

The Roost

Activity Guide for September - December 2016

The Fair Oaks Youth Advisory Board



RECreate

**Parks
Make
Life
Better!**

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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
(916) 966-1036
www.fairoakspark.org

Administration

Maureen Zamarripa, District Administrator
mzamarripa@fairoakspark.org

Parks

Park Office (916) 240-3651

For field closure and updates visit
www.fairoakspark.org.

To view a list of FORPD Staff, please visit
www.fairoakspark.org/about/contact-us/

Graphic Design by Appletree Advertising



Our Vision is to be the primary recreation provider of choice for the Fair Oaks community

Emergency Reporting Dial 911

For emergencies in your 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, call 240-3651. If you need immediate law enforcement assistance or to report illegal activity, please call the Sheriff's Department at 874-5115.

District Board Meetings

The Fair Oaks Recreation and Park District Board of Directors meets on the third Wednesday of each month. Meetings are held at Village Hall, 7997 California Ave in Fair Oaks, CA 95628, beginning at 6:00pm. Please contact the District Office prior to attending to confirm, 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 need special arrangements (i.e. vision, hearing), please telephone the District Office at 966-1036 one week prior to the start of the class.

Sacramento Public Library - Fair Oaks Branch

For upcoming events and programs visit us online at www.saclibrary.org/Locations/Fair-Oaks/ or give us a call 916-264-2920.

Photo Disclaimer

The Fair Oaks Recreation & Park District (FORPD) reserves the right to photograph facilities, activities, events, and program participants for potential future use. All photos remain the property of FORPD and may be used for publicity and promotional purposes. If you do not want your picture taken, please tell the photographer. If the picture has already been taken, please call 916-966-1036 and the photo will be removed from our files.

Holiday Closures

The Fair Oaks Recreation and Park District office, facilities, classes, and programs will be closed on the holidays listed below.

Labor Day, September 5	Christmas, December 23 & 26
Veterans Day, November 11	New Years, December 30, January 2
Thanksgiving, November 24 & 25	

Register Online

Register online 24 hours a day 7 days a week! For the most up-to-date information on classes, visit our online registration page. Click the red "Register Now" button on the top right of our homepage to sign up. All courses require a minimum number of registrations to run. Don't wait until the last minute! Register early to avoid classes being canceled due to low enrollment.

Payments at class cannot be made in cash; you must register in the District Office.



11th Annual Fair Oaks Recreation & Park District presents:

CHICKEN FESTIVAL

Sept. 17th | 10a-6p | Village of Fair Oaks

FREE General Admission & Parking

CHICKEN STOCK

(live entertainment)

Presented by: Big Green Egg

10a-11:30a - Kick N' 60's

1p-3p - Jim Anderson & the Rebels

4p-6p - FBI "Soul of Sacramento"

PANCAKE BREAKFAST

Presented by the Orangevale/Fair Oaks Grange.

8a-10:30a in the Community Clubhouse.

Adults \$5 & Children \$3

CRAFT BREW TASTING

Presented by the Fair Oaks Rotary Club Foundation. 11:30a-5:30p in the Sierra Vista Bank parking lot. \$2 per taste.

ROCKY'S ROOST

(Kid's Park)

Free kids entertainment & kid friendly booths. Entertainment schedule available beginning 9/1.

\$5 wristband for carnival games & inflatables (some exclusions apply). Don't wait in line, Wristbands available 9/1 in the District office.

QUALITY VENDOR BOOTHS

Visit craft, sponsor and community booths from 10a-6p on the streets of the Village & head to the "Feed Court" in the Community Clubhouse parking lot for all your food cravings.

COMMEMORATIVE T-SHIRTS

Get your 11th annual Fair Oaks Chicken Festival t-shirt before they run out! Available 9/1 in the District office. \$15 each.

GREAT CHICKEN CONTESTS

Traditional or unique, make your chicken the greatest in town. Registration begins 9/1 in the District office.

\$20 per entry.

CLUCK N' CROW CONTEST

Presented by the Fair Oaks Host Lions Club. Cock-a-doodle-do! Strut your stuff on stage for the 3rd annual "Cluck n' Crow" contest 12p-12:30p on the "Chicken Stock" main stage. \$100 cash prize to the top performer. Limited to 10 entries. Registration begins 9/1 in the District office. \$5 per entry.



Jurassic Evening of Silent Films

Location: Community Clubhouse
Date: Friday, October 14
Time: Doors open at 6:45pm, show starts at 7:30pm
Tickets: \$10 ages 13 and over; \$5 ages 12 and younger. Tickets sold at the door, if available.

Join the Sierra Chapter American Theatre Organ society for a Jurassic evening of silent films with live music accompaniment featuring Dave Moreno at the mighty Wurlitzer. Popcorn and soft drink available for purchase.

Film Line-Up: "Gertie the Dinosaur" (1914)
 "The Lost World" (1925)



Rockin' with Rocky

Fall Appearance Schedule

Chicken Festival	9/17
Mother/ Son Kickball	10/8
Winter Wonderland*	12/3
*previously Cookies with Santa	

Rocky's Dance Party at the Fair Oaks Chicken Festival September 17

Location: Village Park (Kid's Park)
Time: 4:30pm

Shake your tail feather with Rocky on stage!

Comedy Under the Stars

Location: Veterans Memorial Amphitheatre
Date: Friday, October 7
Time: Doors open at 7:00pm, show starts at 8:00pm
Tickets: \$15 per person presale; \$20 per person (cash only) at the door. At the door ticket sales from 7:00pm-8:00pm only. Online tickets sales end at 6:30pm.

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.

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

Mother Son Kickball

Location: Fair Oaks Park
Date: Saturday, October 8
Time: 10:00am - 12:00pm
Tickets: \$25 per couple, \$5 each additional person

Boys grab your moms, step-moms, or grandmas and get ready to play ball. Fair Oaks Recreation is kickin' it old school this year with Mother Son Kickball. Event includes a game of kickball, bounce house and commemorative t-shirt. Game day concession will also be for sale.

Free Event

Halloween Carnival

Location: Plaza Park
Date: Monday, October 31
Time: 11:00am - 4:00pm

Games, face painting and more!
 Sponsored by the Rotary Club of Fair Oaks and the Fair Oaks Theatre Festival.

Fair Oaks Theatre Festival Show Schedule

"A Grand Night for Singing"

Location: Veterans Memorial Amphitheatre
Dates: Fri-Sun from Aug. 12 - Sep. 18
Time: 8:00pm
Tickets: \$18 general admission
 (purchase tickets online at www.fairoakstheatrefestival.com)

Winnie the Pooh

Location: Community Clubhouse
Date: Saturday, December 3
Time: 12:00pm & 2:00pm
Tickets: FREE with donation of canned food for the Fair Oaks Youth Advisory Boards "Share the Spirit" project.

Arts & Crafts Open House

Location: Fair Oaks Arts and Crafts Building
 7997 California Avenue
Date: Saturday, September 10
Time: 1:00pm - 3:00pm

Come drop in and check out our wonderful Arts & Crafts building. There will be a gallery display of student work as well as a free art project! Everyone is welcome (children must be accompanied by an adult).

Tree Lighting

Location: Plaza Park
Date: Saturday, December 3
Time: Dusk (approx. 5:00pm - 6:00pm)

Free Event

Winter Wonderland

*previously Cookies with Santa

Location: Fair Oaks Library
Date: Saturday, December 3
Time: 5:30pm - 7:30pm
Tickets: Must Pre-Register

Enjoy Winter Wonderland themed stories, crafts and dessert. This event is sponsored in part by the Fair Oaks Youth Advisory Board. Pre-register by calling (916) 264-2920 or online at www.saclibrary.org/home/events beginning November 1, 2016.

Save the Date!

Volunteer Social & Recruitment Night Friday, January 13, 2017

Senior Luau Wednesday, January 18, 2017



Silent Movie Night Friday, January 27, 2017



Father Daughter Dances Friday - Sunday February 3, 4 & 5



4th Annual Rachel Anne Gray Memorial Scholarship Spaghetti Dinner Fundraiser

Date: Friday, February 24, 2017
Tickets: Tickets on Sale beginning Dec. 5, 2016



It's My Park Day 2016

The Fair Oaks Recreation & Park District and the community of Fair Oaks would like to thank each and every person that came out to Miller Park on Sunday, May 22 to clean up your parks and make them THE place to be. We were fortunate to have 102 volunteers working a total of 253 hours alongside District staff to complete over 15 different projects in the park. We could not have such beautiful parks without the dedication and commitment of those who volunteer. A special THANK YOU to our valued community groups and event sponsors...

Community Groups:

Fair Oaks Racquet Club
Rotary Club of Fair Oaks
Fair Oaks Theatre Festival
Fair Oaks Host Lions Club
Fair Oaks Historical Society
Fair Oaks Presbyterian Church
Fair Oaks Community Gardeners
Fair Oaks Chamber of Commerce
Girl Scouts Troup #886 from Arden Starr
Sierra Chapter American Theatre Organ Society

Event Sponsor: Sotelo's Tree Care Inc.

Thank
You



Save the Date: Volunteer Social - January 13, 2017



2016-2017 FAIR OAKS YOUTH ADVISORY BOARD



FOYAB

FOYAB is looking for 25 qualified applicants to fill its board positions for the 16-17 term. FOYAB, organized and supported by the Fair Oaks Recreation & Park District, is a youth oriented program designed to foster leadership skills while providing programs & events that benefit Fair Oaks. FOYAB serves in an advisory capacity to the District Board of Directors to give youth a voice in Fair Oaks.

Deadline to Apply: August 25th, 2016 by 5:00pm.

JR. FOYAB

JR. FOYAB is looking for 10 qualified applicants to fill positions as JR. Youth Commissioners for the 16-17 term. The purpose of JR. FOYAB is to allow middle school aged youth the opportunity to be mentored by high school aged youth while obtaining knowledge & experience on youth programming, outreach, and community involvement.

Deadline to Apply: August 25th, 2016 by 5:00pm.

RACHEL ANNE GRAY MEMORIAL SCHOLARSHIP

The Scholarship was established in honor of Rachel Anne Gray who passed away 9/2/12 at the age of 21. Rachel was a resident of Fair Oaks and a member of FOYAB from 2006 - 2008. Three awards, in the amount of \$1,500, \$1,000, & \$500 are given annually to high school Juniors or Seniors.

Deadline to Apply: January 27th, 2017 by 5:00pm.

- ✓ Leadership
- ✓ Teamwork
- ✓ Event Planning
- ✓ Community Service
- ✓ Communication Skills
- ✓ Resume Building
- ✓ Friendship
- ✓ Marketing & Outreach

FOYAB & JR. FOYAB CONTACT: Chelsey Adams • cadams@fairoakspark.org • 240-2304

SCHOLARSHIP CONTACT: Katy Coss • kcoss@fairoakspark.org • 240-2273

Community Volunteers

Fair Oaks Recreation and Park District has moved towards an online volunteer database. In order to volunteer at a Fair Oaks Recreation and Park District event or program you must complete an online volunteer application.

To submit a volunteer application visit us online at fairoakspark.org/working-with-the-district/volunteers/

Upcoming Volunteer Opportunities

Fair Oaks Chicken Festival	9/17
Comedy Under the Stars	10/7

Visit YOUR Dog Park in Phoenix Park

Just under 2 acres, with 3 separate areas, the Phoenix Park Dog Park is a great place to let your dog run off leash. For more information visit www.fordog.org. To receive notifications of unscheduled closures follow @phoenixdogpark on Twitter. Dog Park has scheduled maintenance closures Thursdays until 5pm.

Fair Oaks Horticulture Center in Fair Oaks Park

Presented by the UC Cooperative Extension Master Gardeners and Fair Oaks Recreation and Park District.

Open Garden Days

Saturday, Sep. 17 • 9:00am - 12:00pm

See how to successfully propagate herbs. Build healthy soil with cover crops and compost. Get cool season vegetable planting tips. Gather pointers for planning and selecting plants for a water efficient landscape. Learn about end of season orchard tasks and late summer irrigation.

Wednesday, Oct. 12 • 9:00am - 12:00pm

In the vegetable garden see how cool season vegetables are growing; get tips on succession planting. Learn how to protect citrus from frost. Get tips for planting bulbs in containers. See methods for dividing perennials.

Metro Cert

The Community Emergency Response Team (CERT) training is free to citizens who work or live in Sacramento County. Training covers Disaster Awareness, Fire Safety Tech, Disaster Psychology, Terrorism, etc. Teenagers (13-17) are welcome with an adult/guardian. For more info visit www.metrofire.ca.gov or call (916) 859-3776.



Fair Oaks Community Partner Groups

Fair Oaks /Orangevale Little League	fovll.com
Fair Oaks Soccer Club	fairoakssoccer.com
American River Girls Softball	argsa.org
Fair Oaks Youth Lacrosse	fairoakslacrosse.org
Fair Oaks Theatre Festival	fairoakstheatrefestival.com
Fair Oaks Foundation for Leisure & Arts	(916) 961-9012
Fair Oaks Historical Society	Fairoakshistory.org
Fair Oaks Responsible Dog Owners	fordog.org
Weather for Dog Park - Twitter	@fairoakspark
Fair Oaks Chamber of Commerce	fairoakschamber.com (916) 967-2903
Rotary Club of Fair Oaks	Rotaryfairoaks.org
Fair Oaks Horticulture Center	ucanr.edu/sites/sacmg/Fair_Oaks_Horticulture_Center
Fair Oaks Master Gardeners	canr.edu/sites/sacmg
Sierra Chapter American Theatre Organ Society	sierrachapteratos.org
Fair Oaks Racquet Club	fortennis.com
Fair Oaks Host Lions Club	fairoakshostlionsclub.com
Fair Oaks Moms Club	www.facebook.com/FairOaksMoms
Fair Oaks Community Gardens	focgcc@yahoo.com
Phoenix Community Gardens	myphoenixgarden@gmail.com

JR NFL Flag Football

Location: Fair Oaks Park
 Ages: 5-14
 Regular Registration: \$95 (8/2- 8/27)
 Late Registration: \$105 (after 8/27)



Jr. NFL Flag Football teaches boys and girls the fundamentals of football, good sportsmanship and teamwork through practices and league games. Games will take place on Saturdays and team practices will be during the week scheduled by the team coaches. All players will receive a reversible jersey. Volunteer coaches needed! Program discounts are available for head and assistant coaches.

Mini Camp:	8/20 @ 10:00am
Mini Camp/Evaluation:	8/27 @ 9:00am & 10:00am
Games Start:	9/10

Mommy/Daddy & Me Soccer

Instructor: Kidz Love Soccer Staff
 Location: Fair Oaks Park Open Space
 Ages: 2-3.5

Introduce yourself and your toddler to the "World's 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 rain-outs, please call the KLS field hotline at 1-888-372-5803.

5555.45	F	9/16-11/4	9:30am-10:00am	Fee: \$105 (\$100 res)
5555.46	F	9/16-10/21	5:25pm-5:55pm	Fee: \$85 (\$80 res)

Kidz Love Soccer (KLS)

Instructor: Kidz Love Soccer Staff
 Location: Fair Oaks Park Open Space
 Ages: 3.5-10



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. Each participant will receive a KLS jersey. Kidz Love Soccer: "Where the score is always fun to fun."™

Shin guards are required after the first meeting. In case of rain-outs, please call the KLS field hotline at 1-888-372-5803.

Fri	9/16-11/4	8 Classes
5555.41	Tot/Pre Soccer (3.5-5 yrs)	10:10-10:45am Fee: \$105 (\$100 res)
5555.42	Tot/Pre Soccer (3.5-5 yrs)	3:10-3:45pm Fee: \$105 (\$100 res)
5555.43	Soccer 1: Techniques & Teamwork (5-6 yrs)	3:45-4:30pm Fee: \$105 (\$100 res)
5555.44	Soccer 2: Skillz & Scrimmage (7-10 yrs)	4:30-5:15pm Fee: \$105 (\$100 res)

Bronco Basketball Camp

Location: Bella Vista High School Basketball Gym
 Ages: 3rd - 8th Grade
 Fee: \$75

The Broncos invite you to "Explore the World of Bronco Basketball." This program is a wonderful opportunity for children to learn the fundamentals of basketball. Camp will focus on Team Concepts including defense and offense, zone vs. man on man, and individual skills like warm up/stretching, free throws, rebounding/box out, pick and roll, dribbling and passing. Each player must bring: court/gym shoes, gym clothes and a water bottle.

5153.38	M-W	11/21-11/23	9:00am-12:00pm
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Preschool Karate

Instructor: Sensei Adriaan Van Vuuren
 Location: Orangevale Youth Center, 6745 Hazel Ave
 Ages: 4-6
 Fee: \$143 (\$138 res) for 3 months
 New students: \$71 (\$66 res) for the first 3 months

Discounted rates not available online.

This SA Shotokan Karate class allows young students to gain ability, learn how to listen, follow instructions and focus.

Children will develop their motor skills and learn fundamental karate movements in a fun, yet disciplined way. AAU sanctioned. Each new student is supplied a Gi to wear in class.

1300.31	T/Th	4:30pm - 5:00pm	9/1 - 9/29
1300.32	T/Th	4:30pm - 5:00pm	10/4 - 10/27
1300.33	T/Th	4:30pm - 5:00pm	11/1 - 11/29*
1300.34	T/Th	4:30pm - 5:00pm	12/1 - 12/29

*No class 11/24

Youth Aikido

Instructor: Steven Miranda
 Location: Orangevale Youth Center, 6745 Hazel Ave
 Ages: 8-15
 Fee: \$38 (\$35 res) per month or \$93 (\$90 res) for 3 months

Special introductory offer:
 3 months for \$58 (\$55 res) for new students only!

Family Special: First person full price, each additional youth family member \$28 (\$25 res) per month

Discounted rates not available online

Aikido is a non-competitive martial art for all ages. The primary focus in this program is self-defense and self-discipline. Yoshinkan Aikido allows each student to train at their own pace, without pressure, in a safe and fun environment. This class offers a "Family Training" option.

Tu/Th	6:30pm - 7:30pm and Sat 8:30am - 9:30am
1400.31	9/1 - 9/29
1400.32	10/1 - 10/29
1400.33	11/1 - 11/29*
1400.34	12/1 - 12/20*

*No class 11/24

SA Shotokan Karate

Instructor: Sensei Adriaan Van Vuuren
 Ages: 6+
 Fee: \$158 (\$153 Res) for 3 months
 Family Special: First person full price, each additional family member \$128 (\$123 res) for 3 months.

This Japanese style of karate provides students a healthy balance between physical exercise and mental discipline. The results are improved coordination, focus and self-confidence. This class accommodates all student levels from beginner to black belt. Students have the opportunity to compete in National and International competition.

Each new student will be supplied a Gi to wear in class. Below are two different location options for this class, Orangevale Youth Center or Orangevale Grange Hall. Discounted rates not available online.

Youth Center Karate

Location: Orangevale Youth Center, 6745 Hazel Ave

This class accommodates all student levels from beginner to black belt.

Beginner	M/W	4:15pm - 5:00pm
Advanced Beginner	M/W	5:00pm - 5:45pm
Novice	M/W	5:45pm - 6:30pm
Advanced	Tu/Th	5:00pm - 6:00pm
1301.31	9/1 - 9/29	
1301.32	10/3 - 10/31	
1301.33	11/1 - 11/30*	
1301.34	12/7 - 2/29*	

*No class 11/24, 12/20-12/29

Grange Hall Karate - Beginner Level

Location: Orangevale Grange Hall, 5807 Walnut Ave. Orangevale

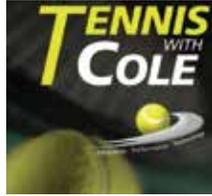
This class accommodates student levels from beginner to yellow belt.

Beginner/Yellow	
Tu/Th	6:15pm - 7:00pm
1302.31	9/1 - 9/29
1302.32	10/3 - 10/31
1302.33	11/1 - 11/30*
1302.34	12/7 - 2/29*

*No class 11/24, 12/20-12/29

Tennis With Cole

Instructor: Cole Shelton
 Location: Miller Park



Coach Cole is a certified teaching professional through the USPTA and PTR. Additionally he holds a BS in Physical Education and a Master's degree in Education. He also holds a K-12 teaching license with Oregon and California. Coach Cole has played tennis professionally and collegiately and looks forward to teaching you the game of tennis with his 16 years of knowledge and experience.

Sessions are held once a week Monday-Friday for 90 minutes. Contact Coach Cole for current availability. 503-330-5638 or tenniswithcole@gmail.com. Registration is available through the District Office only. Online registration is not available.

Special Instructions for the participant: Wear sun protection, clothing with pockets, bring water and snacks. Loaner racquets can be provided if necessary.



Group Lesson (1 Coach/3-6 students)

Fee: \$245 (\$240 res) per session

Create your own group lesson! Simply get some friends together that are around the same skill level and enjoy learning the game of tennis. Each group lesson will include a dynamic warm-up, challenging drills, cooperative and competitive games, static stretching, a review, take-home tennis activities and much more! Contact Coach Cole directly to schedule.

Private Lessons (1 Coach/1 Student)

Fee: \$425 (\$420 res) for 4 90 minute lessons or \$725 (\$720 res) for 8 90 minute lessons

Choose this option if you are new to the game and want to learn the fundamentals of footwork, fitness, strokes and strategy. Private lessons will also improve the intermediate and advanced player. Improve your fitness, footwork, technique and tactical play. Each personalized lesson is designed specifically to meet the needs and goals of the student in either a singles or doubles setting.

Semi-Private Lessons (1 Coach/2 Students)

Fee: \$485 (\$480 res) for 4 90 minute lessons or \$840 (\$845 res) for 8 90 minute lessons

Note: The fee is split, meaning "Bob" would pay \$240 and "Mike" would pay \$240.

Choose this option if you are new to the game and want to learn the fundamentals of footwork, fitness, strokes and strategy. Private lessons will also improve the intermediate and advanced player. Improve your fitness, footwork, technique and tactical play. Each personalized lesson is designed specifically to meet the needs and goals of the student in either a singles or doubles setting.

Gym Tumbling

Instructor: Kori Scott, Twirlsport International

Location: Arts & Crafts Building

Ages: 5-11

Fee: \$58 (\$53 res)

This is the perfect class for gymnasts of all ages to train in a fun group setting. Your child will learn everything from basic splits and cartwheels to walkovers and front aerials! Please wear clothing/shoes that allow movement.



1513.31	F	9/2 - 9/30*	6:15pm - 7:00pm
1513.32	F	10/7 - 11/4	6:15pm - 7:00pm
1513.33	F	11/18 - 12/30	6:15pm - 7:00pm

*No class 9/16

Preschool Ballet

Instructor: Kori Scott, Twirlsport International

Location: Arts & Crafts Building

Ages: 3-5

Fee: \$58 (\$53 res)

Ballet is a great way for your child to improve their flexibility, agility, and focus in a fun group setting. Your ballerina will learn everything from the basic five positions, chassets, to jetes! Please wear clothing/shoes that allow movement.

1514.31	Sa	9/3 - 9/24*	9:00am - 9:45am
1514.32	Sa	10/1 - 10/29	9:00am - 9:45am
1514.33	Sa	11/5 - 11/19	9:00am - 9:45am
1514.34	Sa	12/3 - 12/17	9:00am - 9:45am

*No class 9/17



Children's Dance and Tumbling

Instructor: Kori Scott, Twirlsport International

Location: Arts & Crafts Building

Ages: 5-11

Fee: \$58 (\$53 res)

This class includes two sports in one, gymnastics and ballet! During this class we will focus on flexibility and body control while learning splits, leaps, and aerials! Please wear clothing/shoes that allow movement.

1516.31	Sa	9/3 - 9/24*	9:45am - 10:30am
1516.32	Sa	10/1 - 10/29	9:45am - 10:30am
1516.33	Sa	11/5 - 11/19	9:45am - 10:30am
1516.34	Sa	12/3 - 12/17	9:45am - 10:30am

*No class 9/17

Baton Twirling

Instructor: Kori Scott, Twirlsport International

Location: Arts & Crafts Building

Ages: 5-11

Fee: \$58 (\$53 res)

Material Fee: \$30 (one-time fee paid to instructor)

Baton is a fusion of twirling, dance, and gymnastics tumbling. It's like three sports in one! This sport improves your child's flexibility, agility, and balance.

1515.31	Su	9/4 - 9/25*	11:00am - 11:45am
1515.32	Su	10/2 - 10/30	11:00am - 11:45am
1515.33	Su	11/6 - 11/27	11:00am - 11:45am
1515.34	Su	12/4 - 12/18	11:00am - 11:45am

*No class 9/18

Baton Twirling - 12+

Instructor: Kori Scott, Twirlsport International

Location: Arts & Crafts Building

Ages: 12 & up

Fee: \$58 (\$53 res)

Material Fee: \$30 (one-time fee paid to instructor)

Baton is a fusion of twirling, dance, and gymnastics tumbling. It's like three sports in one! This sport improves your child's flexibility, agility, and balance.

1517.31	Su	9/4 - 9/25*	11:45am - 12:30pm
1517.32	Su	10/2 - 10/30	11:45am - 12:30pm
1517.33	Su	11/6 - 11/27	11:45am - 12:30pm
1517.34	Su	12/4 - 12/18	11:45am - 12:30pm

*No class 9/18

Two Rivers Music Together

Instructor: Georgia Wade
 Location: Village Hall
 Ages: 0-4
 Fee: \$153 (\$148 res)
 Material Fee: \$20 (paid to instructor)

Music Together is an award-winning, research-based early childhood music and movement program for children and their caregivers. Each class consists of 45 minutes of songs, chants, dances and instrument play-alongs. This program requires that adult model and participate in class.

4641.31 F 9/23 - 12/9 10:00am - 10:45am

*No class 11/11 & 11/25

Family Pottery

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Fee: \$79 (\$74 res) (includes parent and child)
 Additional Family Members: \$24 each
 Materials Fee: \$15 per person (paid to instructor)

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!

1610.31 W 9/21 - 10/19 4:15pm - 5:30pm

1610.32 W 9/21 - 10/19 6:15pm - 7:30pm

1610.33 Tu 10/18 - 11/15 4:15pm - 5:30pm

1610.34 Tu 10/18 - 11/15 6:15pm - 7:30pm

Mommy & Me Art Discoveries

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Ages: All Ages (under 10 with adult)
 Fee: \$49 (\$44 res)
 Materials Fee: \$10 (paid to instructor)

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.

1612.31 Th 10/20 - 11/3 11:30am - 12:30pm

Santa Letters

Would your loved one like to receive a letter from Santa or Mrs. Claus? Let our Holiday Elves make their Christmas memories complete with a personalized letter. The fee for this service is \$4.00 for each letter. Please call the Letter Hotline at (916) 966-1036 for more information. Mail a check or money order (along with order form) to: Fair Oaks Recreation and Park District, 4150 Temescal Street, Fair Oaks, Ca 95628.

Order Form: Send by December 9th 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 the letter to be from: (circle one)

Mrs. Claus Santa

Santa in response to a letter from a child:



Mommy & Me Little Hands Pottery

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Ages: All Ages (under 10 with adult)
 Fee: \$29 (\$24 res)

Materials Fee: \$10 (paid to instructor)

Have some fun and create a memory to treasure. Decorate a plate with your little one's handprint and a personalized design. Then your art work will be clear coated and kiln fired to be picked up at a pre-arranged date.

6611.31 F 11/4 11:30am - 12:30pm

Video Game Design

Instructor: Freshi Learning Online
 Location: Online
 Ages: 7-12
 Fee: \$138 (\$133 res)

Materials Fee: \$25 (paid to instructor)

Learn to create a video game from home or on the go! Using Freshi Learning Online, students will use web based video lessons to learn the basic principles of conditional coding and will work on creating a basic video game. Working with Multimedia Fusion 2 Software, you'll learn the conditional coding necessary to make your video game creations work.

Contact Tyler Shoemaker for more information, tyler.shoemaker@freshimedia.com

6612.31 9/5 - 9/30 This is an ONLINE Class Program
 6612.32 11/25 - 12/24

3D Animation

Instructor: Freshi Learning Online
 Location: Online
 Ages: 10-16
 Fee: \$138 (\$133 res)

Learn how to create 3D animations at home or on the go! Using Freshi Learning Online, students will use web based video lessons to learn basic principles of 3D animation process. Students use Blender Software to learn how to create short 3D Animations using primary objects (cubes, spheres, and cylinders). Once they are familiar with the animation process, students will learn 3D Modeling, which includes creating geometric faces, vertices, and edges.

Contact Tyler Shoemaker for more information, tyler.shoemaker@freshimedia.com

6615.31 9/5 - 9/30 This is an ONLINE Class Program
 6615.32 11/25 - 12/24

Web Design

Instructor: Freshi Learning Online
 Location: Online
 Ages: 10-16
 Fee: \$138 (\$133 res)



Learn the fundamentals of web design at home or on the go! Using Freshi Learning Online, students will use web based video lessons to learn basic principles of web design. This course gives users the basics of the Wordpress CMS, creating and updating a website and sharing their content with the world. This quick-start course is great for even the most novice user to the web and web site development.

Contact Tyler Shoemaker for more information, tyler.shoemaker@freshimedia.com

6616.31 9/5 - 9/30 This is an ONLINE Class Program
 6616.32 11/25 - 12/24



Digital Comic Book Creation

Instructor: Freshi Learning Online
 Location: Online
 Ages: 6-12
 Fee: \$138 (\$133 res)

Material Fee: \$25 (paid to instructor)

Learn to create a Digital Comic Book at home or on the go! Using Freshi Learning Online, students will use web based video lessons to learn the creative process of Comic Book Creation. Students make their own digital comic book complete with heroes, villains, and epic adventures! Working with Comic Life Software, kids create an original multi-page full color comic.

Contact Tyler Shoemaker for more information, tyler.shoemaker@freshimedia.com

6617.31 9/5 - 9/30 This is an ONLINE Class Program
 6617.32 11/25 - 12/24

New Star's Children's Musical Theatre Workshop

Instructor: Dana Hendry
 Location: Mondays: Arts & Crafts Building
 Tuesdays: Community Clubhouse Auditorium
 Ages: 5-19
 Fee: \$303 (\$298 res)
 Materials Fee: \$50 (paid to instructor)
 \$45 (paid to costume coordinator)

Beauty and the Beast is a beloved musical that follows Belle, a young girl who has lost her mother and lives with her father, is wooed by the town's "ladies man" Gaston to no avail. After her father is captured by a hideous beast, she offers to take his place and never expects to fall in love with the Beast and meet his glorious group of staff members who are all under a terrible curse. Performances in January 2017! Cast members must wear black dance shoes, clothing appropriate for dancing (no dresses/skirts), bring a water bottle with names clearly marked, binder for script, and pencil.

Auditions will be held on September 6th from 5:30pm - 8:30pm

1724.31 M/Tu 9/6 - 1/22* 5:30pm - 8:30pm

*No class 9/12, 9/13, 9/19, 10/25, 12/26, & 1/16

New Star's Junior Musical Theatre Workshop

Instructor: Dana Hendry
 Location: Community Clubhouse Auditorium
 Ages: 4-7
 Fee: \$203 (\$198 res)
 Materials Fee: \$50 (paid to instructor)
 \$45 (paid to costume coordinator)

Junior Theatre cast members will perform a junior version of "Beauty and the Beast, Jr." in which they will be cast in the main roles. Performances in January 2017! Cast members must wear black dance shoes, clothing appropriate for dancing (no dresses/skirts), bring a water bottle with names clearly marked, binder for script.

1724.32 Tu 9/6 - 1/22* 4:30pm - 5:30pm

*No class 9/12, 9/13, 9/19, 10/25, 12/26, & 1/16

SuperNova Performing Troupe

Instructor: Dana Hendry
 Location: Arts & Crafts Building
 Ages: 7-19
 Fee: \$258 (\$253 res)
 Materials Fee: \$20 (paid to instructor)
 \$45 (paid to costume coordinator)

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, work in a group, be able to sing or dance the "lead" or "back-up", problem solve, and make friendships that last a lifetime. Sign-up for both SuperNova and Musical Theatre and receive a discount for SuperNova: \$150 (\$145)

1724.33 M 9/19 - 1/22* 4:00pm - 5:30pm

*No class 12/26, & 1/16



Basic Horsemanship

Instructor: Shadow Glen Staff
 Location: Shadow Glen Riding Stables, 4845 Main Avenue, Fair Oaks
 Ages: 7-12
 Fee: \$128 (\$123 res)

This is a four week introductory class that teaches the history, major breeds of horses, diseases, horse care, grooming, saddling and bridling and western riding instruction. Our motto is: Be Safe, Be in Control, and HAVE FUN! Closed toed shoes and long pants are mandatory.

1718.31 W 3:30pm - 5:00pm

1718.33 W 3:30pm - 5:00pm

1718.35 W 3:30pm - 5:00pm

1718.37 W 3:30pm - 5:00pm

Child and Babysitting Safety

Instructor: Rescue Training Institute, Inc.
 Location: 13405 Folsom Blvd, Ste. 150, Folsom, Ca
 Ages: 11-15
 Fee: \$63 (\$58 res)
 Material Fee: \$5 (paid to instructor)

A course for building a safe and successful babysitting business. Covers getting started, leadership, caregiving, safety and prevention, playtime, and first aid tips. No CPR training in this class, see Babysitting CPR Companion class. Participation card received. No certification card for this class.

6161.31	Tu/W	9/6 - 9/7	5:30pm - 8:30pm
6161.32	Tu/W	10/4 - 10/5	5:30pm - 8:30pm
6161.33	Tu/W	11/8 - 11/9	5:30pm - 8:30pm
6161.34	Tu/W	12/6 - 12/7	5:30pm - 8:30pm

Babysitting CPR

Instructor: Rescue Training Institute, Inc.
 Location: 13405 Folsom Blvd, Ste. 150, Folsom, Ca
 Ages: 11-15
 Fee: \$43 (\$38 res)

Teaches child and infant CPR. Participation card received. No certification card for this class.

6262.31	F	9/9	5:00pm - 7:00pm
6262.32	F	10/7	5:00pm - 7:00pm
6262.33	F	11/11	5:00pm - 7:00pm



Don't risk a class or league getting canceled due to low enrollment.

Register Today!



CPR/AED/FIRST AID Training for Infant, Child, and Adult

Instructor: Breath of Life
 Location: Old Fair Oaks Library
 Ages: 12 & up
 Fee: \$75 (\$70 res)
 Material Fee: \$10 (paid to instructor)
 EMSA Card: \$5 (paid to instructor)
 Class Book: (optional) \$10 (paid to instructor)

This Medic First Aid Course covers infant, child and adult CPR and First Aid and AED certification. 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!

4444.31	Sa	9/24	8:00am - 4:30pm
4444.32	Sa	11/12	8:00am - 4:30pm



Come Join the FORPD Team!



We are always looking for part time Recreation Leaders and Park Aides.

Contact FORPD at (916) 966-1036 or visit us online to find out more!





RENTAL PACKAGE INFORMATION

Come play the hilarious and exhilarating game of Bubble Soccer! Get your friends, family, or co-workers together for a fun and memorable experience that will guarantee to have you smiling.

The Bubble Soccer Rental Package is great for teen/adult birthday parties, company picnics, family reunions, and friends that just want to have a whole lot of fun!

PACKAGE PRICING:

\$250 for a minimum of 2 hours.

\$50 for each additional hour.

PACKAGE INCLUDES:

- 10 Bubble Balls
- 2 Soccer Balls
- 2 Goals
- Marked Park District field
- Pop Up Tent w/table
- Water Jug and cups
- Stereo with sports related music
- 1 staff member to facilitate play



CONTACT INFORMATION:

Nick Davison

Office: (916) 966-1036 Fax: (916) 966-9863

ndavison@fairoakspark.org

EXTRAS:

- BBQ Picnic Area: \$30/hr (Fair Oaks Park only)
- Commemorative Bubble Soccer T-Shirt: \$7
- Lighted Field: \$25/hr extra
- Pizza Package: \$70 (feeds 12-16)
- 4 large pizzas (2 cheese/2 pepperoni)
- (2) 2 liter sodas (Includes BBQ picnic area)

ADDITIONAL INFORMATION:

- Reservation dates are dependent on staffing and field availability. Please inquire with a few dates and times that work for your party.
- **Minimum age requirement is 15 years of age. If under 18 years players playing must be within 3 years of each other.**
- **Please note: NO CLEATS or eye glasses are allowed.**

Adult Sports Leagues

Fair Oaks Recreation & Park District offers year-round Adult Sports leagues. Sports offered include Softball and Basketball. Schedules and league information can be found online at www.teamsideline.com/fairoaks. All Team Managers are required to obtain 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.

For further league information, please contact Nick Davison at 966-1036, or visit www.fairoakspark.org.

Softball

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

Basketball

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

To be added to the Free Agent list, e-mail ndavison@fairoakspark.org.

Hatha Yoga

Instructor: Judith Aubin

Location: Community Clubhouse

Ages: 18+

Punch Card: \$68 (\$63 res) good for 6 classes

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, an increased sense of well-being and deeper more restful sleep. Each student is encouraged to work at his or her own ability. Students may choose to use punch card for both "Stretching, Relaxing and Stress Relieving Yoga" and/ or "Strengthening Yoga." For detailed description of each class please call or check online. Please bring a mat, blanket and pillow to class.

Stretching, Relaxing and Stress Relieving Yoga

Tu 8:00am - 9:15am

*No class 9/13 or 11/22

Strengthening Yoga

F 8:30am - 10:00am

*No class 9/16, 11/11, 11/25, 12/23 or 12/30



Teen /Adult Aikido

Instructor: Steven Miranda
 Location: Orangevale Youth Center, 6745 Hazel Ave, Orangevale
 Ages: 16 & up
 Fee: \$68 (\$63 res) per month or \$180 (\$175 res) for 3 months
 Special introductory offer:
 3 months/\$158 (\$153 res) for new students only!
 Family Special: First person full price, each additional adult member \$58 (\$53 res) per month.
 Discounted rates not available online

The primary focus is a non-competitive approach to self-defense and self-discipline. Yoshinkan Aikido allows each student to train at their own pace, without pressure, in a safe and fun environment.

1401.31	Tu/Th	9/1-9/29	7:30-9:30pm	& Sat	7:30-8:30am
1401.32	Tu/Th	10/1-10/29	7:30-9:30pm	& Sat	7:30-8:30am
1401.33	Tu/Th	11/1-11/29*	7:30-9:30pm	& Sat	7:30-8:30am
1401.34	Tu/Th	12/1-12/20	7:30-9:30pm	& Sat	7:30-8:30am

*No class 11/24

Volunteer Youth Flag Football coaches needed!

Contact FORPD
at (916) 966-1036 or
visit us online to find
out more!

Beginning Salsa

Instructor: Elliott Genova
 Location: Genova Dance @ Anti-Gravity School of Dance, 201 C Harding Blvd., Roseville
 Fee: \$45 (\$40)

If you've never danced before or if you're just getting started, this class is for you! Learn basic steps, timing, partnering and turns in one of the most popular Latin club dances danced worldwide. Learn Cuban motion and how to lead and follow.

5118.91	W & F	9/7 - 9/30	8:00pm - 9:00pm
5118.92	W & F	10/5 - 10/28	8:00pm - 9:00pm
5118.93	W & F	11/2 - 11/25	8:00pm - 9:00pm
5118.94	W & F	12/7 - 12/30	8:00pm - 9:00pm

Intermediate Salsa

Instructor: Elliott Genova
 Location: Genova Dance @ Anti-Gravity School of Dance, 201 C Harding Blvd., Roseville
 Fee: \$30 (\$25 res)

Dancers that know the basics will learn complicated patterns, multiple turns and simple dips. Class moves at a faster pace, but you will perfect the leading and following techniques needed to smoothly execute these more advanced patterns.

5118.95	W	9/7 - 9/28	9:00pm - 10:00pm
5118.96	W	10/5 - 10/26	9:00pm - 10:00pm
5118.97	W	11/2 - 11/23	9:00pm - 10:00pm
5118.98	W	12/7 - 12/28	9:00pm - 10:00pm



Round Dance

Instructor: Marie Hathaway
 Location: Community Clubhouse
 Ages: 16+
 Fee: \$40 (\$35 res)
 Punch Card: \$30 (\$25 res) good for 4 classes
 Drop in Fee/ Review Classes: \$8 per class

Round dance is social ballroom dancing that is cued for easy leading and following. Simple ballroom routines are applied to popular tunes as well as golden oldies. Round dance has 6 levels called "phases"; we teach phases 1 thru 4. Each phase is a prerequisite to the next level. Prerequisite to the "Easy Intermediate" class are "Beginner Waltz and Two-step." Prerequisite to the "Intermediate Multiple Rhythms" class is "Easy Intermediate." For additional class information visit RoundDanceSacramento.com. Please wear casual attire with dance-able shoes. Visitors welcome to observe.

Review Classes

Phase 2 & 3 Review

Tu	9/6	11:15am - 12:30pm
W	9/7	5:45pm - 7:15pm

Phase 3 & 4 Review

Tu	9/6	12:30pm - 3:00pm
W	9/7	7:15pm - 9:30pm

Classes

Phases 1: Beginner Two Step

Tu	9/20 - 11/1	11:15am - 12:45pm
W	9/21 - 11/2	5:45pm - 7:15pm

Phase 2: Two Step

Tu	11/8 - 12/20	11:15am - 12:45pm
W	11/9 - 12/21	5:45pm - 7:15pm

Phase 3 & 4: Intermediate Multiple Rhythms

Tu	9/20 - 11/1	12:45pm - 3:00pm
W	9/21 - 11/2	7:15pm - 9:30pm
Tu	11/8 - 12/20	12:45pm - 3:00pm
W	11/9 - 12/21	7:15pm - 9:30pm

Line Dancing

Instructors: Norm & Phyllis Gifford
 Location: Community Clubhouse
 Ages: 18+
 Punch Card: \$45 (\$40 res) good for 5 classes

Line dancing is a great way to exercise the mind and body, as well as to meet new friends! This class is graduated into 5 levels starting at "Absolute Beginner" (level 1) and graduating to the highest and most difficult level "Experienced Improver" (level 5). Students may choose two adjacent levels (1 hour of instruction) per class. For detailed description of each level please call or check online. Please wear appropriate shoes, no flip flops, heels, tennis shoes or backless shoes. On-going class, join any time.

Afternoon Classes

Level 3	Advanced Beginners	Th	3:00pm - 3:30pm
Level 4	Improver	Th	3:30pm - 4:00pm
Level 5	Experienced Improver	Th	4:00pm - 4:30pm

Evening Classes

Level 1	Absolute Beginners	Th	5:15pm - 5:45pm
Level 2	Beginners	Th	5:50pm - 6:20pm
Level 3	Advanced Beginners	Th	6:25pm - 6:55pm
Level 4	Improver	Th	7:00pm - 7:30pm
Level 5	Experienced Improver	Th	7:35pm - 8:05pm

*No class 09/15. Last class of the year will be 11/03.

"Wild Horses" - Line Dances

Location: Community Clubhouse
 Ages: 14+
 Fee: \$8

Join old and new friends in some good ol' line dancing! One new line dance will be taught each date.

4313.15	Su	10/2	2:00pm - 4:30pm
4313.16	Su	11/6	2:00pm - 4:30pm



Beginning/ Intermediate Guitar

Instructor: Mike Jackson
 Location: Old Library
 Fee: \$108 (\$103 res)
 Material Fee: \$15 (paid to instructor)

A fun, informative and effective introduction to playing guitar. Of all the instruments the guitar has captured the hearts and minds of people from all walks of life all over the world. You'll need an acoustic guitar (6 strings) and make a commitment to play for at least 30 minutes a day. The class will end the 10 weeks with a small concert for family and friends.

5650.30	W	9/21 - 11/23	7:00pm - 9:00pm
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Financial Planning Basics for Women

Instructor: Tina Florence,
 Location: McMillan Center
 Fee: \$15 (\$10 res)

Join us to learn about basic financial planning concepts and how to create a more secure financial future for you and your family! This is an educational event designed to support and encourage women to make educated money choices. The two hour session covers the basics of saving, investing, risk management and estate planning, presented by Tina Florence, a Certified Financial Planner (CFP) and partner with financial firm Lane Florence LLC. No financial products will be sold and this is not a sales event.

8933.29	Th	9/8	6:30pm - 8:30pm
8933.20	F	10/7	10:00am - 12:00pm

Adult Pottery

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Fee: \$79 (\$74 res)
 Materials Fee: \$25 (paid to instructor)

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.

5110.31	Tu	9/27 - 10/18	1:30pm - 3:30pm
5110.32	W	9/28 - 10/19	1:30pm - 3:30pm
5110.33	Tu	10/25 - 11/15	1:30pm - 3:30pm
5110.34	W	10/26 - 11/16	1:30pm - 3:30pm

Adult Pottery Studio

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Punch Card: \$70 (\$65 res)
 Materials Fee: \$25 (paid to instructor)

This open studio is for students who have previously taken an adult pottery class from Michelle. Studio is open registration and participants can sign up at any time by purchasing a punch card. Punch card is good for 4 classes. One class equals 2 hours of studio time.

1616.31	September	9/6 - 9/28	12:30pm - 6:00pm
1616.32	October	10/4 - 10/26	12:30pm - 6:00pm
1616.33	November	11/1 - 11/30	12:30pm - 6:00pm
1616.34	December	12/6 - 12/28	12:30pm - 6:00pm

Mosaic Design

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Fee: \$79 (\$74 res)
 Materials Fee: \$35 (paid to instructor)

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.

5053.31	F	10/14 - 11/4	1:00pm - 4:00pm
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NEW! Meditation for Busy People

Instructor: Vina Parmar
 Location: Village Hall
 Fee: \$23 (\$18 res)

Come and learn a twenty-minute meditation practice (IAM®-20) that will help you reduce stress and anxiety, and give you clarity and peace of mind. This meditation technique integrates breath, movement, sound and visualization, and is streamlined to meet the demands of busy lives. Dress comfortably for gentle yoga exercise and bring a yoga mat or large towel to class.

8937.30 S 10/8 2:00pm - 5:00pm

Mandalas for Meditation

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Fee: \$29 (\$24 res)
 Materials Fee: \$10 (paid to instructor)

Discover the meditative process of making your own mandala! Creating mandalas can help relieve stress by calming the mind, inspiring a sense of mental and spiritual well-being. Step-by-step instruction will guide you through the process of creating your own meaningful design. Tap into your creative self and bring some inner peace to your life.

1614.31 F 9/30 1:00pm - 4:00pm

1614.32 F 11/18 1:00pm - 4:00pm

Basic Horsemanship

Instructor: Shadow Glen Staff
 Location: Shadow Glen Riding Stables, 4845 Main Avenue, Fair Oaks
 Ages: 13 & up
 Fee: \$128 (\$123 res)

This is a four week introductory class that teaches the history, major breeds of horses, diseases, horse care, grooming, saddling and bridling and western riding instruction. Our motto is: Be Safe, Be in Control, and HAVE FUN! Closed toed shoes and long pants are mandatory.

1718.32 W 6:00pm - 7:30pm

1718.34 W 6:00pm - 7:30pm

1718.36 W 6:00pm - 7:30pm

1718.38 W 6:00pm - 7:30pm



P.A.S.A.

Program for Active Senior Adults

Location: McMillan Center

Date: 2nd and 4th Wednesdays of the month

Time: 11:00am - 1:00pm

Fee: \$10 yearly dues paid to the group. First three meetings are free!

PASA is a social organization for adults age 50 and up. Meet new friends, stay active and enrich your life. Questions? Call PASA member Ellen at (916) 967-5924 or the office at (916) 966-1036.



Senior Stretch

Instructor: Sharon Shute,
 Location: Community Clubhouse
 Punch Card: \$9 for 4 classes



A low-impact exercise class is specially designed for senior citizens. Improve muscular endurance and flexibility as well as cardio-respiratory and aerobic fitness. Meet new friends, and feel vibrant and healthy. Program is on-going, join any time. Please bring a towel to class.

M/Tu/W/Th 9:35am - 10:35am

*No class 9/5, 9/12-9/15, 11/24 and 12/26

Zumba Gold

Instructor: Laura Gamez
 Location: Community Clubhouse
 Fee: \$25 (\$20 res)
 Drop-in Fee: \$8 per class

Material Fee (optional): \$20 for 1lb. Toning Shaker weights

A dynamic dance fitness workout 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 class will feature rhythms such as merengue, cha-cha, tango, belly dancing and more!

3912.39	\$16.50 (\$11.50 res)	M	9/19 - 9/26	11:15-12:05pm
3912.30	\$29.25 (\$24.25 res)	M	10/3 - 10/31	11:15-12:05pm
3912.31	\$25 (\$20 res)	M	11/7 - 11/28	11:15-12:05pm
3912.32	\$20.75 (\$15.75 res)	M	12/5 - 12/19	11:15-12:05pm

Estate Planning: Wills, Trust & Probate

Instructor: Julia Himovitz, Downey Brand LLP
 Location: Village Hall
 Fee: \$10

What is the difference between a will and a trust? What documents should be maintained as part of a basic estate plan? What documents do you need 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. Class is for educational purposes only and is not a sales seminar.

8909.15 Th 9/29 10:00am - 11:00am

Extended Trips and Tours

Want to travel to far away destinations and visit historical landmarks but don't want the hassle of planning? We are excited to partner with Premier World Discovery to now offer extended tours to a variety of wonderful international and domestic destinations. For more information visit the FORPD District office to pick up a brochure on current trip offerings or attend the informational presentation on Oct. 26th. Other destinations available upon request.

Informational Presentation

Village Hall W 10/26 10:00am

Upcoming Trips:

Spring Training Getaway Departs March 19, 2017

Canadian Rockies & Glacier National Park Departs July 22, 2017

Cape Cod & the Islands Departs Sep. 24, 2017

Country Roads of Tuscany Departs Nov. 7, 2017

Social Security: How to Play Less or Nothing in Taxes

Instructor: Bill Corley, CFP
 Location: Village Hall
 Ages: 55+
 Fee: \$10

Whether you are 55 or 75, there are ways you can minimize or eliminate income taxes on your social security benefits. Come to this informative workshop to learn effective ways to keep more of your hard-earned money. A question/answer period is also included. Class is for educational purposes only and is not a sales seminar.

8963.31 Th 11/17 6:30pm - 7:30pm

Medicare 101: Understanding Medicare & Medicare Supplements

Instructor: Michael Paris
 Location: Village Hall
 Fee: \$10

Are you overwhelmed by all the choices for Medicare plans? Learn what is and is not covered by Medicare part A, B, and D and about the role of supplemental insurance plans A-N, also known as "Medi-Gap", and proposed changes for 2016 and beyond. Class is for educational purposes only and is not a sales seminar.

8913.39 Th 9/22 10:00am - 11:30am

8913.40 Th 10/20 10:00am - 11:30am

8913.41 Th 11/17 10:00am - 11:30am

8913.42 Th 12/1 10:00am - 11:30am

Facilities for Rent

The Fair Oaks Recreation & Park District offers several indoor and outdoor facilities to rent for your business meetings, family celebrations, small & large special events, and much more! Detailed rental information including rates and requirements, as well as amenities and equipment included, can be found at www.fairoakspark.org. Looking to host a larger special event in one of our facilities or parks? We have multiple options to fit your needs.



Large Event Sites

The Community Clubhouse is separated into three different spaces. The largest of the spaces is the Clubhouse Auditorium.

The facility offers a main stage with curtains, a foyer and a rear entrance for the renters and caterers. The kitchen has a commercial range, double sinks, microwave, refrigerator, freezer, and center island for prep.

Village Park sits adjacent to the facility and is the perfect site for an outdoor wedding ceremony.

For larger events such as weddings, fund-raisers and memorials, you can also rent the newly remodeled Village Hall, which is the lower level of the Community Clubhouse.

Meeting Rooms

Community Clubhouse Fireside Room	15 seated/25 standing
Community Clubhouse Village Hall	70 seated/120 standing
Old Library Building	40 seated/59 standing

Contact our Facility Coordinators for information on rental opportunities.

Ian Roberts, iroberts@fairoakspark.org

Yesenia Adams, yadams@fairoakspark.org



Small Event Sites

As you enter the lovely Fair Oaks Park, you will find the McMillan Center. This facility is perfect for family BBQ's, small weddings in the park, reunions, memorials, and meetings.

The kitchen has a stove/oven, refrigerator/freezer, three sinks, and a microwave. In addition, there are two large BBQ grills and picnic tables located on the front patio.

Picnic/Outdoor Areas

Fair Oaks Park BBQ Area	200 total seating/300 standing capacity
Playground, horseshoe pits, & basketball court	

The two softball fields located in Fair Oaks Park are rent-able on the weekends from March through November.

Contact ndavison@fairoakspark.org for additional information.

Miller Park BBQ Area	24 total seating/60-75 standing capacity
Playground, horseshoe pits, & basketball court	

Village Park Bandshell	40 seated on stage (chairs not included)
Playground	

Five Ways To Register



Online Registration:

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



Walk-In Registration:

Fill out registration form at the District Office, 4150 Temescal St, Fair Oaks.

Monday-Friday 8:00am-5:00pm. Cash, Check or Credit cards (listed above) accepted. Checks should be made out to: FORPD



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:

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 drop-off.



Fax-In Registration:

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

Phone-In Registration:

Register over the phone for select events/programs/class.

Must be in our system as a previous customer. Call today for more information.

General Information

1. The District reserves the right to cancel or modify any class and/or program. Classes may be canceled 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. If paying at class, you may only pay with check made out to FORPD or with credit card.

Scholarship Information

The Fair Oaks Recreation and Park District would like to provide the opportunity for all residents to participate in safe, quality recreational programs. In an effort to provide affordable activities, the Fair Oaks Recreation and Park District Scholarship program has been established to assist fixed and/or lower income families with program registration fees. **Eligible participants may receive a onetime 50% discount up to \$75 in matching funds per child per fiscal year for one (1) individual class upon completion and approval of the Don Ralls Memorial Scholarship Application Form.**

Contact the front desk for more information
(916) 966-1036

Refund Policy

1. Full refund will be given if the Fair Oaks Recreation and Park District cancels the program or for medical reasons.
2. Online 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.
6. Policy does not apply to events and vendors. Email events@fairoakspark.org for clarification.

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: Payment at class cannot be made in cash. To pay with cash, you must register at 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 if you would like a receipt sent.

Agreement, Waiver & Release Fair Oaks Recreation & Park District 2016

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).

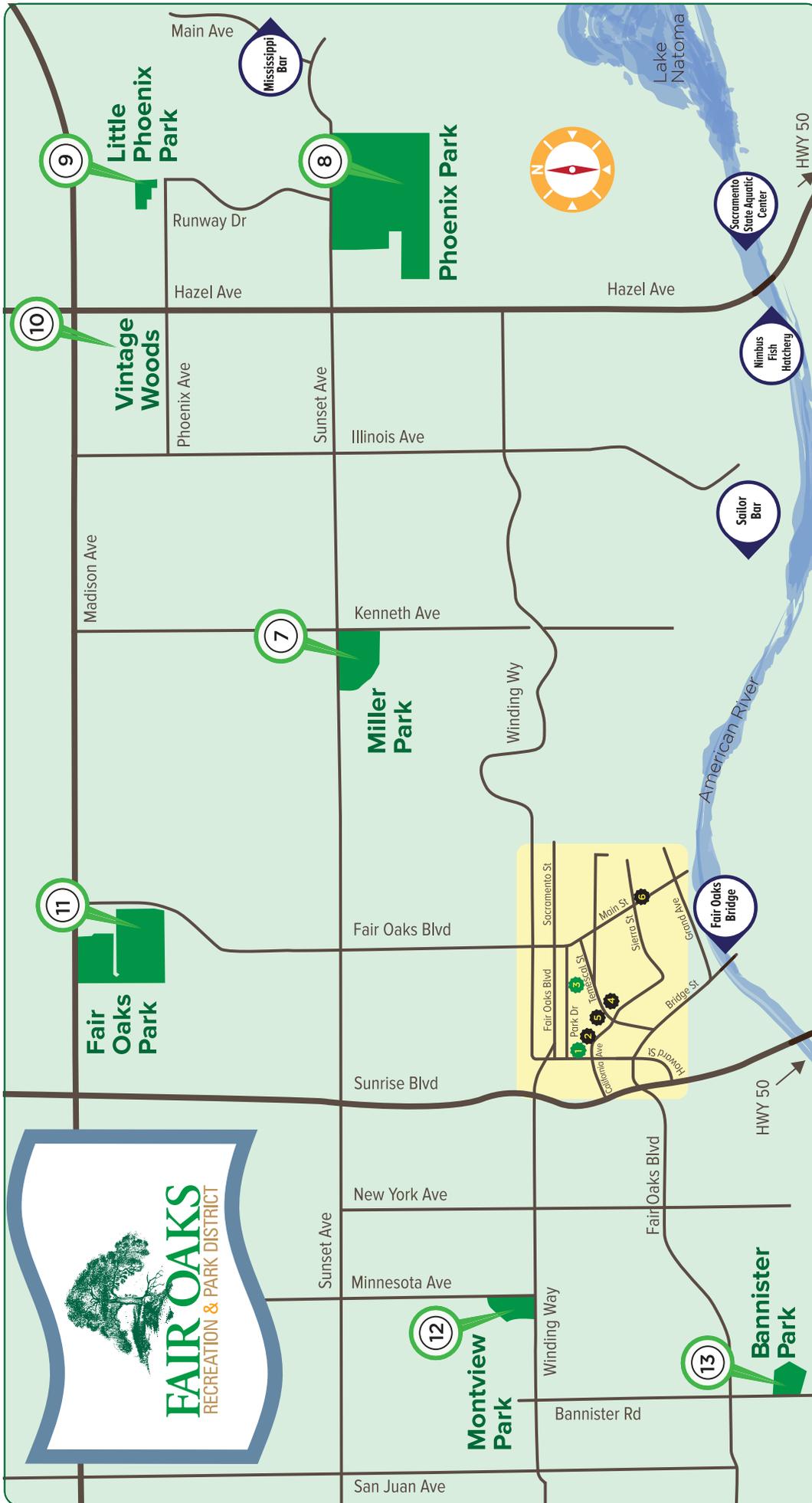
Parental Consent: (To be completed and signed by parent/guardian if applicant is under 18 years of age)

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



Map Legend

- Plaza Park – 7003 Park Dr.**
Open space surrounded by the Veterans Memorial Amphitheatre and the shops in the Village of Fair Oaks. The main stage for the Annual Fair Oaks Chicken Festival event. Restrooms located behind the Arts & Crafts Building.
- Multiple Facilities – 7997 California Ave.**
 - Community Clubhouse – Rental facility and home to multiple District classes and events.
 - Village Hall – Rental facility and location of the monthly District Board meetings.
 - Veterans Memorial Amphitheatre – Outdoor Amphitheatre operated by the Fair Oaks Theatre Festival Group and also the location of the District's Comedy Under the Stars event.
 - Arts & Crafts Building – Classroom setting for ceramics and other classes.
- Village Park – 4238 Main St.**
 - Open space, playground, picnic tables, and a bandshell. Restrooms located behind the Arts & Crafts Building.
 - The Park is the main venue for the Concerts in the Park summer series, the Chicken Festival Kids Park, and the Kids Art Festival event.
- Administration Office – 4150 Temescal St.**
 - District offices for the Recreation and Administration staff.
 - Come by to register for a class, purchase tickets to an event, or just to grab a copy of "The Roost" activity guide.
- Old Fair Oaks Library Building – 4200 Temescal St.**
 - Rental facility
- Fair Oaks Preschool – 8090 Grand Ave.**
 - Home to the Fair Oaks Preschool Program for ages 3-5. The program runs from August through May.

7. Miller Park – 8480 Sunset Ave.

- 1 basketball court, playground, horseshoe pits, picnic rental area, and restrooms.
- Lighted Tennis court facility with 8 courts and 2 practice walls.

8. Phoenix Park – 9050 Sunset Ave.

- 6 baseball fields, 7 multipurpose fields, concession stand, 2 playgrounds and restrooms.
- Community gardens and the Phoenix Dog Park
- The Kathy Jones Memorial Walk Path
- The Phoenix Park Vernal Pools
- The VFW Hall is also located in the center of the park

9. Little Phoenix Park – 9041 Phoenix Ave.

- Playground and picnic area
- Open space

10. Vintage Woods – 8822 Madison Ave.

- Open space with sidewalk.

11. Fair Oaks Park – 11549 Fair Oaks Blvd.

- The park is located between the Fair Oaks Presbyterian Church and the Fair Oaks Public Library. The maintenance office for the park's department is located at the west end of the park.
- McMillan Center – Rental facility and the main location for the Camp Fair Oaks program.
- Picnic rental area, 1 full basketball court, 1 half basketball court, Skate Park, horseshoe pits, playground, 1 multipurpose field, 2 softball fields, and restrooms.
- Horticulture Center and Community Gardens

12. Montview Park – 4401 Minnesota Ave.

- Playground, picnic area, and restrooms.
- Open space

13. Bannister Park – 3820 Bannister Rd.

- Multipurpose fields, exercise equipment, small BBO area, and restrooms.
- Parking restrictions. **Please review entry sign before parking.**

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To our Valued Customer
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Fall / Winter Events



@forpd



@fairoakspark



facebook.com/FORPD

August

Movies in the Park.....Aug. 19
Concerts in the Park.....Aug. 25

September

Arts & Crafts Open HouseSep. 10
Chicken FestivalSep. 17

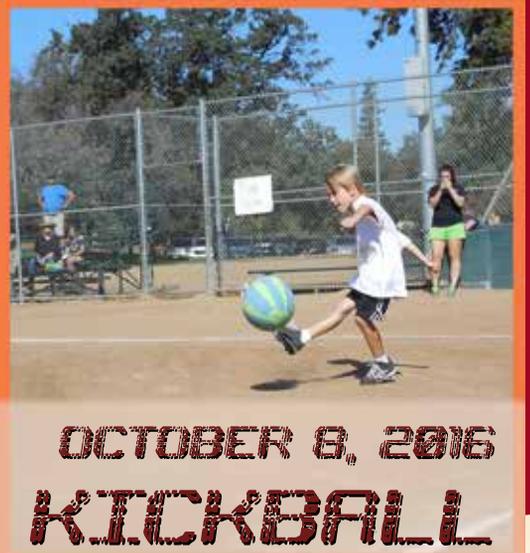
October

Comedy Under the StarsOct. 7
Mother Son KickballOct. 8
Evening of Silent FilmsOct. 14
Halloween Carnival.....Oct. 31

December

Tree Lighting.....Dec. 3
Winter WonderlandDec. 3
Winnie the Pooh Play.....Dec. 3

*For more information on these Special Events, see pages 3-5
or visit our website at fairoakspark.org.*



OCTOBER 8, 2016

MOTHER SON KICKBALL