INTERMEDIATE: Tuesdays

5:45-6:45pm • Clubhouse Auditorium
2222.15 • May 2222.17 • July
2222.16 • June 2222.18 • Aug

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
4110.21 • M • 5/4-6/1* • 8:00-9:00pm
4110.22 • M • 6/8-6/29 • 8:00-9:00pm
*No class 5/25



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.

Check this OUT!

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 kalbers@fairoakspark.org.

NURSING YOUR BABY

Location: Old Fair Oaks Library

Have you thought about how you want to feed your baby? Nursing is the best gift you can give your baby. Now, where do you start? We will discuss the basics of nursing along with common problems that may occur and how to avoid them. This class is for expectant mothers and their partners. *Instructor, Sandy Seddon-Rice, has been a lactation consultant for 8 years and has worked with mothers and babies for over 30 years.*

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

Session: 1 day / Instructor: Sandy Seddon-Rice, BSN, IBCLC

1416.21 • Sa • 5/16 • 10:00-12:00pm

1416.22 • Th • 6/18 • 6:30-8:30pm

1416.23 • Sa • 6/25 • 10:00-12:00pm

1416.24 • Th • 8/6 • 6:30-8:30pm



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

1414.21 • Tu • 5/12-6/16 • 6-6:45pm

1414.22 • Tu • 6/30-8/4 • 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

1415.21 • Th • 5/7 • 6:30-8:30pm

1415.22 • Sa • 6/27 • 10am-12pm

1415.23 • Th • 7/2 • 6:30-8:30pm

1415.24 • Th • 8/27 • 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 6:20 pm-9:20 pm.

EARLY SUMMER SOFTBALL

League Dates: May 17-July 17

Registration Deadline:

May 8 @ 5:00 pm

Schedule Available:

May 14 @ 3:00 pm (Online)

League Starts: Week of May 17

Number of Games: Min of (8)

Game Times: 6:20-9:20 pm

Location: Fair Oaks Park

Cost: \$385 per team

LATE SUMMER SOFTBALL

League Dates: July 26-Sept 18

Registration Deadline:

July 17 @ 5:00 pm

Schedule Available:

July 23 @ 3:00 pm (Online)

League Starts: Week of July 26

Number of Games: Min of (8)

Game Times: 6:20-9:20 pm

Location: Fair Oaks Park

Cost: \$385 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 1:00 pm - 9:00 pm at Bella Vista High School in the large gymnasium.

SUMMER BASKETBALL

League Dates: June 14-Aug 9

Registration Deadline:

June 5 @ 5:00 pm

Schedule Available:

June 10 @ 3:00 pm (Online)

League Starts: Week of June 14

Number of Games: Min of (8)

Game Times: 1:00-9:00 pm

Location: Bella Vista High School

Cost: \$365 per team

FALL BASKETBALL

League Dates: Sept 6-Nov 3

Registration Deadline:

Aug 28 @ 5:00 pm

Schedule Available:

Sept 2 @ 3:00 pm (Online)

League Starts: Sept 6

Number of Games: Min of (8)

Game Times: 1:00-9:00 pm

Location: Bella Vista High School

Cost: \$365 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**

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:

2nd Wednesday Meeting Time: 11:00am- 1:00pm
 4th 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 5/25, 6/8-6/18)

SENIOR DROP-IN . . . PINOCHE ANYONE?

Location: Clubhouse Lower Level

Individuals may “drop-in” for a game of pinochle, 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)

“DANCE MOTION” - Movement For The Mature Adult

Ages 18 & up

Location: Grand Ave. Preschool

A fun and creative fitness class designed in 1977 by Thomas Spencer. This class will get you moving. Dance Motion uses the foundations of traditional dances and everyday movement to stimulate the mind and body. A non-judgemental environment where you can work on balance, core strength and breathing. Ballet slippers are recommended.

Instructor: Thomas Spencer

5111.21 • Th • 5/1-5/28* • 6:30-8:00pm Fee: \$56 (\$53 res)

5111.22 • Th • 6/4-6/25* • 6:30-8:00pm Fee: \$56 (\$53 res)

5111.23 • Th • 8/6-8/27* • 6:30-8:00pm Fee: \$56 (\$53 res)

**May classes, June 4, August 20 & 27 classes will be held at McMillan Center*

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

5113.21 • May

5113.22 • June

5113.23 • July

5113.24 • Aug



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.

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: 60 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: 30 total seating (picnic tables)
Equipment Provided: (2) BBQ Grills
Additional Equipment: Water and Electricity available for \$5 each
Rental Fee: \$20 per hour

Game Bag Rentals

Are you having a picnic, birthday party, or family gathering?

Don't mess with getting game equipment for your event.

Equipment Provided: (1) Outdoor Volleyball set, (1) Badminton set, (1) Horseshoe set, (1) bat, (1) softball, (4) bases, (1) volleyball, (1) Frisbee, (1) soccer ball.

Rental Fees: \$30 for entire day/
 \$50 deposit required (refunded upon return of equipment)

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 2009

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 in advance 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)

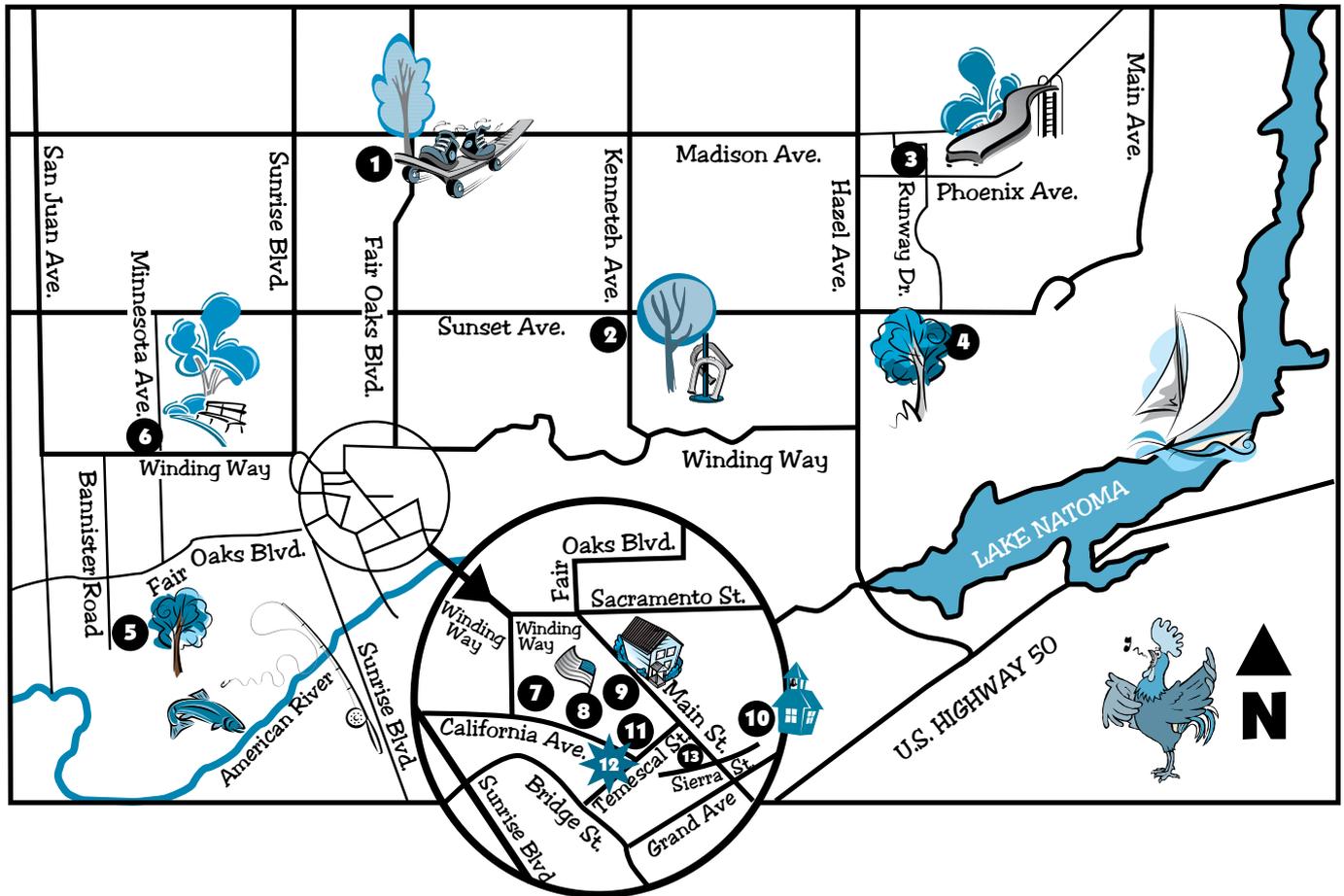
I hereby consent that my son/daughter, _____ participate in the above activity(ies), and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities 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: _____



1. FAIR OAKS PARK (11549 Fair Oaks Blvd.); basketball, softball, soccer, playground, horseshoes, skateboard park, family picnics - BBQ area, multipurpose field, community garden, McMillan Center
2. MILLER PARK (8480 Sunset Ave.); basketball, tennis, playground, horseshoes, family picnics
3. LITTLE PHOENIX PARK (4041 Phoenix Ave.); playground, family picnics
4. PHOENIX PARK (4050 Sunset Ave.); softball, soccer, playground, family picnics, Little League, multipurpose field, Vernal Pools, Community Garden, Dog Park
5. BANNISTER PARK (3820 Bannister Rd.); soccer, multipurpose field
6. MONTVIEW PARK (4401 Minnesota Ave.); playground, family picnics
7. PLAZA PARK (10219 Fair Oaks Blvd.); family picnics, amphitheater
8. VETERANS MEMORIAL AMPHITHEATER (7491 California Ave.)
9. COMMUNITY CLUBHOUSE/ ARTS & CRAFTS BUILDING (7497 California Ave.)
10. GRAND AVENUE PRESCHOOL (8040 Grand Ave.)
11. VILLAGE PARK (4238 Main St.); playground, family picnics, arts & crafts, Community Clubhouse
12. FAIR OAKS DISTRICT OFFICE (4150 Temescal St.)
13. OLD FAIR OAKS LIBRARY (4200 Temescal St.)

**See page 20
for rental
availability
and fees**

Look What's Coming to Town!

Catch the action and excitement of these special events and trips coming to Fair Oaks for the summer season!



<i>Spring Fest</i>	<i>May 2 & 3</i>
<i>Mother & Son Dance</i>	<i>May 8</i>
<i>Comedy Under the Stars</i>	<i>June 5 & Aug 7</i>
<i>Family Trip - Great America</i>	<i>June 7</i>
<i>Village Singers Concert</i>	<i>June 8</i>
<i>Renaissance Fayre</i>	<i>June 27 & 28</i>
<i>Harvest Day</i>	<i>August 1</i>
<i>Omni Youth Programs Family Fun Fest</i>	<i>August 15</i>



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.



Fair Oaks
RECREATION
and PARK DISTRICT

4150 TEMESCAL ST.
FAIR OAKS, CA 95628

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