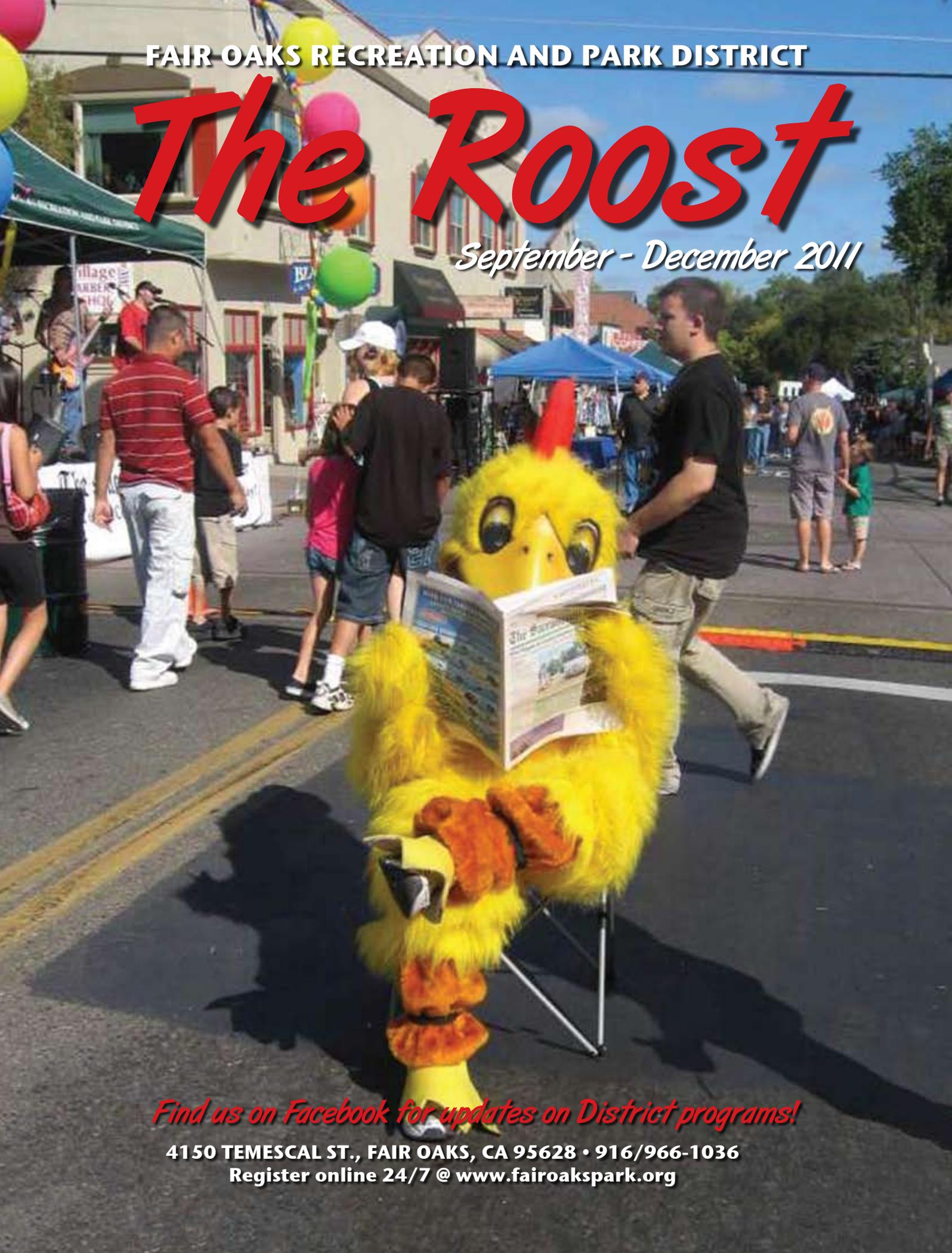


FAIR OAKS RECREATION AND PARK DISTRICT

The Roost

September - December 2011



Find us on Facebook for updates on District programs!

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

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BOARD OF DIRECTORS

John O'Farrell, Chair
Geoffrey Simcoe, Vice Chair
Brandon Rose
Ralph Carhart
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

PARKS

Park Office 240-3651 • Fax 961-3466
For field closure and updates visit
www.fairoakspark.org or call 966-1011ex22
To View a list of FORPD Staff, please visit
www.fairoakspark.org

If classes do not meet the minimum number of participants cancellation may be considered within 5 business days prior to the start of the class. Look for these class icons below to see what is in store for you.



Fitness-Strength-Knowledge-Creativity-Community

graphic design by Lenore Wellings • 916-933-3328

FAIR OAKS RECREATION & PARK DISTRICT

Our Vision

"To be the primary recreation provider of choice for the Fair Oaks community"

Greetings,

The summer is drawing to a close as I write this note. This was a busy summer with great attendance at the free summer concert series and lots of outdoor activity due to the mostly mild weather. The Park District's upcoming activities will be a nice transition for Fair Oaks residents.

The sixth annual Fair Oaks Chicken Festival occurs on September 17, from 10am-6pm. Be sure to submit your idea for the **Name the Fair Oaks Chicken Mascot** contest. If you have a fun, creative or unique name for the Chicken Mascot, you can submit via email at: events@fairoakspark.org, include your name, phone number and your suggested mascot name. If your suggested name is chosen, you'll receive a chicken themed prize basket and recognition during the Chicken Festival.

The eighth annual **Senior Luau**, co-produced with the Fair Oaks Rotary Club will be held on September 21, 2011 at the Fair Oaks Community Clubhouse, 7997 California Avenue, 11:30am-1:30pm. The Luau gives Fair Oaks seniors an opportunity to come together and socialize in a lively, friendly, and enjoyable Hawaiian themed event. Tickets are available for \$10 at the District's office, please note seating is limited. For more information, visit the District's website at www.fairoakspark.org or call the District office at 966-1036.

The final **Comedy Under the Stars** hits the Veterans Memorial Amphitheatre stage on Friday, October 7, 2011 beginning at 8pm. This final show features the comedy of headliner Kermet Apio, comedian D. Tyler and emcee Bryan Yang.

The **WOW Bus** is coming to a park near you filled with crafts, games and other fun activities, all free. Please see page 6 for details on when and where.

Of special note, the District is continuing efforts to evaluate and plan for improvements to District parks and facilities. As part of that effort, the District wants your input on current and possible future improvements of the Plaza/Village/Fair Oaks Community Clubhouse with a community meeting to be held Aug 24, 6-7:30pm in the upper level of the Community Clubhouse. Please come and share your feedback. See page 19 for more information.

Maureen Zamarripa

– District Administrator



6th Annual Fair Oaks Chicken Festival

Saturday, September 17th, 10am-6pm
Village of Fair Oaks • **FREE! General Admission**

Before the Chicken Festival, "Egg Dance & BBQ"

Friday, September 16th, 5:30pm at Village Park

Tickets will be sold in the District office beginning August 1st

Saturday Schedule

8:00am-11:00am - Old Fashioned Country Breakfast in the Clubhouse - \$5

10:00am-6:00pm - Quality Crafts, Food, Sponsor, & Community Booths
- Kid's Park located in Village Park - \$5 unlimited wristband; Inflatables, face painting, carnival games, puppet show, kid friendly performance & booths

11:30am-5:30pm - Microbrew Beer Tasting in American River Bank's Parking Lot - \$2

2:00pm - Name The Chicken Mascot Contest - Winner Announced, Main Stage

Live Entertainment

10:00 - 11:30am • Lightning Hand Band: Blues/Rock/America

12:00 - 1:30pm • Hired Guns: Country Rock

2:00 - 4:00pm • Mumbo Gumbo: Genre-Bending Americana

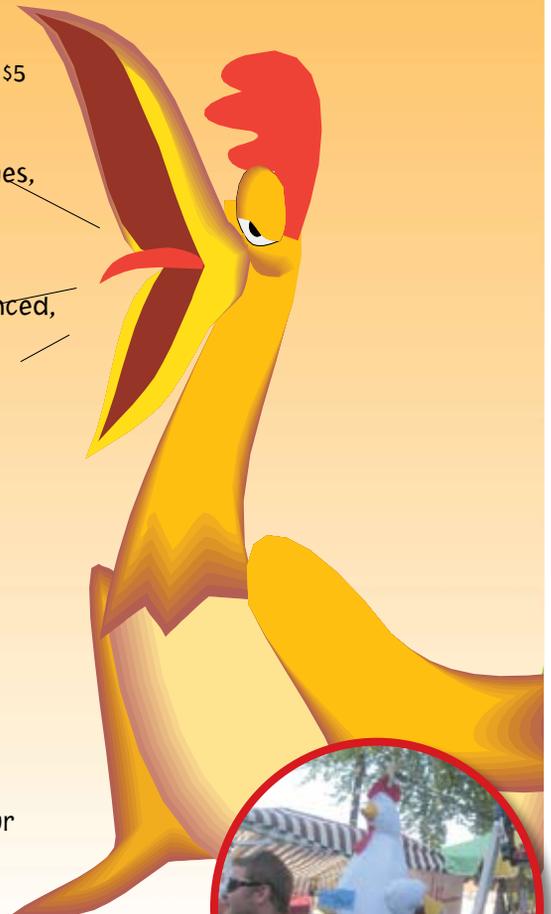
4:30 - 6:00pm • Endangered Souls: Pure Rock 'n' Roll

Volunteers Needed!

For more information on how you can get involved please contact Nick Davison at ndavison@fairoakspark.org. Fair Oaks Youth Advisory Board assisted event

Chicken Festival T-shirt

Get your Chicken Festival T-shirt early this year! Shirts on sale in our District Office - \$12!



Fair Oaks Theatre Festival

"THE GREAT AMERICAN TRAILER PARK MUSICAL"

Aug 12th - Sept 11th, Veterans Memorial Amphitheatre
Showtimes: Fri, Sat, Sun, 7:30pm

"BEST OF BROADWAY"

Sept 16th - Oct 2nd, Veterans Memorial Amphitheatre
Showtimes: Fri, Sat, Sun, 7:30pm

"WINNIE THE POOH"

Sat, Dec 3rd, 2:00pm, Veterans Memorial Amphitheatre • FREE!

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

8th Annual Senior Luau

Wednesday, September 21st, 11:30am-1:30pm

The 8th 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 Ave.

Tickets: \$10 per person

Comedy Under the Stars

Friday, October 7th

8-10pm • Doors 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! Get your tickets at the District office or online. Food and spirits are available for purchase in the Theatre. Please contact us at (916) 966-1036 for additional information.

Location: Veterans Memorial Amphitheatre

Tickets: \$15 per person presale - \$20 per person at the door - at door ticket sales from 7-8pm

Halloween Carnival

Presented by the Fair Oaks Rotary Club & the Fair Oaks Theater Festival

Monday, October 31st, 12-6pm

Games, face painting and much more!

Location: Plaza Park, 7003 Park Drive, Fair Oaks



Sponsorship

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 the special events coordinator at (916) 966-1036 Ex. 15 or sbernardo@fairoakspark.org

“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, 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 2nd at 5:00pm.

Food Donations will be accepted until Friday, Dec 9th. Monetary donations and gift cards are also accepted.

Contact Sabrina Bernardo at:
events@fairoakspark.org



Teddy Bear Tea Party

Saturday, November 5th, from 10am-12pm

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 October 1st.

A Fair Oaks Youth Advisory Board Event.

Location: Fair Oaks Library - 11601 Fair Oaks Blvd.

Ages: 3-8 • Must preregister! • Fee: FREE

Cookies with Santa

Saturday, December 3rd 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 1st.

A Fair Oaks Youth Advisory Board Event.

Location: Fair Oaks Library - 11601 Fair Oaks Blvd.

Ages: 3-8 • Must Preregister! • Fee: FREE

Village Singers Concert

Sunday, December 11th 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.

Fair Oaks Exploration Trails

Get fit outdoors and explore the beauty of what Fair Oaks has to offer. We have planned out 2 unique walking trails for you to explore. Not only will you explore the unique terrain in Fair Oaks, you can get fit and have fun doing it! “Nature Deficit Disorder” is affecting many people these days due to all the electronic forms of recreation; break out of the habit, get outside, and explore! For a list of trails and maps visit our website or pick up a packet at our office. Do the walks on your own or join up with a group at a few of our scheduled walks.

RIVER WALK

Sa • 10/1 • 8:30am

Th • 10/13 • 8:30am

VERNAL POOLS

Sa • 10/8 • 8:30am

Th • 10/20 • 8:30am



Local government prepares for everyday emergencies. However, during a disaster, the number and scope of incidents can overwhelm conventional emergency services. Metro Fire's Community Emergency Response Team (CERT) program is an all-risk, all-hazard training. This valuable course is designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation.

This class includes:

- What your local risks are and what you need to do to prepare
- How to manage utilities, hazardous materials, and put out small fires using the appropriate Fire Extinguisher
- How to use "START Triage" and how to treat the "Three Medical Killers" by opening airways, controlling bleeding, and treating for shock
- How to provide basic medical aid
- How to effectively search for and rescue victims safely
- How to organize yourself and spontaneous volunteers to be effective as a team and collect disaster intelligence to support first responder efforts
- Disaster Psychology
- About Terrorism

This training is held on a combination of (2) Thursday and (2) Saturday classes and is free to citizens who work or live in Sacramento County. Teenagers are welcome with an adult or guardian. The next class begins Thursday, Oct 13th. For more information or to register for an upcoming training, call 916-859-3776 or e-mail cert@smfd.ca.gov. *Be Safe, Be Prepared, Be Empowered to Make a Difference!*

The W.O.W Bus • The Fun Starts Here!

The W.O.W (*Wonderful Outdoor World*) Bus is getting kids back outdoors! The W.O.W Bus brings children and families of the community together through a variety of activities. Group games like flag football, hockey and dodge ball will be offered. Artistic skills will be encouraged through activities such as drawing with sidewalk chalk, coloring, painting, and craft techniques of making a beaded necklace. There are plenty of fun activities to go around, and there are Recreation Leaders on hand to provide direction to the children and get them engaged and interested in something they may not have tried before! Check out our activity guide for fresh new programs and ideas the Fair Oaks Recreation & Park District has to help get your family back outdoors and connected with nature!

When is the WOW Bus coming to a park near you?

Aug 20th • Phoenix Park • 10:30am-12:30pm
 Sept 24th • Fair Oaks Park • 10:30am-12:30pm
 Oct 15th • Bannister Park • 10:30am-12:30pm
If raining, dates will be rescheduled



FAIR OAKS COMMUNITY GROUPS

Fair Oaks /Orangevale Little League

president@fovll.com

Fair Oaks Soccer Club

(916) 241-FOSC (3672)

American River Girls Softball

(916) 206-0236

Fair Oaks Youth Lacrosse

(916) 806-1874

Fair Oaks Theatre Festival

(916) 966-3683

Fair Oaks Foundation for Leisure & Arts

(916) 961-9012

Fair Oaks Historical Society

(916) 961-6301

Fair Oaks Responsible Dog Owners

fordog@duh.net

Weather Hotline for Dog Park

966-1011 ext.33

Fair Oaks Chamber of Commerce

(916) 967-2903

Fair Oaks Rotary Club

(916) 967-5802

Fair Oaks Horticulture Center

(916) 875-6913

Fair Oaks Master Gardeners

(916) 875-6913

Starlight Shufflers

(916) 363-5733

Sierra Chapter American Theatre Organ Society

(916) 624-9182

Fair Oaks Village Singers

(916) 726-8830

Fair Oaks Racquet Club

info@forctennis.com

Woman's Thursday Club

(916) 967-7891

Fair Oaks Host Lions Club

(916) 342-0508

Fair Oaks Mom's Club

fomcmembership@yahoo.com

Fair Oaks Preschool

2011-2012 School Year: Aug 22-June 1

***For children ages 3-5 years old**

(children must be potty trained)

***Parent Participation is Required**

M/W/F class parent works in classroom 3 times per session

T/TH class parent works in classroom 2 times per session

Children enrolled in the Fair Oaks Preschool Program will become exposed to numbers, letters, and shapes and more importantly they will learn how to socialize, get along with other children, share and contribute to circle time. The children will learn how to raise their hands, share the teacher's attention and separate from Mommy or Daddy. Children who attend preschool typically make an easier transition into kindergarten.

PROGRAM OPTIONS/SESSIONS/FEES

Mon, Wed & Fri • 9am-12pm • \$165 per session (4wks)

**Due to overwhelming demand, an
afternoon program has been added!**

Mon, Wed & Fri • 12:45-3:30pm • \$165 per session (4wks)

The four and five year old classes are based upon a nine-month curriculum designed to prepare a child for elementary school. Cooperation and sharing are emphasized in games, music and movement, arts and crafts, academics and supervised free play throughout the year

Tues/Thur • 9am-12pm • \$115 per session (4wks)

This recreation-oriented program is a good introduction to group activities. Children will experience simple arts and crafts, show and tell, circle time, organized games and supervised free play.

**Yearly, nonrefundable, registration fee of
\$75 due at time of registration - space is limited!
School located at 8090 Grand Ave.**





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 2nd. (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 3rd 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

New! MOMMY & ME ART DISCOVERIES

Ages: 3-6 yrs 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.*



Fee: \$41 (\$38 res)
Instructor: Michelle Lueth
1612.31 • F • 9/23-10/7 • 10:30-11:30am
1612.32 • F • 10/21-11/4 • 10:30-11:30am



New! MOMMY & ME LITTLE HANDS POTTERY

Ages: 3-6 yrs 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.*



Fee: \$23 (\$20 res)
Instructor: Michelle Lueth
1611.31 • F • 10/14 • 10:45-11:30am
1611.32 • Sa • 12/3 • 10:45-11:30am

New! **Cooking** with Chef Terry Masten



Hands on cooking classes that expand food knowledge and build on a home chef's repertoire in the kitchen! Professional tips, an emphasis on safety in the kitchen, challenging recipes and lots of fun are guaranteed. Chef Terry Masten has trained in the culinary meccas of America and brings a professional yet personal approach to teaching chefs of all ages and levels of expertise.

WEE CHEFS



Ages: 4-6

Location: McMillan Center

Fee: \$16 (\$13 res)

Small Bites - Spread, smear and munch turkey salad sandwiches and cowboy cookies.

1110.31 • Sa • 9/3 • 10-11am

1110.32 • Sa • 11/5 • 10-11am

Boo to You! - Decorate to your delight—your very own Screaming Cupcakes (carrot cake recipe) just in time for ghoulish Halloween!

1110.33 • Sa • 10/15 • 10-11am

Tea Party - Bring out the queen in your small chef while setting a formal table and putting together tea sandwiches.

1110.34 • Sa • 10/29 • 10-11am

1110.35 • Sa • 11/19 • 10-11am

Boxes, Bags and Bows - Handmade, decorated stuff= fun, fun, fun! Cut out, fold, adorn and fill with your own Kaleidoscope Trail Mix (nuts optional)

1110.36 • Sa • 12/3 • 10-11am

ADULT CHEFS



Ages: 18+ & over

Location: McMillan Center

Fee: \$36 (\$33 res)

Patio Dinners - Shrimp Ceviche, Asian Kaleidoscope Salad and Seasonal Fruit with Lemon Curd Sauce.

1114.31 • Tu • 9/20 • 6-8pm

Sauces-Extravagant to Basic - Believe it or not, you can make low fat tomato sauce, alfredo Sauce and Mascarpone Fruit Sauce that will knock the socks off your guests!

1114.32 • Tu • 10/18 • 6-8pm

Sweet Endings - Richest Chocolate Bread Pudding and Anytime Dessert Dipping Sauces are dazzling and easy that guests will beg for over and over.

1114.33 • Tu • 11/15 • 6-8pm

Bistro Nights - Crab Cakes with Three Dipping Sauces, Moroccan Stew and French Apple Galette are challenging yet rewarding recipes for special guests.

1114.34 • Tu • 12/13 • 6-8pm

KID CHEFS



Ages: 6-18

Location: McMillan Center

Fee: \$26 (\$23 res)

Morning Glories - Weekends are perfect for making Personal Omelets, Blueberry Coffecake and Mexican Hot Chocolate.

1111.31 • Sa • 9/3 • 12-2pm

Malt Shop Menus - Burgers with a twist, Taco Salad and Rainbow Shakes mean tons of flavor and fun!

1111.32 • Sa • 10/15 • 12-2pm

Chocolate! - So easy, colorful and bursting with flavor: Triple Chunk Chocolate Cookies and easy Chocolate Tiramisu are sure to please everyone who loves chocolate

1111.33 • Sa • 10/29 • 12-2pm

Menus in a Flash - Three- Cheese Mac'N Cheese, Tortilla Meatball Soup, and Chocolate Mousse are instant favorites and so easy to master!

1111.34 • Sa • 11/5 • 12-2pm

Holiday Food Gifts - Bring your enthusiasm- who wouldn't want to build Holiday Cookie Tree and dip Candy Cane Shortbread?

1111.35 • Sa • 12/3 • 12-2pm



New! **ARTELIER DEI BAMBINI**

Ages: 4-6

Location: Arts & Craft Room



Atelier dei Bambini provides children the opportunity to discover the wonders of artistic media! Each class will provide three different open-ended art stations to explore, including a two-dimensional and three-dimensional medium, a fun craft project and an aesthetic sensory experience. Every weekend, the class will introduce new exciting materials, from clay to oil pastel. Children will be engaged in art making with high-quality materials as they learn traditional processes of the visual arts.

Instructor: Melissa Netherwood

Fee: \$35 (\$32 res)

7171.31 • Sa • 9/3 • 2-3:30pm

Clay, watercolor, weaving

7171.32 • Sa • 9/10 • 2-3:30pm

Papier-mache, chalk pastel, jewelry

7171.33 • Sa • 9/24 • 2-3:30pm

Branch sculpture, oil pastel, chalk salt

7171.34 • Sa • 10/1 • 2-3:30pm

Wax sculpture, pen and ink, soap making

7171.35 • Sa • 10/15 • 2-3:30pm

Puppet making, collage, mosaic

7171.36 • Sa • 10/22 • 2-3:30pm

Wire sculpture, charcoal, candle making

7171.37 • Sa • 10/29 • 2-3:30pm

FIMO clay, acrylic, gourd painting

Birthday Party 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! 2 hour 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



New! YOUTH ART BEGINNING DRAWING



Ages: 6-12 yrs

Location: McMillan Center

Discover how to draw one line at a time to create flowers, trees, birds, fish and more. Learn how the placement and curve of a line can create the basic shapes, texture and the illusion of a distance.

Fee: \$62 (\$59 res)

Instructor: Susan Frank

7172.31 • Th • 9/29-11/3 • 4:30-5:45pm

FAMILY POTTERY



Ages: 5-17 yrs 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. Learn the 3 different methods of hand building as well as have a chance to try the potter's wheel. Emphasis is on FUN! Class fee includes parent and child. Please bring a \$12 materials fee per person payable to instructor at first class.

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

Contact Michelle to register additional family members for \$24 each

Instructor: Michelle Lueth

1610.31 • Tu • 9/13-10/11 • 4:15-5:30pm

1610.32 • Tu • 9/13-10/11 • 6:15-7:30pm

1610.33 • Th • 10/6-11/13 • 4:30-5:45pm

1610.34 • Tu • 10/18-11/15 • 4:15-5:30pm

1610.35 • W • 10/19-11/16 • 6:15-6:30pm

New! PAINTING MADNESS

Ages: 4-12 yrs

Location: McMillan Center



Its time for painting madness to begin.

Children will complete several painting projects exploring color mixing and blending, color therapy and several painting styles. They will create their masterpieces with brushes, sponges and Q-tips.

Instructor: Susan Frank

Ages: 4-6 yrs

Fee: \$26 (\$23 res)

7173.31 • Sa • 9/24 • 10am-12pm

Ages: 7-12 yrs

Fee: \$36 (\$33 res)

7173.32 • Sa • 10/22 • 10am-12pm



CERTIFIED BABYSITTING

Ages: 11-13 yrs

Location: Orangevale

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

4443.31 • Tu/Th • 9/13 & 9/15 • 4-7pm

MUSICAL THEATER,

A Staging Fun & More Production

Ages: 7-16 yrs

Location: Clubhouse Auditorium

Come in from the cold and 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: Thursday, Dec 1

Show begins at 7:30pm

Fee: \$96 (\$93 res) / Session: 9 classes

Instructor: Carolyn Martin

1723.31 • Tu • 10/4-11/29 • 3:45-5:15pm

Fair Oaks Youth Advisory Board



Join the Fair Oaks Youth Advisory Board (FOYAB). Applications are being accepted for the 2011-2012 term and interviews are August 20th. See the FOYAB section under Recreation at: www.fairoakspark.org or search for us on Facebook!

YOUTH DEVELOPMENT COORDINATOR: Sabrina Bernardo
sbernardo@fairoakspark.org

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



KIDZ LOVE SOCCER

Ages: 3.5-6 yrs

Location: Fair Oaks Park

Kidz 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.kidzlove-soccer.com for more information. (Shin guards required after 1st meeting). In case of rainouts, please call the KLS field hotline at 1-888-372-5803.



Fee: \$101 (\$98 res)

Instructor: Jared Rains, KLS Coach

Fri • 9/16-11/18 • Session: 9 wks

5555.41 Tot/Pre Soccer (3.5-5 yrs) 10:10-10:45am

5555.42 Tot/Pre Soccer (3.5-5 yrs) 3:05-3:40pm

5555.43 Soccer 1 (5-6 yrs) 3:40-4:25pm

MOMMY / DADDY & ME SOCCER

Ages: 2-3.5 yrs

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 1-888-372-5803.



Fee: \$101 (\$98 res) / Session: 9 wks

Instructor: Jared Rains, Kids Love Soccer Ch

5555.45 • F • 9/16-11/18 • 9:30-10am

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.*



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

Instructor: Recreation Staff

TINY TOT T-BALL

1129.31 • Sa • 9/3-10/1* • 9-9:45am

TINY TOT BASKETBALL

1160.31 • Sa • 9/3-10/1* • 10-10:45am

TINY TOT FLAG FOOTBALL

2123.31 • Sa • 9/3-10/1* • 11-11:45am

TEAM SPORTS CAMP

(a different sport each week)

2122.31 • Sa • 9/3-10/1* • 12-12:45pm

*No class 9/17

INTRODUCTION TO KENPO KARATE

Ages: 5-12 yrs

Location: Clubhouse Lower Level

Five Animal 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: \$73 (\$70 res)

Instructor: Casey Benedick

T/Th • 6-6:30 pm

1202.31 • 9/1-10/27 • 17 classes

1202.32 • 11/1-12/20 • 15 classes

No class 11/24

YOUTH KENPO KARATE

Ages: 5-12 yrs

Location: Clubhouse Lower Level

This 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: \$58 (\$55 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 • 10/4-10/27 • 8 classes

1203.33 • 11/1-11/29* • 9 classes

1203.34 • 12/1-12/20 • 6 classes

CONTINUING KENPO KARATE #2

T/Th • 7:15 -8 pm

1205.31 • 9/1-9/29 • 9 classes

1205.32 • 10/4-10/27 • 8 classes

1205.33 • 11/1-11/29* • 9 classes

1205.34 • 12/1-12/20 • 6 classes

*No class 11/24

New! SOCCER SKILLZ & SCRIMMAGES

Ages: 7-10 yrs

Location: Fair Oaks Park

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels of play are encouraged to come out and enjoy the soccer fun! **Each participant will receive a soccer jersey.** Shin guards are required. In case of rainouts, please call the KLS field hotline at 1-888-372-5803.



Fee: \$108 (\$105 res)

Instructor: Jared Rains, KLS Coach

5555.44 • F • 9/16-11/18 • 4:25-5:10pm

JR. NFL FLAG FOOTBALL

Ages: 5-14 yrs

Location: Fair Oaks Park

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. **Volunteer coaches needed, please call 966-1036 or email Nick@ndavison@fairoaks.org.**



Fee: \$85 per player

Location: Fair Oaks Park

Mini Camp: 8/27 • 10am

Mini Camp/Evaluation: 9/3 • 10am

Jamboree: 9/10 • 10am

Games Start: 9/24



BEGINNERS FENCING



Ages: 7-15 yrs

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 • 9/7-9/28 • 5-6pm

3831.32 • W • 10/5-10/26 • 5-6pm

3831.33 • W • 11/2-11/23 • 5-6pm

3831.34 • W • 12/7-12/28 • 5-6pm

Youth Tennis Program

KINDERGARTEN TENNIS

Ages: 4-5 yrs

Location: Miller Park Tennis Courts



An introductory program for children to develop racquet and ball handling skills, using different sized balls and equipment when throwing and catching. Learn the forehand, backhand and volley while working on your own and with a partner.

Please bring a \$3 material fee payable to instructor at first class.

Instructor: USPTA certified pro and developmental coaches

Ratio: 1:4

Fee: \$98 (\$95 res)

1255.31 • Sun • 9/11-10/30 • 12-1pm

1255.32 • M • 9/12-10/31 • 11:40am-12:30pm

BEGINNER TENNIS II



Grades: 1-2 and 3-4

Location: Miller Park Tennis Courts

An introductory program for children to develop simple grips and contact points. Learn how to rally over a short distance, serve underhand to start the point and understand how to win a point and where to stand. Through the use of a modified court and different low compression tennis balls, children will learn and improve faster. Each division, Grade 1-2 and Grade 3-4, will have their own instructor. *Please bring a \$3 material fee payable to instructor at first class.*

Instructor: USPTA certified pro and developmental coaches

Ratio: 1:8

Fee: \$98 (\$95 res)

1256.31 • M • 9/12-10/31 • 5:30-6:30pm

1256.32 • W • 9/14-11/2 • 5:30-6:30pm

New! BV BASKETBALL CAMP

Grades: 3rd-8th Grade

Location: Bella Vista High School



The 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/boxout, pick and roll, dribbling and passing. *Each player must bring: court/gym shoes, and a water bottle.*

Fee: \$66 (\$63 res)

5153.30 • 11/21-11/23 • 9am -12pm

TENNIS ELEMENTARY SCHOOL RALLYBALL LEAGUE II



Grades: 3-6

Location: Miller Park Tennis Courts

The Rallyball League is designed to engage advanced beginners/low intermediate children learning skills and playing tennis on a team. Emphasis is on skill development and team work. Teams are formed after the skill clinics on the first class. **Divisions:** 3rd/4th Boys and Girls, and 5th/6th Boys and Girls. All matches will use orange low compression or green transition tennis balls. *Please bring a \$3 material fee payable to instructor at first class.*

Instructor: USPTA certified pro and developmental coaches

Team Ratio: 1:5

Fee: \$104 (\$101 res)

1257.31 • Su • 9/11-10/30 • 2-3:pm



BABY SIGNS® SIGN, SAY AND PLAY

Ages: 6-24 months

Location: Old Fair Oaks Library

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 reduces 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 • T • 9/6-10/11 • 5:15-6:15pm

1414.32 • T • 11/1-12/6 • 5:15-6:15pm

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

8110.33 • Th • 8/11-9/15 • 6:30-7:30pm

ADULT POTTERY STUDIO

Age: 18 yrs & 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.*



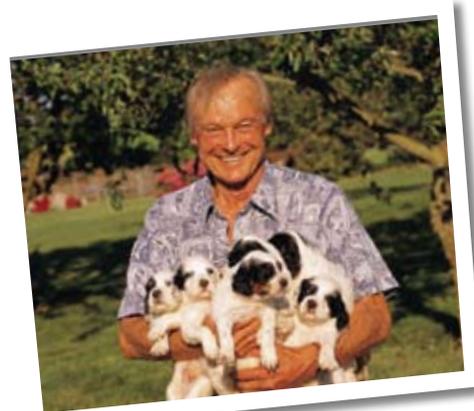
Fee: \$60 per punch card

Instructor: Michelle Lueth

1616.31 • Sept • T/W • 12:30-6pm

1616.32 • Oct • T/W • 12:30-6pm

1616.33 • Nov • T/W • 12:30-6pm



**Visit our Dog Park
in Phoenix Park.**

**Just under 2 acres, with 3
separated shaded areas.**

**For more info visit
www.fordog.org**

Adult Pottery

Ages: 18 yrs & up

Location: Arts & Crafts Building

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 a \$22 materials fee payable to instructor at first class.*



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

Instructor: Michelle Lueth

5110.31 • Tu • 9/20-10/11 • 1:30-3:30pm

5110.32 • W • 9/21-10/12 • 1:30-3:30pm

5110.33 • W • 9/21-10/12 • 4-6pm

5110.34 • Tu • 10/25-11/15 • 1:30-3:30pm

5110.35 • W • 10/26-11/16 • 1:30-3:30pm

5110.36 • W • 10/26-11/16 • 4-6pm



BELLY DANCING

Ages: 13 yrs & 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. Must have 4 students registered for class to run.*



Fee: \$60 (\$57 res) Drop In fee: \$15
Instructor: Adriane Dellorco

BEGINNING:

7:00-8:00pm • Old Library Building
2222.31 • Tu • 9/13-10/18
2222.32 • Tu • 10/25-11/29
2222.33 • Tu • 12/6-1/10

INTERMEDIATE:

5:45-6:45pm • Clubhouse Auditorium
2222.34 • Tu • 9/13-10/18
2222.35 • Tu • 10/25-11/29
2222.36 • Tu • 12/6-1/10



ROUND DANCE

Ages: 18+

Location: Clubhouse Auditorium

Round Dance is social ballroom dancing done with the assistance of a cuer/prompter. Students learn simple progressions of ballroom routines, then apply them to popular tunes as well as golden oldies. Beginning class covers the basics of waltz and twostep. Intermediate class covers jive, rumba and cha cha. *Causal Attire. Visitors are welcome to observe.*



Instructors: Marie Hahaway & Gordon Still

BEGINNING

Fee: \$66 (\$63 res) per person
Session: 11 classes
4220.32 • Tu • 9/6-12/13 • 1-2:30pm
4220.34 • W • 9/7-12/14 • 6:30-8pm

INTERMEDIATE

Fee: \$66 (\$63 res) per person
Session: 11 classes
Drop-in fee \$6 per week
4220.31 • Tu • 9/6-12/13 • 11am-1pm
4220.33 • W • 9/7-12/14 • 8-9:30pm

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 • 9/1-9/29 • 6-7:00pm
4201.32 • Th • 10/6-10/27 • 6-7:00pm
No class 9/8, Nov or Dec

INTERMEDIATE

Fee: \$33 (\$30 res) per person
Session: 4 wks
4210.31 • Th • 9/1-9/29 • 7:30-9pm
4210.32 • Th • 10/6-10/27 • 7:30-9pm
No class 9/8, Nov or Dec



LOVE & LOGIC PARENTING

Location: Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd

Love and Logic is a parenting philosophy devoted to helping parents raise responsible kids. This entertaining 6 week video series provides easy-to-use practical techniques designed to put parents and teachers back in control of their homes and classrooms in a loving way. It will help you find specific actions to handle almost any childrearing frustration from the toddler to teenage years. See www.loveandlogic.com for more information. *\$15 materials fee per person due to instructor at class.*



Fee: \$28 (\$25 res)
Instructor: Dawn Brenner
1418.31 • W • 9/14-10/19 • 6:30-8:40pm
Child care available if reserved in advance @ 967-4784 ext 811

ADULT KENPO KARATE

Ages: 14+

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: \$58 (\$55 res) monthly
Instructor: Casey Benedick
 T/Th • 8-8:45pm

1204.31 • 9/1-9/29 • 9 classes
 1204.32 • 10/4-10/27 • 8 classes
 1204.33 • 11/1-11/29* • 9 classes
 1204.34 • 12/1-12/20 • 6 classes
 *No class 11/24

Instructors WANTED!

Have special training or experience in a skill others may be 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 an instructor with FORPD.



ZUMBA

All Ages

Location: Clubhouse lower level

Ditch the workout and join the party! Zumba is a cardio-aerobic dance class set to Latin and International based rhythms and dance styles. With a combination of cardio and muscle-sculpting movements, you will forget you're working out and just have a blast!

Please bring water, towel and clothes you can move in.



Fee:

\$26 (\$23 res) Punch Card – good for 4 classes
 \$46 (\$43 res) Punch Card – good for 8 classes

Punch cards expires: 12/28/11

Drop in Fee: \$7

Wednesdays • 9/7-12/28 • 7-8pm

3810.31 • Sept 3810.32 • Nov

3810.33 • Oct 3810.34 • Dec

HATHA YOGA CLASSES

All Ages

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, blanket and pillow 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.

Tu • 9/6-12/27 • 8-9:15am

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 • 9/2-12/30 • 8:30-11am





The Swimststitute

With combined 40-plus years of competition and coaching experience, owners Scott Morris and Todd Sleizer bring a valuable resource to the city of Rancho Cordova. Located at 11335B Folsom Blvd., the Swimststitute building houses a large 4,800 square foot pool where ASCA certified instructors offer a variety of services ranging from beginning swim lessons and advanced stroke work to water aerobics classes. The indoor, heated pool allows for year round aquatic programs. The Swimststitute has changing rooms, showers and locker facilities.

New! WATER AEROBICS

Ages: 18 yrs & up
Location: Swimststitute

Come join the fun and get a great workout at the same time, in our INDOOR HEATED (85°) POOL! Shallow water exercises, stretches and cardio are used to challenge and strengthen the entire body. Flotation belts, noodles, and dumb bells are used to increase aerobic fitness and muscle tone while having fun in the water. Students with or without swimming ability will benefit from these water aerobic classes and all levels of fitness welcomed. Our instructors will assist students to work at their own level and pace.

- 8911.31 • F • 9/2-10/28 • 6-6:50pm • \$38 (\$35 res)
- 8911.32 • F • 11/4-12/30 • 6-6:50pm • \$38 (\$35 res)
- 8911.33 • T/Th • 9/6-10/27 • 6:30-7:20pm • \$73 (\$70 res)
- 8911.34 • T/Th • 11/1-12/29* • 6:30-7:20pm • \$73 (\$70 res)

DEEP WATER AEROBICS

- 8911.35 • Sa • 9/3-10/29 • 8-8:50am • \$38 (\$35 res)
 - 8911.36 • Sa • 11/5-12/17 • 8-8:50am • \$38 (\$35 res)
- *No class 11/24

PARENT/TOT SWIM CLASS

Ages: 6mos-24mos
Location: Swimststitute

This class is designed for parents (or grandparents) and their toddler to learn to enjoy the water together. We will mix fun, safety and teaching the adult to work with the child in the water. (One adult in the water with each child). *Class minimum 4, maximum 8*

- Fee: \$103 (\$100 res)
- 8912.31 • Sa • 10/8-11/12 • 9:30-10am
 - 8912.32 • Sa • 10/8-11/12 • 10-10:30am

New! UNDERWATER VIDEO ANALYSIS

Location: Swimststitute
Fee: \$86 (\$83)

4 Laps Freestyle, digitally recorded in color, underwater, viewed from the front, the side and the back.

The video is played back on a TV, with analysis from Swimststitute Staff. The video is then copied in .mpg format to a thumb drive that is provided by the swimmer. A 15 min stroke/swim drill session in the pool helps correct flaws.

Please contact the Swimststitute to set up an appointment time.



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

This course is EMSA Certified
Ages: 12 yrs & 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 • 9/10 • 8:00am-4:30 pm
 - 4444.32 • Sa • 10/22 • 8:00am-4:30 pm
 - 4444.33 • Sa • 11/19 • 8:00am-4:30 pm
 - 4444.34 • Sa • 12/17 • 8:00am-4:30 pm

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, ndavison@fairoakspark.org, 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: NOV 7th - DEC 2nd

Registration Deadline:

Oct 30th @ 5:00pm

Number of Games: Min of (8)

Game Times: 6:20-9:20pm

Location: Fair Oaks Park

Cost: \$410 per team

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

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: Nov 4th - Jan 20th

Registration Deadline:

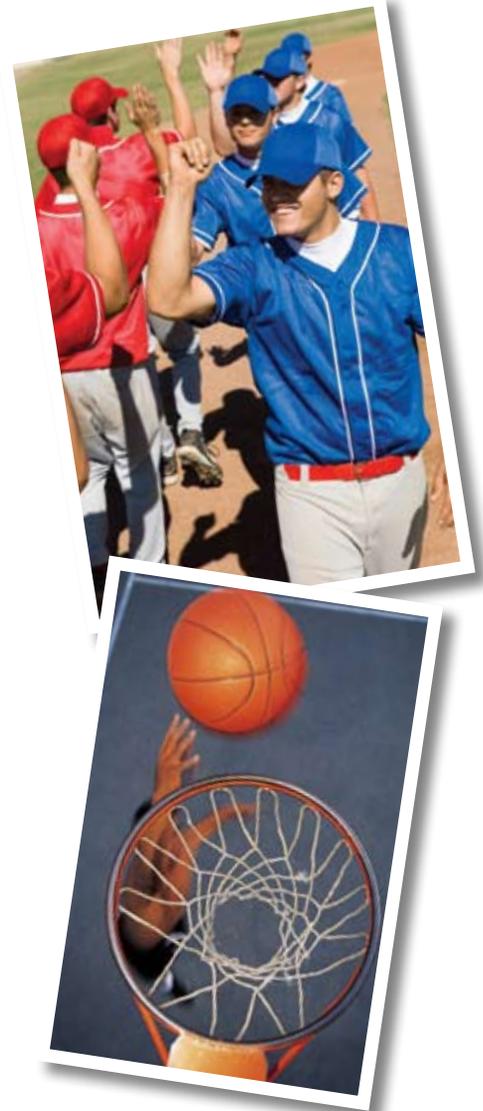
Oct 21st @ 5:00pm

Number of Games: Min of (8)

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

Location: Bella Vista High School

Cost: \$405 per team



Benefits of Recreation

- Promotes good health
- Creates shared experiences family and friends can bond over
- Teaches appreciation of nature
- Helps children develop important physical skills
- Builds self-esteem and personal growth
- Helps children develop important interpersonal skills

P.A.S.A. - PROGRAM FOR ACTIVE SENIOR ADULTS**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 Davis at 966-1036 ex 17 or e-mail: jdavis@fairoakspark.org.

MONTHLY SCHEDULE:

TIME: 11:00am - 1:00pm

1st Wednesday • Trip to Red Hawk Casino*2nd Wednesday • Meeting3rd Wednesday • Bingo4th Wednesday • Meeting

*Must meet min of 15 participants to go

**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 on District Holidays)***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 • 9/1-12/29 • 1:30pm-4:00pm

5113.31 • Sept

5113.32 • Oct

5113.33 • Nov*

5113.34 • Dec

*No class 11/24

SENIOR DROP-IN . . . PINOCHLE ANYONE?*Location: Clubhouse Lower Level*

This FREE, fun social gathering is an informal program. Individuals may "drop-in" for a game of pinochle, or other card games. 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)***Volunteer with us today!**

The Fair Oaks Recreation Park District is looking for individuals or local organizations/groups that want to make a difference in the community by volunteering at Park District events, programs, facilities, and parks. To register for the Fair Oaks Recreation and Park District Volunteer Program go online or come into the district office to fill out the Volunteer Application. For additional information contact the event coordinator at events@fairoakspark.org.

Plaza Park, Village Park, and Fair Oaks Community Clubhouse Park Master Plan

Wednesday, August 24th, 2011

Time: 6:00-7:30pm

The Fair Oaks Recreation and Park District is beginning the process of developing a Park Master Plan to guide future improvements at Plaza Park, Village Park, and Fair Oaks Community Clubhouse. Please join us for the 1st Community Workshop to gather input and ideas for the new Park Master Plan. We hope you can attend!

Location: Fair Oaks Community Clubhouse
7997 California Ave., Fair Oaks, CA 95628

For more information contact: Kris Borders • Fair Oaks Recreation & Park District
Phone: (916) 966-1036 • kborders@fairoakspark.org



COMMUNITY WORKSHOP
Wednesday, August 24th, 2011 from 6:00-7:30 PM



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 financial hardship. 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 meeting 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 your 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 others 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 refund 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

2011

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: _____

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. Buildings 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 \$350 deposit to reserve the date is required.
- 5) Payment in full and proof of insurance are required 120 days in advance. Table layout due 30 days prior to event.

INDOOR

Clubhouse Auditorium 7997 California Ave.

Capacity: 182 seated / 390 standing
Included in Rental: 46' x 63' Meeting Room, 30' x 27' Stage, and 19' x 19' Commercial Kitchen

Equipment Provided: (24) 5' round tables, (1) 6' rectangular table, (5) 8' rectangular tables, (182) folding chairs, commercial range, refrigerator, double sink & cleaning equipment.

Rental Fee: \$95 per hr. or \$680 for 8 hrs
4 hr minimum rental



Clubhouse Lower Level 7997 California Ave.

Capacity: 70 seated / 120 standing
Included in Rental: 27' x 44' Meeting Room, 15' x 19' Commercial Kitchen
Equipment Provided: (1) 6' table, (7) 10' tables, (8) 6' round tables, (70) folding chairs, commercial range, refrigerator, double sink & cleaning equipment.
Rental Fee: \$65 per hr or \$440 for 8 hrs
4hr minimum rental

Old Fair Oaks Library 4200 Temescal St.

Capacity: 40 seated/ 59 standing
Included in Rental: 690 sq ft Meeting Rm
Equipment Provided: (3) 6' tables, (1) 8' table, (1) 10' table, (2) 12' tables, 40 folding chairs and one mounted writing board.
Rental Fee: \$45 per hr or \$280 for 8 hrs
2hr 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: (10) 6' tables, (2) 8' tables, (3) 10' tables, (72) folding chairs, kitchen range & refrigerator, cleaning equipment.

Rental Fee: \$55 per hr or \$360 for 8 hrs
2hr minimum rental



OUTDOOR

2hr minimum rental for all BBQ Areas

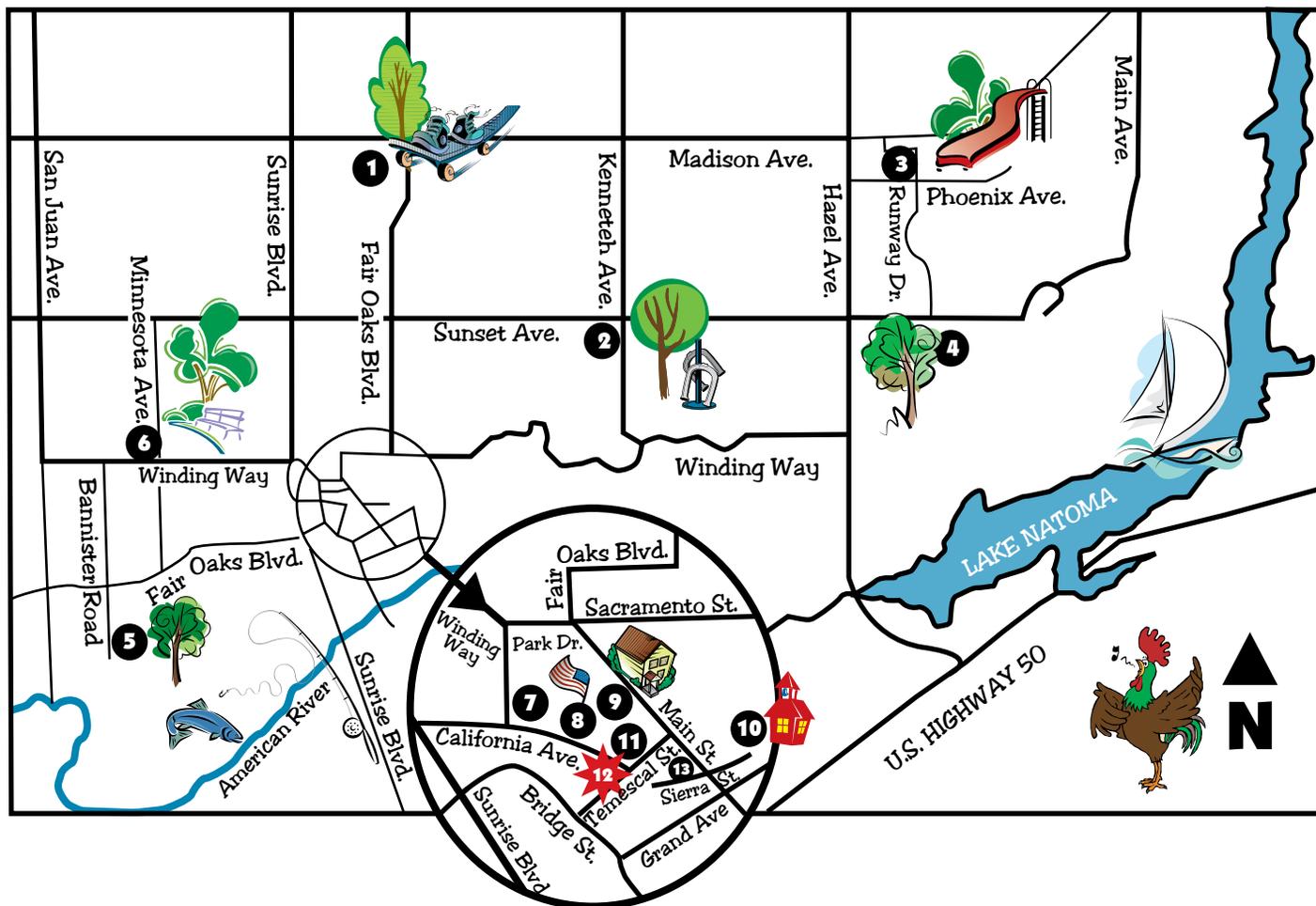
Fair Oaks Park BBQ Area 11549 Fair Oaks Blvd.

Capacity: 200 Total seating (picnic tables)
Equipment Provided: (5) BBQ Grills, (8) Large Tables, (1) Large Serving Table
Additional Equipment: Water and Electricity available for \$5 each
Rental fee: \$30 per hour

Miller Park BBQ Area 8480 Sunset Ave.

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

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.



1. **Fair Oaks Park** (11549 Fair Oaks Blvd.); summer camp, basketball, softball, tennis, soccer, playground, horseshoes, skateboard park, family picnics - BBQ rental area, multipurpose field, community garden, McMillan Center (rental facility), Horticulture Center, maintenance yard
2. **Miller Park** (8480 Sunset Ave.); basketball, tennis, playground, horseshoes, BBQ rental area, family picnics
3. **Little Phoenix Park** (9041 Phoenix Ave.); playground, family picnics
4. **Phoenix Park** (9050 Sunset Ave.); softball, soccer, playground, family picnics, Little League, multipurpose field, Vernal Pools, community garden, walking path, Lacrosse, Dog Park
5. **Bannister Park** (3820 Bannister Rd.); multipurpose field, exercise equipment
6. **Montview Park** (4401 Minnesota Ave.); playground, family picnics
7. **Plaza Park** (7003 Park Dr.); family picnics, amphitheater
8. **Veterans Memorial Amphitheater** (7991 California Ave.); Comedy Under the Stars, Fair Oaks Theater Festival shows
9. **Community Clubhouse / Lower Level / Arts & Crafts Building** (7997 California Ave.); rental facility, events, classes
10. **Fair Oaks Preschool** (8090 Grand Ave.); Preschool program
11. **Village Park** (4238 Main St.); playground, bandshell, family picnics, summer concert series
12. **Fair Oaks District Office** (4150 Temescal St.); Recreation and Administrative Offices
13. **Old Fair Oaks Library** (4200 Temescal St.); rental facility, Board meetings, classes

Look What's Coming to Town!

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



Fair Oaks Theater Festival-	
<i>"The Great American Trailer Park Musical"</i>	8/12-9/11
<i>"Best of Broadway"</i>	9/16-10/2
<i>"Winnie The Pooh"</i>	12/3
WOW Bus: Phoenix Park	8/20
Before the Chicken Fest "Egg Dance & BBQ"	9/16
6th Annual Chicken Festival	9/17
Senior Luau	9/21
WOW Bus: Fair Oaks Park	9/24
Comedy Under the Stars	10/7
WOW: Bus: Bannister Park	10/15
Halloween Carnival	10/31
Fair Oaks Historical Society "Soup Night"	11/4
Teddy Bear Tea Party	11/5
Christmas in The Village	12/3
Cookies with Santa	12/3
Village Singers Concert	12/11



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.