

FAIR OAKS RECREATION AND PARK DISTRICT

# The Roost

*Winter/Spring 2011*



*Find us on facebook for updates on district programs!*

4150 TEMESCAL ST., FAIR OAKS, CA 95628 • 916/966-1036  
Register online 24/7 @ [www.fairoakspark.org](http://www.fairoakspark.org)

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## BOARD OF DIRECTORS

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

## DISTRICT OFFICE

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

## ADMINISTRATION

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

## PARKS

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

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

Look for these class icons below to see  
 what is in store for you.



*Fitness-Strength-Knowledge-Creativity-Community*



Cover photo courtesy of  
 Rich Baum Photography  
 916 296-5778  
[rich.baum@sbcglobal.net](mailto:rich.baum@sbcglobal.net) or  
 website: [richbaum.smugmug.com](http://richbaum.smugmug.com)

graphic design by Lenore Wellings • 916-933-3328

## FAIR OAKS RECREATION & PARK DISTRICT

### Our New Vision

*“To be the primary recreation provider of choice  
 for the Fair Oaks community”*

Greetings,

As I look back over the past year, I reflect on a number of accomplishments in the District’s operations and services specifically designed to improve our relationship with the residents of Fair Oaks. The Board of Directors adopted a ten year Master Plan for facilities and services that provides a road map for District operations and improvements into the future. The Master Plan is available on the District’s website for anyone interested in viewing. We have improved the maintenance of the District’s parks and facilities and anticipate this will only continue to improve.

The District website is being updated and likely will have the new look, feel and features in place by the time you read this. We are offering new programs to encourage residents to walk and explore the parks and are outfitting the WOW (Wonderful Outdoor World) Bus, with crafts, games and sports activities available in the parks during scheduled times for all to enjoy-free of charge.

The District held several successful events including the Spring Garage Sale, Easter Eggstravaganza, three Comedy Shows, the 5th Annual Fair Oaks Chicken Festival and Share the Spirit holiday celebration that benefits needy families in the community with food, clothing and gift donations.

The District partnered with several community groups to continue to offer a variety of programs and events such as:

- Fair Oaks Rotary-Senior Luau
- Fair Oaks Lions Club-Pre-Chicken Festival BBQ
- Fair Oaks Public Library-Teddy Bear Tea, Cookies with Santa, Kids Art Festival
- San Juan School District, Fair Oaks Presbyterian Church-Annual Kids Art Festival
- Fair Oaks Chamber of Commerce-Spring Fest, Christmas in the Village, Annual Dog Walk, 12 week Concerts in the Park Series
- Fair Oaks Theatre Festival-Halloween Carnival
- Fair Oaks-Orangevale Little League-Phoenix Park Field Improvements

Our partnerships with other stakeholders in the community have made it possible for us to provide high quality programs and services. Another successful event that relied solely on the kindness and generosity of the community was the first annual It’s My Park Day. Over 500 people volunteered in the District Parks to clean-up, paint, and plant at four District parks. The feedback we received from those who participated was positive and the improvement in the parks was nothing short of extraordinary. We will be continuing this event on May 7, 2011.

Fair Oaks Recreation and Park District will continue to work on improving our facilities and services for our community as we look to 2011. We continue to thank you for your support and welcome your feedback.

Here’s to a terrific 2011.

*Maureen Zamarripa* – District Administrator

## Dueling Decades Dance

Friday, January 21<sup>st</sup>, 7:00-9:30pm

Hit Me with Your Best Shot . . . and show off your best moves at the Fair Oaks Youth Advisory Boards' Dueling Decades Dance for the adults of Fair Oaks. Are you **Hungry Like the Wolf** for tickets? **It Hurts So Good** when you finally get your \$10 ticket online at [www.fairoakspark.org](http://www.fairoakspark.org) or at the Fair Oaks Recreation and Park District Office. Tickets go on sale December 6th. All proceeds benefit the Fair Oaks Youth Advisory Board, so **Walk This Way** and get a few tickets for friends. Admission includes appetizers, beverages, pictures, and the chance to win a raffle prize . . . or two. DJ music from the '70s, '80s, and '90s provided by a local DJ. Why should the kids have all the fun? **Shock the Monkey** while you're **Walkin on Sunshine** and dancing those winter "blahs" away!

**Location: the Clubhouse Auditorium, 7997 California Avenue**  
**\$10 per person (adults only) – No "at the door" ticket sales allowed**  
 7610.13



## Father Daughter Dance

Friday, Feb 11<sup>th</sup> & 18<sup>th</sup>,  
 6:30-8:30pm

Hey dads! The Fair Oaks Youth Advisory Board invites every father to take their little girls out on a date they will never forget! Refreshments, great music, pictures and more! Get your tickets in advance at the District office.

**Location: Fair Oaks Comm. Clubhouse**  
**Fee: \$20 per couple \$5 per additional daughter.**  
**No "at the door" ticket sales.**  
**Purchase tickets online or in our office.**

7610.11 • F • 2/11/2011  
 7610.12 • F • 2/18/2011



## Easter Eggstravaganza

Saturday, April 23<sup>rd</sup>,  
 8am-1pm

The Fair Oaks Recreation & Park District presents an "Eggciting" Easter adventure featuring a FREE egg hunt for all ages.

Please join us for a morning breakfast, carnival games, choo choo rides, bounce houses, an egg toss competition, and much more!! Calling all adults . . . please help raise funds for the Fair Oaks Youth Advisory Board by purchasing a ticket for \$3 each for the Adult Egg hunt. Carnival Tickets are \$.50 each or \$10 for the package deal. **No refunds, no exceptions!**

*All ticket sales will end at 12:00pm, one hour before the event ends.*

**Location: Fair Oaks Park;**  
 11549 Fair Oaks Blvd.

### SCHEDULE OF EVENTS:

8am-11am	Breakfast	
9am-1pm	Carnival games	
9am-1pm	Ages 0-3	Egg Hunt
9:30am	Ages 4-5yrs	Egg Hunt
10:15am	Ages 6-7yrs	Egg Hunt
11:00am	Ages 8-10yrs	Egg Hunt
11:45am	Ages 11-13yrs	Egg Hunt
12:30pm	Ages 14-Adult	Egg Hunt (\$3 ea)

## Kids Art Festival

Saturday, April 2<sup>nd</sup>, 10am-3pm

The Fair Oaks Recreation and Park District is partnering with the San Juan Unified School District, the Fair Oaks Presbyterian Church and the Fair Oaks Library to sponsor the 8<sup>th</sup> Annual **KIDS ART: COMMUNITY FOCUS ON THE ARTS**.

This event will feature hands on workshops taught by professional artists and teachers (art, music, theatre and dance), performing art exhibits, music and dance performances, an art show, and food vendors. **WE NEED YOUR HELP!** This is a wonderful opportunity for businesses and organizations to join in as part of this community event as a sponsor. Sponsoring such events is a great way to advertise, an outstanding public image tool, and an interactive way to show support for the community. For more information on becoming a sponsor please contact the special events coordinator at 966-1036.

**Location: Fair Oaks Presbyterian Church**  
 (11427 Fair Oaks Blvd., Fair Oaks)





CERT is a positive and realistic approach to disaster situations where citizens may initially be on their own and their actions can make a difference. While people will respond to others in need without the training, one goal of the CERT program is to help them do so effectively and efficiently without placing themselves in unnecessary danger.

TEENS welcome with a parent/guardian in attendance or those that will be driving themselves to class welcome with parent/guardian permission.

Personal protective equipment will be given to each participant who completes the training.

\*Classes held at Metro Station 21 (7641 Greenback Lane).

CLASS SCHEDULE:

Thursday 1/13: 6-10pm

Saturday 1/15: 8am-5pm

Thursday 1/20: 6-10pm

Saturday 1/22: 8am-5pm

For more information or to register for an upcoming class, please visit our website at: [www.smfd.ca.gov/cert.htm](http://www.smfd.ca.gov/cert.htm) or contact

Metro Fire CERT program at: (916) 566-4381; [cert@smfd.ca.gov](mailto:cert@smfd.ca.gov)

## Fair Oaks Horticulture Center in Fair Oaks Park 2011 Workshops And Open Garden Days

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

**WORKSHOP, SATURDAY, JANUARY 22, 9AM-12PM**

Learn techniques for the selection and care of berries. Pruning grapes and fruit trees and the maintenance of ornamental grasses.

**OPEN GARDEN, SATURDAY, FEBRUARY 26, 9AM-12PM**

Advice to grow by – Ask a Master Gardeners. Talk with Master Gardeners while you visit the water-efficient landscape gardens and the orchard, vineyard, berry and vegetable areas.

**WORKSHOP, SATURDAY, MARCH 26, 9AM-12PM**

Learn less toxic pest management strategies and how to tune-up your irrigation system. Landscape design and plant selection with River-Friendly Landscaping principles: less to the landfill, conserving water, protecting water quality, increasing plant diversity, creating habitat.

*Visit <http://cesacramento.ucdavis.edu> for details on how FOHC can help you grow a healthy garden and landscape. Information also available at (916) 875-6913.*

## The 62<sup>nd</sup> Annual Fair Oaks Spring Fest (Also known as Fiesta Days)

**April 30<sup>th</sup> & May 1<sup>st</sup>, 10am - 4pm daily**

**Theme: Go Green!**

The two-day event will be held in Village and Plaza Parks. Entertainment is scheduled throughout the weekend including a parade, toilet bowl races, children's games, car show, food & craft vendors and more. For more information call 967-2903. Interested in becoming a vendor? Call the Special Events Coordinator at 966-1036.

## Spring Garage Sale

**Saturday, May 14<sup>th</sup>, 8am-1pm**

It's time to spring clean. Registration begins for the Fair Oaks Spring garage sale at 8 am on December 6<sup>th</sup>. Registration is limited to 57 booth spaces, so register early! (*Garage Sale items only*).

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

*Location: Fair Oaks Park, 11549 Fair Oaks Blvd.*

*Fee: \$35 per space • 7410.11*

**Sponsorship** *The Fair Oaks Recreation and Park District encourages the involvement of local businesses and organizations through event and group sponsorships. Sponsoring such events and groups is a great way to advertise, an outstanding public image tool, and an interactive way to show support for the community. For more information on becoming a sponsor for any of our events or groups please contact the special events coordinator at (916) 966-1036 ex, 15.*

## The W.O.W Bus • The Fun Starts Here!

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

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

Feb 19<sup>th</sup> • Little Phoenix Park • 10am-12pm  
 Mar 19<sup>th</sup> • Bannister Park • 10am-12pm  
 Apr 16<sup>th</sup> • Montview Park • 10am-12pm  
*If raining, dates will be rescheduled*



## Instructors WANTED!

Have special training or experience in a skill others may be interested in learning about? FORPD is looking for energetic instructors to teach a variety of recreational classes. Share your interests and talent with others in the community. We are interested in hearing about what you would like to offer. Teach children or adults, its up to you. FORPD is always accepting new class proposals. Check online at [www.fairoakspark.org](http://www.fairoakspark.org) under Employment Opportunities for the Independent Contactor Handbook for more information on how to become an instructor with FORPD.

## Now Accepting Applications: Summer Campstaff

The Fair Oaks Recreation and Park District is looking for energetic Camp Staff who are interested in providing exceptional recreational experiences for children ages 5-12 years old in a safe and fun environment. Camp Counselors will be required to supervise participants and lead activities for a summer day camp program that will meet June 14th through August 13th. Camp Staff will participate in physical activity such as hiking, sports, and other related camp activities on a daily basis. Camp Counselors are expected to establish positive and professional relationships with parents, children, and co-workers. This is a great job for students who are thinking about going into child development, recreation, or teaching.

**APPLICANTS MUST:** Be willing to obtain current CPR and First Aid Training Certificate. Pass a pre-employment background check. For more information on how to apply please call 966-1036.

## FAIR OAKS COMMUNITY GROUPS

**Fair Oaks /Orangevale Little League**

president@fovll.com

**Fair Oaks Soccer Club**

(916) 961-7802

**American River Girls Softball**

(916) 206-0236

**Fair Oaks Youth Lacrosse**

(916) 806-1874

**Fair Oaks Theatre Festival**

(916) 966-3683

**Fair Oaks Foundation for Leisure & Arts**

(916) 961-9012

**Fair Oaks Historical Society**

(916) 961-6301

**Fair Oaks Responsible Dog Owners**

fordog@duh.net

**Weather Hotline for Dog Park**

966-1011 ext.23

**Fair Oaks Chamber of Commerce**

(916) 967-2903

**Fair Oaks Rotary Club**

(916) 967-5802

**Fair Oaks Horticulture Center**

(916) 875-6913

**Fair Oaks Master Gardeners**

(916) 875-6913

**Starlight Shufflers**

(916) 363-5733

**Sierra Chapter American Theatre Organ Society**

(916) 624-9182

**Fair Oaks Village Singers**

(916) 726-8830

**Fair Oaks Racquet Club**

info@forctennis.com

**Woman's Thursday Club**

(916) 967-7891

**Fair Oaks Host Lions Club**

(916) 342-0508

# Fair Oaks Preschool

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

**(children must be potty trained)**

**\*Parent Participation is Required**

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

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

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

## PROGRAM OPTIONS/SESSIONS/FEEES

**Mon, Wed & Fri • 9 am-12 pm • \$165 per 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

**Tues/Thur • 9am-12pm • \$115 per session**

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

**Yearly, nonrefundable, registration fee of \$75 due at time of registration**  
**REGISTRATION BEGINS APRIL 18 - Space is Limited!**  
**For more information and session dates visit [www.fairoakspark.org](http://www.fairoakspark.org)**



## TINY TOT SPORTS CLASSES

**Ages: 3-5 / Location: Fair Oaks Park**

Classes teach basic skills for a variety of sports that focus on self-confidence, teamwork, and fun in a non-competitive environment. *Parent participation is required.*



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

### TINY TOT T-BALL

1129.11 • Sa • 3/5-3/26 • 9:00-9:45am  
1129.12 • Sa • 4/2-4/30 • 9:00-9:45am\*  
\*No class 4/23

### TINY TOT BASKETBALL

1160.11 • Sa • 3/5-3/26 • 10-10:45am  
1160.12 • Sa • 4/2-4/30 • 10-10:45am\*  
\*No class 4/23

### TINY TOT FLAG FOOTBALL

2123.11 • Sa • 3/5-3/26 • 11-11:45am  
2123.12 • Sa • 4/2-4/30 • 11-11:45am\*  
\*No class 4/23

### TEAM SPORTS CAMP

*(a different sport each week)*

2122.11 • Sa • 3/5-3/26 • 12-12:45pm  
2122.12 • Sa • 4/2-4/30 • 12-12:45pm\*  
\*No class 4/23

## MOMMY / DADDY & ME SOCCER

**Ages: 2-3.5**

**Location: Fair Oaks Park**

Introduce yourself and your toddler to the "Worlds Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy / Daddy & Me Soccer, you won't have to watch from the sidelines. *In case of rainouts, please call the KLS field hotline at 1-888-372-5803.*



Fee: \$90 (\$87 res) / Session: 8 wks  
Instructor: Jared Rains, Kidz Love Soccer Ch.  
5555.16 • F • 1/28-3/18 • 9:15-9:45am  
5555.17 • F • 1/28-3/18 • 5:15-5:45am  
5555.27 • F • 4/15-6/3 • 10-10:30am

## New! MOMMY & ME ART DISCOVERIES

**Ages: 3-6 w/parent**

**Location: Arts & Crafts Bldg**

Have some creative fun with your little artist in this class with small hands in mind! New & imaginative art projects will be discovered each week. Come dressed for mess & ready to have fun. *Please bring a \$10 materials fee payable to instructor on first day of class.*



Fee: \$41 (\$38 res)  
Instructor: Michelle Lueth  
1612.11 • F • 1/21-2/4 • 10:30-11:30am  
1612.12 • F • 3/18-4/1 • 10:30-11:30am  
1612.13 • F • 4/29-5/13 • 10:30-11:30am

## New! MOMMY & ME LITTLE HANDS POTTERY

**Ages: 3-6 w/parent**

**Location: Arts & Crafts Bldg.**

Have some fun & create a memory to treasure. Decorate a plate with your little one's handprint and a personalized design. Then your artwork will be clear coated & kiln fired to be picked up at a pre-arranged date. *Please bring a \$10 materials fee payable to instructor on day of class.*



Fee: \$23 (\$20 res)  
Instructor: Michelle Lueth  
1611.11 • F • 2/11 • 10:30-11:30am  
1611.12 • F • 3/11 • 10:30-11:30am  
1611.13 • Sa • 4/9 • 10:30-11:30am

## New! Music Together

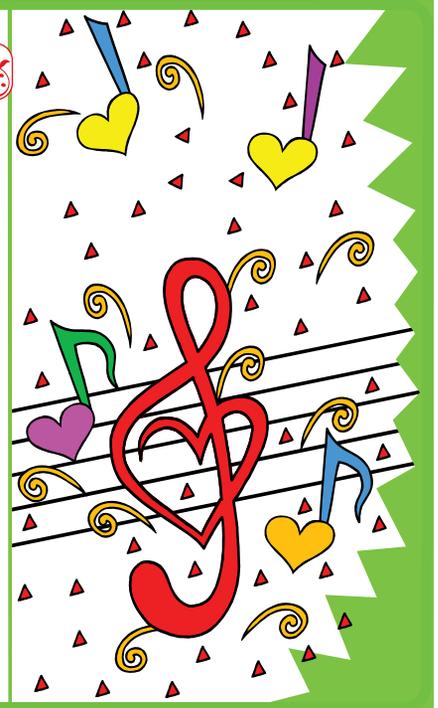


**Ages: 0-5 w/parent**

**Location: Orangevale Community Center Classroom**

Parents, share with your child the wonder of music with finger plays, rhythmic chants, lullabies and instrumental jam sessions. Spend 45 minutes together playfully exploring music and movement from around the world. Children from birth to 5 years attend class with their parent or caregiver. *A supply fee of \$35 is paid to the instructor at the first class for the class workbook and music CD.*

Fee: \$133 (\$130 res) *Get \$10 off if you continue on to the next session*  
Session: 10 wks  
Instructor: Heather Williams  
4641.11 • Fri • 1/14-3/18 • 9-10am





**KIDZ LOVE SOCCER**

**Ages: 3.5-10**

**Location: Fair Oaks Park**

Kids learn the world’s most popular sport from professional coaches trained in the Kidz Love Soccer method; a session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Kidz Love Soccer: “where the score is *always* fun to fun”™ Log onto [www.kidzlove-soccer.com](http://www.kidzlove-soccer.com) for more information. (*Shin guards required after 1st meeting*). In case of rainouts, please call the KLS field hotline at 1-888-372-5803.



Fee: \$90 (\$87 res)

Instructor: Jared Rains, Kidz Love Soccer Ch

**Fri • 1/28-3/18 • Session: 8 wks**

- 5555.11 Tot/Pre Soccer (3.5-5 yrs) 10-10:35am
- 5555.12 Tot/Pre Soccer (3.5-5 yrs) 3-3:35pm
- 5555.13 Soccer 1 (5-6 yrs) 3:35-4:20pm
- 5555.14 Soccer 2 (7-8 yrs) 4:20-5:05pm
- 5555.15 Soccer 3 (9-10 yrs) 4:20-5:05pm

**Fri • 4/15-6/3 • Session: 8 wks**

- 5555.21 Tot/Pre Soccer (3.5-5 yrs) 10:50-11:25am
- 5555.22 Pre Soccer (4-5 yrs) 3:10-3:45pm
- 5555.23 Soccer 1 (5-6 yrs) 3:45-4:30pm
- 5555.24 Soccer 2 (7-8 yrs) 4:30-5:15pm
- 5555.25 Soccer 3 (9-10 yrs) 4:30-5:15pm
- 5555.26 Tot Soccer (3.5-4 yrs) 5:15-5:45pm



**INTRODUCTION TO KENPO KARATE**

**Ages: 4-12**

**Location: Clubhouse Lower Level**

Five Animal Kenpo is a karate program committed to the mental and physical development of our students. Our goal is to not only develop the skills needed for self-defense, but to build qualities of confidence, respect, and self-discipline — a youth’s first line of defense against the pressures of today. Students will learn the basic bows, blocks, punches, and kicks of Kenpo karate and will be prepared to enter our continuing kenpo karate program. A \$25 testing fee is required for those who wish to be evaluated for rank certification (belt testing) at the last class of the course. A \$35 uniform is required for students wishing to continue beyond first introductory class.



Fee: \$70 (\$67 res)

Instructor: Casey Benedick

T/Th • 6-6:30 pm

1202.11 • 1/4-2/24\* • 15 classes

1202.12 • 3/1-4/28 • 18 classes

\*No class 2/17

**YOUTH KENPO KARATE**

**Ages: 4-12**

**Location: Clubhouse Lower Level**

Five Animal Kenpo continuing class offers students the opportunity to further develop skills taught in the “Intro to Kenpo Karate” program. Students will learn traditional Kata, self-defense techniques and learn to freestyle spar. Students will be exposed to the “Five Animal Styles” of Kenpo: Dragon, Snake, Tiger, Leopard and Crane. Emphasis continues to be placed on fostering the students confidence, discipline and respect. A \$25 testing fee is required for those who wish to be evaluated for rank certification. Those wishing to participate in sparring will need to purchase protective equipment for \$50.



Fee: \$55 (\$52 res) Monthly

Instructor: Casey Benedick

**CONTINUING KENPO KARATE #1**

T/Th • 6:30-7:15 pm

1203.11 • 1/4-1/27

1203.12 • 2/1-2/24

1203.13 • 3/1-3/31

1203.14 • 4/5-4/28

• 8 classes

• 7 classes\*

• 10 classes

• 8 classes

**CONTINUING KENPO KARATE #2**

T/Th • 7:15 -8 pm

1205.11 • 1/4-1/27

1205.12 • 2/1-2/24

1205.13 • 3/1-3/31

1205.14 • 4/5-4/28

• 8 classes

• 7 classes\*

• 10 classes

• 8 classes

\*No class 2/17



## YOUTH TENNIS PROGRAM

Ages: 5-7yrs

Location: Miller Park Tennis Courts



### FUNDAMENTAL BEGINNER JR

This class is to build a player's tennis foundation. Children will learn how to initiate a rally, how to move and judge the ball, how to control the racquet at the contact point and control the height, direction and depth to be successful on a mini court.

Fee: \$74 (\$71 res)

Winter • 1255.11 • Sun • 2/20-4/3 • 12:00-1:00pm • Rain make up 4/10 & 4/17

Spring • 1255.12 • Sun • 5/1-6/5 • 12:00-1:00pm • Rain make up 6/12

### PRESSURE THROUGH CONSISTENCY

This class will help a player understand proper grips, have a consistent Impact Point, and a Stable Hitting Zone which will allow players to play consistently. They are developing their ability to initiate the point effectively.

Fee: \$74 (\$71 res)

Winter • 1256.11 • Sun • 2/20-4/3 • 1:00-2:00pm • Rain make up 4/10 & 4/17

Spring • 1256.12 • Sun • 5/1-6/5 • 1:00-2:00pm • Rain make up 6/12

### FULL COURT TRAINING

This will have players using low transition tennis balls & regular tennis balls. Players will learn to vary & change the flight, spin & speed of the ball. In this level players are developing tactical game plans.

Fee: \$104 (\$101 res)

Winter • 1257.11 • Sun • 2/20-4/3 • 2:30-4:00pm • Rain make up 4/10 & 4/17

Spring • 1257.12 • Sun • 5/1-6/5 • 2:30-4:00pm • Rain make up 6/12

## New! PAINT YOUR OWN ECO-TOTE

All Ages (ages 5-17 must be accompanied by a registered adult)

Location: Arts & Craft Building

Have fun and be green! Paint your own canvas eco-tote to carry groceries, art supplies or whatever your heart desires. These also make great Valentine totes & holiday gift bags. Stamps, stencils, & plenty of decorating ideas will be available. *Please bring a \$10 materials fee per person payable to instructor on first day of class.*



Fee: \$23 (\$20 res) Add additional family member for \$15 each

1613.11 • Sa • 2/12 • 10:30-11:45am

1613.12 • Sa • 4/9 • 12:30-1:45am



## New! PAINT-YOUR-OWN POTTERY

Ages: All ages (kids 5-17 must be accompanied by a registered adult)

Location: Arts & Crafts Bldg.

Come have some fun creating your own "artware". You will paint your bowl, mug or plate with your own personalized designs. Plenty of ideas & decorating tools will be available. Then each piece will be clear coated & kiln fired to be picked up at a pre-arranged date. *Please bring a \$10 materials fee per person payable to instructor on day of class.*



Fee: \$26 (\$23 res) / \$15 additional family members

Instructor: Michelle Lueth

1614.11 • F • 2/11 • 10:30-11:45am

1614.12 • F • 3/11 • 10:30-11:45am

1614.13 • Sa • 4/9 • 10:30-11:45am

## FAMILY POTTERY

Ages: 5-17 with parent

Location: Arts & Crafts Building

Enjoy a unique family experience in this one of a kind ceramics class. Create your own masterpieces in a relaxing and encouraging environment. We will learn the three different methods of hand building as well as have a chance to try the potter's wheel. Bring your imagination-Emphasis is on FUN! Class fee includes parent and child. *Please bring a \$12 materials fee per person payable to instructor at first class.*



Fee: \$74 (\$71 res) / Session: 5 weeks; Contact Michelle to register additional family members for \$24 each

Instructor: Michelle Lueth

1610.11 • T • 1/11-2/8 • 4:15-5:30pm

1610.12 • W • 1/12-2/9 • 6:15-7:30pm

1610.13 • T • 3/1-3/29 • 4:15-5:30pm

1610.14 • W • 3/2-3/30 • 6:15-7:30pm

1610.15 • Th • 3/17-4/14 • 5:15-6:30pm

1610.16 • T • 4/26-5/24 • 4:15-5:30pm

1610.17 • W • 4/27-5/25 • 6:15-7:30pm

## New! FAMILY CLAY CAMP

Ages 4-17 with parent

Location: Arts & Crafts Building

Spend your holiday break playing in the mud! We will create some wonderful works of art with clay & then paint them with underglazes before they are fired in the kiln. Bring your imagination-emphasis is on fun! *Class fee includes parent & child. Please bring a \$12 materials fee per person payable to instructor at first class.*



Fee: \$63(\$60 res)/ \$20 additional family members

1615.11 • T-Fri • 2/22-2/25 • 12:30-2pm

1615.12 • M-Th • 4/18-4/22 • 12:30-2pm

## INTRO TO SKATEBOARDING LEVEL I

*Ages: 6-15*

*Location: Rush Training Center*

This course is designed to teach the basics to 1st time skateboarders. From foot placement and pushing, to carved turns and pumping for speed, this class is sure to improve the skills of any beginner skater. You must bring your own skateboard, and mandatory safety equipment designed for skateboarding: including helmet, knee and elbow pads.



Fee: \$131 (\$128 res)

Location: Rush Training Center, 11347A Folsom Blvd., Rancho Cordova

### BEGINNER LEVEL I CLASSES

9191.11 • Sa • 1/29-2/19 • 8-9:30am

9191.12 • Sa • 3/5-3/26 • 8-9:30am

## INTRO TO SKATEBOARDING LEVEL II

*Ages: 9-13*

*Location: Rush Training Center*

For graduates of Level I, or skaters with some basic ability. Now that you've been introduced to the sport and have the basics down, this course is for you. Small class size will mean lots of instructor time to help you become a more proficient skateboarder. You must bring your own skateboard, and mandatory safety equipment designed for skateboarding: including helmet, knee and elbow pads.



Fee: \$131 (\$128 res)

Location: Rush Training Center, 11347A Folsom Blvd., Rancho Cordova

### ADVANCED BEGINNER LEVEL-II CLASSES

9193.11 • Sa • 1/29-2/19 • 9:45-11:15am

9193.12 • Sa • 3/5-3/26 • 9:45-11:15am

## **New!** FIRST TIMERS SKATEBOARDING CLINIC

*Ages: P 6-15 yrs*

*Location: Rush Training Center*

Designed for the complete beginner skateboarder. In this class Rush Training Center professional instructors will reach the fundamentals (ABC's) of safe skateboarding. Skills like foot placement, pushing, carve turns and how to use pads to prevent injury are sure to make a beginner to the sport have more fun. If a skateboard was part of Santa's list this once-a-year class is just for you.



Fee: \$71 (\$68 res)

Location: Rush Training Center, 11347A Folsom Blvd, Rancho Cordova

9192.11 • Sa/Sun • 1/8-1/9 • 9-11am

## **New!** BMX BIKE FLIPS AND TAIL WHIPS

*Ages: 13-50 yrs*

*Location: Rush Training Center*

Taught by professional Rush Training Center instructors, this class is designed for the intermediate-advanced BMX bike jumpers who want to take their riding skills to a whole new level. Experience the freedom of learning new tricks by launching into a Foam Pit while receiving instruction from an experienced RUSH TC instructor. This two class course will focus on the fundamentals of advanced jumping, style and contest prep.



Fee: \$81 (\$78 res) *must provide bike & helmet*

Location: Rush Training Center, 11347A

Folsom Blvd, Rancho Cordova

9197.11 • Sa/Sun • 1/29-1/30 • 12-2:00p



## Ultimate Boarders Camp (UBC)

*Ages: 8-15*

*Location: Rush Training Center*

Designed for the beginner snowboarder, skateboarder or wakeboarder, this is the dream camp for the avid "boarder" ready to take their skills to the next level. UBC takes place at RUSH Training Center and will include indoor snowboard, skateboard and wakeboard lessons in the state-of-the-art facility. Dropping-in the half pipe on a skateboard, sliding your first box on a snowboard or even learning a wakeboard handle passes has never been so fun or easy. Participants of this class will learn the skills needed to have a lifetime of safe fun on any kind of action sport board. [www.RushTrainingCenter.com](http://www.RushTrainingCenter.com).

Rush Training Center is located at 11347A Folsom Blvd., Rancho Cordova  
9195.11 • 12/27-12/31 • M-F • 9am-12pm • Fee: \$181 (\$178res)

## MUSICAL THEATER, A Staging Fun & More Production

*Ages: 7-16*

*Location: Clubhouse Auditorium*

Come in from the cold and join us under the spotlight on the Fair Oaks stage for a fun musical production. Sing, dance, act and make new friends! Emphasis is on the enjoyment of acting in a relaxed, fun environment while becoming more creative and self-confident on the stage. We will be doing a show of the directors choice. A \$10 production fee is payable to the instructor.



**Performance: Friday, April 1**  
**Show begins at 7:30pm**

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

Instructor: Carolyn Martin

1723.11 • Th • 1/20-3/31\* • 3:45-5:15pm

\*No class 3/10

## BEGINNERS FENCING

*Ages: 7-15*

*Location: Hristov Fencing Club*

Fencing, the art of swordsmanship, has been practiced for centuries. The sport develops your flexibility, strength, and speed. It is the fastest martial sport of them all and its FUN!! Fencing is great for all ages and levels of athletic ability. Learn sportsmanship and self-discipline. *Please bring bottle of water, sweat pants and clean tennis shoes to class.*



Fee: \$71 (\$68 res) / Session: 4 wks

Instructor: Kristiyan Hristov

Location: Hristov Fencing Club,  
6028 San Juan Ave, Citrus Heights, CA  
3831.11 • W • 1/5-1/26 • 5:00-6:00pm  
3831.12 • W • 2/2-2/23 • 5:00-6:00pm  
3831.13 • W • 3/2-3/23 • 5:00-6:00pm  
3831.14 • W • 4/6-4/27 • 5:00-6:00pm



## Snowboarding 101

*Ages: 10-70 yrs*

*Location: Rush Training Center*

Taught by professional Rush Training Center instructors this class is designed to teach the fundamentals of safe snowboarding to the first timer; also a great refresher for the advanced beginner. Safely learn the basics of how to ride the lift for the first time, adjust your equipment and make your first turns on the snow hill in a climate controlled environment. Course also covers a "first visit checklist" to help ensure your first trip to the resort is safe and fun! Small classes allow for plenty of personal attention.



Fee: \$81 (\$78 res) **Equipment provided if needed**

Location: Rush Training Center,  
11347A Folsom Blvd,  
Rancho Cordova  
9198.11 • Sa/Sun  
12/11-12/12  
12-2pm

## PROM Dress & Suit Drive

*Presented by the  
Fair Oaks Youth Advisory Board*

We are collecting dresses and suits to give to young men and women in high-school in need this prom season. Have any in your closet that you'll never wear again? Donate!

We are looking for all lengths, sizes, and colors of gently worn dresses and suits purchased within the last five years.

Additional items to donate include purses, jewelry, wraps, shawls, and dress shoes. We are also accepting monetary donations to help young individuals PROM dreams come true.

For more information on how you can donate or receive assistance please contact us at 916-966-1036 or email the Event Coordinator at [events@fairoakspark.org](mailto:events@fairoakspark.org).



## BREAKDANCING

**Ages: 8 & up**

**Location: Community Clubhouse**

This class is designed to give you a background in what Breakdancing is, how to do it, and where it came from. Learn the basic fundamentals for the dance, top rocks, footwork, flow, freezes, battling and power moves.

Class will be taught by Vince "Vincan-ity" Horiuchi. Vince has been around for over 10 years and won many international competitions in France, New York, Montreal and more. Vince regularly performs at Sacramento Kings games as well.



Fee: \$36 (\$33 res) / Session: 4 wks  
\$10 Drop In fee

Instructor: Vince Horiuchi

1315.11 • W • 2/2-2/23 • 5-6pm

1315.12 • W • 3/9-3/30 • 5-6pm

1315.13 • W • 4/6-4/27 • 5-6pm

## CERTIFIED BABYSITTING

**Ages: 11-13**

**Location: Orangevale**

Develop lifelong skills and job responsibilities while earning money when you become a trained babysitter. You will learn how to provide safe and responsible care for children. Develop skills in caring for medical emergencies as well as accident prevention. Gain knowledge about interviewing and professionalism. *Please bring a snack to class.*



Fee: \$56 (\$53 res)/ Session: 2 days

Instructor: Cathy Statham

Time: 4:00-7:00pm

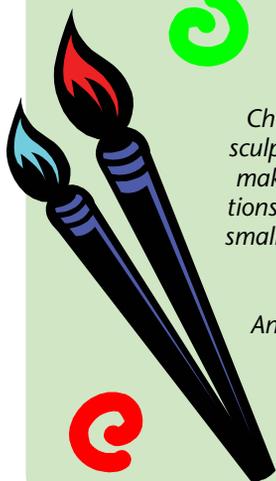
Location: Folsom

4443.11 • M/Tu • 3/21 & 3/22



*Want to spend time with kids all day and get paid? If so, babysitting is the job for you. However, when parents trust you to babysit, they are putting their child's welfare into your hands.*

*A Certified Babysitting class can go a long way towards ensuring that trust.*



## Birthday Party Art

**With Miss Michelle**

Choose from a variety of arts and crafts projects from clay sculpture & jewelry design to paint your own pottery & print-making plus many more. Packages include birthday decorations, craft project & party time. Bring your own treat or for a small additional fee, we'll provide the cake and punch! 2 hour packages start at \$120 & up for 8 kids.

Each additional child is \$15.

An adult chaperon must be provided for every 6 children.

**Location: Arts & Crafts Building**  
For more information, call 966-1036





## The Swimststitute

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

### New! WATER AEROBICS

**Ages: 18 & up**  
**Location: Swimststitute**

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

- 8911.11 • T/Th • 1/4-2/24 • 10-10:50am • \$70 (\$67 res)
- 8911.12 • T/Th • 3/1-4/28 • 10-10:50am • \$78 (\$75 res)
- 8911.13 • F • 1/7-2/25 • 6-6:50pm • \$38 (\$35 res)
- 8911.14 • F • 3/4-4/29 • 6-6:50pm • \$42 (\$39 res)

#### DEEP WATER AEROBICS

- 8911.15 • Sat • 1/8-2/26 • 12-12:50pm • \$38 (\$35 res)
- 8911.16 • Sat • 3/5-4/23 • 12-12:50pm • \$38 (\$35 res)

#### ARTHRITIS FOUNDATION WATER AEROBICS

- 8911.17 • M/W • 1/3-2/28 • 11-11:50am • \$78 (\$75 res)
- 8911.18 • M/W • 3/2-4/27 • 11-11:50am • \$74 (\$71 res)



### New! PARENT/TOT SWIM CLASS

**Ages: 6mos-2yrs**  
**Location: Swimststitute**

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

- Fee: \$106 (\$103 res)
- 8912.11 • Sat • 1/8-2/12 • 9:30-10am
  - 8912.12 • Sat • 2/19-3/26 • 9:30-10am

### New! INTRODUCTION TO LUMBERJACK LOG ROLLING

**Ages: 10 & up**  
**Location: Swimststitute**

Challenge your balance and coordination by learning the basic techniques of LOG ROLLING! Both adult and youth are welcome to participate in this class. Come learn the basics of this century's old talent of walking on a log that has evolved into a fun and exciting sport! This is a great opportunity to check out Lumberjack Log Rolling. **Must be able to swim 15 yard continuously to ensure class safety. Class minimum 5 maximum 10**



- Fee: \$66 (\$63 res)
- 8914.11 • M • 1/3-1/24 • 4:45-5:30pm
  - 8914.12 • M • 2/7-2/28 • 4:45-5:30pm
  - 8914.13 • M • 3/7-3/28 • 4:45-5:30pm
  - 8914.14 • M • 4/4-4/25 • 4:45-5:30pm



### New! BASIC WATER RESCUE

**Ages: 18 & up**  
**Location: Swimststitute**

This course is for public safety personnel, camp staff, trip leaders and aquatic specialists. People with a backyard pool can take this class to assure a fun, safe environment for their pool. Learn the skills necessary to prevent, recognize and respond to aquatic emergencies. *Class minimum 6, maximum 15.*



- Fee: \$71 (\$68 res)
- 8915.11 • Sat • 1/22 • 9am-1pm
  - 8915.12 • Sat • 2/26 • 9am-1pm
  - 8915.13 • Sat • 3/26 • 9am-1pm
  - 8915.14 • Sat • 4/30 • 9am-1pm



## EAST COAST SWING DANCE

Location: Clubhouse Auditorium

Have you ever gone out dancing and watched other people spin around the dance floor and wonder how they do it? This class will teach you footwork, turns and how to lead or follow any partner.



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

Session: 4 wks / Instructor: Meghan Kerins

### BEGINNING

4112.11 • M • 1/3-1/31 • 6:45-7:45pm\*  
4112.12 • M • 2/7-3/7 • 6:45-7:45pm\*

### INTERMEDIATE

4112.13 • M • 3/14-4/4 • 6:45-7:45pm  
\*No class 1/17, 2/21

## BELLY DANCING

Ages: 13 & up

Learn the beautiful art of belly dancing in a fun and supportive environment. These classes offer a full-body workout that tones muscle and provides one of the best low impact aerobic workouts around. Intermediate class will focus on a different theme each week, from finger cymbals to shimmes and floor work. For more information visit [www.adriane-dance.com](http://www.adriane-dance.com). Please bring a yoga mat & come ready to work out, with bare feet. Must have 4 students registered for class to run.



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

Instructor: Adriane Dellorco

### BEGINNING:

7:00-8:00pm • Old Library Building  
2222.11 • Tu • 1/4-2/8\*  
2222.12 • Tu • 2/15-3/22  
2222.13 • Tu • 3/29-5/3

### INTERMEDIATE:

5:45-6:45pm • Clubhouse Auditorium  
2222.14 • Tu • 1/4-2/8\*  
2222.15 • Tu • 2/15-3/22  
2222.16 • Tu • 3/29-5/3\*  
\*1/25 & 4/26 will be held in the old library

## ROUND DANCE

Location: Clubhouse Auditorium

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



Fee: \$96 (\$93 res)

Drop-in fee \$6 per person

Instructor: Marie Hathaway & Gordon Sill

### BEGINNING

4220.12 • T • 1/4-4/26 • 1-2:30pm

### INTELMEDIATE

4220.11 • T • 1/4-4/26 • 11am-1pm  
4220.13 • W • 1/5-4/27 • 6:30-9:30pm

## BALLROOM DANCE I

Location: Clubhouse Auditorium

Ever felt uncomfortable dancing at weddings, office parties or out socializing? Why not begin dancing in a fun and friendly environment? Ballroom dancing for beginners starts with learning the basics of dances such as Waltz, Fox Trot, Rumba, and Cha Cha.



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

Session: 4 wks

Instructor: Meghan Kerins

4110.11 • M • 1/3-1/31 • 8-9:00pm\*  
4110.12 • M • 2/7-3/7 • 8-9:00pm\*  
4112.11 • M • 3/14-4/4 • 8-9:00pm

\*No class 1/17, 2/21

## Country Line Dancing

Location: Clubhouse Auditorium

Under 18 allowed with a paying adult

Come learn the basics needed to become a successful line dancer. It's a great way to meet and be with others while staying fit. No partner needed. Learn traditional line dances while developing the skills needed to progress into higher level classes. Routines and teaching are also tailored for the active senior.



Instructor: Norm Gifford

### BEGINNING

Fee: \$29 (\$26 res) per person

Session: 4 wks

4201.34 • Th • 1/6-1/27 • 6-7:00pm  
4201.11 • Th • 2/3-2/24 • 6-7:00pm  
4201.12 • Th • 3/3-3/24 • 6-7:00pm  
4201.13 • Th • 4/7-4/28 • 6-7:00pm



### INTERMEDIATE

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

Session: 4 wks

4210.34 • Th • 1/6-1/27 • 7:30-9pm  
4210.11 • Th • 2/3-2/24 • 7:30-9pm  
4210.12 • Th • 3/3-3/24 • 7:30-9pm  
4210.13 • Th • 4/7-4/28 • 7:30-9pm

## T'AI CHI KUNG

*Location: Old Fair Oaks Library*

This class is a moving, meditation practice as taught by a TAO Master. Gain focus, concentration, self esteem and achieve inner power, emotional and physical well-being.



Instructor: Mungasulwa Kyumba, a certified Holistic Practitioner

Fee: \$101 (\$98 res) • Drop-in Fee: \$15  
 3530.11 • M • 1/3-3/7 • 7:30-9pm  
 3530.12 • M • 3/14-5/16 • 7:30-9pm  
 No class 1/18

## SHENG ZHEN QIGONG: The Qigong Of Unconditional Love

*Location: McMillan Center*

This Qigong helps you let go and allow the body to relax and the mind to be still. Then the HEALING POWER OF THE UNIVERSE will directly enter the blood and benefit the body. When you practice the SHENG ZHEN QIGONG, you will experience the opening of the heart, unconditional love for yourself and others, the dissolving of negative emotions and stress, and improvement in your health. No previous experience required.



Instructor: Mungasulwa Kyumba, a certified Holistic Practitioner

Fee: \$101 (\$98 res) • Drop in Fee: \$15

### SESSION 1

3539.11 • Tu • 1/4-3/22 • 9:30-11am  
 3539.13 • W • 1/5-3/9 • 7:30-9pm  
 3539.15 • Th • 1/6-3/10 • 9:30-11am

### SESSION 2

3539.12 • Tu • 3/29-5/31 • 9:30-11am  
 3539.14 • W • 3/16-5/18 • 7:30-9pm  
 3539.16 • Th • 3/17-5/19 • 9:30-11am

## ADULT KENPO KARATE

*Location: Clubhouse Lower Level*

Improve strength, flexibility, cardiovascular fitness, and agility as you learn the exciting art of Five Animal Kenpo. While learning an effective skill of self-defense you will benefit from mental focus, stress relief, and physical fitness that results from martial arts training.

*A \$25 testing fee is required for those who wish to be evaluated for rank certification. Those wishing to participate in sparring will need to purchase protective equipment (\$50).*



Fee: \$55 (\$52 res) monthly

Instructor: Casey Benedick

T/Th • 8-8:45pm

1204.11 • 1/4-1/27 • 8 classes

1204.12 • 2/1-2/24 • 7 classes

1204.13 • 3/1-3/31 • 10 classes

1204.14 • 4/5-4/28 • 8 classes

No class 2/17

## HATHA YOGA CLASSES

*Location: Clubhouse Auditorium*

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



Sessions: Ongoing (begin any time)

Instructor: Judith Aubin, MA

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

3710.11 • Jan 3710.13 • Mar

3710.12 • Feb 3710.14 • Apr

### STRETCHING, RELAXING AND STRESS RELIEVING YOGA

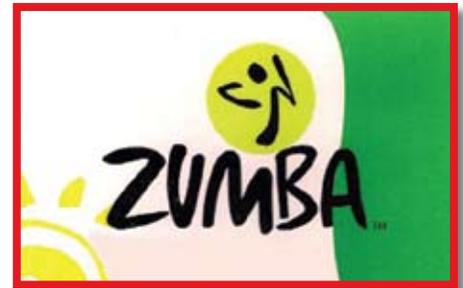
This class, over time, develops our ability to release our muscle tension and be relaxed in every posture of life.

T • 1/4-4/26 • 8-9:15am

### STRENGTHENING YOGA

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

F • 1/7-4/29 • 8:30-10am



## ZUMBA

*Location: Clubhouse lower level*

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



Fee:

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

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

Punch cards expire

Drop in Fee: \$7

Wednesdays, 7-8pm

3810.11 • Jan 3810.13 • Mar

3810.12 • Feb 3810.14 • Apr

## STRESS MANAGEMENT

Location: McMillan Center

Come and learn a holistic approach to stress management. The techniques you will learn will help you lower the stress and keep your life in balance even through challenging and stressful times.



Instructor: Mungasulwa Kyumba, a certified Holistic Practitioner

Fee: \$101 (\$98 res) • Drop in Fee: \$15  
 3531.11 • W • 1/5-3/9 • 6-7:20pm  
 3531.12 • W • 3/16-5/18 • 6-7:20pm



## New! THE RIGHT WAY WEIGHT LOSS

Location: Miller Park

Learn how to take you and your family's health and weight loss into your own hands. We will uncover the mystery of food packaging labels, discover how to fit more movement into your day, discuss portion control, and menu planning for healthy snacks and meals. Bring home the basic skills to create healthful meals and develop a safe weight loss plan. *Please bring a note pad and pen.*



Fee: \$46 (\$43 res)

Instructor: Smooth Moto

3612.11 • Sa • 1/8-1/15 • 12:30-2:30pm  
 3612.12 • Sa • 3/5-3/12 • 12:30-2:30pm  
 3612.13 • Sa • 4/9-4/16 • 12:30-2:30pm

## New! BOOT CAMP

Location: Miller Park

This is a boot camp style workout made to pump your heart rate up for the whole class. Using old school exercises to the newsiest drills out there we will make the time fly by. We use only body weighted exercises to push you to the limit. Whether you are wanting to spice up your weekly workout routine or are tired of the every day gym sessions, come outside and join us in a high intensity boot camp. This boot camp can cater to anyone at any fitness level. *Please bring water and a towel.*



Fee: \$59 (\$56 res)

Instructor: Smooth Moto

3614.11 • Su • 1/9-2/6 • 9-10am  
 3614.12 • Su • 2/13-3/13 • 9-10am  
 3614.13 • Su • 3/20-4/17 • 9-10am

## New! CALORIE KILLER

Location: Miller Park

Come ready to have some fun and burn serious calories! In this one hour class we will perform several simple yet effective exercise drills with cones, bands and medicine balls designed to maximize calories burned! Expect to have a great workout and be inspired for more. *Please wear active cloths and shoes, and bring water, and a yoga mat and resistance bands if you have them.*



Fee: \$51 (\$48 res)

Instructor: Smooth Moto

3613.11 • Sa • 1/8-1/29 • 10-11am  
 3613.12 • Sa • 2/5-2/26 • 10-11am  
 3613.13 • Sa • 3/5-3/26 • 10-11am  
 3613.14 • Sa • 4/2-4/23 • 10-11am

## New! TOTAL BODY FITNESS

Location: Lower Level Clubhouse

Whether your goal is to lose fat, tone, or increase your cardiovascular endurance this workout does it all. All exercises can be tailored to meet any fitness level. This workout will incorporate resistance training with cardio, the best way to burn the calories and fat. Every workout will be different to prevent boredom and make working out fun! *Bring water, towel, and mat.*

Instructor: Viki Crane

3510.11 • M • 1/10-1/31 • 10-11am • \$39 (\$36 res) No class 1/17  
 3510.12 • F • 1/7-1/28 • 10-11am • \$51 (\$48 res)  
 3510.13 • M • 2/7-2/28 • 10-11am • \$39 (\$36 res) No class 2/21  
 3510.14 • F • 2/4-2/25 • 10-11am • \$39 (\$36 res) No class 2/18  
 3510.15 • M • 3/7-3/28 • 10-11am • \$51 (\$48 res)  
 3510.16 • F • 3/4-3/25 • 10-11am • \$51 (\$48 res)

Drop in fee: \$12



Fair Oaks Recreation & Park District offers year round Adult Sports leagues. Sports offered by the District include Softball and Basketball. Below you will find registration & league start dates for Adult Sport leagues. For further league information, please contact Nick Davison at 966-1036, or visit [www.fairoakspark.org](http://www.fairoakspark.org).



## Softball

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

### SPRING LEAGUE

**League Dates:** 3/7-5/2

**Registration Deadline:**

2/25 @ 5:00pm

**Number of Games:** Min of (8)

**Game Times:** 6:20-9:20pm

**Location:** Fair Oaks Park

**Cost:** \$400 per team

## Basketball

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

### WINTER LEAGUE

**League Dates:** 2/13-4/17

**Registration Deadline:**

2/4 @ 5:00pm

**Schedule Available:**

2/9 @ 3:00pm (Online)

**Number of Games:** Min of (8)

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

**Location:** Bella Vista High School

**Cost:** \$405 per team

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

If inclement weather should arise, the INCLEMENT WEATHER HOTLINE will be updated by 3:00 pm with program information. Inclement Weather Hotline (916) 966-1011 Ext. 22

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

*This course is EMSA Certified*

**Ages: 12 & up**

**Location: Old Library**

Save time and money by receiving this *two-year, EMSA approved, certification*. This course is required for licensed preschool teachers, daycare workers, educators and coaches. However, anyone can benefit from these life saving skills. Come join us for coffee, cookies and life saving education! *A \$10 material fee due to instructor at first class meeting.*



Fee: \$73 (\$70 res) / Session: 1 day

Instructors: Breath Of Life

4444.11 • Sa • 1/22 • 8:00am-4:30 pm

4444.12 • Sa • 2/19 • 8:00am-4:30 pm

4444.13 • Sa • 3/19 • 8:00am-4:30 pm

4444.14 • Sa • 4/16 • 8:00am-4:30 pm

## Benefits of Recreation

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

## P.A.S.A. - PROGRAM FOR ACTIVE SENIOR ADULTS

ALWAYS ACCEPTING NEW MEMBERS!

*Location: Clubhouse Lower Level, Building is accessible for those with disabilities*

PASA is a fun and social organization designed to promote wonderful recreation activities for senior adults and seniors-in-training. PASA is held 2nd-4th Wednesday of each month. Doors open at 10:00am for those wishing to play cards. Bingo and a raffle are some activities held at meetings, guest speakers or other entertainment may also be at meetings. Dues are \$10 per year, interested members may attend 3 meetings before paying dues. *Must have own ride to and from meetings.*

*If you have questions please feel free to contact Jennifer at 966-1036 ex 17 or e-mail: jdavis@fairoakspark.org.*

### MONTHLY SCHEDULE:

TIME: 11:00am- 1:00pm

- 1<sup>st</sup> Wednesday Trip to Red Hawk Casino\*
- 2<sup>nd</sup> Wednesday Meeting
- 3<sup>rd</sup> Wednesday Bingo
- 4<sup>th</sup> Wednesday Meeting

*\*Must meet min of 15 participants to go*

## SENIOR STRETCH WITH SHARON SHUTE

*Location: Clubhouse Auditorium*

A low impact exercise class specially designed for senior citizens. Improve muscular endurance and flexibility as well as cardio-respiratory and aerobic fitness. Meet new friends, and feel more vibrant and healthy.

*Please bring a mat or towel to class.*



Fee: \$1.50 per class paid at class location  
M/T/W/TH • On-going/Drop-in  
9:35-10:30am

*(No program on District Holidays)*



## SENIOR DROP-IN . . . PINOCHE ANYONE?

*Location: Clubhouse Lower Level*

This FREE, fun social gathering is an informal program. Individuals may "drop-in" for a game of pinochle, or other card games. Although there is no formal program, refreshments and cards are available.



Drop by and bring a friend!

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

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

*Location: Arts & Craft Building, Rm A*

Join us and have fun learning to paint with ink and oil on glass and "one stroke" basic acrylic painting of florals. No artistic talent is needed. You will be able to paint animals, roses, sunflowers, daisies and much more.



Fee: 10 classes for \$30

Instructor: Linda Chandler

Thursdays • 1:30pm-4:00pm

5113.11 • Jan

5113.12 • Feb

5113.13 • Mar

5113.14 • Apr



## Volunteer with us today!

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

## Scholarship Opportunity

The District's goal is to provide a quality recreation experience to every child, and that no potential participant would ever be turned away because of a financial hardship. The Board of Directors established an annual "Don Ralls Memorial Scholarship Fund" for Fair Oaks youth and seniors. This program is available on a case-by-case basis. Eligible participants will receive up to a 50% discount on one District program upon the approved completion of an application and meeting all appropriate criteria. Please note that funds are limited. The District reserves the right to limit the eligibility of programs. For more information contact Fair Oaks Recreation and Park District at 966-1036 or visit the website at [www.fairoakspark.org](http://www.fairoakspark.org).

## Gifts of the Heart Catalog

The Fair Oaks Recreation and Park District offers an excellent opportunity for you to invest in your community. The Gifts of the Heart program was established to encourage individuals, businesses and community organizations to help provide financial assistance for needed programs. A donation to the Gifts of the Heart program could provide a variety of items that would enhance our parks, community events, facilities, and recreation programs. Your gift is an investment that will benefit the Fair Oaks Community. All donors will receive public acknowledgment. Each contribution, regardless of size, is important and greatly appreciated. Give a gift that will last a lifetime, and help support our parks and recreation system. Become a Partner and support Gifts of the Heart! For more information visit our website at [www.fairoakspark.org](http://www.fairoakspark.org).

## 5 Ways to Register

### IF PAYING WITH CHECK MAKE OUT TO FORPD



#### Online Registration

Visit [www.fairoakspark.org](http://www.fairoakspark.org) to register online with Visa, MasterCard or American Express.



#### Walk-In Registration

Fill out registration form at our District Office, 4150 Temescal St, Fair Oaks. Monday-Friday 8:00am-5:00pm  
Cash, Check or Credit cards (listed above) accepted



#### Mail-In Registration

Mail-In Registration accepted with a complete registration form and correct fees. *Please do not mail cash.* Mail registration to FORPD District Office, 4150 Temescal St., Fair Oaks, CA 95628.



#### Drop-Box Registration

Drop-Box Registration accepted with a complete registration form and correct fees. *Please do not mail cash.* Drop-Box is located at District office to left of front door for after hours registration.



#### Fax-In Registration

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

### GENERAL INFORMATION

1. The District reserves the right to cancel or modify any class and/or program. Classes may be cancelled three (3) days prior to the start date if minimum enrollment is not met.
2. Resident/Non Resident: Residents are those who live within the Fair Oaks area. All other pay the non-resident fee (indicated by non res).
3. Don Ralls Scholarship program: Scholarships are available for District residents who are on a fixed income or lower income families with special needs. Please contact the District for more information.

### REFUND POLICY

1. Full refund will be given if the Fair Oaks Recreation and Park District cancels the program or for medical reasons.
2. **On line convenience fee is non refundable.**
3. No refund will be issued after the class or program has had its second meeting.
4. All refund requests will be approved or denied by the Fair Oaks Recreation and Park District. All refund checks will be processed through the County of Sacramento and mailed to you within 4-6 weeks.
5. The Fair Oaks Recreation and Park District reserves the right to adjust the refund policy, depending upon the circumstances and the severity of the situation.

*All refunds are required to submit a refund/transfer request form to be approved by District Staff.*

**FAIR OAKS RECREATION & PARK DISTRICT  
PARTICIPANT'S REGISTRATION WAIVER, RELEASE, ASSUMPTION OF RISK  
AND INDEMNITY AGREEMENT**

**Note: Participant(s) or legal guardian must complete waiver form in its entirety, prior to the first class meeting.  
If waiver is not signed, participant will not be registered, and form will be returned.**

**PAYEE INFORMATION**

LAST NAME \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

PHONE/HOME: \_\_\_\_\_ WORK: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

PLEASE CHECK ONE: FAIR OAKS RESIDENT: \_\_\_\_\_ NON-RESIDENT: \_\_\_\_\_

**Method of Payment:**

Cash \_\_\_\_\_ Check #: \_\_\_\_\_ Card #: \_\_\_\_\_ Expiration Date \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_

\_\_\_\_\_   
 Cardholder's Name (Print)

\_\_\_\_\_   
 Cardholder's Signature

Class Code	Participant's Name	Date of Birth	Class Name	Session Dates	Fee

*Please remember to sign the waiver on the bottom of this form, Thank You!*  *Please check here if you would like a receipt sent.*

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

**2011**

In consideration for being permitted by the above District to participate in the above activity(ies), I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity(ies). This release is intended to discharge in advance the above District (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity(ies), even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding by my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in the said activity(ies).

**Parental Consent:**

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

I hereby consent that my son/daughter, \_\_\_\_\_ participate in the above activity(ies), and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense, which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity(ies).

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY OWN FREE WILL.

Signature of Participant (if under 18, Parent or Guardian): \_\_\_\_\_ Date: \_\_\_\_\_

**I understand that photographs taken of recreational programs may be used by the District for promoting programs, classes or events.**

Signature of Participant (if under 18, Parent or Guardian): \_\_\_\_\_ Date: \_\_\_\_\_

Are you looking for a special place to hold a party, bar mitzvah, plays, dances, meetings, or a wedding! Our facilities provide space for a large or small attendance. Buildings we have to offer are the F.O. Community Clubhouse, (upper & lower levels), McMillan Center, and the Old Fair Oaks Library. Whatever your needs may be, the Fair Oaks Recreation & Park District has the place for you. To view dimensions and pictures go to our web site: [www.fairoakspark.org](http://www.fairoakspark.org).

## FACILITIES FOR RENT

### General Information:

- 1) Reservations may be made up to one (1) year in advance
- 2) Tables, chairs, and set up are included in your indoor facility rental fee
- 3) Private Caterers are allowed in all facilities

### Steps to Renting a Facility:

- 1) Call the District Office at 966-1036 for further information, to check availability of date, or to schedule an appointment to view the facility.
- 2) If the date is available fill out a rental application.
- 3) For Outdoor Rentals: full rental fees must be paid to reserve the date.
- 4) For Indoor Rentals: A refundable \$350 deposit to reserve the date is required.
- 5) Payment in full and proof of insurance are required 120 days in advance. Table layout due 30 days prior to event.

## INDOOR

### Clubhouse Auditorium 7997 California Ave.

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

Equipment Provided: (23) 5' round tables, (1) 6' rectangular table, (5) 8' rectangular tables, (182) folding chairs, commercial range, refrigerator, double sink & cleaning equipment.

Rental Fee: \$85 per hr. or \$590 for 8 hrs  
4 hr minimum rental



### Clubhouse Lower Level 7997 California Ave.

Capacity: 70 seated / 120 standing  
Included in Rental: 27' x 44' Meeting Room, 15' x 19' Commercial Kitchen  
Equipment Provided: (1) 6' table, (7) 10' tables, (70) folding chairs, commercial range, refrigerator, double sink & cleaning equipment.

Rental Fee: \$55 per hr or \$290 for 8 hrs  
4hr minimum rental

### Old Fair Oaks Library 4200 Temescal St.

Capacity: 40 seated/ 59 standing  
Included in Rental: 690 sq ft Meeting Rm  
Equipment Provided: (3) 6' tables, (1) 8' table, (1) 10' table, (2) 12' tables, 40 folding chairs and one mounted writing board.

Rental Fee: \$35 per hr or \$200 for 8 hrs  
2hr minimum rental



### McMillan Center 8020 Temple Park Rd.

Capacity: 70 seated / 154 standing  
Included in Rental: 773 sq. ft. Meeting Room, Kitchen with refrigerator & Range, fenced in outdoor park space with barbecues.

Equipment Provided: (10) 6' tables, (2) 8' tables, (3) 10' tables, (70) folding chairs, kitchen range & refrigerator, cleaning equipment.

Rental Fee: \$45 per hour or \$270 for 8 hours - 2hr minimum rental



## OUTDOOR

2hr minimum rental for all BBQ Areas

### Fair Oaks Park BBQ Area 11549 Fair Oaks Blvd.

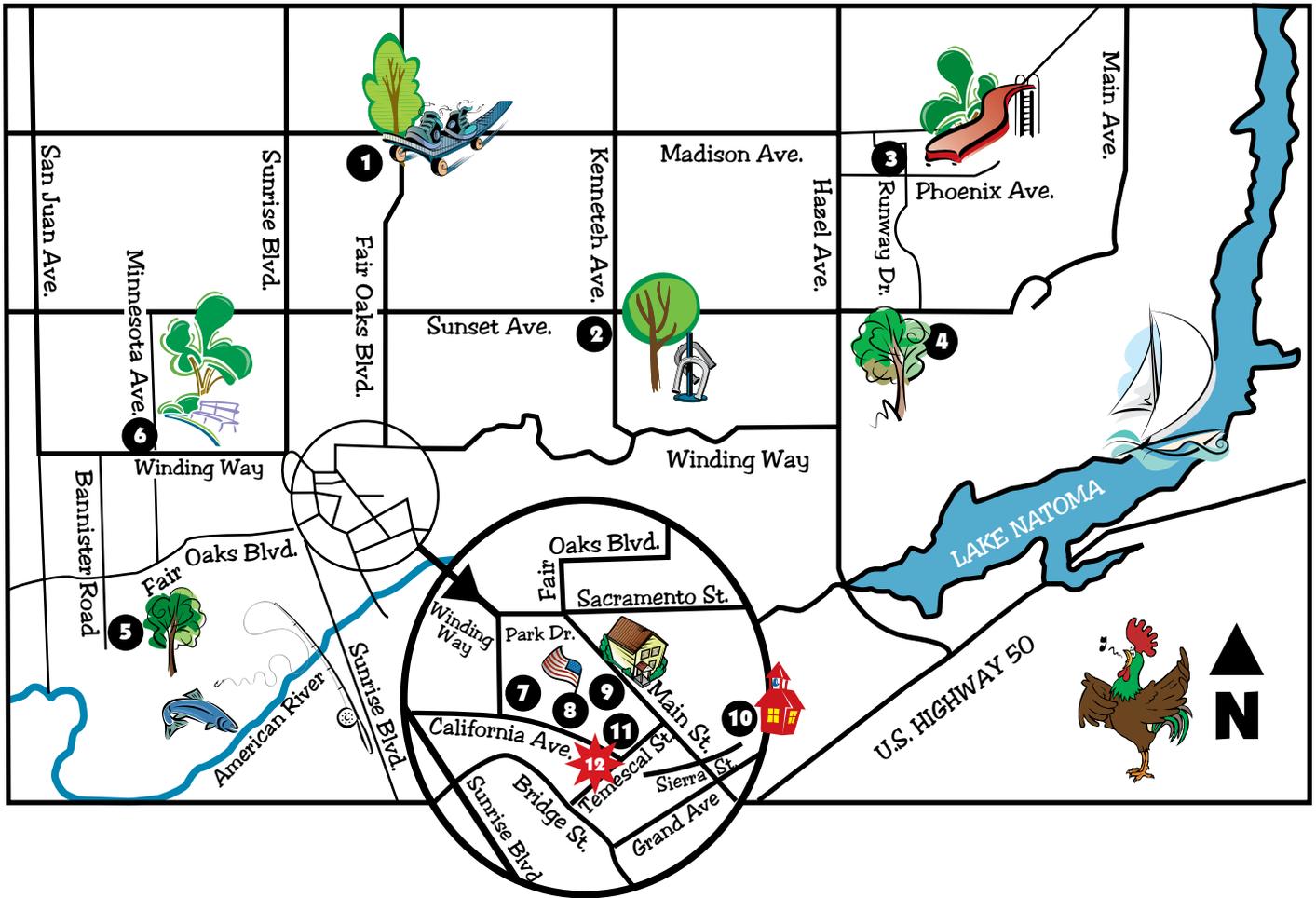
Capacity: 200 Total seating (picnic tables)  
Equipment Provided: (5) BBQ Grills, (1) Large Center Table

Additional Equipment: Water and Electricity available for \$5 each  
Rental fee: \$30 per hour

### Miller Park BBQ Area 8480 Sunset Ave.

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

*We know that people like to look for mistakes, so we include just a few to keep you entertained. Please let us know which ones you find.*



1. **Fair Oaks Park** (11549 Fair Oaks Blvd.); basketball, softball, tennis, soccer, playground, horseshoes, skateboard park, family picnics - BBQ area, multipurpose field, community garden, McMillan Center
2. **Miller Park** (8480 Sunset Ave.); basketball, tennis, playground, horseshoes, family picnics
3. **Little Phoenix Park** (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
5. **Bannister Park** (3820 Bannister Rd.); soccer, multipurpose field
6. **Montview Park** (4401 Minnesota Ave.); playground, family picnics
7. **Plaza Park** (7003 Park Dr.); family picnics, amphitheater
8. **Veterans Memorial Amphitheater** (7991 California Ave.)
9. **Community Clubhouse / Arts & Crafts Building** (7997 California Ave.)
10. **Fair Oaks Preschool** (8090 Grand Ave.)
11. **Village Park** (4238 Main St.); playground, family picnics, arts & crafts, Community Clubhouse
12. **Fair Oaks District Office** (4150 Temescal St. F.O.)
13. **Old Fair Oaks Library** (4200 Temescal St.)



4150 TEMESCAL ST.  
FAIR OAKS, CA 95628

To Our Valued Customer  
Postal Customer - Local  
Fair Oaks, CA 95628  
Carrier Route

Prst Std  
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Permit No. 601  
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Fair Oaks,  
CA 95628

# Look What's Coming to Town!

*Catch the action and excitement of these special events coming to Fair Oaks for the Winter/Spring season!*



- |                               |                        |
|-------------------------------|------------------------|
| <b>Dueling Decades Dance</b>  | <b>1/21</b>            |
| <b>Father Daughter Dance</b>  | <b>2/11 &amp; 2/18</b> |
| <b>Dress &amp; Suit Drive</b> | <b>March</b>           |
| <b>Kids Art Festival</b>      | <b>4/2</b>             |
| <b>Easter Eggstravaganza</b>  | <b>4/23</b>            |
| <b>Fair Oaks Spring Fest</b>  | <b>4/30 &amp; 5/1</b>  |
| <b>Spring Garage Sale</b>     | <b>5/14</b>            |

**For more information on these Special Events see pages 3 & 4. For more information on how you can be involved as a sponsor or volunteer for our events please contact Fair Oaks Recreation and Park District at 916-966-1036 or visit our website at [www.fairoakspark.org](http://www.fairoakspark.org).**

