

The Roost

Activity Guide for January - April 2016

RECREATE





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

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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 • Fax (916) 966-9863
www.fairoakspark.org

Administration

Maureen Zamarripa, District Administrator
mzamarripa@fairoakspark.org

Parks

Park Office (916) 240-3651
 Fax (916) 961-3466

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



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.

Senior Luau



Location: Community Clubhouse
Date: Wednesday, January 20
Time: 11:30am-1:30pm
Tickets: \$12 per person; 2 for \$20

Live Entertainment!

The 12th Annual Senior Luau is an event produced by the Fair Oaks Recreation & Park District and the Fair Oaks Rotary Club. This event allows Senior Citizens in the Fair Oaks community to come together and socialize in a friendly, enjoyable environment and experience a Hawaiian luau.



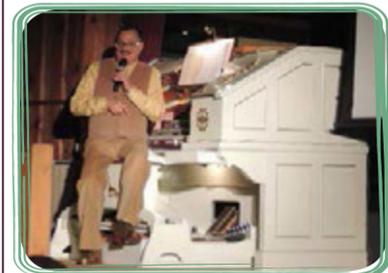
Live music and dancing provided by *Lure of the South Pacific*. Lunch provided by Hannibal's Catering.

Seating is limited. Tickets available at the Fair Oaks Recreation & Park District office. For more information please call: (916) 966-1036.

Silent Movie Night All Ages



Location: Community Clubhouse
Date: Friday, January 29
Time: 7:00pm-9:00pm *Doors open at 6:00pm.*
Tickets: \$6 per person presale
 \$8 at the door *(cash only if space allows)*



Join the Fair Oaks Recreation and Park District and the Sierra Chapter American Theatre Organ Society for a trip back in time.

This night will feature a special showing of "Speedy" (1928) starring Harold Lloyd & Babe Ruth, along with LIVE theatre organ accompaniment by Dave Moreno. Popcorn, snacks and drinks will be available for purchase, cash only.

Volunteer Social and Recruitment Night

Location: Community Clubhouse
Date: Friday, January 15
Time: Open House, 6:30-8:30pm

Join the Fair Oaks Recreation and Park District as we thank and recognize the 2015 volunteers who made an impact on your community and learn about upcoming 2016 volunteer opportunities. Past and future volunteers are encouraged to attend!

- Event will feature:**
- Presentation of volunteer of the year
 - Pre-registration for 2016 volunteer opportunities
 - Appetizers
 - Door prizes

The event is free to attend but we ask each attendee bring a non-perishable food item to be donated to Fair Oaks/ Orangevale Food Bank.



Spaghetti Dinner

Fundraiser for the
Rachel Anne Gray Memorial Scholarship

February 26

\$25 per person

\$225 per table

Tickets go on sale 12/1



St. Mel
Parish Center
4745 Pennsylvania Ave., Fair Oaks

6-9pm

Presented by:

Fair Oaks Recreation & Park District
and the Fair Oaks Youth Advisory Board
916-966-1036 • www.fairoakspark.org



Father Daughter Dance

Location: Community Clubhouse

Date: Friday, Feb 5 Saturday, Feb 6

Time: 6:30-8:30pm 6:30-8:30pm

Tickets: \$25 per couple, \$5 per add'l daughter

No "at the door" ticket sales.

Purchase tickets online or in our office.



Jungle Boogie

Show your WILD SIDE and be a PARTY ANIMAL at the annual jungle-themed Father Daughter Dance put on by the Fair Oaks Youth Advisory Board.

Light refreshments, music, and more! Professional pictures will be available for an additional fee. This event sells out, so purchase your tickets early.

FREE Kids Art Festival:

Community Focus
on Creativity



Location: Village Park

Date: Saturday, April 30

Time: 10:00am-3:00pm

Youth and teens of all ages are invited to join Fair Oaks Recreation and Park District and San Juan Unified School District for a community focus on creativity. Event will feature hands on art workshops, take away stations, music and dance performances, art show, food trucks, and much more! For more information on performing, sponsoring or volunteering please email events@fairoakspark.org.

Now Accepting Vendors

Fair Oaks Recreation and Park District is now accepting vendors for the 2016 11th annual Fair Oaks Chicken Festival (9/17/16).

Vendor applications can be found online at fairoakspark.org/working-with-the-district/vendors/.

It's My Park Day

Location: Miller Park

Date: Saturday, April 9

Time: 8:00-11:00am

Appreciation Lunch: 11:00am-12:00pm

YOU CAN HELP! We invite you and your family to help care for and celebrate your parks! Come work alongside District Staff to clean up your parks and make them THE place to be. At the end of the day the District presents an afternoon lunch to show our appreciation.

Become a volunteer today, email Chelsey Adams at cadams@fairoakspark.org.



Fair Oaks Recreation & Park District & the Fair Oaks Host Lions Club present the Annual...

Easter Eggstravaganza 2016

Saturday, March 26th • 8am-1pm
Rain or Shine

Schedule of Events

8am -11am
Pancake Breakfast

9am- 12pm
Wristband sales and face painting

9am- 1pm
Carnival Games and Choo- Choo Train
*Egg Hunt: Ages 0-3yrs (or until eggs last)
* One visit per child.

9:30am
Egg Hunt: Ages 4-5yrs- Upper & Lower Fields

10:30am
Egg Hunt: Ages 6-7yrs- Upper & Lower Fields

11:30am
Egg Hunt: Ages 8-12yrs- Upper Field

12:00pm
Adult Egg Hunt:
Ages 13 & up (\$3)
Lower Field

Fair Oaks Park

11549 Fair Oaks Blvd.

(916) 966- 1036

Pancake Breakfast
Presented by the Fair Oaks Host Lions Club



Adults \$5
Children \$3



McMillian Center

Ticket Info
All wristbands and tickets sold at the red ticket shack

Unlimited Wristbands: \$10*
Face Painting (cheek only): \$3
Choo- Choo Rides: \$3
Individual Tickets: \$.50

*Unlimited Wristband includes unlimited carnival rides, bouncers, slides, (1) choo-choo ride & (1) face painting.

**ALL TICKET SALES END @ 12PM!
NO REFUNDS.**

Please note this is a **CASH ONLY** event

Easter Bags
\$2 at the green and yellow info booth.

Golden Egg
Find the golden egg in each hunt (excluding the Adult Hunt) & win a prize! Take the golden egg to the green & yellow info booth to claim your prize.

Petting Zoo
Presented by Casa Roble F.F.A. Donations Welcome

Adults
Try your luck at the adult egg hunt! Win gift cards and more!
\$3 admission

Fair Oaks Youth Advisory Board fundraiser.



The W.O.W. Bus

The W.O.W. (Wonderful Outdoor World) Bus is getting kids back outdoors!

This FREE program brings children and families of the community together through a variety of activities. Group activities 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 canceled, dates will be rescheduled and posted on the District website: www.fairoakspark.org.

Spring 2016 W.O.W. BUS SCHEDULE

Date	Location	From	To
3/26	Fair Oaks Park (Easter)	9:00am	1:00pm
4/30	Village Park (Kids Art)	10:00am	3:00pm
5/14	Montview Park	10:30am	12:30pm

For park locations, see our park map on page 31.



Where in Fair Oaks Is Rocky?

Win Tickets to FORPD Events!!

Win Free FORPD Swag!

Rockin' with Rocky



Follow us on Instagram @forpd and facebook.com/FORPD where we will periodically post a picture of Rocky the Roster at a location in Fair Oaks. Be the first to respond with his location to win!

Winter/Spring 2016 Appearances

Silent Movie Night:	1/29/16
Father Daughter Dance:	2/5 & 2/6/16
Easter Eggstravaganza:	3/26/16
It's My Park Day:	4/9/16
Kids Art Festival:	4/30/16



Community Garage Sale

Location:	Fair Oaks Park, Upper Parking Lot
Date:	Saturday, June 4
Time:	8:00am-1:00pm
Fee:	\$35

SAVE THE DATE!

Registration is now open. Registration is limited to 69 booth spaces, so register today at the District Office. (Garage Sale items only).

Community Volunteers

"Parks Make Life Better" 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

1/29	Silent Movie Night
2/26	Rachel Anne Gray Memorial Spaghetti Dinner
3/26	Easter Eggstravaganza
4/9	It's My Park Day
4/30	Kids Art Festival

Volunteer assistance is also needed in the parks and administration departments at the District. For a complete overview of all 2016 volunteer opportunities and to pre-register, attend our Volunteer Social and Recruitment Night on January 15th (see page 3 for more information).

If you are interested in volunteering please contact Sabrina Bernardo at sbernarado@fairoakspark.org or 916-966-1036.

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 please contact the Special Events Coordinator at (916) 966-1036 ext. 15.



Youth Advisory Board

The Fair Oaks Youth Advisory Board is a youth oriented program designed to foster leadership skills while providing programs and events that benefit the residents in the community.



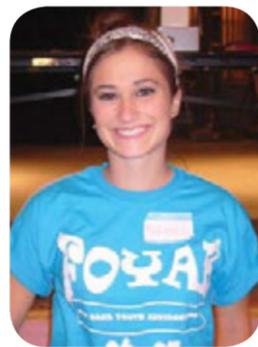
Follow us on Instagram @instafoayab

YOUTH DEVELOPMENT COORDINATOR:
Chelsey Adams, cadams@fairoakspark.org

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

2015-16 Term

Abbey Anderson	Ethan Spotts	Megan Guthertz
Alayne Voss	Eugene Kim	Michael Reckers
Amanda Andriessen	Hadley Gross	Portia Tafoya
Ashley Smith	Hayden Low	Samantha Tripp
Chan Lee	Helen Burch	Seanan McManus
Claire Burch	Jaime Mabbutt	Shannon Fuchs
Devin Avery-Lozano	Kevin Watson	Sunil Shenoy
Emily Smith	Kevin Williams	Veronica Reckers



Rachel Anne Gray Memorial Scholarship

The Scholarship was established in honor of Rachel Anne Gray who passed away September 2, 2012 at the age of 21.

Rachel was a resident of Fair Oaks, a Bella Vista Graduate and a member of the Fair Oaks Youth Advisory Board (FOYAB) from 2006-08.

Three scholarship awards, in the amounts of \$1,500, \$1,000 and \$500 are given annually to deserving high school Juniors or Seniors.

For more information or to donate to the program please contact events@fairoakspark.org.

11/7/1990

—

9/2/2012

Meet Your Admin Team



Jennifer Larkin,
Administrative Services
Coordinator

Since August 2013

"I love the natural beauty of Fair Oaks, with all the parks and river and hills...it's a gorgeous place to work!"



From Left: Jennifer Larkin, Maureen Zamarripa, Kristy Heittman, Paula Lucas, MaryAnn Howard



Paula Lucas, Office Assistant
Since September 2014

"Best part of working at FORPD for me is participating in the community events such as the Rachel Anne Gray Memorial Scholarship Dinner, It's My Park Day and Share the Spirit. I love working with our amazing Staff to put on events that benefit the community. We put in a lot of hours and hard work - but it is so worth it!"



Maureen Zamarripa,
Administrator

Since August 2008

"My favorite thing about working in Fair Oaks is the wonderful people I work with every day-community members, the Board and staff."



Kristy Heittman,
Accounting Coordinator
Since August 2014

"I love working at Fair Oaks because of the beauty that surrounds the area. You can't miss the sense of peacefulness when walking through the neighborhood. A short walk takes you to the village shops, the Bluffs breath taking view and the bridge to cross to the other side of the river."



MaryAnn Howard,
Receptionist

Since October 2006

"I love helping our customers and interacting with them. Where else could you look out the window and see beautiful trees, chickens, squirrels and an occasional flock of wild turkeys strolling through the village? It's a peaceful setting. Fair Oaks Recreation and Park District is definitely the place to be!"

Miller Park Tennis Courts Resurfacing Project Complete

The Miller Park Tennis Courts underwent a resurfacing project in the summer of 2015.

Sierra National Asphalt was awarded the \$45,440 contract to apply Plexipave acrylic over all eight courts. The new court colors are Stadium Blue with Grass Green surround and Titanium White stripes. The District will be installing new windscreens and hardware for the nets in the spring of 2016.



AFTER



BEFORE

Village Hall Renovation Complete

The Downstairs area of the Fair Oaks Clubhouse was remodeled in the summer of 2015 and renamed Village Hall. The updated Hall offers 1200 s.f. of carpeted open floor space with new LED recessed lighting and wainscoting panels. The kitchen has been completely renovated offering the finest in stainless steel counters, including new equipment: a four-burner stove with griddle, a commercial refrigerator, food warmer and ice machine. The lighting and wall treatments make the entire area more beautiful and inviting. The Hall will be a great space for your next event.



AFTER



BEFORE



AFTER



Fair Oaks Horticulture Center in Fair Oaks Park Workshops & Open Garden Days

11549 Fair Oaks Boulevard, Fair Oaks, 95628
www.ucanr.edu/sacmg • 875-6913



Saturday, January 16 • 9:00am - Noon
Workshop

Hear presentations on pruning deciduous fruit trees, blueberries, cranberries and grape vines. Learn tips for the proper planting and care of bare root fruit trees.

Saturday, February 20 • 9:00am - Noon

Open Garden

Talk with Master Gardeners as they demonstrate techniques for pruning fruit trees, grapes, and berries. See the proper methods for pruning ornamental grasses and shrubs. Learn the basics of planting late winter and early spring vegetables.



Saturday, March 12 • 9:00am - Noon

Open Garden

Learn about growing warm season vegetables and fertilizing fruit and citrus trees. Fruit tree pest management Part I. Become wise about selecting water wise plants.



**Be Safe, Be Prepared,
Be Empowered to
Make a Difference!**

facebook.com/sacmg

Metro Fire's Community Emergency Response Team (CERT) program is an all-risk, all-hazard training. This training is free to citizens who work or live in Sacramento County. Training covers Disaster Awareness, Fire Safety Tech, Disaster Psychology, Terrorism and so much more. Teenagers (13-17) are welcome with an adult or guardian. For more information visit www.metrofire.ca.gov, call (916) 859-3776 or email cert@metrofire.ca.gov.

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

Fair Oaks Rotary Club
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
forctennis.com

Fair Oaks Host Lions Club
fairoakshostlionsclub.com

Fair Oaks Moms Club
fairoaksmomsclub.webs.com

Fair Oaks Community Gardens
focgcc@yahoo.com

Phoenix Community Gardens
myphoenixgarden@gmail.com

Registration begins April 14



Recreation Based 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.*

*limited number of Buy-Outs per class available



Fair Oaks Preschool

Location: 8090 Grande Ave, Fair Oaks

2016-2017 School Year, Aug 15 - May 26

*For children ages 3-5 years old (children must be potty trained)

Fair Oaks Preschool's focus is on the social development of children ages three through five years old. Children will benefit by developing their social skills through play, art, projects, stories, songs, games, and outside play. Children will also have the opportunity to develop their independence, self-help and sharing skills and learn to follow directions. Our free-flow structure and developmentally-appropriate curriculum provide an environment where each unique child can learn and grow, and where parents can learn more about their children. Teachers are experienced instructors committed to offering your preschooler a positive experience and providing support for your child's first school years.



PROGRAM OPTIONS

Days:	Mon, Wed & Fri
Time:	9:00am - 12:00pm
Fee:	\$190 (\$185 res) per 4 week session
Days:	Mon, Wed & Fri
Time:	12:45 - 3:30pm
Fee:	\$190 (\$185 res) per 4 week 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.

Days:	Tue/Thu
Time:	9:00am - 12:00pm
Fee:	\$140 (\$135 res) per 4 week 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 \$80 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



To receive cancellation notifications automatically on your smartphone, download the free Kidz Love Soccer app.

Mommy/Daddy & Me Soccer

Instructor: Kidz Love Soccer Coach

Location: Fair Oaks Park

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.

5555.15	Fri	9:00-9:45am	Ages 2-3.5	1/22-3/11	\$105 (\$100 res)
5555.25	Fri	9:00-9:45am	Ages 2-3.5	4/8-5/27	\$105 (\$100 res)
5555.25	Sat	6:00-6:30pm	Ages 2-3.5	4/8-5/27	\$105 (\$100 res)



Kidz Love Soccer (KLS)

Instructor: Kidz Love Soccer Coach

Location: Fair Oaks Park

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."*TM

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

5555.11	Fri	1/22-3/11	Tot/Pre Soccer	Ages 3.5-5	10:10-10:45am	\$105 (\$100 res)
5555.12	Fri	1/22-3/11	Tot/Pre Soccer	Ages 3.5-5	3:10-3:45pm	\$105 (\$100 res)
5555.13	Fri	1/22-3/11	Techniques & Teamwork	Ages 5-6	3:45-4:30pm	\$105 (\$100 res)
5555.14	Fri	1/22-3/11	Skillz & Scrimmage	Ages 7-10	4:30-5:15pm	\$105 (\$100 res)
5555.21	Fri	4/8-5/27	Tot/Pre Soccer	Ages 3.5-5	10:10-10:45am	\$105 (\$100 res)
5555.22	Fri	4/8-5/27	Tot/Pre Soccer	Ages 3.5-5	3:10-3:45pm	\$105 (\$100 res)
5555.23	Fri	4/8-5/27	Techniques & Teamwork	Ages 5-6	3:45-4:30pm	\$105 (\$100 res)
5555.24	Fri	4/8-5/27	Skillz & Scrimmage	Ages 7-10	4:30-5:15pm	\$105 (\$100 res)



Tiny Tot Sports Classes

Instructor: Recreation Staff

Location: Fair Oaks Park

Ages: 3-5

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.

Tiny Tot T-Ball

1129.11	Sat	9-9:45am	Ages 3-5	4/2-4/23	\$36 (\$31 res)
1129.12	Sat	9-9:45am	Ages 3-5	5/7-5/28	\$36 (\$31 res)

Team Sports Camp A different sport each week

2122.11	Sat	10-10:45am	Ages 3-5	4/2-4/23	\$36 (\$31 res)
2122.12	Sat	10-10:45am	Ages 3-5	5/7-5/28	\$36 (\$31 res)

SA Shotokan Karate

Instructor: Sensei Adriaan Van Vuuren
 Ages: 6+
 Fee: \$158 (\$153 res) 3 mos
 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. 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.

Class Level	Day	Time
Beginner	M/W	4:15-5:00pm
Yellow/Orange	M/W	5:00-5:45pm
Green/Blue	M/W	5:45-6:30pm
Purple/Red	M/W	5:45-6:30pm
Brown/Black	Tu/Th	5:00-6:00pm
1301.11		1/4-1/27*
1301.12		2/1-2/29
1301.13		3/2-3/28
1301.14		4/4-4/27

*No class 1/18

Grange Hall Karate

Location: Orangevale Grange Hall, 5807 Walnut Ave.
 This class accommodates student levels from beginner to yellow belt.

Beginner/Yellow			
1302.11	Tu/Th	1/5-1/28	6:15-7:00pm
1302.12	Tu/Th	2/2-2/26	6:15-7:00pm
1302.13	Tu/Th	3/1-3/21	6:15-7:00pm
1302.14	Tu/Th	4/5-4/28	6:15-7:00pm

Preschool Karate

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



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. Discounted rates not available online.

1300.11	Tu/Th	1/5-1/28	4:30-5:00pm
1300.12	Tu/Th	2/2-2/26	4:30-5:00pm
1300.13	Tu/Th	3/1-3/31	4:30-5:00pm
1300.14	Tu/Th	4/5-4/28	4:30-5:00pm

Youth Aikido

Instructor: Steven Miranda
 Location: Orangevale Youth Center, 6745 Hazel Ave
 Ages: 8-15
 Fee: \$93 (\$90 res) 3 months
 Introductory offer, new students only!
 3 months for \$58 (\$55 res)
 Family Special: First person full price, each additional youth family member \$28 (\$25 res) per month.

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. Discounted rates not available online.

1400.11	1/5-1/28	Tu/Th	6:30-7:30pm	& Sat	8:30-9:30am
1400.12	2/2-2/25	Tu/Th	6:30-7:30pm	& Sat	8:30-9:30am
1400.13	3/1-3/31	Tu/Th	6:30-7:30pm	& Sat	8:30-9:30am
1400.14	4/5-4/28	Tu/Th	6:30-7:30pm	& Sat	8:30-9:30am

Byers Gymnastics

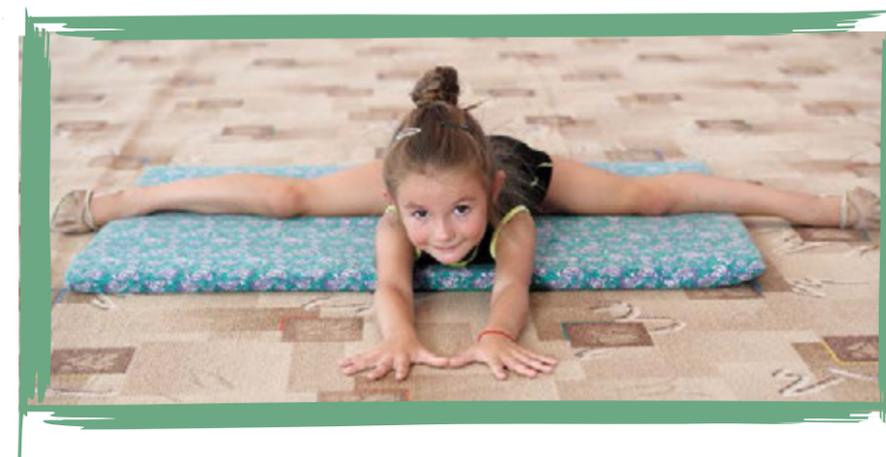
Parent Participation Gymnastics

Instructor: Byers Gymnastics
 Location: Byers Gym, Citrus Heights
 Ages: Walking - 2.9

This Parent Participation class is designed for children from the time they walk until age 3. Parents help children with gross

motor skills and help with circuits, tumbler, incline mats, small bars and more. Join us as we bounce, climb, roll, swing and have a great time learning gymnastics.

1316.31	\$87 (\$82 res)	Th	1/7 - 2/11	9:30-10:15am
1316.32	\$97 (\$92 res)	Th	2/18 - 3/31	9:30-10:15am
1316.33	\$107 (\$102 res)	Th	4/7 - 5/26	9:30-10:15am



Tot Gymnastics

Instructor: Byers Gymnastics
 Location: Byers Gym, Citrus Heights
 Ages: 3

In this first class away from mom and dad, children learn to listen to the teacher as they work on jumping, practice rolls, walk on low beams. Small bars are used to teach hanging skills, kickovers, and straddle-up. The Tot class also works on rhythms, pinwheels, donkey kicks, gymnastics tables and crab walks.

1318.31	\$87 (\$82 res)	Th	1/7-2/11	10:15-11:00am
1318.32	\$97 (\$92 res)	Th	2/18-3/31	10:15-11:00am
1318.33	\$107 (\$102 res)	Th	4/7-5/26	10:15-11:00am

Kindergym

Instructor: Byers Gymnastics
 Location: Byers Gym, Citrus Heights
 Ages: 4-5

Children aged four and five will learn basic gymnastics skills including proper stretching and conditioning. This class continues to develop body and awareness, basic gymnastic skills and introduces Olympic events.

1319.31	\$87 (\$82 res)	Th	1/7-2/11	11:00-11:45am
1319.32	\$97 (\$92 res)	Th	2/18-3/31	11:00-11:45am
1319.33	\$107 (\$102 res)	Th	4/7-5/26	11:00-11:45am



Two Rivers Music Together

Instructor: Georgia Wade
 Location: Old Fair Oaks Library
 Ages: 0 - 4
 Fee: \$153 (\$148 res)
 Materials Fee: \$20 includes a song book, CD and download 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 is play-based and requires that adult model and participate in class.

4641.11	Fri	1/8-3/11	10:00-10:45am
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An Under the Sea Drawing Experience

Instructor: Susan Frank
 Location: Old Fair Oaks Library
 Ages: 5-12
 Fee: \$58 (\$53 res)

Learn to draw the creatures of the sea one line at a time. Enjoy drawing a variety of fish, dolphins, sea turtles and more while learning drawing, composition, and coloring techniques. Children will color their creations with a variety of materials from crayons and markers to tissue paper and watercolor for them to take home and enjoy.

7172.12	Th	2/11-3/17	4:00-5:30pm
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Basic Horsemanship

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

This is a four week introductory class that teaches history, major breeds of horses, diseases, horse care, grooming, saddling and western riding.

Our Motto is: Be Safe, Be in Control, and HAVE FUN!!
 Closed toed shoes and long pants are mandatory.

1718.15	Wed	2/3-2/24	3:30-5:00pm
1718.16	Wed	3/2-3/23	3:30-5:00pm
1718.17	Wed	4/6-4/27	3:30-5:00pm

Family Pottery

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Ages: 5-17 with parent
 Fee: \$79 (includes parent and child) (\$74 res)
 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!

1610.11	Tu	1/12- 2/9	4:15-5:30pm
1610.12	Tu	1/12- 2/9	6:15-7:30pm
1610.13	Tu	3/1- 4/5	4:15-5:30pm*
1610.14	Tu	3/1- 4/5	6:15-7:30pm*
1610.15	W	4/6- 5/4	4:15- 5:30pm
1610.16	W	4/6- 5/4	6:15- 7:30pm

No Class 3/22

Mommy & Me Little Hands Pottery

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

Materials Fee: \$10 per person paid to instructor

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

1611.14	Sat	4/23	11:30am - 12:30pm
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New Star Children's Theatre Musical Theatre Workshop

We welcome ALL who audition regardless of experience! Cast members 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. All children are given roles with lines. 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 lifetime!



New Star Children's Theatre Musical Theatre Workshop "ROCK, the Musical"

Instructor: Dana Hendry
 Location: Sundays: Clubhouse 3:30-7:30pm
 Mondays: Arts and Crafts 6:30-8:30pm
 Tuesdays: Clubhouse 6:30-8:30pm
 Ages: 7-18
 Fee: \$303 (\$298 res)
 Materials Fee: \$30 per person paid to instructor
 \$45 per person paid to costume coordinator

"Rock the Musical!", written by New Star Producer Robert B. Hendry III and Director Dana Hendry (both are Emmy-nominated Playwrights/Songwriters). Great roles for boys and girls of all ages!

This original musical written for children and young people tells the story of "Rock", a young and talented singer who is making the town famous as a contestant on the "The STAR Factor" a world famous reality talent competition. Just as he makes it into the Top 10 contestants his life is rocked by a tragedy. The sudden death of his sister, forces him to have to leave his life in Hollywood to return to his small town and look after his nieces. He takes a job as the new School Musical director at the town's elementary school, and proceeds to "shake" up the whole school by throwing away their traditional school musical of The Sound of Music and writing his own ROCK musical to do with the kids. Against advice from the other teachers at the school, the uptight Principal, the nervous and angry parents, and the anxious students, he forges ahead with his plan to ROCK the MUSICAL turning his tragedy into triumph, realizing that he has found his TRUE dream.

Audition date: Tuesday, January 19, 6:00-9:00 pm

For audition details, please check online at fairoakspark.org

1724.14	Su	1/19 - 5/1	3:30-7:30pm
	M/Tu		6:30- 8:30pm

Supernova Performance Troupe

Instructor: Dana Hendry
 Location: Arts and Crafts Building
 Ages: 7-18
 Fee: \$258 (\$253 res)
 Materials Fee: \$30 per person paid to instructor
 \$45 per person paid to costume coordinator

Come be part of the Ultimate "Glee" club, a singing and dancing program for kids. Children are taught singing and dancing numbers to perform. We teach the kids to feel self-confident, working in a group, to 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 Theater and receive discount for Supernova: \$150 (\$145 res).

1724.15	M	1/25 - 4/18	5:00-6:30pm
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New Star Junior Theatre

Instructor: Dana Hendry
 Location: Clubhouse Auditorium
 Ages: 4-6
 Fee: \$193 (\$188 res)
 Materials Fee: \$30 per person paid to instructor
 \$45 per person paid to costume coordinator

New Star Junior Theatre is a special musical theatre program introducing the magic of performing to boys and girls ages 4-6. They are taught singing, dancing and acting and will perform in January in their own production with costumes, lights, sound, sets, and props. Their production will be a forty five minute version of "ROCK, the Musical!" in which they will perform the best parts of the show! All Junior stars will receive a role.

1724.13	Tu	1/19 - 5/10	5:00-6:30pm
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Theatre Leadership Training

Instructor: New Star Theatre
 Location: Sundays: Clubhouse 3:30 – 7:30 pm
 Mondays: Arts and Crafts 6:30 – 8:30 pm
 Tuesdays: Clubhouse 6:30 – 8:30 pm
 Ages: 13 and up
 Fee: \$183 (\$178 res)
 Materials Fee: \$20 per person paid to instructor

Interested in being a Director or a Choreographer? Want to learn to do lights, build sets, design props, run the stage crew? New Star is happy to offer a leadership training program for students interested in learning how to work behind the scenes in a theatrical production. Students will be offered opportunities to learn directing, choreography, lighting, sound, set-design, set building, stage-managing, creating props and being in supervisory positions assisting the Director and other staff members.

Students will be expected to attend rehearsals for the current production "Rock the Musical" on Sundays, Mondays and Tuesdays, and will also be expected to help at other scheduled times for painting, building etc and at all dress rehearsals and performances. Students can choose areas of interest that they would like to "Specialize" in. Students will be given a certificate of completion at the end of the production for Level 1. They may be invited back to complete level 2 based on their performance. They will also be offered letters of recommendation to use for job searches in the future. New Star also likes to hire students that they have trained once they are over 16.

1724.14	Su	1/19 - 5/1	3:30-7:30pm
	M/Tu		6:30-8:30pm

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 for \$158 (\$153 res) for new students only!
 Family Special: First person full price, each additional adult member \$58 (\$53 res) per month.

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.

1401.11	Tu/Th	1/5-1/28	7:30-9:30pm	&	Sat	7:30-8:30am
1401.12	Tu/Th	2/2-2/25	7:30-9:30pm	&	Sat	7:30-8:30am
1401.13	Tu/Th	3/1-3/31	7:30-9:30pm	&	Sat	7:30-8:30am
1401.14	Tu/Th	4/5-4/28	7:30-9:30pm	&	Sat	7:30-8:30am

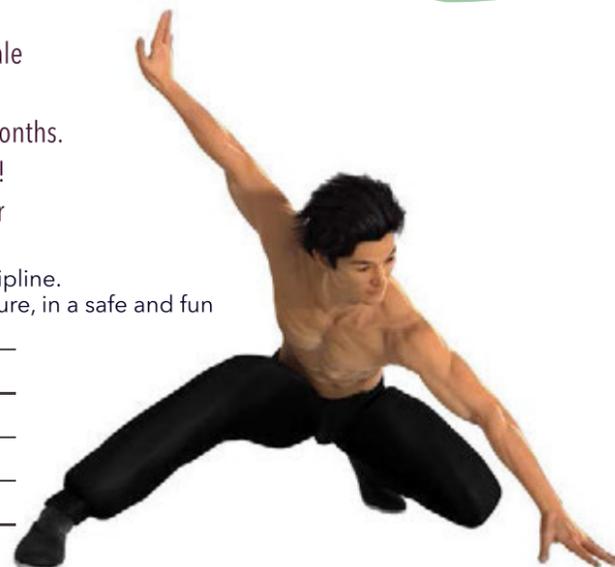
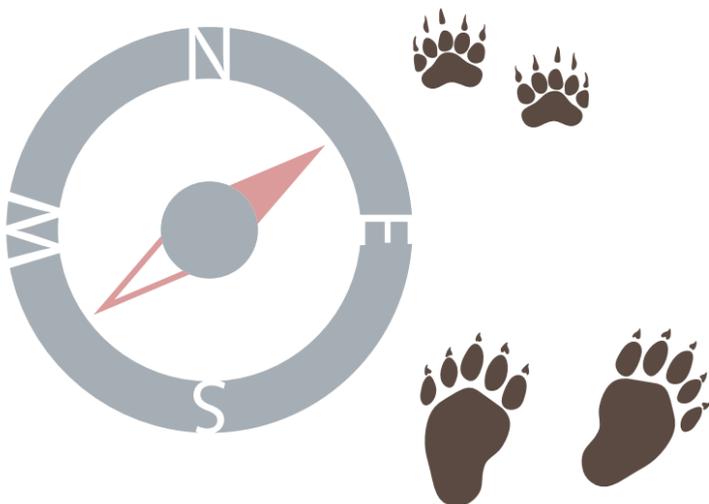
Discounted rates not available online.

Hunter Education & Safety

Instructor: Casey Steel
 Location: McMillan Center
 Ages: 9 & Over
 Fee: \$15
 Materials Fee: \$5 per person paid to instructor

This program reduces the potential for firearm accidents, promotes hunting ethics, wildfire conservation and teaches basic outdoor skills and game care. State-mandated hunter education class. Hunter Safety card issued upon successful exam completion.

5656.14	W/Th	3/9 - 3/10	5:00-9:30pm
5656.15	W/Th	4/6 - 4/7	5:00-9:30pm



Freshi Media, Play-Well Teknologies & Mad Science

New Camps



Video Game Design: Platform Games!

Instructor: Freshi Media
 Location: Orangevale Community Center
 Ages: 8-12
 Fee: \$135 (\$130 res)

Using Multimedia Fusion 2 Software, students will create a multi-level platform game. In this class, students will work with a partner to create unique levels, characters, and an original plot line. You will give your characters gravity and create interesting and original bad guys to challenge you through your game. *(Please bring a notebook and pencil to class for note taking)*

6615.11	Wed	1/27 - 3/16	4:00-5:15pm
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Intro to Video Game Design! (Teen Class)

Instructor: Freshi Media
 Location: Orangevale Community Center
 Ages: 13-16
 Fee: \$135 (\$130 res)

Using PCs, teens will learn how to create an original video game! Game developers work together to create a side scrolling video game. Give your characters gravity and create interesting and original bad guys to challenge you through your game. Students will learn to work with design, animation, and programming tools. *(Please bring a notebook and pencil to class for note taking)*

6615.12	Wed	3/30 - 4/27	4:00-6:00pm
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EUREKA! The Inventor's Camp

Instructor: Mad Science
 Location: Orangevale Community Center
 Ages: 6-12
 Fee: \$117 (\$112 res)

Be inspired by the most famous inventors in history - Ben Franklin, the Wright Brothers, Leonardo Da Vinci, Rube Goldberg! - and create your OWN inventions! Use their techniques to break through a series of modern day challenge. You will learn how to invent solutions to problems and make them come to life, just like these legendary innovators did. Construct catapults and forts, design underwater vehicles, build a mini-amplifier, and assemble a working light saber to take home. Thomas Edison said "invention is 10% inspiration and 90% perspiration, but this camp is 100% FUN!!"

6610.14	M-F	3/21 - 3/25	9:00am-12:00pm
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Radical Robots

Instructor: Mad Science
 Location: Orangevale Community Center
 Ages: 6-12
 Fee: \$117 (\$112 res)

Materials Fee: \$25 per person paid to instructor

Robots are taking over! Learn all about robots and how they are used in our world. Perform experiments with cool robots including sound-sensing robots, line-tracking robots, light-sensing robots and even robots that can play soccer! Cool! Discover the science of circuits and how robots use sensors to explore things around them. Throughout this camp, you will make your own robot and take it home at the end of the week!

6610.13	M-F	3/21 - 3/25	12:30-3:30pm
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Healthcare Provider CPR & AED (Initial and Review)

Instructor: Rescue Training Institute, Inc.
 Location: 13405 Folsom Blvd #150, Folsom, CA 95630
 Fee: \$68 (\$63 res)

Class is intended for present and future EMS, Medical, Dental & Allied Health professionals

5151.11	Sat	1/16	8:00am-12:00pm
5151.12	Sat	1/23	8:00am-12:00pm
5151.13	Sat	2/13	8:00am-12:00pm
5151.14	Sat	2/20	8:00am-12:00pm
5151.15	Sat	3/12	8:00am-12:00pm
5151.16	Sat	3/19	8:00am-12:00pm
5151.17	Sat	4/9	8:00am-12:00pm
5151.18	Sat	4/16	8:00am-12:00pm

Healthcare Provider CPR Skills Session

Instructor: Rescue Training Institute, Inc.
 Location: 13405 Folsom Blvd #150, Folsom, CA 95630
 Fee: \$48 (\$43 res)

Prerequisite: Separate purchase and completion of the OnlineAHA.org Healthcare Providers CPR/AED online course. Bring Completion Certificate to class.

5252.11	Sat	1/16	12:30-1:30pm
5252.12	Sat	1/23	12:30-1:30pm
5252.13	Sat	2/13	12:30-1:30pm
5252.14	Sat	2/20	12:30-1:30pm
5252.15	Sat	3/12	12:30-1:30pm
5252.16	Sat	3/19	12:30-1:30pm
5252.17	Sat	4/9	12:30-1:30pm
5252.18	Sat	4/16	12:30-1:30pm



Child and Babysitting Safety (CABS)

Instructor: Rescue Training Institute, Inc.
 Location: 13405 Folsom Blvd #150, Folsom, CA 95630
 Ages: 11-15
 Fee: \$63 (\$58 res)

Materials Fee: \$5 per person 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.

6161.11	Tu/W	1/5 - 1/6	5:30-8:30pm
6161.12	Tu/W	2/9 - 2/10	5:30-8:30pm
6161.13	Tu/W	3/8 - 3/9	5:30-8:30pm
6161.14	Tu/W	4/5 - 4/6	5:30-8:30pm

Babysitting CPR

Instructor: Rescue Training Institute, Inc.
 Location: 13405 Folsom Blvd #150, Folsom, CA 95630
 Ages: 11-15
 Fee: \$43 (\$38 res)

Teaches child and infant CPR. Companion class to Child and Babysitting Safety (CABS)

6262.11	Fri	1/8	5:00-7:00pm
6262.12	Fri	2/12	5:00-7:00pm
6262.13	Fri	3/11	5:00-7:00pm
6262.14	Fri	4/8	5:00-7:00pm

CPR/AED/FIRST AID Training For Infant, Child & Adult

This course is EMSA Certified

Instructor: Breath of Life
 Location: Old Fair Oaks Library
 Ages: 12 & Up
 Fee: \$75 (\$70 res)

Materials Fee: \$10 per person paid to instructor

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!*

4444.14	Sat	1/23	8:00am-4:30pm
4444.15	Sat	3/19	8:00am-4:30pm
4444.16	Sat	5/14	8:00am-4:30pm

FAIR OAKS BUBBLE SOCCER



Join us in playing the fun and hilarious game of Bubble Soccer. This exciting and exhilarating sport will have you feeling like a kid again. Come join us for open play pick-up games and leagues. Be one of the first to play Bubble Soccer in the Sacramento area.

Bubble Soccer is best described as a cross between bumper cars and soccer. Get a great workout while having a whole lot of fun!

Open Play Pick-Up Games

Register online or in the District Office for single-day Co-ed pick-up games. Space is limited to 15 people per day.

Location: Fair Oaks Park Multipurpose Field

Ages: 18 & Up

Fri	3/11	6:30-8:00pm	\$8 per player
Fri	4/8	6:30-8:00pm	\$8 per player

5 on 5 Co-Ed League

Put a team together for your chance to be crowned the Fair Oaks Bubble Soccer Champions!

Location: Fair Oaks Park Multipurpose Field

Ages: 18 & Up

Registration Deadline: 4/8 @ 5pm (in office only)

Fri	4/22-6/10	6:15-8:15pm	\$355/team (7 game minimum)
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*Must have at least 1 female player on the field at all times.

Want to play in a league but don't have a team? Join our free agent list by emailing NDavison@fairoakspark.org.

Bubble Soccer Rental Packages

Ages: 15 & Up

Think Bubble Soccer is awesome and want to do a private party with your friends or your company? We can help you facilitate a unique and unforgettable recreational experience.

Contact Info:

Nick Davison Sports Coordinator
ndavison@fairoakspark.org
 916-966-1036 x20



Adult Sports Leagues

Fair Oaks Recreation & Park District offers year-round Adult Sports leagues. Sports offered by the District 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 Monday 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 woman's D. Games are held on Sundays from 1:00-8:00pm at Bella Vista High School.

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



Follow us on Twitter for field (weather) updates.

@fairoakspark



Parkour & Free-Running

Instructor: Free Flow Academy Staff
 Location: Orangevale Community Park Family Picnic Area
 Ages: 6-17

Unleash your inner Ninja Warrior by learning how to climb and vault over obstacles. Parkour is the ultimate body weight work out that is incredible fun, challenging, and helps develop functional skills both in mind and body. Learn to be strong and useful with the most experienced and certified trainers in the northern region of California. Comfortable clothes and soft soled shoes are required.



4879.22	\$164 (\$159 res)	M & W	1/11-2/17	6:30-7:30pm
4879.23	\$107 (\$102 res)	Th	1/14-3/3	5:30-6:30pm
4879.24	\$86 (\$81 res)	Fri	1/15-2/19	5:30-6:30pm
4879.25	\$88 (\$83 res)	Fri	2/26-4/1	5:30-6:30pm

Hatha Yoga

Instructor: Judith Aubin
 Location: Community Clubhouse
 Ages: 18 & up
 Punch Card: \$68 (\$63 res) good for 6 classes
 Sessions: Ongoing (begin any time)

Stretching, Relaxing And Stress-Relieving Yoga

Tu 8:00-9:15am

Strengthening Yoga

Fri 8:30-10:00am

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 encourage 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.



Line Dancing

Instructor: Norm & Phyllis Gifford
 Location: Community Clubhouse
 Ages: 18 & up
 Fee: 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.

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

Round Dance

Instructor: Marie Hathaway
 Location: Community Clubhouse
 Ages: 18 & up
 Fee: \$44 (\$39 res)

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 detailed description of each phase please call or check online. Please wear casual attire with danceable shoes. Visitors welcome to observe.

A Beginner class is planned for May 2016.

Phases 1 & 2: Beginner Waltz and Two-step will begin in May

Phase 2 & 3: Easy Intermediate Waltz & Two-step

Tue	1/5-2/23	11:15am-12:45pm
Wed	1/6-02/24	5:45-7:15pm
Tue	3/8-4/26	11:15am-12:45pm
Wed	3/9-4/27	5:45-7:15pm

Phase 3 & 4: Intermediate Multiple Rhythms

Tue	1/5-2/23	1:00-3:00pm
Wed	1/6-2/24	7:30-9:30pm
Tue	3/8-4/26	1:00-3:00pm
Wed	3/9-4/27	7:30-9:30pm

"Wild Horses" Sunday Line Dances

Location: Community Clubhouse
 Ages: 14 & up
 Fee: \$8 per class

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

4313.11	Sun	1/17	2:00-4:30pm
4313.12	Sun	2/7	2:00-4:30pm
4313.13	Sun	3/6	2:00-4:30pm
4313.14	Sun	4/3	2:00-4:30pm



Beginning Salsa

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

If you've never danced before or 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.

5117.11	W/F	1/6 - 1/29	8:00 - 9:00pm
5117.12	W/F	2/3 - 2/26	8:00 - 9:00pm
5117.13	W/F	3/2 - 3/25	8:00 - 9:00pm
5117.14	W/F	4/6 - 4/29	8:00 - 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 will perfect the leading and following techniques needed to smoothly execute these more advanced patterns.

5118.11	Wed	1/6 - 1/27	9:00 - 10:00pm
5118.12	Wed	2/3 - 2/24	9:00 - 10:00pm
5118.13	Wed	3/2 - 3/23	9:00 - 10:00pm
5118.14	Wed	4/6 - 4/27	9:00 - 10:00pm

Beginning Guitar

Instructor: Mike Jackson
 Location: Old Fair Oaks Library
 Ages: 18 & up
 Fee: \$108 (\$103 res)
 Materials Fee: \$15 per person 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 15 minutes a day. The class will end the 10 weeks with a small concert for family and friends.

5650.12	Wed	2/10 - 4/13	7:00 - 8:30pm
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Basic Horsemanship

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

This is a four week introductory class that teaches history, major breeds of horse, diseases, horse care, grooming, saddling and western riding.

Our Motto is: Be Safe, Be in Control, and HAVE FUN!!
 Closed toe shoes and long pants are mandatory.

1718.12	Wed	2/3-2/24	6:00 - 7:30pm
1718.13	Wed	3/2-3/23	6:00 - 7:30pm
1718.14	Wed	4/6-4/27	6:00 - 7:30pm

Visit your Dog Park in Phoenix Park.

Just under 2 acres, with 3 separated areas.

For more information visit www.fordog.org.



Introduction to the Art of Bonsai

Instructor: Roger Steel
 Location: McMillan Center
 Ages: 18 & up
 Fee: \$58 (\$53 res)



Materials Fee: \$10 per person paid to instructor

This course is perfect for beginners and novices alike. Course will include hands-on instruction to the garden and plant techniques as they apply to the art of bonsai, including tools, plants and artistic expression. Material fee will supply each student with their own bonsai tree to take home at the end of the course.

2400.12	Tu	2/2 - 3/8	6:00 - 7:30pm
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Mosaic Design

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Ages: 18 & Up
 Fee: \$79 (\$74 res)

Materials Fee: \$35 per person 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 design.

5053.15	F	1/22 - 2/12	1:00 - 4:00pm
5053.16	S	1/23 - 2/13	1:00 - 4:00pm
5053.17	F	4/1 - 4/22	1:00 - 4:00pm
5053.18	S	4/2 - 4/23	1:00 - 4:00pm

Adult Pottery

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Ages: 18 & Up
 Fee: \$79 (\$74 res)

Materials Fee: \$25 per person paid to instructor

Come have fun 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 is on fun - while exploring your creative side. Although this is a beginning class, all levels are welcome.

5110.17	Tu	1/19 - 2/9	1:30 - 3:30pm
5110.18	W	1/20 - 2/10	1:30 - 3:30pm
5110.19	W	2/24 - 3/16	1:30 - 3:30pm
5110.11	Tu	3/15 - 4/5	1:30 - 3:30pm
5110.12	Tu	4/12 - 5/3	1:30 - 3:30pm
5110.13	W	4/13 - 5/4	1:30 - 3:30pm

Adult Pottery Studio

Instructor: Michelle Lueth
 Location: Arts & Crafts Building
 Ages: 18 & Up
 Punch Card: \$70 (\$65 res) good for 4 classes

Materials Fee: \$25 per person paid to instructor

This open studio is for students who have previously taken an adult potter 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 and expires 60 days from date of purchase. One class equals 2 hours of studio time.

1616.15	Tu/W	Jan	12:30 - 6:00pm
1616.16	Tu/W	Feb	12:30 - 6:00pm
1616.17	Tu/W	Mar	12:30 - 6:00pm
1616.18	Tu/W	Apr	12:30 - 6:00pm



Come REcreate Today!
 Parks Make Life Better!

Mixed Media

Instructor: Susan Munoz
 Location: Arts & Crafts Building
 Fee: \$40 (\$35 res) good for 10 classes



Join us and have fun painting various techniques with acrylics and added mediums to our paintings. This is a friendly group atmosphere. For a complete supply list please call, check online or speak with the instructor.

Th 1/7-4/28 1:00-4:00pm



Senior Stretch

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

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. Program is on-going, join at any time. Please bring a towel to class.

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

No program on District holidays

FREE Estate Planning: Wills, Trust & Probate

Instructor: Julia Himovitz, Generations Law
 Location: Village Hall

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. **Classes are FREE but you must pre-register.**

8909.14 Th 4/14 10:00-11:00am

Zumba Gold

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



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, more!

M	1/4-1/25*	11:15am - 12:05pm
M	2/1-2/29**	11:15am - 12:05pm
M	3/7-3/28	11:15am - 12:05pm
M	4/4-4/25	11:15am - 12:05pm

*No class 01/18, class fee prorated to \$20.75 (\$15.75 res) **No class 02/15



Benefits of Life-long Recreation:

- Reduces Obesity
- Diminishes Risk of Chronic Disease such as Heart Disease, Diabetes, Cancer, and Osteoporosis
- Boosts Immune System
- Increases Life Expectancy
- Reduces Depression
- Relieves Stress
- Improves Quality of Life, including Self-Esteem, Personal and Spiritual Growth, and Life Satisfaction

New Members Wanted!



P.A.S.A.
Program for Active Senior Adults



Attend a meeting today! First 3 meetings are free!

PASA is a social organization for adults age 50 and up. Meet new friends, stay active and enrich your life. Meetings are the 2nd & 4th Wednesday of each month from 11:00am-1:00pm.



Location: McMillan Center, 11549 Fair Oaks Blvd.
Building is accessible for those with disabilities
Dues: \$10 yearly paid to group

Questions? Call the office at (916) 966-1036 or PASA member Alice at (916) 601-6365

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.



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.

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.



Picnic/Outdoor Areas

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

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

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

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 and 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.

The 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.

Contact events@fairoakspark.org for information on special event rentals.



For descriptions, reservations, rental fees, or to schedule a walk-through, visit www.fairoakspark.org or contact the District at (916) 966-1036.

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 our 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 registration.



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. 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. **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. Events and vendors do not apply. Email events@fairoakspark.org for clarification.



Scholarship Opportunity

The District's goal is to provide a quality recreation experience for 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.

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).

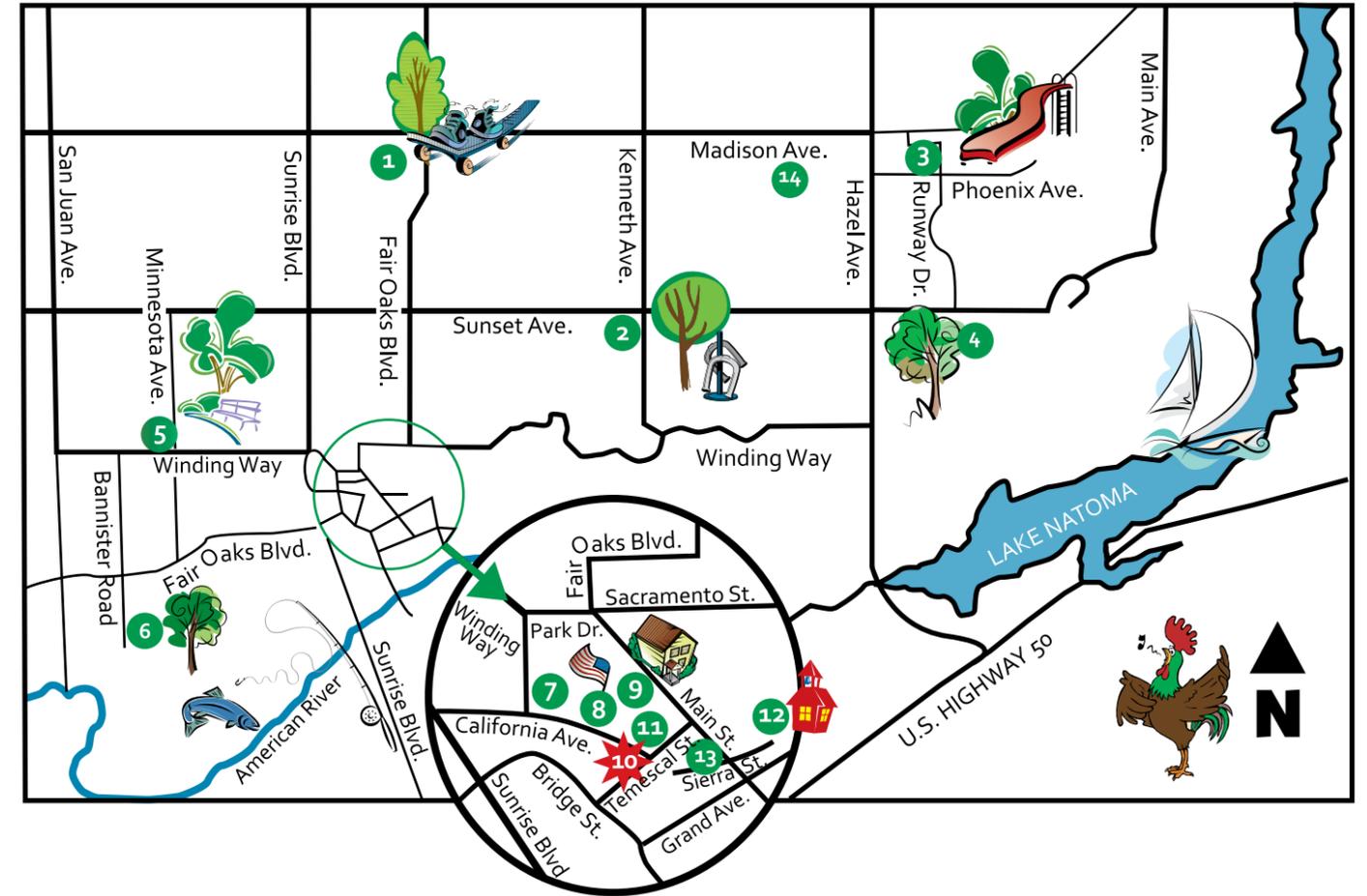
Parental Consent: (To be completed and signed by parent/guardian if applicant is under 18 years of age)

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



1. Fair Oaks Park/McMillan Center, 11549 Fair Oaks Blvd.

Summer camp, basketball, softball, soccer, playground, 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, amphitheater

8. Veterans Memorial Amphitheatre, 7991 California Ave.

Comedy Under the Stars, Fair Oaks Theatre Festival performances

9. Community Clubhouse / Village Hall / 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

14. Vintage Woods

Madison & Hazel behind Petco

Special Events



@forpd



@fairoakspark



facebook.com/FORPD

Volunteer Social & Recruitment Night	1/15
Senior Luau	1/20
Silent Movie Night	1/29
Father Daughter Dance	2/5, 2/6
Rachel Anne Gray Memorial Spaghetti Dinner Fundraiser	2/26
Easter Eggstravaganza	3/26
It's My Park Day	4/9
Kids Art Festival	4/30

*For more
information on
these Special
Events,
see pages 3-6
or visit our
website at
fairoakspark.org.*

*"Be the change you wish to
see in the world"
-Gandhi*

**Fair Oaks Youth
Advisory Board**

