

FAIR OAKS RECREATION AND PARK DISTRICT

# *The Roost*

*April - August 2013*

**Parks  
Make  
Life  
Better!**

*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](http://www.fairoakspark.org)

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## BOARD OF DIRECTORS

Brandon Rose, John O'Farrell, Ralph Carhart,  
Rand Jacobs, Geoffrey Simcoe

## DISTRICT OFFICE

4150 Temescal St., Fair Oaks, CA 95628  
966-1036 • Fax 966-9863  
[www.fairoakspark.org](http://www.fairoakspark.org)

## ADMINISTRATION

Maureen Zamarripa, District Administrator  
[mzamarripa@fairoakspark.org](mailto:mzamarripa@fairoakspark.org)

## PARKS

Park Office 240-3651 • Fax 961-3466  
For field closure and updates visit  
[www.fairoakspark.org](http://www.fairoakspark.org)

To View a list of FORPD Staff, please visit  
[www.fairoakspark.org/about/contact-us/](http://www.fairoakspark.org/about/contact-us/)

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”*



## COMMUNITY INFORMATION

### EMERGENCY REPORTING DIAL 911

For emergencies in our parks, dial 9-1-1.

For non-emergencies regarding park security, vandalism, suspicious persons, or suspicious activities in your parks, call the District office at 966-1036 Monday through Friday during business hours. After business hours or on weekends, you may call 240-3651 and we will attend to your concerns as quickly as possible. If you need immediate law enforcement assistance or to report illegal activity at any of your parks, please call the Sacramento County Sheriff's Department at 874-5115.

### DISTRICT BOARD MEETINGS

The Board of Directors of the Fair Oaks Recreation and Park District meets on the third Wednesday of each month. Meetings are held at the Old Fair Oaks Library Building, 4200 Temescal St., beginning at 6:00 pm. The public is welcome to attend. Please contact the District office prior to attending a meeting to confirm the date and time, as Board meeting dates and times are subject to change.

### AMERICANS WITH DISABILITIES

In accordance with the Americans With Disabilities Act of 1990, the Fair Oaks Recreation and Park District will not discriminate against any qualified individual with a disability as far as employment with the District or the use of our services, programs, and activities. If you are interested in taking part in one of our programs and will need special arrangements (i.e. vision, hearing) please telephone the District Office at 966-1036 one week prior to the start of the class.

### HOLIDAY CLOSURES

The Fair Oaks Recreation and Park District office and all other District facilities will be closed on the holidays listed below. District sponsored classes and programs will not meet during holiday closures.

**Memorial Day**, Monday, May 27th; **Independence Day**, Thursday, July 4th;  
**Labor Day**, Monday, September 2nd.

### SACRAMENTO PUBLIC LIBRARY - FAIR OAKS BRANCH

Sign up for our Summer Reading Program, Reading Is So Delicious! starting June 1st. This all-ages program runs from June 1-August 31. We'll have wild animals (in the library!), musical performances by our beloved Mr. Cooper, and many more delicious activities. Visit us online at <http://www.saclibrary.org/Locations/Fair-Oaks/> or give us a call 916-264-2920. We are located at 11601 Fair Oaks Blvd, Fair Oaks, CA 95628.

**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.**

**Payments at class cannot be made in cash. To pay in cash, you must register in the District Office.**



## Seasonal Farmers Market

Every Wednesday (beginning May 22<sup>nd</sup> through Oct 30<sup>th</sup>), 3-8pm

Fair Oaks Recreation and Park District is co-hosting a local Farmers Market operated by *Be Money Smart USA*, a local non-profit training organization specializing in financial and business education for YOUTH in our community. Join us every Wednesday beginning May 22 from 3-8pm. This market features certified Farmers locally grown seasonal fruits and vegetables, specialty gourmet foods, spices, sauces, nuts, dried fruits, honey, entertainment and more!

For more information or to become a vendor call the Market Managers at (916) 484-7000.

Location: Plaza Park, Old Fair Oaks

## Sponsorship

The Fair Oaks Recreation and Park District encourages the involvement of local businesses and organizations through event sponsorships. Sponsoring events 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.

## The 64th Annual Fiesta Days

May 4<sup>th</sup> & 5<sup>th</sup>,  
10am - 4pm daily

The two-day event will be held in Village and Plaza Parks. Entertainment is scheduled throughout the weekend including a parade, toilet bowl races, 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 the FORPD Special Events Coordinator at 966-1036.



## Comedy Under the Stars

Fridays, May 10<sup>th</sup>, August 2<sup>nd</sup> and October 4<sup>th</sup> 8-10pm  
Doors open at 7pm, show starts at 8pm

*Recommended for an Adult Audience*

Join the Fair Oaks Recreation and Park District and Sacramento's "Laughs Unlimited" for a night full of laughs! 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: \$42 per person for all three shows/ \$15 per person per show presale/ \$20 per person per show (cash only) at the door. At the door ticket sales from 7-8pm only.

Online ticket sales end @ 6:30pm.

*Comedy under the Stars may contain explicit language and/or offensive materials and is intended for an adult audience. Views or opinions presented are solely those of the comedian and do not necessarily represent those of the Fair Oaks Recreation and Park District. No refunds, no exceptions.*

## Community Garage Sale

Saturday, June 1<sup>st</sup>, 8am-1pm

It's time to spring clean. Now taking registration for the Fair Oaks Community garage sale. Registration is limited to 69 booth spaces, so register early! (Garage Sale items only).

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

Location: Fair Oaks Park, 11549 Fair Oaks Blvd., (upper parking lot)

Fee: \$35 per space • 7410.17

## Health, Wellness, and Safety Fair

Saturday, June 15<sup>th</sup>, 10am-3pm

Join us at the First Annual Health, Wellness and Safety Fair and learn how you can achieve improved health, fitness, and a safer lifestyle through programs, activities, and businesses in the Fair Oaks community. Demonstrations and shows will go on throughout the day. Come out and learn how to obtain a healthier YOU!

Location: Fair Oaks Park, 11549 Fair Oaks Blvd.

## Concerts in the Park

June 13th - August 29th • every Thursday • Begins @ 7pm

Concerts in the Park are a free series of concerts for the Fair Oaks Community. Concerts in the Park 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 call the Fair Oaks Chamber of Commerce at 967-2903, or visit [www.fairoakschamber.com](http://www.fairoakschamber.com). **July 25th is Parks & Rec Night.**

## FREE Event!

### Movies in the Park

Movies begin shortly after Sunset

Fair Oaks Recreation and Park District and Spanda Industrial General Contractors are excited to announce our FREE summer Movies in the Park series. Come out early to get a good seat and let your kids experience the Wonderful Outdoor World (W.O.W.) bus before the movie begins. Concessions will be available for purchase from the Fair Oaks Youth Advisory Board (FOYAB) and Fair Oaks Host Lions Club. *Check our website one month prior for our Feature Presentation.*

**Location: Village Park in Old Fair Oaks**

June 21st • *Angels in the Outfield*

July 19th • *Madagascar 3*

August 16th • *The Avengers*

## It's My Park Day!

Saturday, July 13<sup>th</sup>, 8am-12pm

Thank you BBQ: 12-2pm

YOU CAN HELP! Fair Oaks Recreation and Park District invites you and your family to help care for and celebrate your parks! The day will consist of working alongside District staff while planting, cleaning up, painting, repairing, and much more. At the end of the day the District will present an afternoon BBQ and entertainment to show our appreciation at Fair Oaks Park.

*Sign up online or call 916-966-1036*

*Main Check in Location: Fair Oaks Park, 11549 Fair Oaks Blvd*

## Save the date!

8th Annual

### Fair Oaks Chicken Festival

Sat, Sept 21<sup>st</sup>, 10am-6pm



Come and join the fun! Become a fan of the festival on facebook for the insiders scoop on the event! Volunteers Needed! Contact the special events coordinator at 966-1036 for more details.

## Save the date!

3rd Annual Mother Son Kickball Sat, Sept 28th



### Volunteer Information

"Parks & Recreation Make Life Better" and that's due largely to the outstanding volunteers that assist with District events and programs each year. Volunteer with us today and get a "behind the scenes" view of our events and programs.

### UPCOMING VOLUNTEER OPPORTUNITIES:

- 5/10 *Comedy Under the Stars*
- 6/1 *Community Garage Sale*
- 6/15 *Health & Wellness Fair*
- 6/21 *Movies in the Park*
- 7/13 *It's My Park Day*
- 7/19 *Movies in the Park*
- 8/16 *Movies in the Park*

Volunteer assistance is also needed in the parks and administration departments at the District. Examples of volunteer opportunities include park cleanup, general office assistance, handing out flyers and promotional items, and much more!

If you are interested in volunteering please contact Nick Davison at [ndavison@fairoakspark.org](mailto:ndavison@fairoakspark.org) or 916-966-1036.

***Volunteer Help Makes a Difference!***

## FAIR OAKS THEATRE FESTIVAL

### SUMMER 2013 SHOW SCHEDULE

For more information on these, other upcoming events or to purchase tickets visit [www.fairoakstheatrefestival.com](http://www.fairoakstheatrefestival.com)

*"THE PAJAMA GAME"*

June 21 - July 21

Showtimes: Fri/Sat/Sun: 8:30pm

*"THE NEW CHRISTY MINSTRELS"*

July 27 - 28

Showtime: 7:30pm

*"THE DROWSY CHAPERONE"*

August 9 - September 8

Showtimes: Fri/Sat/Sun: 7:30pm

### CHILDREN'S SHOWS

*"CINDER ELLA"* • Sat, July 6, 13, 20, 27

Showtimes: 10am & 12pm • Held in Community Clubhouse



## Fair Oaks Horticulture Center in Fair Oaks Park

### 2013 WORKSHOPS AND OPEN GARDEN DAYS

*Presented by the UC Cooperative Extension Master Gardeners and Fair Oaks Recreation & Park District.* Additional information available at 916-875-6913, <http://ucanr.org/sacmg>, [www.facebook.com/sacmg](http://www.facebook.com/sacmg)

#### WEDNESDAY, APRIL 17 – OPEN GARDEN – 10AM-1PM

Master Gardeners offer their time-tested gardening ideas. Watch grape thinning. See how our raised beds are prepared for summer vegetable planting. Learn how to propagate perennials.

#### SATURDAY, MAY 18 – WORKSHOP – 8:30AM – 11:30AM

Learn techniques for managing pest insects, diseases and weeds that may be active now in your landscape. Find out how to easily attract beneficial insects to your garden.

#### SATURDAY, JUNE 15 - OPEN GARDEN - 8:30AM-11:30AM

Watch summer fruit tree pruning and grafting demonstrations. Taste ripe berries. Learn how to grow herbs in containers. See different methods for pruning and training grapes.

#### SATURDAY, AUGUST 3 - 8:00AM– 2:00PM

Listen and learn about hot gardening topics from regional experts; visit dozens of education and vendor booths; talk with Master Gardeners in our WEL garden, vineyard, veggie garden, berry patch, orchard, and compost/vermiculture area; delight your taste buds with stone fruit, melon, and grape tastings; and much, much more.

## FAIR OAKS COMMUNITY PARTNER GROUPS

**Fair Oaks /Orangevale Little League**  
[fovll.com](http://fovll.com)

**Fair Oaks Soccer Club**  
[fairoakssoccer.com](http://fairoakssoccer.com)

**American River Girls Softball**  
[argsa.org](http://argsa.org)

**Fair Oaks Youth Lacrosse**  
[fairoakslacrosse.org](http://fairoakslacrosse.org)

**Fair Oaks Theatre Festival**  
[fairoakstheatrefestival.com](http://fairoakstheatrefestival.com)

**Fair Oaks Foundation for Leisure & Arts**  
(916) 961-9012

**Fair Oaks Historical Society**  
[Fairoakshistory.org](http://Fairoakshistory.org)

**Fair Oaks Responsible Dog Owners**  
[fordog.org](http://fordog.org)

**Weather Hotline for Dog Park**  
966-1011 ext.23

**Fair Oaks Chamber of Commerce**  
[fairoakschamber.com](http://fairoakschamber.com)

**Fair Oaks Rotary Club**  
[Rotaryfairoaks.org](http://Rotaryfairoaks.org)

**Fair Oaks Horticulture Center**  
[ucanr.edu/sites/sacmg/Fair\\_Oaks\\_Horticulture\\_Center](http://ucanr.edu/sites/sacmg/Fair_Oaks_Horticulture_Center)

**Fair Oaks Master Gardeners**  
[canr.edu/sites/sacmg](http://canr.edu/sites/sacmg)

**Starlight Shufflers Square Dancers**  
[anneluree.hypermart.net/squaredance](http://anneluree.hypermart.net/squaredance)

**Sierra Chapter American Theatre Organ Society**  
[sierrachapteratos.org](http://sierrachapteratos.org)

**Fair Oaks Racquet Club**  
[forctennis.com](http://forctennis.com)

**Fair Oaks Host Lions Club**  
[fairoakshostlionsclub.com](http://fairoakshostlionsclub.com)

**Fair Oaks Mom's Club**  
[fairoaksmomsclub.webs.com](http://fairoaksmomsclub.webs.com)

**Fair Oaks Community Gardens**  
[focgcc@yahoo.com](mailto:focgcc@yahoo.com)

**Phoenix Community Gardens**  
[phoenixgarden@comcast.net](mailto:phoenixgarden@comcast.net)



## The W.O.W. Bus is headed your way this winter and spring!

The W.O.W. (Wonderful Outdoor World) Bus is getting kids back outdoors! Fair Oaks Recreation & Park District is proud to announce the W.O.W. Bus coming to a park near you! The W.O.W. Bus is now in its third year and to celebrate, we will be coming out to your

parks more frequently. This FREE program brings children and families of the community together through a variety of activities. Group games like parachute games and dodge ball are offered. Artistic skills are 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!

*\*The W.O.W. bus will not be held on days the temperature exceeds 100 degrees, rain days, or on Spare The Air days. If cancelled, dates will be rescheduled and posted on the District website: [www.fairoakspark.org](http://www.fairoakspark.org)*

### SUMMER 2013 W.O.W. BUS SCHEDULE

DATE	LOCATION	FROM	TO
5/4	Bannister Park	10:30am	12:30pm
5/18	Miller Park	10:30am	12:30pm
6/1	Fair Oaks Park	10:30am	12:30pm
6/21	Village Park (Movies in the Park)	6:30am	8:30pm
6/29	Village Park	10:30am	12:30pm
7/19	Village Park (Movies in the Park)	6:30am	8:30pm
7/20	Montview Park	10:30am	12:30pm
8/3	Miller Park	10:30am	12:30pm
8/16	Village Park (Movies in the Park)	6:30am	8:30pm
8/17	Phoenix Park	10:30am	12:30pm
8/31	Bannister Park	10:30am	12:30pm

*\*Check out park map on page 27*

## Our Mascot - Rocky the Rooster

We are so excited to have Rocky the Rooster as our new mascot! Rocky lives at the Fair Oaks Recreation and Park District and spends his time with our award winning District staff. Whether he is playing with kids at camp, enjoying the vernal pools in Phoenix Park, or taking pictures at one of our events, he is always having a good time! Listed below are events where you can look forward to seeing him.

### SUMMER 2013 APPEARANCES

It's My Park Day	July 13th
Concerts in the Park	July 25th
Movies in the Park	August 16th



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 Trellis Hall (7117 Greenback Lane)

CLASS SCHEDULE:

Thursday 5/9: 6-10pm

Saturday 5/11: 8am-5pm

Thursday 5/16: 6-10pm

Saturday 5/18: 8am-5pm

For more information or to register for an upcoming class, please visit our website at: [www.metrofire.ca.gov/cert.htm](http://www.metrofire.ca.gov/cert.htm) or contact Metro Fire CERT program at: (916) 859-3776; [cert@metrofire.ca.gov](mailto:cert@metrofire.ca.gov)

# Fair Oaks Preschool

2013-2014 School Year: Aug 19 - May 30

\*For children ages 3-5 years old

(children must be potty trained)

## "Parent Participation Preschool"

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

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

Can't make the volunteer days but still want to enroll your child?

Buy out of your volunteer time for an extra \$50 per 4 week session.\*

Registration begins April 15th at 9am in District Office

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/FEEES

Mon. Wed & Fri • 9am - 12pm • \$185 (\$180 res) per 4wk session

Mon. Wed & Fri • 12:45 - 3:30pm • \$185 (\$180 res) per 4wk session

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

Tue/Thu • 9am -12pm • \$135 (\$130 res) per 4wk session

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. Children currently enrolled in the program have priority to re-enroll.

For more information and session dates visit [www.fairoakspark.org](http://www.fairoakspark.org)

\*Maximum 5 buy out families per class



**MOMMY & ME***Location: Arts & Crafts Bldg.***LITTLE HANDS POTTERY***Ages: 2-6yrs w/parent*

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

1611.21 • Sa • 7/6 • 10:45-11:30am

1611.22 • F • 8/2 • 10:45-11:30am

**ART DISCOVERIES***Ages: 3-6yrs w/parent*

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

1612.21 • F • 7/12-7/26 • 10:30-11:30am

**MOMMY / DADDY & ME SOCCER***Ages: 2-3.5yrs**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: \$91 (\$88 res) / Session: 8 wks

Instructor: Jared Rains, Kidz Love Soccer Coach  
5555.36 • F • 6/21-8/16\* • 9:30-10am

\*No class 7/5

**PRESCHOOL DANCE DISCOVERY***Ages: 3-5 yrs**Location: McMillan Center*

Tap! Ballet! Gymnastics! Put on those dancing shoes and explore the world of dance and creative movement. Tots learn the fundamentals of dance using a variety of techniques and styles. This class is an introduction to ballet, tap and tumbling.

Fee: \$49 (\$46 res)

Instructor: Miss Bethany

1511.21 • Sa • 5/11-6/1 • 9-9:45am

1511.22 • Sa • 6/8-7/6\* • 9-9:45am

1511.23 • Sa • 7/20-8/10 • 9-9:45am

1511.24 • Sa • 8/17-9/7 • 9-9:45am

\*No class 6/15 &amp; 7/13

**PRE-SCHOOL DANCE DISCOVERY II***Ages: 3-5 years**Location: McMillan Center*

Continuing dance students will learn basic combinations, dance terminology and more complex steps. Tap shoes are required. *Please obtain instructor approval prior to registration.*

Instructor: Miss Bethany

Fee: \$49 (\$46 res)

1512.21 • Sa • 5/11-6/1 • 10-10:45am

1512.22 • Sa • 6/8-7/6\* • 10-10:45am

1512.23 • Sa • 7/20-8/10 • 10-10:45am

1512.24 • Sa • 8/17-9/7 • 10-10:45am

\*No class 6/15 &amp; 7/13

**New! PAINTING MADNESS***Location: Old Fair Oaks Library*

It's time for painting madness to begin! Children will have a week of painting fun mixing colors and applying paints in a variety of styles from van Gogh's impasto technique to Seurat's pointillism and more creating realistic and abstract masterpieces. They will explore color value and the color wheel and experience what happens when certain colors mix together.

Instructor: Susan Frank

**Ages: 4-6**

Fee: \$48 (\$45 res)

7172.23 • M-F • 7/8-7/12 • 2-3:30pm

**Ages: 7-13**

Fee: \$70 (\$67 res)

7172.24 • M-F • 7/22-7/26 • 1:30-4pm

**New! LITTLE HANDS DRAWING ADVENTURE***Ages: 4-6**Location: Old Fair Oaks Library*

Children will have fun learning the drawing steps to create beautiful birds and butterflies and fabulous fish, frogs, flowers and more. They will see how lines can create textures and patterns for abstract designs. Children will be able to enhance their drawing masterpieces, with color using a variety of art mediums from crayons to watercolors, to take home and enjoy.

Fee: \$48 (\$45 res)

Instructor: Susan Frank

7172.21 • M-F • 8/5-8/9 • 2-3:30pm

**New! A SUMMER DRAWING ADVENTURE***Ages: 7-13 yrs**Location: Old Fair Oaks Library*

Enjoy discovering how to use lines to create drawings of birds, fish, animals and more and how to use lines to create designs, optical illusions, and perspective. Children will be introduced to quick sketching, shading and composition tips. A variety of color mediums will be explored enhancing their drawing masterpieces for them to take home and enjoy.

Fee: \$70 (\$67 res)

Instructor: Susan Frank

7172.22 • M-F • 7/29-8/2 • 1:30-4pm





# Summer Fun

at Camp Fair Oaks

When Summer's hot, we  
make camp COOL!  
For Ages 5-12 Years

**JUNE 10 - AUGUST 9**



**FULL DAY • 9:00am-4:00pm • \$130 wk**  
**FULL DAY & Extended Care • 7:30am-5:30pm • \$150 wk**  
**2nd child discount: \$10 per week off price**  
**Camp will be held at the McMillan Center**

A fully inclusive camp that offers a wide variety of activities, programming, special events, field trips, arts & crafts, t-shirt and snack at no extra cost. Our Summer Camp provides children with the opportunity to make new friends, experience different activities, and discover new interests. Campers will enjoy activities such as fun and fitness, indoor and outdoor games, team sports, nature, story telling, talent shows and supervised free play sessions. Each week includes a trip to the pool, field trip and camper supplied potluck. Let us make this a summer they will remember! Have questions? Email camp director at [campdirector@fairoakspark.org](mailto:campdirector@fairoakspark.org)

## WEEK/DATES

- 1) 6/10 - 6/14
- 2) 6/17 - 6/21
- 3) 6/24 - 6/28
- 4) 7/1 - 7/5

*\*No camp on July 4th*

- 5) 7/8 - 7/12
- 6) 7/15 - 7/19
- 7) 7/22 - 7/26
- 8) 7/29 - 8/2
- 9) 8/5 - 8/9

## THEME

- Bon Voyage  
 Kitchen Creations  
 Flight Academy  
 Ooey, gooey, sticky, wet

- Movie Making  
 County Fair  
 Giants, Wizards & Elves  
 Ocean Commotion  
 Final Fling

## TRIP

- Skatetown  
 John's Incredible Pizza  
 Aerospace Museum  
 Sunsplash

- IMAX  
 California State Fair  
 Wacky Tacky  
 Discovery Kingdom\*\*  
 Party in the Park

*\*\*Due to the cost of this trip its optional and requires an extra \$30 registration fee*  
*All trips subject to change*

**1<sup>st</sup> DAY OF REGISTRATION: APRIL 22<sup>nd</sup>**  
**at 9am in District Office**

# KIDZ LOVE SOCCER




## KIDZ LOVE SOCCER (KLS)

**Ages:** 3.5-6yrs

**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](http://www.kidzlovesoccer.com) for more information. (Shin guards required after 1<sup>st</sup> meeting). In case of rainouts, please call the KLS field hotline at 1-888-372-5803.

Fee: \$91 (\$88 res)

Instructor: Jared Rains, Kidz Love Soccer Coach

**Fri • 6/21-8/16 • Session: 8 wks\***

5555.31	Tot/Pre Soccer (3.5-5 yrs)	10:10-10:45am
5555.32	Soccer 1 (5-6 yrs)	10:45-11:30am
5555.33	Tot/Pre Soccer (3.5-5 yrs)	4:30-5:15pm
5555.34	Pre Soccer (4-5 yrs)	5:15-5:50pm
5555.35	Tot Soccer (3.5-4 yrs)	5:50-6:20pm

\*No class 7/5

## GIRLS ONLY ADVANCED BASKETBALL CAMP



**Advanced: Ages:** 5th-8th grade

**Location:** Bella Vista High School Gym (8301 Madison Ave., Fair Oaks)

The Fair Oaks Recreation and Park District is partnering with Bella Vista Girls Basketball to present the first advanced Girls Only basketball camp. Attending girls will receive individual instruction, skills development, post play, perimeter progression, game tactics, as well as interact and learn the game of basketball from the Bella Vista coaches. The camp will feature a camp T-shirt and "end of camp" competitions and awards.

Fee: \$80 per player (\$65 for 2nd family member)

5153.32 • M-F • 6/10-6/14 • 1-5pm

## TINY TOT SPORTS CLASSES



**Ages:** 3-5 yrs / **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

1129.21	• Sa • 5/4-5/25	• 9-9:45am
1129.22	• Sa • 6/1-6/29*	• 9-9:45am
1129.23	• Sa • 7/6-8/3*	• 9-9:45am
1129.24	• Sa • 8/10-8/31	• 9-9:45am

### TEAM SPORTS CAMP

(a different sport each week)

2122.21	• Sa • 5/4-5/25	• 10-10:45pm
2122.22	• Sa • 6/1-6/29*	• 10-10:45pm
2122.23	• Sa • 7/6-8/3*	• 10-10:45pm
2122.24	• Sa • 8/10-8/31	• 10-10:45pm

### TINY TOT BASKETBALL

1160.21	• Sa • 5/4-5/25	• 11-11:45am
1160.22	• Sa • 6/1-6/29*	• 11-11:45am
1160.23	• Sa • 7/6-8/3*	• 11-11:45am
1160.24	• Sa • 8/10-8/31	• 11-11:45am

\*No class 6/15, 7/13

## SUMMER TENNIS CAMP




**Ages:** 6-17 yrs

**Location:** Miller Park Tennis Courts

Learn how to play tennis in a fun action packed tennis camp. All skill levels welcome and no experience necessary. Children are divided into groups based on skill level, age and gender. Coach Dave has been the director of tennis camps for over twenty years and has started thousands of new tennis talent. So please come out and enjoy our fun fast paced tennis camps and learn a sport of a lifetime. *Minimum 5 students, Maximum 60.*

Instructor: Dave Whetstone

Fee: \$156 (\$153 res)

1256.21	• M-Th • 6/10-6/13	• 9am-12pm
1256.22	• M-Th • 6/17-6/20	• 9am-12pm
1256.23	• M-Th • 6/24-6/27	• 9am-12pm
1256.24	• M-Th • 7/8-7/11	• 9am-12pm
1256.25	• M-Th • 7/15-7/18	• 9am-12pm
1256.26	• M-Th • 7/22-7/25	• 9am-12pm
1256.27	• M-Th • 7/29-8/1	• 9am-12pm
1256.28	• M-Th • 8/5-8/8	• 9am-12pm

## 6th Annual GIRLS ONLY



### BASKETBALL CAMP

**Ages:** 3rd-8th grade

**Location:** Bella Vista High School Gym (8301 Madison Ave., Fair Oaks)

The Fair Oaks Recreation and Park District is partnering with Bella Vista Girls Basketball to present the 6th annual Girls Only basketball camp. Attending girls will receive individual instruction, participate in fundamental stations and team competitions, as well as interact and learn the game of basketball from the Bella Vista varsity players. The camp will feature guest speakers, a camp T-shirt, and "camper of the day" awards.

Fee: \$75 per player (\$60 for 2nd family member)

5153.31 • M-F • 6/10-6/14 • 9am-12pm  
EARLY DROP OFF: 8am (\$10 extra, \$5 for 2nd family member)

## 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". This is a summer program for your children that's ENGAGING and FUN – 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  
6/17-6/21 • 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

## National Academy of Athletics Youth Camps

### FLAG FOOTBALL CAMP



**Ages: 7-9 & 10-13**

**Location: Fair Oaks Park**

RUN-PASS-CATCH (non contact)

Ready to play some football? Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game. Our non-contact, camps are the perfect introduction to football.

Emphasis will be on proper conditioning and warm-ups, footwork drills, agility, passing, receiving, and game strategies. Feel good sending your kids to a football camp that's in a fun and safe environment with a motivating and positive coaching staff. Each day the campers are challenged to do their best during instruction, competitions and games.

Fee: \$169 Full Day

4132.11 • M-F • 7/29-8/2 • 9am-3pm

Fee: \$129 Half Day

4132.21 • M-F • 7/29-8/2 • 9am-12pm

### SOCCER CAMP



**Ages: 6-9 & 1-13**

**Location: Fair Oaks Park**

IN THE NET Soccer Camps

The National Academy of Athletics soccer camps offer beginner to intermediate players the opportunity to build a solid soccer foundation. On the field each day players will improve their individual skills and tactical awareness. Each day is filled with fundamental skill progression drills, easy to understand instruction, as well as games & competition. Not only are group drills stressed, but also much time is spent on individual work. Our soccer camps feature hand selected coaching staffs made up of experienced coaches and players. Campers receive positive reinforcement throughout the day, to help build their confidence. This is a great place to develop their individual soccer skills in a fun and positive environment.

Fee: \$169 Full Day

4132.61 • M-F • 6/24-6/28 • 9am-3pm

Fee: \$129 Half Day

4132.62 • M-F • 6/24-6/28 • 9am-12pm



### BASKETBALL CAMP



**Ages: 6-8 & 9-10**

**Location: Earl LeGette Elementary Sch**

If you like basketball then you will love our HOOP IT UP Camps! Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game. Come work on all the fundamentals of your game; footwork, passing, ball-handling and defense. Fun challenges, games and daily competitions in a positive and energetic environment. *The National Academy of Athletics Basketball camps offer small group and individual instruction in order to help the players learn to be more confident with their skills both on and off the court. Sign-up early, because every year this camp is a slam dunk!*

Fee: \$169 Full Day

4132.41 • M-F • 7-15-7/19 • 9am-3pm

Fee: \$129 Half Day

4132.42 • M-F • 7-15-7/19 • 9am-12pm

### LACROSSE CAMP



**Ages: 7-9 & 10-12**

**Location: Fair Oaks Park**

*Our Run, Pass & Shoot Lacrosse camp was developed to help beginners through advanced players improve their skill sets with exceptional instruction in all aspects of the game. We start from square one and focus on being fundamentally sound and technically correct. This program will build each individual player from the ground up so that they walk away from the camp feeling more confident, knowing they have a strong foundation for success.*

Fee: \$169 Full Day

4132.51 • M-F • 7/8-7/12 • 9am-3pm

Fee: \$129 Half Day

4132.52 • M-F • 7/8-7/12 • 9am-12pm

### BASEBALL/ SOFTBALL CAMP



**Ages: 7-9 & 10-13**

**Location: Fair Oaks Park**

The HIT & RUN baseball/softball camps offered by the National Academy of Athletics offer beginner to intermediate players the opportunity to build a solid foundation. Players love these camps because each day is filled with fundamental skill progression drills, easy to understand instruction, as well as games & competition. Boys & Girls receive positive reinforcement throughout the day, to help build their confidence. This is a great place to develop their individual skills in a fun and positive environment.

Fee: \$169 Full Day

4132.31 • M-F • 7/22-7/26 • 9am-3pm

Fee: \$129 Half Day

4132.32 • M-F • 7/22-7/26 • 9am-12pm

### CHEER LEADING CAMP



**Ages: 6-9 & 10-13**

**Location: Fair Oaks Park**

Our HIGH SPIRIT Cheerleading camp is designed to help the girls learn the individual skills to prepare for the upcoming football- cheerleading season. This pre-season cheerleading camp packs a ton of cheer fundamentals within 10 hours of instruction, as well as simple fun routines and lessons! The staff guides the young ladies through the process of improving their individual skills, while developing their confidence and understanding of basic cheer concepts and skills. The focus will be on individual techniques as well as working together to help their regular season football cheerleading coaches have a solid foundation to build upon. The skills covered during this camp will include hand, arm, and leg motions, basic formations and lines combined with a few general chants for rhythm and timing.

Fee: \$169 Full Day

4132.21 • M-F • 7/29-8/2 • 9am-3pm

Fee: \$129 Half Day

4132.22 • M-F • 7/29-8/2 • 9am-12pm

## FITNESS THRU MOVEMENT



National Academy of Athletics

Ages: 6-8 & 9-12

Location: Fair Oaks Park

The National Academy of Athletics offers FITNESS THRU MOVEMENT as a way for children to be introduced to the world of health and fitness. These camps specialize in helping kids learn that fitness is fun! Each day is filled with activities that include non traditional physical education combined with some sports skills. Kids love these camps as they are challenged to do their best each day while they make new friends and have tons of fun!

FITNESS THRU MOVEMENT Active Kids Camps are great for boys and girls ages 6-8 and 9-12. Campers are grouped by age and ability to learn appropriate drills, skills, and techniques.

Fee: \$169 Full Day

4132.71 • M-F • 6/10-6/14 • 9am-3pm

Fee: \$129 Half Day

4132.72 • M-F • 6/10-6/14 • 9am-12pm

## Rachel Anne Gray Memorial Scholarship

The Scholarship was established in honor of Rachel Anne Gray who passed away September 2nd, 2012 at the age of 21. Rachel was a resident of Fair Oaks, Bella Vista Graduate and a member of the Fair Oaks Youth Advisory Board (FOYAB) from 2006 through 2008. The award, in the amount of \$250, is given annually to deserving high school Juniors or Seniors. For more information or to donate to the program please contact: [events@fairoakspark.org](mailto:events@fairoakspark.org).

## GUITAR FOR BEGINNERS



Ages: 15 + over

Experienced instructors. Free books, DVDs and food. Comfortable, caring environment. Complimentary play-along tracks. Inspiring videos and websites. Jam with a live band. Start this 4-week workshop not even knowing how to hold your guitar and leave playing some of your favorite songs, as BestMusicWorkshops.com provides their entertaining, state-of-the-art music mentoring in Fair Oaks! **Classes must have a minimum of 5 students to run.**

Fee: \$55 (\$52 res)

Instructor: Jamin Collier and BestMusicWorkshops.com staff

Location: Classes will be held at

4753 Papaya Dr., Fair Oaks

4641.21 • F • 5/24-6/14 • 6:30-7:30pm

4641.22 • F • 8/2-8/23 • 6:30-7:30pm



## BEGINNING JEWELRY



Ages: 13yrs + over

Location: Arts & Crafts Building

Have you ever seen a piece of hand-made jewelry and wanted to find out how to make it yourself? In these classes you will learn the skills to create your own unique designs. Leave class with a finished piece of jewelry you will be proud to wear. *Please bring a \$15 materials fee payable to instructors on day of class.*

Instructor: Michelle Lueth

Fee: \$28 (\$25 res)

Beginning wirework linked beads

5112.21 • Sa • 7/6 • 1:30-3:30pm

5112.22 • F • 8/9 • 1:30-3:30pm

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



This course is EMSA Certified

Ages: 12yrs & up

Location: Old Fair Oaks 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

4444.21 • Sa • 5/11 • 8am-4:30pm

4444.22 • Sa • 6/8 • 8am-4:30pm

4444.23 • Sa • 7/20 • 8am-4:30pm

4444.24 • Sa • 8/10 • 8am-4:30pm

## Fair Oaks Youth Advisory Board



Join the Fair Oaks Youth Advisory Board (FOYAB). Applications are being accepted for the 2013-2014 term and are due August 23<sup>rd</sup>. See the FOYAB section under Recreation at: [www.fairoakspark.org](http://www.fairoakspark.org) or search for us on Facebook!

Like



Free scanning app at <http://uscn.me/app>

YOUTH DEVELOPMENT  
COORDINATOR: Sabrina Bernardo  
[sbernardo@fairoakspark.org](mailto:sbernardo@fairoakspark.org)

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



## New Star Children's Theatre: Musical Theatre Workshop

We welcome all children regardless of experience! Children are taught acting, singing, dancing and will present the musical at the end of the session. We emphasize that every child is talented, and deserves a chance in the spotlight. We feel that every child is a star, and treat each child with respect, and kindness. Children will gain self-confidence, self-esteem, public speaking ability, working in a supportive team environment, and wonderful friends that will last a life-time! \$30 materials fee to be given to instructor and \$40 costume fee to be given to costume coordinator.

## ALADDIN AND THE MAGIC LAMP

This wonderful new version of the well-loved tale of Aladdin emphasizes the value of friendship over gold! Come along on this journey with Aladdin, his best friends Rashka and Adil, the Princess, The hilarious Genie and their sidekick Genie Princesses, the Evil Dmitri and lots more fun characters! You will love the music and the hilarious but meaningful storyline of this new version of the well-known tale!

All children will be accepted but need to auditions so we can give them a role. Each child should be prepared to sing a song (can be a cappella or with a karaoke track on cd or ipod). They can sing anything from a pop song to Disney or even Happy Birthday! They will also be given a scene to read with a partner once there. Audition date: May 6th: 7-9pm at Clubhouse Auditorium

Fee: \$296 (\$293 res)  
 Monday Location: Clubhouse • 7-9pm  
 Thursday Location: McMillan Center • 6-8pm  
 1724.22 • M & Th • 5/9-8/26  
 \*No class 5/28, 6/3, 6/10, 6/13

## SUPERNOVA PERFORMING TROUPE

Ages: 7-19yrs  
 Location: Clubhouse Auditorium

Come be a part of the ultimate "Glee" club – A singing and dancing program for kids! Children are taught singing and dancing numbers to perform at events in the public, from festivals to retirement homes. We teach the kids to feel self-confident, working a group, be able to sing or dance the "lead" or "back up", problem solve and make friendships that last a life-time.

All Supernova participants must have a song ready to sing for the first rehearsal, either with a karaoke track on a cd or ipod or it can be a capella.

All participants must have black dance shoes (ballet slippers or jazz shoes) and dress in comfortable clothes that are easy to dance in. *Every participant will need to hand in a \$30 materials fee to New Star, and a \$40 costume fee to the costume coordinator at the first class.*

Fee: \$256 (\$253 res) • Sign up for both Supernova & Musical Theater: and receive discount for Supernova \$156 (\$153 res)  
 Instructor: New Star Children's Theater  
 1724.21 • M • 5/13-8/26\* • 5-7pm  
 \*No class 5/28, 6/3



**FINE ARTS CAMP****Ages: 7-13 yrs****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, pastels, foil art, cartooning and much, much more. Artistic studies include abstract, landscapes, animals, surrealism, realism and famous artists. Our final project is an art show exhibiting our masterpieces. Dress for mess and bring a sack lunch. *Please bring \$18 to the first class for use of quality art supplies.*

Fee: \$96 res (\$93 res) / Session: 1 wk  
 Instructor: Suzanne Bell  
 5054.21 • M-Th • 6/24-6/27 • 9am-1pm  
 5054.22 • M-Th • 7/15-7/18 • 9am-1pm

**FAMILY CLAY CAMP****Ages: 4-17yrs with parent****Location: Arts & Crafts Building**

Spend your holiday break playing in the mud! We will create some wonderful works of art with clay and then paint them with underglazes before they are fired in the kiln. Bring your imagination—emphasis is on fun! *Class fee includes parent & child. Please bring a \$15 materials fee per person payable to instructor at first class.*

Fee: \$63(\$60 res)/ \$24 additional family members  
 Instructor: Michelle Lueth  
 1615.21 • Tu-F • 6/11-6/14 • 11am-12:30pm  
 1615.22 • M-Th • 8/5-8/8 • 11am-12:30pm

**FUN WITH HORSES****Ages: 6-8 yrs****Location: Hillside Training Stables**

Have some fun learning how to take care of and ride a horse during this week long camp. Participants will learn how to groom, saddle, feed and take care of a horse. Students will ride daily and learn different skills during snack break. Safety is a primary focus and crafts and photos go home at week's end. For more information on camp, [email kphorses@aol.com](mailto:kphorses@aol.com). Sturdy, hard sole shoes and long pants required. **NO SLEEVELESS SHIRTS!** Water bottles recommended. Helmets and snacks are provided. **EACH WEEK REQUIRES Minimum of 2 students Maximum of 4 students.**

Location: 9065 Oak Ave. Orangevale  
 Fee: \$281 (\$278 res)  
 1717.21 • M-F • 6/10-6/14 • 9am-12pm  
 1717.22 • M-F • 6/24-6/28 • 9am-12pm  
 1717.23 • M-F • 7/15-7/19 • 9am-12pm  
 1717.24 • M-F • 7/29-8/2 • 9am-12pm

**New!****FAMILY ART CAMP****Ages: 4-17 with parent****Location: Arts & Crafts Building**

Spend some family time being creative. In this class we will try our hand at several different art projects. Be prepared to have fun and use your imagination! Class fee includes parent & child. *Please bring a \$15 materials fee per person payable to instructor at first class.*

Instructor: Michelle Lueth  
 Fee: \$63 (\$60 res) parent & child, \$24 each additional family member  
 1613.21 • M-Th • 7/29-8/1 • 11am-12:30pm

**New!****Nature Series****Ages: 5-12 yrs****Location: Arts & Crafts Building**

This four week series shares a different topic each week! Hands-on, interactive displays & activities, and take home materials too! Raise a butterfly, meet reptiles, amphibians, and exotic insects! Take home ladybugs, dig for semi-precious stones, and much more in these 4 week programs! For your nature loving kids! *Materials fee of \$10 due to instructor at first class*

Fee: \$78 (\$75 res)  
 Instructor: Angie Raskin

1417.21 • Th • 6/13-7/11  
 10:30am-11:45am \* No class 7/4

Week 1: *Beautiful Butterflies!*  
 Week 2: *Reptile Round-Up!*  
 Week 3: *Exotic Insects, Arachnids, & More!*  
 Week 4: *Amazing Amphibians!*

1417.22 • Th • 7/18-8/8 •  
 10:30am-11:45am

Week 1: *Rainforest Rumble!*  
 Week 2: *Backyard Bugs!*  
 Week 3: *It's For The Birds!*  
 Week 4: *Rockhounds Around the World!*

For more in depth descriptions of each week please visit our online registration.



## SOCCER SKILLZ & SCRIMMAGES



**Ages: 7-10yrs**

**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 hot line at 1-888-372-5803.*

Fee: \$99 (\$96 res)

Instructor: Jared Rains, KLS Coach

5535.37 • F • 6/22-8/10\* • 11:30am-12:15pm

\*No class 7/5

## INTRODUCTION TO KENPO KARATE



**Ages: 5-12yrs**

**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 develop the skills needed for self-defense, and 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: \$79 (\$76 res)

Instructor: Casey Benedick

T/Th • 6-6:30pm

1202.21 • 5/2-6/27 • 16 classes

1202.22 • 7/2-8/21\* • 17 classes

\*No class 7/4

## YOUTH KENPO KARATE



**Ages: 5-12yrs**

**Location: Clubhouse Lower Level**

Five Animal 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 how 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: \$64 (\$61 res) PER MONTH or

\$128 (\$122 res) for 2 MONTHS

Class dates listed at 2 month increments due to 2 month curriculum taught.

Instructor: Casey Benedick

### CONTINUING KENPO KARATE #1

T/Th • 6:30-7:15pm

1203.21 • 5/2-6/27

1203.23 • 7/2-8/29\*

### CONTINUING KENPO KARATE #2

T/Th • 7:15-8pm

1205.21 • 5/2-6/27

1205.23 • 7/2-8/29\*

\*No class 7/4

## BEGINNERS FENCING



**Ages: 7-15yrs**

**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, gym clothes and clean tennis shoes to class.*

Fee: \$45 (\$42 res) / Session: 4 wks

Instructor: Kristiyan Hristov

Location: Hristov Fencing Club,

6442 Fair Oaks Blvd., Carmichael

3831.21 • W • 5/1-5/22 • 4-5pm

3831.22 • W • 6/5-6/26 • 4-5pm

3831.23 • W • 7/3-7/24 • 4-5pm

3831.24 • W • 8/7-8/28 • 4-5pm

## FAMILY POTTERY



**Ages: 5-17yrs with parent**

**Location: Arts & Crafts Building**

Enjoy a unique family experience in this one of a kind ceramics class. Create your own masterpieces in a relaxing and encouraging environment. We will learn the three different methods of hand building as well as have a chance to try the potter's wheel. Bring your imagination-Emphasis is on FUN! Class fee includes parent and child. *Please bring a \$15 materials fee per person payable to instructor at first class.*

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

Additional family members, \$24 each

Instructor: Michelle Lueth

1610.21 • W • 6/19-7/17 • 4:15-5:30pm

1610.22 • Tu • 6/25-7/23 • 4:15-5:30pm

1610.23 • Tu • 6/25-7/23 • 6:15-7:30pm



## 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

Location: Orangevale RPD

4443.21 • Tu/W • 8/20 & 8/21 • 4-7pm

## Adult Sports Leagues

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](http://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.

#### Early Summer Softball

**League Dates:** May 20-July 19  
**Registration Deadline:**  
 May 10 @ 5:00pm  
**Number of Games:** Min of (8)  
**Game Times:** 6:20-9:20pm  
**Location:** Fair Oaks Park  
**Cost:** \$410 per team

#### Late Summer Softball

**League Dates:** July 22-Sept 20  
**Registration Deadline:**  
 July 12 @ 5:00pm  
**Number of Games:** Min of (8)  
**Game Times:** 6:20-9:20pm  
**Location:** Fair Oaks Park  
**Cost:** \$410 per team

**Schedules can be found online at [www.teamsideline.com/fairoaks](http://www.teamsideline.com/fairoaks)**

**To be added to the Free Agent list, e-mail [ndavison@fairoakspark.org](mailto: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

ADULT SPORTS COORDINATOR: Nick Davison - [ndavison@fairoakspark.org](mailto:ndavison@fairoakspark.org)

### 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 woman's D. Games are held on Sundays from 1:00pm-8:00pm at Bella Vista High School.

#### Summer Basketball

**League Dates:** April 21-June 30  
**Registration Deadline:**  
 April 12 @ 5:00pm  
**Number of Games:** Min of (8)  
**Game Times:** 1-7pm  
**Location:** Bella Vista High School  
**Cost:** \$420 per team

#### Fall Basketball

**League Dates:** Aug 18-Oct 27  
**Registration Deadline:**  
 Aug 24 @ 5:00pm  
**Number of Games:** Min of (8)  
**Game Times:** 1-7pm  
**Location:** Bella Vista High School Small Gym  
**Cost:** \$420 per team

## ADULT POTTERY

**Ages:** 18yrs & up

**Location:** Arts & Crafts Building

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 \$25 materials fee payable to instructor at first class.*

Fee: \$74 (\$71 res)

Instructor: Michelle Lueth

5110.21 • Tu • 6/4-6/25 • 1:30-3:30pm

5110.22 • W • 6/26-7/17 • 1:30-3:30pm

5110.23 • Tu • 7/2-7/23 • 1:30-3:30pm

## ADULT POTTERY STUDIO

**Ages:** 18yrs & 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 \$25 materials fee payable to instructor at first class.*

Fee: \$63 per punch card

Instructor: Michelle Lueth

1616.21 • May • T/W • 12:30-6pm

1616.22 • June • T/W • 12:30-6pm

1616.23 • July • T/W • 12:30-6pm

1616.24 • Aug • T/W • 12:30-6pm

## New! MOSAIC DESIGN

**Ages:** 18 & up

**Location:** Arts and Craft Building

Have you ever seen a wonderful hand-made glass or tile mosaic and wanted to try your hand at making one yourself? In this class you will learn the basics to create your own Mosaic masterpiece. Have fun and bring home a one of a kind mosaic design. *Please bring a \$35 materials fee payable to instructor on first day of class.*

Instructor: Michelle Lueth

Fee: \$74 (\$71 res)

5053.21 • Sa • 6/8-6/29 • 11:30am-1:30pm

5053.22 • F • 7/12-8/2 • 1:30-3:30pm



**Visit your Dog Park  
in Phoenix Park.  
Just under 2 acres,  
with 3 separated areas.  
For more info visit  
[www.fordog.org](http://www.fordog.org)**

**Free!**

## ESTATE PLANNING: WILLS, TRUST & PROBATE



*Julie Himovitz is a representative of Generations, an estate planning and trust law firm. Classes are FREE but you must pre-register.*

What is the difference between a will and a trust? What documents should be maintained as part of a basic estate plan? What are the benefits of estate planning? Julie will discuss the documents that everyone should have to transfer wealth from one generation to the next. Learn how you can minimize attorneys' fees and taxes upon death. This class is appropriate for people from all walks of life.

Location: Old Fair Oaks Library  
Instructor: Julie Himovitz, Generations Law  
8909.21 • W • 7/10 • 10-11am  
Location: LaSierra Community Room #800  
Th • 6/20 • 10-11am  
Th • 8/20 • 10-11am  
To register for classes held at LaSierra call  
483-7826

## Thai Cooking -



**Ages: 18 + over • Instructor: Phonglada Foletta • Location: McMillan Center  
Fee: \$46 (\$43 res) per class**

*Join Phonglada Foletta as she teaches you how to prepare and cook some of her specialty Thai recipes. Learn about common ingredients and how to combine them to develop the desired flavors. You do not have to have a taste for spicy food, just a desire to try something new. Each class must have a minimum of 4 students to run. Materials fee of \$10 (for each class registered) due to instructor at class.*

### COCONUT CHICKEN SOUP AND STIR FRIED CHICKEN WITH BASIL

Our menu includes: Thai chicken soup in coconut milk (Tom Kha Gai), Thai seafood salad (Yum Talay), stir fried chicken with basil (Pad holapa Gai), and sticky rice with mango (kownaew ma mugg).

1114.21 • W • 5/29 • 12-4pm

### LETTUCE WRAPS AND SPRING ROLLS

We will be making Lettuce Wraps with a spicy sauce that each diner can make as spicy as they wish. You will not find this recipe in any restaurant, even in Thailand. We will also be making fresh Spring Rolls that will be served with a peanut sauce.

1114.22 • Sa • 6/22 • 1-5pm

### PRIVATE THAI COOKING CLASS

Have a small group for lots of hands on personal attention or a larger group for a memorable experience with your friends and family. You may choose one of Phonglada's menus or design your own menu of favorite dishes from Phonglada's cookbook. Come hungry as we will be able to enjoy the meal we have prepared in class. Call to arrange a convenient time and location. *Materials fee of \$10 pp (may be higher for classes that include more than one seafood dish) is due to instructor at class.*

Your 4 hour class for up to 6 is \$240 plus \$35 for each additional participant (\$3 additional for nonresidents)

### **New!** GREEN CURRY WITH CHICKEN AND GREEN PAPAYA SALAD

Menu includes: Thai Green Curry- made from scratch- with chicken (Gang kiaw wan gai), Green Papaya Salad (Som tom) and Black Bean in Coconut Milk (Tau dum) for dessert.

1114.23 • Sa • 6/29 • 1-5pm

### **New!** BASIL EGGPLANT, SEAFOOD NOODLE SOUP

Today's menu includes Spicy Thai Chicken Salad (Iarb), a specialty of North-east Thailand and Stir-Fried Basil Eggplant in Red Curry. We will begin with Seafood Noodle Soup and enjoy Thai Pumpkin in Coconut Milk for Dessert.

1114.24 • Sa • 8/17 • 1-5pm



## DOG OBEDIENCE



**Location:** Orangevale

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

Location: Orangevale

8110.21 • Th • 5/23-6/20 • 6:30-7:30pm

8110.22 • Th • 7/11-8/15 • 6:30-7:30pm

**New!**

## EVENING YOGA



**Location:** Old Fair Oaks Library

Open to all levels of practice and abilities, come and have fun on your mat with us! We will be practicing various yoga poses such as standing poses, seated, balancing, backbends, inversions, twists and stretching. We will also focus on relaxation techniques such as meditation and breathing as well as incorporating music and yoga philosophy - all great for stress relief. The focus will be for students to have the opportunity to strengthen both their mind and body.

Session ongoing (begin anytime)

Instructor: Nichole St. Germain

Punch card fee: \$63 for 6 classes. Drop in fee \$18 per class

M • 5/13-8/13 • 6-7:15pm

3711.21 • May

3711.22 • June

3711.23 • July

3711.24 • Aug

## HATHA YOGA CLASSES



**Location:** Clubhouse Auditorium

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

Sessions: Ongoing (begin any time)

Instructor: Judith Aubin

**Punch Card Fee \$63: Each Card is good for 6 classes • Drop in fee \$18 per class**

3710.21 • May 3710.23 • July

3710.22 • June 3710.24 • Aug

## STRETCHING, RELAXING AND STRESS RELIEVING YOGA

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

Tu • 5/7-8/27 • 8-9:15am

## STRENGTHENING YOGA

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

F • 5/10-8/30 • 8:30-10am

## ADULT KENPO KARATE



**Ages:** 13yrs & up

**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: \$64 (\$61 res) PER MONTH or

\$128 (\$122 res) for 2 MONTHS

Class dates listed at 2 month increments

due to 2 month curriculum taught.

Instructor: Casey Benedick

Class taught with 2 month curriculum

T/Th • 8-8:45pm

1204.21 • 5/2-6/27

1204.23 • 7/2-8/29\*

\*No class 7/4

## **New!** ZUMBA



**Location:** Clubhouse Auditorium

Join the Party and Dance your way to a fitter and happier you! Get lost in the latin and international rhythms while learning some salsa, cha-cha, merengue, cumbia, bollywood and reggaeton moves. Increase your muscular conditioning and cardiovascular fitness, all while having fun! *Please bring water, towel and clothes you can move in.*

Instructor: Ruthie Oggins

Fee: \$26 (\$23 res)

Drop in Fee: \$8

3810.21 • Th • 5/2-6/30 • 5-5:50pm

3810.22 • Th • 6/6-6/27 • 5-5:50pm

3810.23 • Th • 7/11-7/25 • 5-5:50pm

3810.24 • Th • 8/1-8/29 • 5-5:50pm



## ROUND DANCE

**Ages:** 18yrs+

**Location:** Clubhouse Auditorium

Round dance is social ballroom dancing that is cued for easy leading and following. We learn simple ballroom routines and apply them to popular tunes as well as golden oldies. Beginning class will cover Two-Step rhythm and no experience is required. *Casual attire with danceable shoes. Visitors welcome to observe.*

*Purchase a punch card good for 4 classes \$27 or see fee below*

Instructor: Marie Hathaway

**Tuesdays** 5/7-7/9 • \$56 (\$53 res)

Beginner • 4220.21 • 11am-12:30pm

Intermediate • 4220.23 • 12:30-2pm

**Wednesdays** 5/8-7/10 \$56 (\$53 res)

Beginner • 4220.22 • 6-7:30pm

Intermediate • 4220.24 • 8-9:30pm

## LINE DANCING

**Ages:** 18yrs+ • *Under 18 allowed with a paying adult*

**Location:** Clubhouse Auditorium

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

4201.21 • Th • 5/2-5/23 • 6-7pm

4201.22 • Th • 7/18-8/1 • 6-7pm

4201.23 • Th • 8/8-8/29 • 6-7pm

### INTERMEDIATE

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

4210.21 • Th • 5/2-5/23 • 7:30-9pm

4210.22 • Th • 7/18-8/1 • 7:30-9pm

4210.23 • Th • 8/8-8/29 • 7:30-9pm

*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.*

## EAST COAST SWING DANCE

**Location:** Orangevale Activity Room

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.

Location: class held @ 6826 Hazel Ave.

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

Instructor: Meghan Kerins

### BEGINNING

4112.21 • M • 6/3-6/24 • 6:30-7:30pm

4112.22 • M • 7/1-7/22 • 6:30-7:30pm



## BALLROOM DANCE I

**Location:** Orangevale Activity Room

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.

Location: class held @ 6826 Hazel Ave.

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

Instructor: Meghan Kerins

4110.21 • M • 6/3-6/24 • 7:45-8:45pm

4110.22 • M • 7/1-7/22 • 7:45-8:45pm

## *New!* IMPROVER LINE DANCE

**Location:** Clubhouse Auditorium

Enjoy dancing with your friends and become more confident in your dancing. Improver level dances will be taught to increase the dancer's ability and confidence as they progress. Afternoon Line Dance Class teaches the basics of all forms of Line dance rhythms, such as Cha-Cha, Rumba, Tango, Waltz, etc. This class is graduated in three sections, starting the first half hour (section 1) with Introduction to Line Dance. The second half hour (section 2) is Beginner, and the third half hour (section 3) Advanced Beginner/Improver. Students have the option of taking either sections 1 & 2, or 2 & 3 depending on their dance experience.

Instructor: Phyllis Gifford

Fee: \$33 (\$30 res)

4211.21 • Th • 5/2-5/23 • 3-4:30pm

4211.22 • Th • 7/18-8/1 • 3-4:30pm

4211.23 • Th • 8/8-8/29 • 3-4:30pm

## Instructors Wanted!

Have special training or experience in a skill others may be interested in learning about? FORPD is looking for enthusiastic and 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](http://www.fairoakspark.org) under Employment Opportunities to view the Independent Contractor Handbook for more information on how to become an instructor with FORPD.

Instructor Coordinator: Jennifer Davis - [jdavis@fairoakspark.org](mailto:jdavis@fairoakspark.org)

## New! Day Trips and Overnights



Friends in travel trips

### CHURCH BASEMENT LADIES

A musical celebration of the church basement kitchen and the women who work there, Church Basement Ladies features four distinct characters as they organize the food and solve the problems of a rural Minnesota church about to undergo changes in 1965. *Register by April 8 to ensure your space. No refunds after this date.*

**Tour Inclusions:** Ticket to the Performance of Church Basement Ladies at the Fallon House Theatre in Columbia, Hosted Lunch before the Show, Roundtrip Motorcoach Transportation, Driver & Escort Gratuities and Refreshments.

**Wednesday, May 8, 2013**  
**Fee: \$105 per person**

### SPRINGTIME IN YOSEMITE

Yosemite has captured the hearts of millions, but only a privileged few experience this legendary landscape burst into life each spring. *Register by April 15 to ensure your space. No refunds after this date.*

**Tour Inclusions:** Guided Behind the Scenes Tour and Sandwich Buffet Luncheon at the Hilmar Cheese Factory, Overnight Accommodations at the Chukchansi Gold Resort in Coarsegold with Casino Bonus of \$10 Slot Play and \$10 Food/ Lunch Voucher for the Yosemite Lodge Food Court, Free Time in Yosemite National Park, Roundtrip Motorcoach Transportation, Luggage Handling, Driver & Escort Gratuities and Refreshments.

**Tuesday-Wednesday, May 21-22**  
**Fee: \$275 per person Double Occupancy / \$85 per person Additional Single Supplement / \$23 per person Optional Valley Tram Tour**

### DAY AT THE RACES

Join us at the Golden Gate Fields in Berkeley for a day at the races. *Register by May 1 to ensure your space. No refunds after this date.*

**Tour Inclusions:** Admission to Reserved Seats at Golden Gate Fields, Hosted Buffet Lunch at the Turf Club, Racing Program, Roundtrip Motorcoach Transportation, Driver & Escort Gratuities and Refreshments.

**Thursday, June 6 • 8am-6pm**  
**Fee: \$90 per person**

### MENOPAUSE THE MUSICAL

Inspired by a hot flash and bottle of wine, "Menopause the Musical" is a celebration of women and the change! Follow four ladies and their stories. *Register by May 13 to ensure your space. No refunds after this date.*

**Tour inclusions:** Free time at Silver Legacy Casino with a bonus of \$10 Slot Play & \$5 food, Ticket for "Menopause the Musical" at Eldorado Showroom, Dinner Buffet at the Eldorado Buffet, Roundtrip Motorcoach Transportation and Driver & Escort Gratuities and Refreshments.

**Sunday, June 16**  
**Fee: \$99 per person**

### FIREWORKS IN CARSON CITY

Come celebrate the 4th of July with an exciting trip to Nevada's historic capital. *Register by May 30 to ensure your space. No refunds after this date.*

**Tour Inclusions:** Visit to Heavenly Village & Stateline in Lake Tahoe, 2.5 Hour Emerald Bay Sightseeing Cruise, Free Time at Pops in the Park, Lunch, Reserved Seating for fireworks show, Admission to Nevada State Museum & Mint, Accommodations and Casino Bonus, Breakfast, Luggage Handling, RT Motorcoach, Gratuities and Refreshments.

**Wednesday-Friday, July 3-5**  
**Fee: \$365 per person Double Occupancy / \$95 per person Additional Single Supplement**

### ELK GROVE STRAUSS FESTIVAL

This highly anticipated dance production, held at the Elk Grove Regional Park, attracts more than 30,000 people annually. *Register by June 24 to ensure your space. No refunds after this date.*

**Tour Inclusions:** Reserved Seat for the Elk Grove Strauss Festival, Roundtrip Motorcoach Transportation, Driver & Escort Gratuities and Refreshments.

**Friday, July 26 • 5pm-11pm**  
**Fee: \$59 per person**

### BIG SPRINGS GARDENS

Imagine the beauty of Claude Monet's Giverny gardens so close to home. *Register by July 1 to ensure your space. No refunds after this date.*

**Tour Inclusions:** Admission to Big Springs Gardens, Hosted Luncheon, Roundtrip Motorcoach Transportation, Driver & Escort Gratuities and Refreshments.

**Wednesday, August 7 • 8am-6pm**  
**Fee: \$99 per person**

### RENO CASINO BUS & NUGGET RIB COOK-OFF

Join us for a daytrip through the Sierra Mountains where you'll have the choice between two different paths. *Register by August 1 to ensure your space. No refunds after this date.*

**Tour Inclusions:** 6 Hours of Free Time at the Silver Legacy Casino in downtown Reno with a Bonus of \$10 Slot Play & \$5 Food OR 6 Hours of Free Time at John Ascuaga's Nugget Casino and the Nugget Rib Cook-Off in Sparks, Roundtrip Motorcoach Transportation, Driver & Escort Gratuities and Refreshments.

**Thursday, August 29 • 8am-8pm**  
**Fee: \$39 per person**

## INK & OIL ON GLASS & ONE STROKE ACRYLIC PAINTING



Location: Arts & Crafts 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 \$33  
Instructor: Linda Chandler  
Th • 5/2-8/29 • 1:30-4pm  
5113.21 • May 5113.23 • July  
5113.22 • June 5113.24 • Aug

## MOVIE MONDAY



Location: Lower Level

Movies are a chance to live a different life for a minute. Join us the 2nd Monday of every month for a FREE early morning movie, popcorn, coffee or tea and a good time. Every month the movie will change, but the fun will remain the same.

Doors Open at 10:15am  
Movie Begins at 10:30am

MOVIE DATES:

May 13 • Secondhand Lions  
June 10 • Something's Gotta Give  
July 8 • Field of Dreams  
Aug 12 • Julie & Julia

## 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 towel to class.

Fee: \$9 for 4 class punchcard  
M/T/W/Th • On-going  
Drop-in\* • 9:35-10:30am  
\*No 7/4



## New! INTRODUCTION TO THE INTERNET



Location: Old Fair Oaks Library

If you have basic computer skills, but little or no experience using the internet, this is the perfect course. You will learn tricks to navigate websites, stay in touch with friends and family using social media, shop online safely, download and upload files, avoid scams and viruses, take advantage of search engines and benefit from tools like Google Maps. *Materials fee of \$5 is due to instructor at first class.*

Instructor: Daniel Boucher  
Fee: \$71 (\$68 res)  
8184.21 • Tu/Th • 4/2-4/25 • 9-10:30am  
8184.22 • Tu/Th • 5/28-6/20 • 9-10:30am  
8184.23 • Tu/Th • 7/2-7/25 • 9-10:30am  
8184.24 • Tu/Th • 7/30-8/22 • 9-10:30am

## 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. 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](mailto:jdavis@fairoakspark.org).

MONTHLY SCHEDULE:

TIME: 11am-1pm  
2<sup>nd</sup> Wednesday • Meeting  
3<sup>rd</sup> Wednesday • Bingo  
4<sup>th</sup> Wednesday • Meeting

## New! INTRODUCTION TO COMPUTERS



Location: Old Fair Oaks Library

Do you want to benefit from computers, but are not sure where to begin? This introductory computer course starts at the very beginning and by the end you'll have the ability to confidently navigate your computer, move photos from your camera, organize music, videos, and pictures, install and use software, and keep in touch with friends and family via email. *Taught with Microsoft Windows 7! Materials fee of \$5 is due to instructor at first class.*

Instructor: Daniel Boucher  
Fee: \$71 (\$68 res)  
8183.21 • Tu/Th • 4/2-4/25 • 10:45am-12:15pm  
8183.22 • Tu/Th • 5/28-6/20 • 10:45am-12:15pm  
8183.23 • Tu/Th • 7/2-7/25 • 10:45am-12:15pm  
8183.24 • Tu/Th • 7/30-8/22 • 10:45am-12:15pm

## SENIOR DROP-IN PINOCHLE



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. Refreshments and cards are available.

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

## New! ZUMBA GOLD



Location: Clubhouse Lower Level

Zumba Gold is a dynamic dance fitness work out inspired by Latin and International rhythms. It is designed specifically for beginners, active adults and participants new to fitness. Safe and easy to follow, this one hour class will feature rhythms like merengue, cha-cha, salsa, tango, belly dance and more!

Instructor: Ruthie Oggins  
Fee: \$26 (\$23 res) Drop in Fee: \$8 per class  
3812.21 • M • 5/6-5/20 • 11am-12pm  
3812.22 • M • 6/3-6/24 • 11am-12pm  
3812.23 • M • 7/1-7/29 • 11am-12pm  
3812.24 • M • 8/5-8/26 • 11am-12pm

## 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](http://www.fairoakspark.org).

## 5 Ways to Register

### IF PAYING WITH CHECK MAKE OUT TO FORPD



#### Online Registration

Visit [www.fairoakspark.org](http://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.
4. **If paying at class, you may only pay with check made out to FORPD or with credit card.**

### 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 WAIVERS, RELEASE, ASSUMPTION OF RISK**

**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: Payment at class cannot be made in cash. To pay with cash, you must register in District Office**

Check #: \_\_\_\_\_ Card #: \_\_\_\_\_ Expiration Date \_\_\_\_\_ CVC \_\_\_\_\_ 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, Waivers & Release Fair Oaks Recreation & Park District 2013**

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. \_\_\_\_\_ initial**



Before



After

### EAGLE SCOUT PROJECT - OLD FAIR OAKS LIBRARY

Boy Scout members are required to complete a project within their community in order to earn the Eagle Scout status. Projects must be proposed to the Board of Directors and receive approval prior to the start of each project. Scout member Blake Sandburg contacted District staff in June 2011 requesting to complete a project in one of the Districts parks. After meeting with District staff, Mr. Sandburg chose the Old Fair Oaks Library Building planter as his project, in memory of Senator Dave Cox. The project included, but was not limited to, the removal of plants, tilling of the dirt, installation of river rock border, replacement of irrigation heads, planting flowers/shrubs, and placement of mulch. The project was completed in December 2012.



### COMMUNITY CLUBHOUSE - KITCHEN REMODEL

In the District's 2010 Master Plan, many members of the community identified recreation facilities as an area needing improvement, more specifically indoor recreation facilities and meeting areas. Safe, clean, and well maintained facilities are most important to the community. In an effort to address the needs of the community, the District identified the Community Clubhouse Kitchens, both upstairs and downstairs, as the first facility improvement project. The District began the remodel project with the upstairs kitchen, with an anticipated completion date of October 2013.



Countywide Services  
Health and Human Services  
Public Health  
Division Manager  
Bernice Walton

County Executive  
Bradley J. Hudson  
Chief Deputy County Executive  
Ann Edwards

Department Director  
Tracy Bennett, Acting

Public Health Officer  
Olivia Kasirye, M.D., MS

## County of Sacramento

Dear Residents,

### Did you get your exercise today?

Along with a healthy diet, getting regular exercise is one of the most important things you can do for your health. It can help you:

- Control your weight
- Reduce your risk of heart disease
- Reduce your risk for type 2 diabetes
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Increase your chances of living longer

DEA# BEHEALTHY LIC.#4AHealthy Fair Oaks

OLIVIA KASIRYE, M.D.  
SACRAMENTO COUNTY PUBLIC HEALTH OFFICER  
SACRAMENTO COUNTY

NAME: Fair Oaks Area Resident AGE: all DATE: Today  
ADDRESS: Your FORPD Parks

**R<sub>x</sub>** 1. Walk 30 minutes once a day  
or  
2. Ride your bike 30 minutes once a day  
or  
3. Your choice of movement 30 minutes once a day

Label  
Refill On going  
Do Not Substitute  Olivia Kasirye, M.D.

To ensure brand name dispensing, and to locate a nearby park, check  
[www.YourSacParks.com](http://www.YourSacParks.com) & [www.fairoakspark.org](http://www.fairoakspark.org)

Many of us struggle to fit exercise into our busy schedules, and some have gym membership cards that remain unused in their wallets. The good news is there are ways of getting the much needed exercise by getting in a brisk walk or biking in a neighborhood park for just 30 minutes each day. You can break up the 30 minutes into three 10-minute walks a day or whatever fits into your schedule, it does not matter. You don't have to do a lot of exercise to get great benefits. As your Public Health Officer, I am writing you a prescription that you can place on your refrigerator or place on your calendar to remind you to do your exercise.

So please, take this doctor's advice and make sure you get your exercise every day!

*Olivia Kasirye*, M.D.

Olivia Kasirye, M.D.

Sacramento County Public Health Officer

Are you looking for a special place to hold a party, bar mitzvah, bat mitzvah, play, dance, meeting, or a wedding? Our facilities provide space for large or small attendance. Buildings available include: 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](http://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

### 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.

**Additional Equipment:** (2) buffet tables for \$10 each

**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 Outdoor Rentals*



### 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 \$10 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 \$10 each  
**Rental Fee:** \$20 per hour



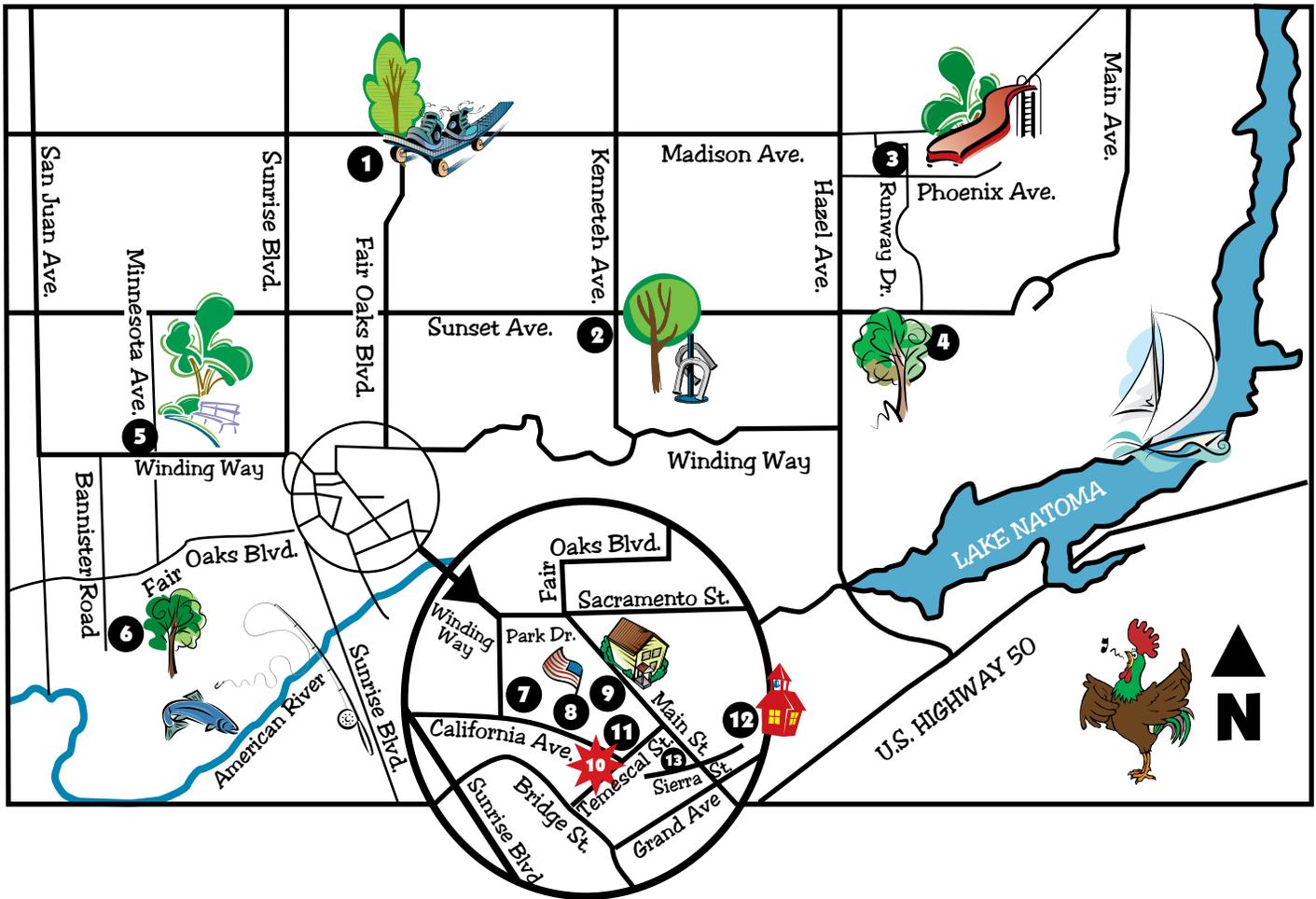
### Village Park Bandshell 4238 Main St.

Great for outdoor weddings and family picnics. Equipment not included.

**Rental fee:** \$30 per hour

*\*Please note that Village Park cannot be closed with rental*

*\*\*Amplified sound restrictions apply*



1. **Fair Oaks Park/McMillan Center** (11549 Fair Oaks Blvd.); summer camp, basketball, softball, soccer, play ground, horseshoes, skateboard park, family picnics - BBQ rental area, multipurpose field, community garden, 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. **Montview Park** (4401 Minnesota Ave.); playground, family picnics
6. **Bannister Park** (3820 Bannister Rd.); multipurpose field, exercise equipment
7. **Plaza Park** (7003 Park Dr.); family picnics, amphitheatre
8. **Veterans Memorial Amphitheatre** (7991 California Ave.); Comedy Under the Stars, Fair Oaks Theatre Festival performances
9. **Community Clubhouse / Lower Level / Arts & Crafts Building** (7997 California Ave.); rental facility, events, classes
10. **Fair Oaks District Office** (4150 Temescal St.); Recreation and Administrative Offices
11. **Village Park** (4238 Main St.); playground, bandshell, family picnics, summer concert series
12. **Fair Oaks Preschool** (8090 Grand Ave.); Preschool program
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 Spring/Summer season!*

<b>Fair Oaks Fiesta Days</b>	<b>May 4 &amp; 5</b>
<b>Community Garage Sale</b>	<b>June 1</b>
<b>Fair Oaks Farmers Market (Every Wed)</b>	<b>May 22</b>
<b>Concerts in the Park (Every Thu)</b>	<b>June 13</b>
<b>Health, Wellness and Safety Fair</b>	<b>June 15</b>
<b>Movies in the Park</b>	<b>June 21</b>
<b>It's My Park Day</b>	<b>July 13</b>
<b>Movies in the Park</b>	<b>July 19</b>
<b>Comedy Under the Stars</b>	<b>May 10</b>
<b>Concerts in the Park/Parks &amp; Rec Night</b>	<b>July 25</b>
<b>Comedy Under the Stars</b>	<b>August 2</b>
<b>Harvest Day</b>	<b>August 3</b>
<b>Movies in the Park</b>	<b>August 16</b>
<b>Concerts in the Park (Last Show)</b>	<b>August 29</b>

**For more information on these Special Events see pages 3-5. 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 or visit our website at [www.fairoakspark.org](http://www.fairoakspark.org).**

