

FAIR OAKS RECREATION AND PARK DISTRICT

# *The Roost*

*January - April 2012*



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

4150 TEMESCAL ST., FAIR OAKS, CA 95628 • 916/966-1036

Register online 24/7 @ [www.fairoakspark.org](http://www.fairoakspark.org)

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## BOARD OF DIRECTORS

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

## DISTRICT OFFICE

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

## ADMINISTRATION

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

## PARKS

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

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

If classes do not meet the minimum number of participants cancellation may be considered within 5 business days prior to the start of the class. Payments at class cannot be made in cash. To pay in cash, you must register in District Office.

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



Fitness-Strength-Knowledge-Creativity-Community

graphic design by Lenore Wellings • 916-933-3328

## FAIR OAKS RECREATION & PARK DISTRICT

### Our Vision

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

2011 was busy for the Fair Oaks Recreation and Park District as the Board and staff worked diligently to continue improving parks and programs in Fair Oaks. Staff, community partners and residents joined together for another successful "It's My Park Day", sprucing up four parks in anticipation of another full season of outdoor activities in your parks. The District sponsored the sixth annual Chicken Festival with added vendors, a retooled event layout for adults and children and increased attendance from people throughout the Sacramento region. The Chicken Festival is an opportunity for Fair Oaks residents to enjoy a day in the Village and for visitors to experience what is so special about Fair Oaks. The District expanded the recreation-based preschool with afternoon classes and increased the visits of the WOW (Wonderful Outdoor World) bus to more District parks beginning in the Spring and continuing through the Fall-all free for those who joined us.

*We will be offering new events and classes in winter and spring 2012 including:* Flashback Cinema is a silent movie night in the Community Clubhouse in coordination with the Sierra Chapter American Theatre Organ Society. The silent movies will have musical accompaniment by the very special pipe organ that's built into the Clubhouse. (See page 3 for details)

Ladies Night Out provides an opportunity for ladies to enjoy shopping, pampering, entertainment, wine tasting and raffle prizes in cooperation with the Active 20/30 Club of Greater Sacramento. (See page 3 for details)

Supernova Performing Troupe is a new singing and dancing program for children ages 7-17. The Supernova troupe has performed at the Community Center Theatre, at the ARTober Showcase, on "Kid's Corporation" on Access Sacramento and the Omni Youth Funfest. (See page 10 for details)

New Star Children's Theatre Musical Theatre Workshops will have two separate programs where children are taught acting, singing, and dancing. Participants use their new skills to present two very special musical productions. (See page 7 for details)

Thank you for your support of District programs, events and facilities.

Looking forward to a terrific 2012!

*Maureen Zamarripa*

District Administrator

Cover photo courtesy of  
Victoria Flower Photography



[info@victoriaflowerphoto.com](mailto:info@victoriaflowerphoto.com) or  
[website:victoriaflowerphoto.com](http://website:victoriaflowerphoto.com)

## Flashback Cinema: 1920's

**Friday, January 27<sup>th</sup>, 7:00-9:30pm**

**Doors open at 6:00pm- Show begins at 7:00pm**

Join the Fair Oaks Recreation and Park District and the Sierra Chapter American Theatre Organ Society for a trip back in time and bring the whole family out for a special evening of silent movies. This night will feature a special showing of multiple short films along with LIVE theatre organ accompaniment by Dave Moreno. Popcorn, snacks and drinks will be available for purchase.

*Fee: \$3 per person presale/\$5 at the door (cash only).*

*Location: Fair Oaks Community Clubhouse, 7997 California Avenue*



## Father Daughter Dance

**Friday, Feb 10<sup>th</sup> &  
Saturday, Feb 11<sup>th</sup>, • 6:30-8:30pm**  
**Theme: Western Glam**

Howdy Partner! The Fair Oaks Youth Advisory Board invites every father to take his little cowgirl 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.*

*7610.10 • F • 2/10/12*

*7610.11 • Sa • 2/11/12*

## Easter Eggstravaganza

**Saturday, April 7<sup>th</sup>,  
8am-1pm**

The Fair Oaks Recreation and Park District presents an "Eggciting" Easter adventure for the entire family. Please join us for a

FREE egg hunt for children 0-13 years old, or hop on over and purchase

admission to the morning breakfast and a \*\$10 wristband for unlimited carnival games and inflatable's, one (1) choo-choo ride, and one (1) face painting.

Attention Adults! Don't get left out on the fun, purchase your \$3 admission ticket for Fair Oaks Youth Advisory Board's

"Adult Egg Hunt" for a chance to hunt for gift cards and prizes!

\*Carnival tickets are also available for purchase for 50¢ each. Cash only.

No refunds, no exceptions! All ticket sales will end @ 12:00pm, one hour before the event ends.

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

## Ladies Night Out - Adults Only

**Saturday, March 3<sup>rd</sup> • 6pm-9pm**

Grab your gal pals; the time is here for the first annual "Ladies Night Out" event. Entertainment, \*shopping, \*pampering, \*raffle prizes, and \*wine tasting (presented by the Active 20-30 Club of Greater Sacramento)... What more could you ask for? Purchase your admission ticket online or in the district office beginning February 1st, 2012.

*Location: Fair Oaks Community Clubhouse*

*Fee: \$10 presale, \$15 at the door (cash only)*

*\*Additional Fee required*

*7610.88*

Child care (ages 5-12 years old) will be available from 6pm-9pm in the arts and crafts building. Purchase your child's spot online or in the District office.

Fee: \$5 per child

### SCHEDULE OF EVENTS:

**8am-11am Breakfast**

**9am-1pm Carnival games**

**9am-1pm (or until eggs last)**

*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)**

## Kids Art Festival

**Saturday, April 28<sup>th</sup>, 10am-3pm**

The Fair Oaks Recreation and Park District is partnering with the San Juan Unified School District and the Fair Oaks Presbyterian Church to present the 8<sup>th</sup> Annual **KIDS ART: COMMUNITY FOCUS ON THE ARTS**. This event will feature hands on workshops, performing art exhibits, music and dance performances, an art show, and food vendors. This is a wonderful opportunity for businesses and organizations to join in as part of this community event as a sponsor. 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)*

## The 63<sup>rd</sup> Annual Fiesta Days

**May 5<sup>th</sup> & 6<sup>th</sup>,  
10am - 4pm daily**

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



## Comedy Under the Stars

**Friday, May 11<sup>th</sup>, 8-10pm**  
**Doors open at 7pm, show starts at 8pm**

*Recommended for an Adult Audience*

Join the Fair Oaks Recreation and Park District for a night full of laughs! Food and spirits are available for purchase in the Theatre. Please contact us at (916) 966-1036 for additional information.

*Location: Veterans Memorial Amphitheatre*

*Tickets: \$15 per person presale - \$20 per person (cash only) at the door.  
At door ticket sales from 7-8pm only. Online ticket sales end @ 6:30pm.*

## Spring Garage Sale

**Saturday, June 2<sup>nd</sup>, 8am-1pm**

It's time to spring clean. Registration begins for the Fair Oaks Spring garage sale at 8 am on February 6<sup>th</sup>. Registration is limited to 61 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*



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

*This class includes:*

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

This training is held on a combination of (2) Thursday and (2) Saturday classes and is free to citizens who work or live in Sacramento County. Teenagers are welcome with an adult or guardian. **The next class begins Thursday, Jan 5<sup>th</sup>** For more information or to register for an upcoming training, call 916-859-3776 or e-mail cert@smfd.ca.gov. **Be Safe, Be Prepared, Be Empowered to Make a Difference!**

## Fair Oaks Horticulture Center in Fair Oaks Park 2012 Workshops And Open Garden Days

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

### WORKSHOP, SATURDAY, JANUARY 21, 9AM-12PM

Winter Pruning, Home orchard pest management during the dormant season, Caring for perennials and ornamental shrubs

### OPEN GARDEN, SATURDAY, FEBRUARY 25, 9AM-12PM

Walk around the Fair Oaks Horticulture Center gardens on your own. Talk to Master Gardeners and watch them prune ornamental grasses, start a compost pile, or a worm composting bin. Advice to grow by—ask us!.

### WORKSHOP, SATURDAY, MARCH 24, 9AM-12PM

Everything you need to know about vegetable gardening from planning, planting and much, much, more. River-Friendly Landscaping—seven easy principles that help you create a healthy, beautiful landscape while protecting and caring for our environment.

*Call 916-875-6913 or visit our website at <http://ucanr.org/sacmg> for details on how the Fair Oaks Horticulture Center and the Master Gardeners can help your garden grow healthier. Event topics subject to change.*

## Now Accepting Applications for Summer Camp Staff

The Fair Oaks Recreation and Park District is looking for energetic Camp Staff who are interested in providing exceptional recreation 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 activities 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 and pass a pre-employment background check. For more information on how to apply please call 966-1036.*

## Sponsorship

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

## FAIR OAKS COMMUNITY GROUPS

Fair Oaks /Orangevale

Little League

[president@fovll.com](mailto:president@fovll.com)

Fair Oaks Soccer Club

(916) 241-FOSC (3672)

American River Girls Softball

(916) 206-0236

Fair Oaks Youth Lacrosse

(916) 806-1874

Fair Oaks Theatre Festival

(916) 966-3683

Fair Oaks Foundation for

Leisure & Arts (916) 961-9012

Fair Oaks Historical Society

(916) 961-6301

Fair Oaks Responsible

Dog Owners [fordog@duh.net](mailto: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 Square Dancers

(916) 363-5733

Sierra Chapter American Theatre

Organ Society

(916) 624-9182

Fair Oaks Racquet Club

[info@foretennis.com](mailto:info@foretennis.com)

Fair Oaks Host Lions Club

(916) 204-5947

Fair Oaks Mom's Club

[fomembership@yahoo.com](mailto:fomembership@yahoo.com)

## 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 days per session**

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

Children enrolled in the recreation based 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.

*Spots may still be available for 2011-2012 school year. Call Now!!*

### PROGRAM OPTIONS/SESSIONS/FEEES

**Mon. Wed & Fri • 9am - 12pm • \$180 (\$175 res) per 4wk session**

**Mon. Wed & Fri • 12:45 - 3:30pm • \$180 (\$175 res) per 4wk session**

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

**Tue/Thu • 9am -12pm • \$130 (\$125 res) per 4wk session**

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

*Yearly, nonrefundable, registration fee of \$75 due at time of registration*

**REGISTRATION for 2012-2013 School Year**

**BEGINS APRIL 18 - Space is Limited!**

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

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



**\*Want to sign up but cannot commit to the volunteer days?  
Contact Jennifer for more information at [jdavis@fairoakspark.org](mailto:jdavis@fairoakspark.org)**

**New! NEW STAR Children's Musical Theatre Workshops**

Ages: 4-16yrs



Instructor: New Star Children's Theater

Children are taught acting, singing, dancing and will present the musical at the end of the session. We emphasize that every child is talented, and deserves a chance in the spotlight. 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 life-time! \$30 materials fee to be given to instructor and \$35 costume fee to be given to costume coordinator.

**"DEFYING GRAVITY"**

The mixed up story of Alice (from Wonderland) finding herself in "Oz" with such characters as Galinda, Jack (and the beanstalk), Peter Pan and Tinkerbelle, and many more favorite characters! How does she find her way home?

Shows April 28th & 29th in Clubhouse Auditorium

Location: McMillan Center

Fee: \$286 (\$283 res)

1724.13 • Th • 2/2-4/26 • 5-7pm

**"MASQUERADE:**

**A PIRATE PRINCESS ADVENTURE"**

a hilarious original musical story of a spoiled Princess, who is bored with all things "Princess", and decides to go on the ultimate adventure, a Treasure Hunt with the infamous Purple Pirate and his crew! Along with her Princess friends, and a goofy bunch of Pirates, the adventure takes the unlikely group on an epic quest for the hidden treasure!

Shows April 27th & 28th in Clubhouse Auditorium

Location: Clubhouse Auditorium

Fee: \$286 (\$283 res)

1724.12 • M • 1/30-4/23 • 7-9pm

**MOMMY & ME**

Ages: 3-6yrs w/parent



Location: Arts & Crafts Bldg.

**LITTLE HANDS POTTERY**

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 • 2/17 • 10:45-11:30am

1611.12 • F • 4/21 • 10:45-11:30am

**ART DISCOVERIES**

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 • 1/27-2/10 • 10:30-11:30am

1612.12 • F • 3/9-3/23 • 10:30-11:30am

**New! UNDER THE SEA DRAWING ADVENTURE**

Location: McMillan Center

Draw the creatures of the sea one line at a time. Enjoy combining lines, color, texture and overlapping to create fish, sharks, dolphins and more. Create an underwater masterpiece on the last day of class.

Instructor: Susan Frank



4-6 yrs

Fee: \$42 (\$39 res)

7174.11 • 1/12-2/2 • 4:30-5:45pm

7-12 yrs

Fee: \$61 (\$58 res)

7174.12 • 2/9-3/1 • 4:30-6pm

**The W.O.W Bus The Fun Starts Here!**

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

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

10:30am-12:30pm

Mar 17<sup>th</sup> • Little Phoenix Park

Apr 21<sup>st</sup> • Miller Park

If raining, dates will be rescheduled and posted at [www.fairoakspark.org](http://www.fairoakspark.org)



## New! FAMILY ZUMBA

**Ages: 3.5-12 yrs (with adults)**  
**Location: Clubhouse Lower Level**

Adults and children enjoy attending our family-friendly Zumba fitness classes because our routines are easy-to-follow and our musical selections are age-appropriate! Bring your little ones out to "Join the Party!"



Instructor: BernNadette Best-Green  
 Fee: \$24 (\$21 res) for 4 classes/\$40 (\$37 res) for 8 classes  
 Drop in Fee: \$7 per class  
 Wed • 1/4-4/25 • 6:15-6:55pm  
 3811.11 Jan 3811.13 Mar  
 3811.12 Feb 3811.14 Apr

## MOMMY / DADDY & ME SOCCER

**Ages: 2-3.5yrs**  
**Location: Fair Oaks Park**

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



Fee: \$91 (\$88 res) / Session: 8 wks  
 Instructor: Jared Rains, Kidz Love Soccer Ch.  
 5555.15 • F • 1/27-3/16 • 9:30-10am  
 5555.26 • F • 4/13-6/1 • 9:30-10am



## TINY TOT SPORTS CLASSES

**Ages: 3-5yrs / 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 • 3/10-3/31 • 9-9:45am  
 1129.12 • Sa • 4/14-5/5 • 9-9:45am

### TEAM SPORTS CAMP

*(a different sport each week)*  
 2122.11 • Sa • 3/10-3/31 • 10-10:45am  
 2122.12 • Sa • 4/14-5/5 • 10-10:45am

### TINY TOT BASKETBALL

1160.11 • Sa • 3/10-3/31 • 11-11:45am  
 1160.12 • Sa • 4/14-5/8 • 11-11:45am

## SOCCER SKILLZ & SCRIMMAGES

**Ages: 7-10yrs**  
**Location: Fair Oaks Park**

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



Fee: \$97 (\$94 res)  
 Instructor: Jared Rains, KLS Coach  
 5555.14 • F • 1/27-3/16 • 4:30-5:15pm  
 5555.25 • F • 4/13-6/1 • 4:30-5:15pm



## KIDZ LOVE SOCCER (KLS)

**Ages: 3.5-6yrs**  
**Location: Fair Oaks Park**

Kids learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method; a session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Kidz Love Soccer: *"where the score is always fun to fun"*™ Log onto [www.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: \$91 (\$88 res)  
 Instructor: Jared Rains, Kidz Love Soccer Ch  
**Fri • 1/27-3/16 • Session: 8 wks**  
 5555.11 Tot/Pre Soccer (3.5-5 yrs) 10:10-10:45am  
 5555.12 Tot/Pre Soccer (3.5-5 yrs) 3:10-3:45pm  
 5555.13 Soccer 1 (5-6 yrs) 3:45-4:30pm  
**Fri • 4/13-6/1 • Session: 8 wks**  
 5555.21 Tot/Pre Soccer (3.5-5 yrs) 10:10-10:45am  
 5555.22 Pre Soccer (4-5 yrs) 3:10-3:45pm  
 5555.23 Soccer 1 (5-6 yrs) 3:45-4:30pm  
 5555.24 Tot Soccer (3.5-4 yrs) 5:15-5:45pm

## New! TENNIS FOR KIDS

Location: Miller Park Tennis Courts 7&8

### BEGINNER/LOW INTERMEDIATE

Beginners will develop physical skills such as hand-eye coordination, balance, movement and racquet skills using different sized tennis balls and equipment in this learn to play tennis program. This program promotes and fosters camaraderie and helps kids develop social and interpersonal skills.



Fee: \$92 (\$89 res)

Instructor: Paul Pena III

#### Ages 5-6 yrs

1255.11 • Su • 3/4-3/25 • 11am-12:30pm

1255.12 • Su • 4/1-4/29\* • 11am-12:30pm

#### Ages 7-8 yrs

1255.13 • Su • 3/4-3/25 • 12:30-2pm

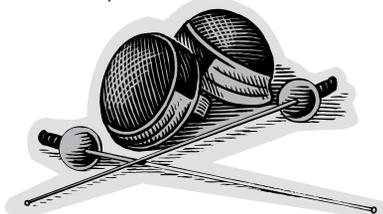
1255.14 • Su • 4/1-4/29\* • 12:30-2pm

#### Ages 9-11 yrs

1255.15 • Su • 3/4-3/25 • 2-3:30pm

1255.16 • Su • 4/1-4/29\* • 2-3:30pm

\* No Class 4/8



## BEGINNERS FENCING

Ages: 7-15yrs

Location: Hristov Fencing Club

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



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

Instructor: Kristiyan Hristov

Location: Hristov Fencing Club,

6028 San Juan Ave, Citrus Heights

3831.11 • W • 1/4-1/25 • 5-6pm

3831.12 • W • 2/1-2/22 • 5-6pm

3831.13 • W • 3/7-3/28 • 5-6pm

3831.14 • W • 4/4-4/25 • 5-6pm

## YOUTH KENPO KARATE

Ages: 4-12yrs

Location: Clubhouse Lower Level

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



Fee: \$58 (\$55 res) Monthly

Instructor: Casey Benedict

### CONTINUING KENPO KARATE #1

T/Th • 6:30-7:15 pm

1203.11 • 1/3-1/31 • 9 classes

1203.12 • 2/2-2/28 • 7 classes\*

1203.13 • 3/1-3/29 • 9 classes

1203.14 • 4/3-4/26 • 8 classes

### CONTINUING KENPO KARATE #2

T/Th • 7:15 -8 pm

1205.11 • 1/3-1/31 • 9 classes

1205.12 • 2/2-2/28 • 7 classes\*

1205.13 • 3/1-3/29 • 9 classes

1205.14 • 4/3-4/26 • 8 classes

\*No class 2/16

## New! FAMILY CLAY CAMP

Ages 4-17yrs with parent

Location: Arts & Crafts Building

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



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

1615.11 • T-F • 2/21-2/24 • 11am-12:30pm

1615.12 • M-Th • 4/2-4/5 • 11am-12:30pm

## INTRODUCTION TO KENPO KARATE

Ages: 4-12yrs

Location: Clubhouse Lower Level

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



Fee: \$73 (\$70 res)

Instructor: Casey Benedict

T/Th • 6-6:30 pm

1202.11 • 1/3-2/28\* • 16 classes

1202.12 • 3/1-4/26 • 17 classes

\*No class 2/16

## Instructors Wanted!

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

## New! TEEN CLAY CAMP

**Ages:** 13-17yrs

**Location:** Arts & Craft Building

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



**Instructor:** Michelle Lueth

**Fee:** \$63 (\$60 res)

1614.11 • Tu-F • 2/21-2/24 • 11am-12:30pm

1614.12 • M-Th • 4/2-4/5 • 11am-12:30pm

## 2011-2012 Fair Oaks Youth Advisory Board (FOYAB)



Fair Oaks Recreation and Park District is pleased to announce the 2011-2012 Fair Oaks Youth Advisory Board (FOYAB).

Emily Marx- Chair

Abbey Hayes- Vice Chair

Desiree Simcoe- Secretary

Matt Fagan- Public Relations

Sarah Alsamman- Programming

Alana Sungar

Claire Williams

Megan Williams

Courtney Bloom

Jane Diamond

Lainie Dills

Alana Easterbrook

Karah Kingsbury

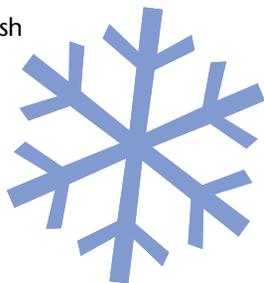
Ryan Cohen

Christina Gnedash

Mary Cattolica

Sana Alsamman

Brynn Anson



## New! SUPERNOVA PERFORMING TROUPE

**Ages:** 7-17yrs

**Location:** Clubhouse Auditorium

Come be a part of the ultimate “Glee” club—a Singing and Dancing program for kids! Children are taught singing and dancing numbers to perform at events in the public, from festivals to retirement homes. We teach the kids to feel self-confident, work in a group, be able to sing or dance the “lead” or “back-up”, problem solve, and make friendships that last a life-time. We will present a showcase at the end of this session. Children must have a song prepared to sing at the first rehearsal, with Karaoke music.

Our Supernova troupe has performed at the Community Center Theatre at the Artober Showcase, on “Kid’s Corporation” on Access Sacramento, at the Omni-youth Funfest for 3 years in a row, the Thursday night market in Folsom, and is currently filming a tv show for Access Sacramento called “The Supernova Challenge”. *Please bring \$30 materials fee to be given to instructor, and \$35 costume fee to be given to costume coordinator. Show April 29th*



**Fee:** \$286 (\$283 res)

**Instructor:** New Star Children’s Theater

1724.11 M 1/30-4/23 5-7pm

## FAMILY POTTERY

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

**Location:** Arts & Crafts Building

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



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

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

**Instructor:** Michelle Lueth

1610.11 • W • 1/18-2/15 • 4:15-5:30pm

1610.12 • W • 1/18-2/15 • 6:15-7:30pm

1610.13 • T • 2/28-3/27 • 4:15-5:30pm

1610.14 • T • 2/28-3/27 • 6:15-7:30pm

1610.15 • T • 4/17-5/15 • 4:15-5:30pm

1610.16 • W • 4/18-5/16 • 6:15-7:30pm



## New! BEGINNING JEWELRY

**Ages:** 13yrs + over

**Location:** Arts & Craft Building

Have you ever seen a piece of hand-made jewelry and wanted to find out how to make it yourself? In these classes you will learn the skills to create your own unique designs. Leave class with a finished piece of jewelry you will be proud to wear. *Please bring a \$15 materials fee payable to instructors on day of class.* Sign up for both classes and get a \$5 discount on your second class fee!



**Instructor:** Michelle Lueth

**Fee:** \$28 (\$25 res)

**Beginning wirework linked beads**

5112.11 • Sa • 2/11 • 11:30am-1:30pm

5112.13 • Fri • 4/6 • 11am-1pm

**Basic macramé with hemp cord and beads**

5112.12 • Sa • 2/11 • 2-4pm

5112.14 • Fri • 4/6 • 1:30-3:30pm

## The Swimstute

Located at 11335B Folsom Blvd., Rancho Cordova, the Swimstute building houses a large 4,800 sq. ft. indoor heated (85°) pool. ASCA certified instructors offer a variety of services year round ranging from beginning swim lessons and advanced stroke work to water aerobics classes and even scuba diving lessons.

### WATER AEROBICS

**Ages:** 18yrs & up

**Location:** Swimstute

Come join the fun and get a great workout at the same time. 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.

**Fee:** \$73 (\$70 res) • T/Th • 1/3-2/28

8911.11 • 10-11am • Deep Water

8911.12 • 11:30am-12:30pm • Arthritis Class

8911.13 • 6:30-7:30pm

**Fee:** \$73 (\$70 res) • T/Th • 3/1-4/26

8911.14 • 10-11am • Deep Water

8911.15 • 11:30am-12:30pm • Arthritis Class

8911.16 • 6:30-7:30pm

**Fee:** \$38 (\$35 res) • F • 1/6-2/24

8911.17 • 6-6:50pm • Cardio, Core & More

**Fee:** \$38 (\$35 res) • F • 3/2-4/27

8911.18 • 6-6:50pm • Cardio, Core & More

### PARENT/TOT SWIM CLASS

**Ages:** 6mos-2yrs

**Location:** Swimstute

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

**Fee:** \$103 (\$100 res)

8912.11 • Sa • 1/7-2/11 • 9:30-10am

8912.12 • Sa • 1/7-2/11 • 10-10:30am

8912.13 • Sa • 2/18-3/24 • 9:30-10am

8912.14 • Sa • 2/18-3/24 • 10-10:30am

8912.15 • Sa • 3/31-5/8 • 9:30-10am

8912.16 • Sa • 3/31-5/8 • 10-10:30am

## Adult Sports Leagues

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

### SOFTBALL

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

#### Spring League

**League Dates:** 3/5-5/4

**Registration Deadline:**

2/24 @ 5:00pm

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

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

**Location:** Fair Oaks Park

**Cost:** \$410 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 woman's D. Games are held on Sundays from 1:00pm-8:00pm at Bella Vista High School.

#### Spring League

**League Dates:** 3/25-5/29

**Registration Deadline:**

3/16 @ 5:00pm

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

**Game Times:** 1-8pm

**Location:** Bella Vista High School

**Cost:** \$420 per team

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

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

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



## ADULT POTTERY

**Ages: 18yrs & up**

**Location: Arts & Crafts Building**

Come have fun while playing in the mud! Experience one of the most ancient and relaxing art forms while learning different techniques to create your own individual works of art. Hand building as well as wheel throwing will be offered. Emphasis on fun - while exploring your creative side. Although this is a beginning class, all levels are welcome. *Please bring a \$25 materials fee payable to instructor at first class.*



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

Instructor: Michelle Lueth

5110.11 • T • 1/24-2/14 • 1:30-3:30pm

5110.12 • T • 1/24-2/14 • 4-6pm

5110.13 • W • 1/25-2/15 • 1:30-3:30pm

5110.14 • T • 3/6-3/27 • 1:30-3:30pm

5110.15 • W • 3/7-3/28 • 1:30-3:30pm

5110.16 • W • 3/7-3/28 • 4-6pm

5110.17 • T • 4/24-5/15 • 1:30-3:30pm

5110.18 • W • 4/25-5/16 • 1:30-3:30pm

5110.19 • W • 4/25-5/16 • 4-6pm

## ADULT POTTERY STUDIO

**Age: 18yrs & up**

**Location: Arts & Crafts Bldg.**

This open studio is for students who have previously taken an adult pottery class from Michelle. Studio is open registration & participants can sign up at any time by purchasing a punch card. Punch card is good for 4 classes & expires 60 days from date of purchase. One class equals 2 hours studio time. *Please bring a \$25 materials fee payable to instructor at first class.*



Fee: \$63 per punch card

Instructor: Michelle Lueth

1616.11 • Jan • T/W • 12:30-6pm

1616.12 • Feb • T/W • 12:30-6pm

1616.13 • Mar • T/W • 12:30-6pm

1616.14 • Apr • T/W • 12:30-6pm



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

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

**For more info visit  
[www.fordog.org](http://www.fordog.org)**

## LOVE & LOGIC PARENTING

**Location: Fair Oaks Presbyterian  
Church, 11427 Fair Oaks Blvd**

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



Fee: \$38 (\$35 res)

Instructor: Dawn Brenner

1418.11 • W • 1/11-2/15 • 6:30-8:40pm

Child care may be available for an additional fee. Please contact Children's Ministry Dept. @ 967-4784 to register for child care.

## BABY SIGNS® SIGN, SAY AND PLAY

**Ages: 8-24 months**

**Location: Old Fair Oaks Library**



Parents and their babies will enjoy 6 weeks of fun-filled play classes with lots of singing, signing, and dancing activities that highlight important developmental skills. With the Baby Signs® Program, infants and toddlers can use simple signs to let you know what they see, what they need, and even how they feel. Research has shown that using the Baby Signs® program reduces frustration and helps babies learn to talk sooner. Classes include fun activities and parent education topics to stimulate growth in your baby's motor, cognitive, language, literacy, social and emotional development. *\$55 materials fee payable to instructor at first class*

Fee: \$66 (\$63 res) per parent/child

Session: 6 wks

Instructor: Sandy Seddon-Rice BSN, IBCLC

1414.11 • T • 1/24-2/28 • 5:15-6:15pm

1414.12 • T • 3/27-5/1 • 5:15-6:15pm

## EAST COAST SWING DANCE

*Location: Orangevale Activity Room*

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



Location: class held @ 6826 Hazel Ave.  
 Fee: \$56 (\$53 res) **per couple**  
 Session: 4 wks / Instructor: Meghan Kerins

### BEGINNING

4112.11 • M • 1/9-2/6\* • 6:30-7:30pm  
 4112.12 • M • 2/13-3/12\* • 6:30-7:30pm  
 4112.13 • M • 3/19-4/9 • 6:30-7:30pm  
 4112.14 • M • 4/16-5/7 • 6:30-7:30pm  
 \*No class 1/16, 2/20

## BELLY DANCING

*Ages: 13yrs & 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: \$66 (\$63 res) Drop In fee: \$18  
 Instructor: Adriane Dellorco

### BEGINNING:

7:00-8:00pm • Old Library Building  
 2222.11 • Tu • 1/17-2/21\*  
 2222.12 • Tu • 2/28-4/3  
 2222.13 • Tu • 4/10-5/15\*

### INTERMEDIATE:

5:45-6:45pm • Clubhouse Auditorium  
 2222.14 • Tu • 1/17-2/21\*  
 2222.15 • Tu • 2/28-4/3  
 2222.16 • Tu • 4/10-5/15\*  
 \*1/24 & 4/24 will be held in the old library

## ROUND DANCE

*Ages: 18yrs+*

*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.*



Instructors: Marie Hathaway & Gordon Sill  
 Fee: \$81 (\$78 res) or purchase a punch card good for 4 classes for \$27

### BEGINNING

Session: 11 classes  
 4220.11 • Tu • 1/10-4/17 • 12:30-2pm  
 4220.12 • W • 1/11-4/18 • 6:30-8pm

### INTERMEDIATE

4220.13 • Tu • 1/10-4/17 • 11am-12:30pm  
 4220.14 • W • 1/11-4/18 • 8-9:30pm

## BALLROOM DANCE I

*Location: Orangevale Activity Room*

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



Location: class held @ 6826 Hazel Ave.  
 Fee: \$56 (\$53 res) **per couple**  
 Session: 4 wks

Instructor: Meghan Kerins

4110.11 • M • 1/9-2/6\* • 7:45-8:45pm  
 4110.12 • M • 2/13-3/12\* • 7:45-8:45pm  
 4110.13 • M • 3/19-4/9 • 7:45-8:45pm  
 4110.14 • M • 4/16-5/7 • 7:45-8:45pm  
 \*No class 1/16, 2/20



## Line Dancing

*Location: Clubhouse Auditorium*

*Ages: 18yrs+ • 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  
 4201.11 • Th • 1/5-1/26 • 6-7:00pm  
 4201.12 • Th • 2/2-2/23 • 6-7:00pm  
 4201.13 • Th • 3/8-3/29 • 6-7:00pm  
 4201.14 • Th • 4/5-4/26 • 6-7:00pm

### INTERMEDIATE

Fee: \$33 (\$30 res) per person  
 Session: 4 wks  
 4210.11 • Th • 1/5-1/26 • 7:30-9pm  
 4210.12 • Th • 2/2-2/23 • 7:30-9pm  
 4210.13 • Th • 3/3-3/29 • 7:30-9pm  
 4210.14 • Th • 4/5-4/26 • 7:30-9pm



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

*This course is EMSA Certified*

**Ages: 12yrs & 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 • 1/21 • 8:00am-4:30 pm

4444.12 • Sa • 2/11 • 8:00am-4:30 pm

4444.13 • Sa • 3/10 • 8:00am-4:30 pm

4444.14 • Sa • 4/14 • 8:00am-4:30 pm

## 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).*

## ADULT KENPO KARATE

**Ages: 13yrs & up**

**Location: Clubhouse Lower Level**

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

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



Fee: \$58 (\$55 res) monthly

Instructor: Casey Benedick

T/Th • 8-8:45pm

1204.11 • 1/3-1/31 • 9 classes

1204.12 • 2/2-2/28\* • 7 classes

1204.13 • 3/1-3/29 • 9 classes

1204.14 • 4/3-4/26 • 8 classes

\*No class 2/16

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

3710.11 • Jan 3710.13 • Mar

3710.12 • Feb 3710.14 • Apr

### STRETCHING, RELAXING AND STRESS RELIEVING YOGA

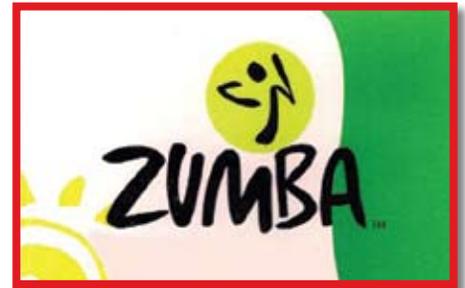
This class, over time, develops the ability to release our muscle tension and be relaxed in every posture of life.

Tu • 1/3-4/24 • 8-9:15am

### STRENGTHENING YOGA

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

F • 1/6-4/27 • 8:30-10am



## ZUMBA

**Location: Clubhouse lower level**

Our easy-to-follow, invigorating, super-fun Zumba Fitness program is a great way to lose those unwanted inches and pounds while dancing and having fun! *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

Drop in Fee: \$8

Wed • 7-8pm • 1/4-4/25

3810.11 • Jan 3810.13 • Mar

3810.12 • Feb 3810.14 • Apr

## MISCONCEPTIONS ABOUT ESTATE PLANNING - Let's Set the Record Straight!

Location: McMillan Center

Estate Planning is more than just the distribution of assets at death. It is really the accumulation and efficient management of wealth during your lifetime, and the efficient distribution of your wealth after death, all coordinated according to your objectives. A properly structured estate plan allows control over your assets, your beneficiaries, taxes and yourself both while you are living and after you die. Learn about some of the common misconceptions of Estate Planning to gain a deeper understanding of what you can do to prepare your life plan. Let us set the record straight!



Fee: FREE

Instructor: Mike Bennett, Generations Law  
8909.11 • Th • 2/16 • 10-11am  
8909.12 • Th • 4/19 • 10-11am



## 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)

## ESTATE PLANNING 101: Wills, Trusts, and Probate

Location: La Sierra Community Center

Mike Bennett, Esq. is a representative of Generations, an estate planning and trust law firm. He will discuss the documents that everyone should have for transferring wealth to the next generation. Even if you already have a will or trust, you can find out if it's up to date.



Location: 5325 Engle Rd # 100, Carmichael  
Fee: FREE but you must pre-register by calling 483-7826

Instructor: Mike Bennett, Generations Law  
W • 10-11am • 1/25

## ESTATE TAXES AND YOU

Location: La Sierra Community Center

Mike Bennett, Esq. is a representative of Generations, an estate planning and trust law firm. He will discuss the benefits of estate planning and debunk the many myths about estate planning, probate, and taxes. This class is appropriate for people from all walks of life.



Location: 5325 Engle Rd # 100, Carmichael  
Fee: FREE but you must pre-register by calling 483-7826.

Th • 10-11am • 3/22

## 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 \$33  
Instructor: Linda Chandler  
Thu • 1:30pm-4:00pm  
5113.11 • Jan  
5113.12 • Feb  
5113.13 • Mar  
5113.14 • Apr

## 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](mailto: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  
\*Requires minimum

## 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: \$2 per class  
M/T/W/TH • On-going/Drop-in  
9:35-10:30am  
(No program on District Holidays)

## 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 others pay the non-resident fee (indicated by non res).
3. Don Ralls Scholarship program: Scholarships are available for District residents who are on a fixed income or lower income families with special needs. Please contact the District for more information.
4. **If paying at class, you may only pay with check made out to FORPD or with credit card.**

### REFUND POLICY

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

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

**FAIR OAKS RECREATION & PARK DISTRICT  
PARTICIPANT'S REGISTRATION 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 in District Office**

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**

**2012**

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**

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

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

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



#### **Clubhouse Lower Level** **7997 California Ave.**

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

#### **Old Fair Oaks Library** **4200 Temescal St.**

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



#### **McMillan Center** **8020 Temple Park Rd.**

**Capacity:** 72 seated / 154 standing  
**Included in Rental:** 773 sq. ft. Meeting Room, Kitchen with refrigerator & Range, fenced in outdoor park space with barbecues.

**Equipment Provided:** (10) 6' tables, (2) 8' tables, (3) 10' tables, (72) folding chairs, kitchen range & refrigerator, cleaning equipment.

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



### OUTDOOR

*2hr minimum rental for all BBQ Areas*

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

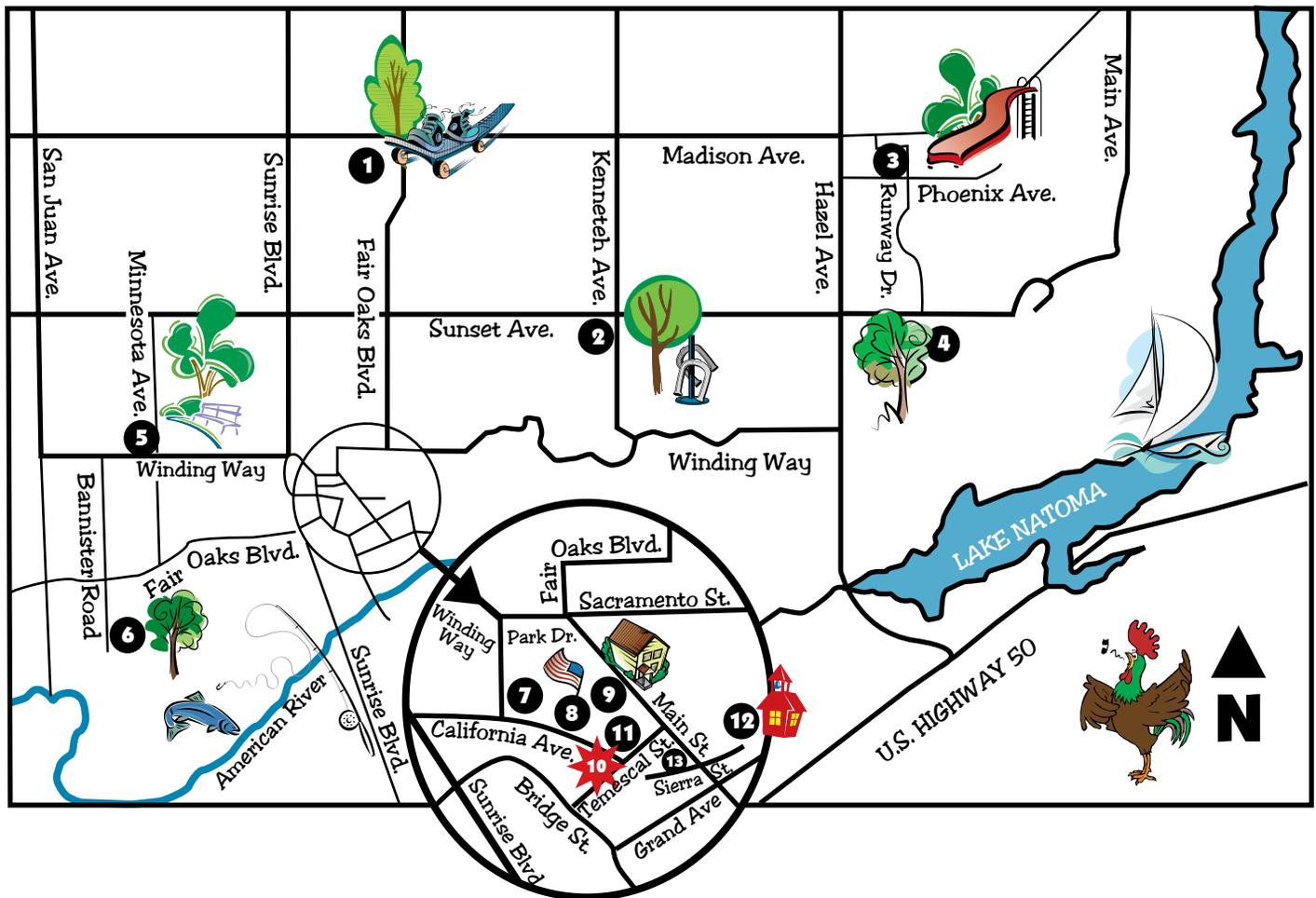
**Capacity:** 200 Total seating (picnic tables)  
**Equipment Provided:** (5) BBQ Grills, (8) Large Tables, (1) Large Serving Table  
**Additional Equipment:** Water and Electricity available for \$10 each  
**Rental fee:** \$30 per hour

#### **Miller Park BBQ Area** **8480 Sunset Ave.**

**Capacity:** 24 total seating (picnic tables)  
**Equipment Provided:** (2) BBQ Grills, (5) picnic tables  
**Additional Equipment:** Water and Electricity available for \$10 each  
**Rental Fee:** \$20 per hour

*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.*

# Parks & Facilities Map



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

# Look What's Coming to Town!

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



**Flashback Cinema:**

- |                               |                        |
|-------------------------------|------------------------|
| <b>1920's Silent Movie</b>    | <b>1/27</b>            |
| <b>Father Daughter Dance</b>  | <b>2/10 &amp; 2/11</b> |
| <b>Ladies Night Out</b>       | <b>3/3</b>             |
| <b>Easter Eggstravaganza</b>  | <b>4/7</b>             |
| <b>Kids Art Festival</b>      | <b>4/28</b>            |
| <b>Fair Oaks Fiesta Days</b>  | <b>5/5 &amp; 5/6</b>   |
| <b>Comedy Under the Stars</b> | <b>5/11</b>            |
| <b>Spring Garage Sale</b>     | <b>6/2</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).**