

2022  
SUMMER

# Activity GUIDE



Check out  
our lineup of  
**SUMMER DAY  
CAMPS!**

SEE PAGE 8

**100 PARKS** just  
waiting for you  
to explore.

SEE PAGE 36

Make a splash!  
**POOLS OPEN**  
Memorial Day  
Weekend.

SEE PAGE 14



**COSUMNES**  
COMMUNITY SERVICES DISTRICT



PARKS GUIDE



RECREATION ACTIVITIES



FIRE SAFETY INFO



# COSUMNES COMMUNITY SERVICES DISTRICT

## Your Parks and Recreation, and Fire Departments

Cosumnes Community Services District is an innovative, inclusive, and intentional regional leader committed to providing exceptional emergency medical, fire protection, parks and recreation services that exceed expectations and enhance the quality of life for the 205,000 south Sacramento County residents we serve.



### OTHER WAYS TO REGISTER:



**Walk-In**  
Cash, checks or  
credit cards accepted.



**Phone-In**  
Visa, MasterCard,  
or Discover.

# ONLINE REGISTRATION

[yourcsd.com/onlinereg](http://yourcsd.com/onlinereg)

### FAST

Search by keyword, age, day,  
location and more!

### EASY

Register for multiple programs in  
one transaction

### CONVENIENT

Faster payment process, easy to  
use, mobile friendly



## Resident registration begins April 13!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **April 27**.



### Wackford Community & Aquatic Complex

9014 Bruceville Road  
Elk Grove, CA 95758  
(916) 405-5600  
M-F 8am-8pm; Sat/Sun 8am-5pm



### Gil Albiani Recreation Center

8830 Sharkey Ave  
Elk Grove, CA 95624  
(916) 405-5600  
Open Monday-Friday, 9am-5pm



### Cosumnes CSD Administrative Office

8820 Elk Grove Blvd  
Elk Grove, CA 95624  
(916) 405-5600  
Open Monday-Friday, 8am-5pm



### Elk Grove Aquatics Center

9701 Big Horn Blvd  
Elk Grove, CA 95624  
(916) 405-5600  
Open Monday-Friday, 8am-5pm

**BOARD OF DIRECTORS**  
**Jaclyn Moreno** – President  
**Gil Albiani** – Vice President  
**Jim Luttrell**  
**Rod Brewer**  
**Orlando Fuentes**  
**Joshua Green**  
General Manager, CEO

**ADMINISTRATIVE SERVICES DEPARTMENT**  
8820 Elk Grove Blvd  
Elk Grove, CA 95624  
**Nitish Sharma**  
Chief Administrative Officer

**PARKS AND RECREATION DEPARTMENT**  
8820 Elk Grove Blvd.  
Elk Grove, CA 95624  
**Phil Lewis**  
Parks & Recreation Administrator

**FIRE DEPARTMENT**  
10573 E. Stockton Blvd.  
Elk Grove, CA 95624  
(916) 405-7100  
**Felipe Rodriguez**  
Fire Chief

# 2022 SUMMER

## ACTIVITY GUIDE



## Mission

At Cosumnes CSD, we provide exceptional parks and recreation services to our diverse Elk Grove community.

## Vision

An inclusive and connected park, recreation, and trails system that delivers opportunities for health and wellness, social interaction, and delight to the Elk Grove community.

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## Special Events



GET FIT. GET HEALTHY. BE HAPPY.

**Saturday, April 23 | 9 am - 4 pm**  
**Elk Grove Park**



**Join us for this FREE one day family fitness festival!**

Free activities that include a small obstacle course, gladiator joust, inflatable skee ball, bungee run, rock wall and more. Watch adult athletes battle it out in the Elk Grove Gauntlet and youth athletes take on the Kids Warrior Challenge.

To register for a competition visit  
[elkgrovecity.org/FitFest](http://elkgrovecity.org/FitFest)  
[yourcsd.com/FitFest](http://yourcsd.com/FitFest)



# Comedy Under the Stars

## FRIDAY NIGHTS at 8 pm

Laguna Town Hall, Amphitheater  
 3020 Renwick Avenue

Cosumnes Community Services District and Big Orange Productions are partnering to bring the Comedy Under the Stars summer series back to Elk Grove. Bring a picnic dinner, blanket and a group of friends to laugh under the stars.

### 2022 COMEDY DATES:

May 20 | June 17 | July 8 | July 29 | Sept 16

For more information: [yourcsd.com/comedy](http://yourcsd.com/comedy)

Registration is accepted online, by phone at (916) 405-5600 or at Cosumnes CSD registration counters. Tickets are \$15 in advance or \$18 at the door. Credit cards accepted at door.

Check-in starts at 6pm. Show starts at 8pm. 2-hour show. This show is suitable for adults only (ages 18+). No high-back chairs. To ensure clear sightlines for all our guests, only low-back lawn chairs with a seat no higher than 9" off the ground are permitted. No pets permitted, with the exception of service animals. No food vendors at this event.

Programming & events are contingent on mandated regulations. Please visit us online for latest information.

## Special Events



In Partnership With:

LASHER'S  
ELK GROVE  
RAM



# HOT Summer NIGHTS

## FREE CONCERT SERIES

### FRIDAYS IN AUGUST

All Ages Welcome · 6:30pm-9:00pm · Laguna Town Hall

[yourcsd.com/HotSummerNights](http://yourcsd.com/HotSummerNights)

**Delicious food available for purchase from local food trucks!**

Absolutely no entry into amphitheater before 5pm. Chairs allowed in the grass area must have a seat no higher than 9" from the ground. High back chairs will only be allowed at top of amphitheater. NO PETS except service animals.



# Community CAMP OUT

**SATURDAY & SUNDAY**  
**AUG. 6-7**  
12:00 noon-11:00am  
Elk Grove Park  
\$15/person (#32086)  
All ages

Gather your camping gear and explore the great outdoors a little closer to home. Enjoy campground favorites like swimming, crafts, campfire songs, and s'mores. Dinner and breakfast will be prepared by the Elk Grove Lions Club.

**PRE-REGISTRATION IS REQUIRED.** Registration will close on Monday, Aug. 1 by 3 pm.  
**WALK UPS WILL NOT BE ACCEPTED.**

 TROOP 007  
GOLDEN EMPIRE COUNCIL  
BOY SCOUTS OF AMERICA



**COSUMNES COMMUNITY SERVICES DISTRICT**  
**Sponsorship Opportunities**



Sponsorship and advertising opportunities with Cosumnes CSD bring your business to the eyes and ears of the Elk Grove community, helping you build relationships with existing clients and connect with potential new ones.

**FOR MORE INFORMATION**  
[yourcsd.com/sponsorships](http://yourcsd.com/sponsorships)  
**CONTACT: ANNA HOOPER**  
[annahooper@yourcsd.com](mailto:annahooper@yourcsd.com)

**Reach out TODAY to see how your business can take advantage of a custom sponsorship package.**

## Special Events

# Making Waves

## SWIM SCHOLARSHIPS

**SCHOLARSHIP INCLUDES:**

- Two Sessions of swim lessons (\$146.00 value)
- Swim suit, towel & goggles

**BECOME A SPONSOR! 916-405-5662**  
**APPLY FOR A SCHOLARSHIP! 916-405-5600**

**COSUMNES CSD AQUATICS**  
**WATER SAFETY DAY**

To increase water competency and access, Cosumnes CSD is providing a FREE family night swim at the Jerry Fox Swim Center. This event will include a water safety presentation and activities, followed by an hour of open swim.

**Saturday, June 18, 6:00pm-8:30pm**  
**Jerry Fox Swim Center**  
 9950 Elk Grove-Florin Rd.  
 Advanced registration required (#32152)



## TINY TOT PRESCHOOLS

**PRESCHOOL DAY OF DISCOVERY**

Bring your family to explore the world of Tiny Tot Preschools. This series of open houses provides an opportunity to see the classroom, meet the teachers, enjoy fun activities, learn about the program, and experience what it's like to be part of our preschool community.

Children must be accompanied by an adult.

**Monday, May 23**  
 1:00 pm - 3:00 pm  
 - Castello Rec Center

**Tuesday, May 24**  
 9:00 am - 11:00 am  
 - Johnson Rec Center

**Tuesday, June 7**  
 9:00 am - 11:00 am  
 - Laguna Town Hall  
 - Elk Grove Rec Center, Room 2

**Wednesday, July 13**  
 1:00 pm - 3:00 pm  
 - Elk Grove Rec Center, Room 3  
 - Wackford Complex



# FREE PLAY!

Get active this season with Free Play at the state-of-the-art facility Bartholomew Sports Park. The lighted fields with synthetic turf are the perfect location to get moving all year no matter the weather.

**Schedule**

**BSP 1:** January-February, Fridays 5-9:30 pm  
**BSP 4:** March-April, Sundays 2-9 pm  
**BSP 2:** May-June: Fridays 5-9:30 pm

  
**yourcsd.com/freeplay**

## Special Events

## COSUMNES FIRE DEPARTMENT &amp; ELK GROVE POLICE DEPARTMENT

In partnership with  KAISER PERMANENTE.

## REGIONAL SAFETY DAY

Saturday, June 4, 9:00am-2:00pm

Elk Grove Park

Join us for a day of fun, education, and excitement for the entire family. This FREE family-friendly event will feature emergency response vehicles, K-9 demonstrations, a "jaws of life" extraction, a helicopter landing, and much more!

Food will be available for purchase from local food trucks.

For more information:

(916) 405-7114,

(916) 478-8122, or

CrimePrevention@ElkGrovePD.org

Event will adhere to State and local COVID-19 protocols and is subject to change.



## FREE Summer camp Preview!

Tuesday, May 31st

Meet the staff and preview all the fun kids can experience at Cosumnes CSD summer day camps this year!

10am-12pm  
OPEN HOUSE

Preview all Sammy's Summer Club editions!

**Wackford Community & Aquatic Complex**  
9014 Bruceville Road

2pm-4pm  
POP-UP EVENT

Preview Sammy's Summer Club - Kids' Edition!

**Elk Grove Park, Youth Center**  
9922 Elk Grove Florin Rd.

**What kiddos can expect:**

- Fun games
- Make and take crafts
- Sports drills
- Swimming/pool safety demos
- Science projects
- Sing-alongs and camp songs
- And more!

**What guardians can expect:**

- Information on registration, prices and fees, policies, procedures
- Facility tours
- Talk with counselors and coaches
- Join in on activities!

## Cosumnes CSD Proudly Supports

## June 23-26

## Yard Sale

ELK GROVE HISTORICAL SOCIETY  
[elkgrovehistoricalsociety.com](http://elkgrovehistoricalsociety.com)

## June 17

## Strauss Gala

STRAUSS FESTIVAL OF ELK GROVE  
[straussfestival.com](http://straussfestival.com)

## June 18

## TOFA Health and Wellness Event

[tofainc.org](http://tofainc.org)

## June 25

## Al-Misbaah Family Fun Day

[al-misbaah.org](http://al-misbaah.org)

## July 4

## Salute to the Red, White and Blue

CITY OF ELK GROVE  
[elkgrovecity.org](http://elkgrovecity.org)

## July 16

## Elk Fest

ELK GROVE COMMUNITY COUNCIL  
[elkgrovecommunitycouncil.org](http://elkgrovecommunitycouncil.org)

## July 16

## Super Hero Breakfast

LAGUNA-ELK GROVE KIWANIS  
[lagunaelkgrovekiwanis.org](http://lagunaelkgrovekiwanis.org)

## July 28-31

## Strauss Festival

STRAUSS FESTIVAL OF ELK GROVE  
[straussfestival.com](http://straussfestival.com)

## 5/14, 6/11, 7/9, 8/13, 9/10

## Community Breakfasts

LIONS CLUB OF ELK GROVE  
[elkgrovelionsfoundation.org](http://elkgrovelionsfoundation.org)

**Youth Development Program**

# SUMMER'S

**JUNE 6 – AUGUST 5**
**FUN, WEEKLY THEMES!**

**PRESCHOOL**
**AGE 3-4**

 Wackford Complex & Laguna Town Hall  
 (7/5 - 7/15; 8:30am - 11:30am)

 Learn through play and get ready for the  
 preschool year ahead

**KIDS'**  
**AGE 5-11**

 Johnson Rec. Center (6/27 - 7/15)  
 Wackford Complex & Elk Grove Youth  
 Center (6/1 - 8/5)

 Sunny summer days are filled with games,  
 swimming, creative play, and more

**SPORTS**
**AGE 7-13**

Wackford Complex

 For fun-loving kids who crave active  
 games and enjoy sports

**CAMP FEE: \$160/week | CAMP HOURS: 9am-4pm**
**EXTENDED CARE** available from 7am-9am and 4pm-6pm for an **additional \$25 fee**.

SIGN UP FOR SUMMER CAMP TODAY!

[yourcsd.com/summercamp](http://yourcsd.com/summercamp)

## Youth Development Program

# SUMMER CLUB

## SUMMER DAY CAMPS FOR EVERY CHILD!

During summer break, it is essential that we give our youth meaningful and intentional interactions to promote their social and emotional learning and physical health. At Sammy's Summer Club, kids will have time to play outdoors, explore nature, do exciting STEAM projects, go swimming, and make new friends.



### TEENS

AGE 12-14

Wackford Complex, Teen Center  
(6/1-8/5)

Adventure awaits with new friends, swimming, sports, events and more



### SPLASH

AGE 6-11

Wackford Complex

For kids who love to explore and spend the summer in the pool



### JR. GUARD

AGE 11-14

Elk Grove Aquatic Center

Prepare to be a lifeguard while building confidence, fitness and self-esteem



**Counselors-In-Training  
Summer Program**  
See details on pg. 12

**FREE SUMMER CAMP PREVIEW**  
learn more on pg. 7

**Watch for SPECIALTY CAMPS  
Coming this summer!**



## Youth Development Program

# PRESCHOOL PREPAREDNESS

These programs will be a bright beginning to independence in a supervised nurturing atmosphere.



# EXPLORE CREATE PLAY!

### Toddler Time

Age 24-36 months

Toddlers learn as they explore a safe and secure environment. Children will participate in cooperative activities such as art, music, outdoor play and story time fostering their development. Children do not need to be potty trained. Children must be 2 by the first day of class.

#### Albani Rec. Center, Hummingbird Room

Instructor: Mallory Marques

32145	M,W	5/23-7/6	10:30am-12:15pm	<b>\$204</b>
32146	T,Th	5/24-7/7	10:30am-12:15pm	<b>\$221</b>
32147	M,W	7/11-8/3	10:30am-12:15pm	<b>\$136</b>
32148	T,Th	7/12-8/4	10:30am-12:15pm	<b>\$136</b>

### Buddy Bunch

Age 18-36 months

A special time for you and your child to explore, create and play together with other parents and children in a safe and secure environment with experienced teacher and age appropriate activities. Siblings may not attend with the exception of same-age siblings who are registered. A great preparation class for Toddler Time!

#### Albani Rec. Center, Hummingbird Room

Instructor: Mallory Marques

32149	Fri	5/27-7/8	9:00am-10:30am	<b>\$105</b>
32150	Fri	7/15-8/5	9:00am-10:30am	<b>\$60</b>

LEARN MORE AND SIGN-UP:  
[yourcsd.com/toddertime](http://yourcsd.com/toddertime)



## Youth Development Program


 TINY TOT  
PRESCHOOLS


Enhance your child's social, emotional, cognitive and physical growth through recreation activities led by early childhood education experts. Children will be encouraged to practice communication skills and problem solve all on their own! We offer 7 preschool locations throughout Elk Grove with morning and afternoon sessions to fit your family's needs!

## SCHEDULE

**Preschool: Age 3**

DATES: 8/2/22 - 6/29/23

**T/TH MORNINGS, 8:30-11:30 AM**

LOCATION: All except TTFC

RATE: \$216\*/month

**T/TH AFTERNOONS, 1:00-3:30 PM**

LOCATION: TTKP

RATE: \$180\*/month

**Pre-Kindergarten: Age 4**

DATES: 8/1/22 - 6/30/22

**M/W/F MORNINGS, 8:30-11:30 AM**

LOCATION: All

RATE: \$280\*/month

**T/TH MORNINGS 8:30 - 11:30AM**

Location: TTFC

RATE: \$216\*/month

**M/W/F AFTERNOONS, 1:00-3:30 PM**

LOCATION: TTP, TTN

RATE: \$233\*/month

**T/TH AFTERNOONS, 1:00-3:30 PM**

LOCATION: TTFC, TTC

RATE: \$180\*/month

\* Monthly rate will be prorated based on time of registration

If you cannot find a schedule that works for your family, accommodations may be available.

## LOCATION

**West Elk Grove****TINY TOT CONNECTION (TTC)**Laguna Town Hall  
3020 Renwick Avenue**TINY TOT PALS (TTP)**Stephenson Rec Center  
5511 Dorsey Drive**TINY TOT STATION (TTS)**Johnson Rec Center  
3570 Marsh Point Drive**TINY TOT NEIGHBORS (TTN)**Wackford Community Complex  
9014 Bruceville Road**East Elk Grove****TINY TOT KIDS AT PLAY (TTKP)**Elk Grove Rec Center, Room 2  
8828 Elk Grove Blvd.**TINY TOT FRIENDSHIP CORNER (TTFC)**Elk Grove Rec Center, Room 3  
8828 Elk Grove Blvd.**TINY TOT ZONE (TTZ)**Castello Rec Center  
8830 El Toreador Way

## REGISTRATION

Registration for the 2022-2023 School Year (August 2022- June 2023) is now open! To schedule a classroom visit, please call (916) 405-5311.

There are 11 monthly sessions for the school year. Students are automatically registered for each session unless written notice of cancellation is received prior to the next tuition due date. The first payment is due along with a \$75 non-refundable registration fee. Two weeks written notice prior to the next tuition due date is required. If you decide to drop your child from the program, you will forfeit your last month's payment.

**Registration Requirements:**

1. Children must be the required age on or before December 31, 2022.
2. Children in the 3 and 4 year old programs must be potty trained by the first day of class.



You are invited to our open house, **PRESCHOOL DAY OF DISCOVERY**.  
Learn more on pg. 6



## Youth Development Program



### ENGAGING YOUNG MINDS THROUGH ENRICHMENT AND RECREATION.

Kid Central is committed to providing an engaging, safe, age-appropriate recreation enrichment program which encourages social development, provides diverse experiences, promotes health/wellness, and responds to the needs of families, schools, and the community.



## Before & After School Program

Located on or near elementary schools, kids enjoy a variety of recreational experiences including games, arts and crafts, science and engineering projects, outdoor play as well as time for homework and free-choice activities.

### REGISTRATION

Participants must be currently enrolled in K-6th grade. Registration may be completed online or at a Cosumnes CSD registration location (pg. 2). Kid Central sites do not accept registration payments.

### LOCATION & HOURS OF OPERATION

Based on dismissal time of 1st-6th grades  
 After-School: School release – 6pm  
 Before School: 7am until school starts  
 (Markofer and Stone Lake Elementary)

**CLOSED DATES:** All Kid Central programs will be closed on the following dates:  
 5/30 & 7/4

### Before & After-School

**TRADITIONAL CALENDAR**  
 Florence Markofer Elementary

**YEAR-ROUND CALENDAR**  
 Stone Lake Elementary, Located directly behind campus, at Johnson Rec. Center

### After-School Only

**TRADITIONAL CALENDAR**  
 Elk Grove Elementary  
 Ellen Feickert Elementary

**YEAR-ROUND CALENDAR**  
 Joseph Sims Elementary

**MODIFIED-TRADITIONAL**  
 John Ehrhardt Elementary

### ANNUAL MEMBERSHIP

Required for the Before/After School Program and Off-Track Day Camp.

Annual Rate: **\$65**

### Before-School Rates

Daily Rate: \$10 (1-3 Days)  
 Weekly Rate: \$33 (4-5 Days)

### After-School Rates

Daily Rate: \$28 (1-3 Days)  
 Weekly Rate: \$115 (4-5 Days)



### THEMES

APRIL .....	<b>Once Upon a Time</b>
	Fairytales and storybooks
MAY .....	<b>ART Exploration</b>
	Art and outer space
JUNE .....	<b>Here Comes Summer</b>
	Summer camp favorites (Modified Traditional only)
JULY .....	<b>Summer Stay-cations</b>
	Vacation After - School
AUGUST .....	<b>Disney by the Decades</b>
	Disney themed activities

### COUNSELOR-IN-TRAINING SUMMER PROGRAM

#### STUDENTS ENTERING GRADES 9-10

Would you love to be a Camp Counselor someday? Here's your opportunity to gain on-the-job experience as a camp "counselor in training" at Sammy's Summer Club - Kids' Edition. This fun and rewarding, 4-week program offers leadership, team building and communication training. And, includes CPR & First Aid training and certification. Learn how to plan and lead recreation activities for children, build confidence and make new friends.

Participants must attend a mandatory orientation/training on the first day.



#### Elk Grove Park, Youth Center \$340

31941	M-F	6/6-7/1	9:00am-2:00pm
31942	M-F	7/11-8/5	9:00am-2:00pm

**LEARN MORE AND SIGN-UP:  
[yourcsd.com/kidcentral](http://yourcsd.com/kidcentral)**

## Youth Development Program



# THE GROVE TEEN CENTER

The Grove Teen Center is a community resource program that provides literacy, academic enrichment, and safe constructive alternatives for participants currently enrolled in grades 7-12.

**LOCATED INSIDE THE WACKFORD COMPLEX,  
9014 BRUCEVILLE ROAD**

**\$135 FOR THE ACADEMIC YEAR**



## AFTERSCHOOL PROGRAM

MON-THURS: 3-6 PM  
FRIDAY: 2-6 PM

This isn't your average afterschool program! This 2,100-square-foot teen center offers a safe location for meeting and making friends as well as the opportunity to participate in fun, programmed activities.

Members can enjoy cool amenities such as the snack bar, flat screen tvs, pool table, foosball table, ping pong table, computer access, various video game consoles, and more!

Once a quarter The Grove hosts a super fun FREE Friday night event. Previous events include Dive-In Movie Night, Game Nights, Hollywood at the Oscars, and Harry Potter Night.

The Grove Teen Center is operating a fee based taxi services, **Teen Taxi**, for middle school students attending Toby Johnson, Harriet Eddy or Elizabeth Pinkerton Middle Schools. Every day after school, The Grove staff will have a van available for pickup in front of the school and drop off at The Grove. Your teen must be an active member in The Grove Afterschool Program to participate in this service.

Registration for 2021-22 school year is still available. **Registration for 2022-23 school year begins May 9, 2022.**

**HANG OUT & MEET NEW FRIENDS**

**PROGRAMMED ACTIVITIES**

**FREE FRIDAY NIGHT EVENTS**

**Teen Taxi registration for the 2022-23 school year begins May 16, 2022.** Annual fee is \$63.00. Parents will have the option to pay fee on a quarterly payment - 3 payments at \$21.00.

**LEARN MORE AND SIGN-UP:  
[yourcsd.com/teens](http://yourcsd.com/teens)**

More summer fun at  
**TEEN SUMMER CAMP**  
Learn more on pg. 9



## Aquatics

# DISCOVER THE WATER



### JERRY FOX SWIM CENTER

9950 Elk Grove-Florin Road  
in Elk Grove Park

#### Hours of Operation

##### Weekends

May 28-September 5, 12:00pm-5:00pm

##### Weekdays

May 31-August 10, 1:15pm-4:00pm

##### Holiday Hours

12:00pm-5:00pm on:

May 30, July 4, September 5

##### FEES

Ages 2-4: **\$2.00** Ages 5+: **\$4.00**

Under 2: **Free**

##### Attractions

- Shallow & Deep Water Pool

### WACKFORD AQUATIC COMPLEX

9014 Bruceville Road

#### Hours of Operation

##### Weekends

May 28-September 5, 12:00pm-5:00pm

##### Weekdays

May 31-August 10, 12:00pm-4:30pm

##### Holiday Hours

12:00pm-5:00pm on:

May 30, July 4, September 5

##### FEES

Ages 2-4: **\$4.00** Ages 5+: **\$7.00**

Under 2: **Free** Inflatable Wristband: **\$2.00**

##### Attractions

- Typhoon Tower Waterslide
- Wading Pool with Playground
- Shallow-water Pool with Play Attractions
- Concession Stand
- Shade Lounge & Grass Area



### ELK GROVE AQUATICS CENTER

9701 Big Horn Blvd

#### Hours of Operation

##### Weekends

May 28-September 5, 1:00pm - 6:00pm

##### Weekdays

May 31-August 10, 11:30am-4:00pm

(Competition pool to close by 3:30pm)  
**MODIFIED HOURS** from 4:00pm-8:00pm  
on June 18 and June 25.

**NO AQUATIC PROGRAMS** on July 16-17,  
July 30-31 and August 3-6 due to swim  
meets.

##### Holiday Hours

1:00pm-6:00pm on:

May 30, July 4, September 5.

##### FEES

Ages 2-4: **\$5.00** Ages 5+: **\$8.00**

Under 2: **Free** Inflatable Wristband: **\$2.00**

##### Attractions

- Jungle Falls Waterslide
- Lazy River
- Shipwreck'd Inflatable
- Coconut Cannon Waterslide
- Concession Stand
- Shade Lounge & Grass Area

LEARN MORE: [yourcsd.com/pools](http://yourcsd.com/pools)

# Best Deal!

WACKFORD  
AQUATIC COMPLEX &  
JERRY FOX CENTER  
2022 SUMMER AQUATIC

# PASS

Good for all recreation swim hours.

By June 1  
Age 2-4: \$65  
Age 5+: \$75

After June 1  
Age 2-4: \$75  
Age 5+: \$85

Passes are non-refundable.

**\$10  
DISCOUNT**  
if purchased  
by June 1

ELK GROVE  
AQUATICS CENTER  
2022 SUMMER AQUATIC  
**PASS**

Good for all recreation swim hours.

By June 1  
Age 2-4: \$70  
Age 5+: \$80

After June 1  
Age 2-4: \$80  
Age 5+: \$90

Laguna Ridge/Senior  
**DISCOUNT: 20%**

Passes are non-refundable.

## Aquatics



### Pool Rentals

Come laugh, splash and play with exclusive use of the facility for you and your guests! Jerry Fox Swim Center, Wackford Aquatic Complex and Elk Grove Aquatics Center are available to rent for your special occasion. Rentals include use of pool(s), grass area and deck, as well as trained and certified Lifeguards. Reservations are available for a 2-hour minimum. To book your rental please fill out an application by visiting the Wackford Aquatic Complex or our website at [yourcsd.com/PoolRentals](http://yourcsd.com/PoolRentals)

# Pool Parties

Hosted at our Aquatic facilities during Recreation Swimming hours. Don't delay!  
Reserve your pool party today!  
Offered June 4 to August 7.

## Splash Party

- Up to 30 guests
- Designated party area
- Seating & table cloths
- Plates & cups

### Wackford Complex

Saturday & Sunday • \$270  
12-2pm or 3-5pm

### Elk Grove Aquatics Center

CAPTAIN'S QUARTERS  
\$300\*

Friday: 12-2pm

Saturday & Sunday: 1-3pm or 4-6pm

### Jerry Fox

Saturday & Sunday • \$220  
12-5pm, may reserve up to 5 hours

## Adventure Party

- Up to 30 guests
- Designated party area
- Seating & table cloths
- Plates & cups
- 5 extra large pizzas
- 5 pitchers of drinks

### Wackford Complex

Saturday & Sunday • \$370  
12-2pm or 3-5pm

### Elk Grove Aquatics Center

CAPTAIN'S QUARTERS  
\$380\*

Friday: 12-2pm

Saturday & Sunday:  
1-3pm or 4-6pm

## Private Island Party



Enjoy Private Use of Splash Island\*\*

- Up to 50 guests
- Designated party area
- Tables and chairs

### Wackford Complex

Saturday & Sunday • \$350  
9:30-11:30am

\*\*Note: Other parts of the facility  
may be in use during your party

## Additional Information

■ All parties must be booked at least  
one week in advance.

■ 72 hour cancellation notice required,  
per Cosumnes CSD policy.

■ Pool party and rentals are open for  
registration **March 16**.

■ Lifeguards are provided for all parties.



## Aquatics

# Summer Swim Lessons

Discover the life skill of learning to swim with the award winning Cosumnes CSD Aquatics Swim Lesson Program! All classes are taught by trained Instructors under the supervision of experienced Lead and Management staff.

## REGISTRATION TIPS

- Have a second and third time choice prepared when registering or transferring, as classes fill up quickly.
- If unsure of the appropriate level, refer to sample Progress Report on [yourcsd.com/swimlessons](http://yourcsd.com/swimlessons).
- It is recommended that children repeat the last level they completed the previous summer. *Most children remain in the same level for two or more sessions.*
- Jerry Fox Swim Center, Wackford Aquatic Complex, and Elk Grove Aquatics Center all offer swim lessons. If a class is full at one pool, check another facility.

## COME PREPARED!

- Participants should have a swim suit, towel, and sun block. For children in diapers, swim diapers must be worn in the pool. Goggles and swim caps are recommended for children with long hair or in level 3 and up.
- Classes are not designed as drop-off and parents must remain on the pool deck for the duration of each class. Be on time or early to class as we strive to start class on time every day.

## REFUND POLICY

- Transferring classes or refunds will be granted if received at least 72 hours prior to the first class.
- Refunds or credits will not be granted due to failure to attend a program.
- If registered incorrectly, participants may be asked to leave the class without a refund, credit or transfer.

## SESSIONS

Monday – Thursday

**Session I** May 31 – June 9\*  
**Session II** June 13 – June 23  
**Session III** June 27 – July 7\*\*  
**Session IV** July 11 – July 21  
**Session V** July 25 – Aug 4\*\*\*  
**Session VI** Aug 8 – Aug 18 (evening only)\*\*\*\*

\*No morning lessons at Jerry Fox.  
 \*\*No class on 7/4  
 \*\*\*No classes 8/1-4 at EGAC due to swim meet  
 \*\*\*\*No session at Jerry Fox

## RATES

### GROUP

(8 classes) \$72  
 (7 classes) \$63

### SEMI-PRIVATE

(4 classes) \$80  
 (3 classes) \$60

### TURTLE

(4 classes) \$48  
 (3 classes) \$36

### PRIVATE

(4 classes) \$108  
 (3 classes) \$81

## LESSON LEVELS

Group Lessons meet Monday through Thursday for 2 weeks (8 lessons). Each class is 30 minutes.

Turtle/Private/Semi-Private Lessons meet Monday through Thursday for 1 week (4 lessons). Each class is 30 minutes.

### Turtle (Parent & Infant) (1 Week Session)

Age 6 months – 3 Years

Water adjustment and safety skills. Designed to increase comfort level of toddlers in and around water. Instructors teach parents skills that the toddlers then practice, such as bubble blowing and floating.

### Level 1: Starfish Age 3-6

For children who have not participated in swim lessons before or are not comfortable in the water. Child learns to submerge face independently, float on front and back with assistance, and is introduced to front crawl movements.

### Level 2: Seahorse Age 3-6

Child must be able to submerge face independently. Child learns to float on front and back and swim on front and back for a short distance.

### Level 3: Stingray Age 5+

Child must be able to submerge face independently. Child learns to float and swim on front and back for a short distance of 5 yards, unassisted. Skills include: intro to side breathing, back crawl movements and underwater swimming.

### Level 4: Minnow Age 5+

Child must be able to float independently and swim front crawl and backstroke for 5-10 yards. Child refines front and back crawl strokes for 15 yards. Students are introduced to elementary backstroke, breaststroke and compact deep water dives. \*Dives not available at Jerry Fox due to shallow water\*

### Level 5: Otter Age 6+

Child must be able to swim front crawl, back crawl and elementary backstroke for 15 yards independently in deep water. Students will continue to refine front crawl with rotary breathing, back crawl, elementary backstroke and breaststroke. New skills include: sidestroke, turns and standing deep water dives.\*Not available at Jerry Fox\*

### Level 6: Dolphin Age 6+

Child must be able swim at least 25 yards of front crawl, backstroke, elementary backstroke, breaststroke and

sidestroke in deep water. Students will continue to refine all strokes and swim techniques through lap swimming. New skills include: front and back flip turns, butterfly and treading water. \*Not available at Jerry Fox\*

### Level 7: Shark (Level 6) Age 7+

Child must be able to swim at least 50 yards of front crawl, backstroke, breaststroke, sidestroke, and elementary backstroke. Student's endurance and swim stroke techniques are emphasized. Butterfly, flip turns and treading water are refined. New skills include: speed turns. Students complete this level capable of swimming 75 yards confidently. \*Not available at Jerry Fox\*

### Private Age 5+ (1 Week Session)

Lessons are one-on-one instruction taught at student's individual level.

### Semi-Private Age 5+ (1 Week Session)

Semi-Private lessons are 2 on 1 instruction, allowing each child to get more personal attention, while still learning in a fun group environment.

### Pre-Teen Age 10-15

For pre-teens and teens who have never learned to swim and may not feel comfortable in the water. Or for students that would like to work on developing & refining strokes.

### Adult I Age 16+

For adults who never learned to swim and may not feel comfortable in the water. Instructor will gauge structure of class on first day and will form lessons around participant levels.

### Adult II Age 16+

For adults who are comfortable in the water and want to work on developing their strokes. Instructor will gauge structure of class on first day and will form lessons around participant levels.

### Adapted Swim Lessons Age 5+

Designed for individuals with disabilities. Receive one-on-one instruction at student's level for 8 class sessions. For more information, call the Front Desk at (916) 405-5600.

# Summer Swim Lessons

## LESSON TIMES

## REGISTER TODAY!

WACKFORD AQUATIC COMPLEX

	MORNING					EVENING					
	9:00	9:30	10:00	10:30	11:00	5:00	5:30	6:00	6:30	7:00	7:30
Turtle					●	●		●			
Level 1 - Starfish	●		●		●	●		●	●	●	
Level 2 - Seahorse	●	●	●	●	●	●	●	●	●	●	
Level 3 - Stingray		●		●			●				●
Level 4 - Minnow	●		●		●	●		●			●
Level 5 - Otter	●	●	●			●			●	●	
Level 6 - Dolphin				●			●				●
Level 7 - Shark					●			●			●
Private	●	●	●	●		●	●	●	●	●	
Semi-Private	●	●	●	●		●	●	●	●	●	
Adult I							●			●	
Adult II								●			●
Pre-Teen/Teen					●		●		●		
Adaptive		●		●		●	●	●	●	●	●

ELK GROVE AQUATICS CENTER

	MORNING					EVENING					
	9:00	9:30	10:00	10:30	11:00	4:30	5:00	5:30	6:00	6:30	7:00
Turtle	●	●	●	●	●	●	●	●	●		
Level 1 - Starfish	●	●				●	●				
Level 2 - Seahorse	●	●	●	●		●	●	●			
Level 3 - Stingray		●		●	●			●			●
Level 4 - Minnow	●		●				●	●			●
Level 5 - Otter		●		●		●					●
Level 6 - Dolphin			●						●		●
Level 7 - Shark				●					●		●
Private	●	●	●	●	●	●	●	●	●	●	
Semi-Private	●	●	●	●	●	●	●	●	●	●	
Adult I									●		
Adult II										●	
Adaptive	●		●			●		●		●	
Pre-Teen/Teen									●	●	

JERRY FOX SWIM CENTER

	MORNING						EVENING					
	10:00	10:30	11:00	11:30	12:00	4:30	5:00	5:30	6:00	6:30	7:00	
Turtle	●	●	●	●	●				●			
Level 1 - Starfish	●	●	●	●	●	●		●		●		
Level 2 - Seahorse	●		●				●		●			●
Level 3 - Stingray	●	●	●	●	●	●	●	●	●	●		
Private		●		●		●	●	●	●	●	●	
Semi-Private					●	●	●	●	●	●	●	
Adult I												●
Pre-Teen							●					
Adaptive	●	●	●	●	●	●	●	●	●	●	●	



# Making Waves

## SWIM SCHOLARSHIPS

Check our website for information on Cosumnes CSD scholarships  
[yourcsd.com/CROF](http://yourcsd.com/CROF)

Saturday Swim Lessons are 2 Saturdays in a row for 40 minutes with a trained Cosumnes CSD Swim Instructor.

### GROUP

(2 classes) **\$25**

### PRIVATE

(2 classes) **\$74**

Wackford Aquatic Complex

**Session I** June 4 & 11

**Session II** June 18 & 25

**Session IV** July 16 & 23

**Session V** July 30 & August 6

	9:00am	9:45am	10:30am
Turtle			●
Starfish	●		●
Seahorse	●		●
Stingray		●	●
Minnow	●		
Private	●	●	●
Adult I		●	
Adaptive	●	●	●

## Aquatics



# SWIM FOR FITNESS

Age 16+

Swimming is the number one exercise among adults to improve cardiovascular health, build muscle strength, endurance, and maintain a healthy weight. We are excited to assist you with regular opportunities for you to swim your way into fitness!

Everyone is encouraged to share a lane with a fellow swimmer and ask staff any questions before beginning your workout.

Use of the pool is not exclusive and will be shared with other Cosumnes CSD programs. Days, times, and lane availability will vary throughout the Winter and Spring months.

## WACKFORD AQUATIC COMPLEX

\$7	Drop-In
\$60	Monthly Pass
\$55	Monthly Automatic Payment

## ELK GROVE AQUATICS CENTER

\$7	Drop-In
\$60	Monthly Pass (\$48 Laguna Ridge Resident/Senior)
\$55	Monthly Automatic Payment (\$44 Laguna Ridge Resident/Senior)

\*Prices subject to change

Please visit [yourcsd.com/Swim4Fitness](http://yourcsd.com/Swim4Fitness) for pool dates and hours.

**Aqua Yoga****NEW**

Age 16+

Aqua yoga is super low impact, making it an ideal way for people with joint pain to improve their strength, flexibility, and range of motion while refreshing your workout routine on an inflatable water fitness board! Class is conducted in water ranging in depths from 3.5 to 5 feet.

**Elk Grove Aquatics Center** **\$10/Class**

Instructor: Cosumnes CSD Staff

29678	Sat	6/4-6/11	10:00am-10:50am
29680	Sat	7/2-7/9	10:00am-10:50am
29682	Sat	7/23	10:00am-10:50am
29683	Sat	8/13-8/20	10:00am-10:50am

**Tabata**

Age 16+

A deep water class that consists of high energy intervals guaranteed to trick your metabolism into working efficiently during and after your workout, all with no impact to your bodies bones or joints. Class is finished with a blast of core strengthening and will leave you feeling refreshed and alive.

**Wackford Aquatic Complex** **\$7.25/Class**

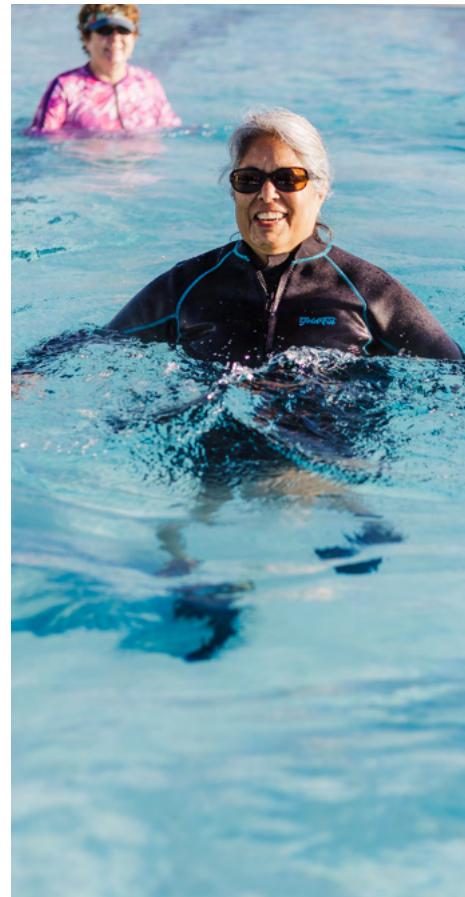
Instructor: Kim Matranga

29536	W,F	6/1-6/10	8:00am-8:50am
29537	W,F	6/15-6/24	8:00am-8:50am
29538	W,F	6/29-7/8	8:00am-8:50am
29539	W,F	7/13-7/22	8:00am-8:50am
29541	W,F	7/27-8/5	8:00am-8:50am
29545	W,F	8/10-8/19	8:00am-8:50am

**Piloga**

Age 16+

A combination of Pilates and Yoga, this class offers the great core and back strengthening of Pilates and the calming balance of mind and body stretches of Yoga. Namaste. Class is conducted in shallow water with a maximum depth of 4.5 feet.

**Wackford Aquatic Complex** **\$7.25/Class**

Instructor: Kim Matranga

29623	Fri	6/3-6/10	9:00am-9:50am
29624	Fri	6/17-6/24	9:00am-9:50am
29625	Fri	7/1-7/8	9:00am-9:50am
29626	Fri	7/15-7/22	9:00am-9:50am
29627	Fri	7/29-8/5	9:00am-9:50am
29628	Fri	8/12-8/19	9:00am-9:50am

## Aquatics



### Aqua Stretch 'n Tone

Age 16+

This low-impact class focuses on range of motion with gentle stretching and exercises geared towards reducing pain and stiffness. This class is to help increase flexibility and range of motion while restoring and maintaining muscular strength. This class may utilize equipment, depending on Instructor. Class will be held in water no deeper than 4.6ft.

**Elk Grove Aquatics Center      \$7.25/Class**

Instructor: Cosumnes CSD Staff

29319	Fri	6/3-6/10	10:00am-10:50am
29322	Fri	6/17-6/24	10:00am-10:50am
29323	Fri	7/1-7/8	10:00am-10:50am
29325	Fri	7/15-7/22	10:00am-10:50am
29328	Fri	7/29	10:00am-10:50am
29332	Fri	8/12-8/19	10:00am-10:50am

### Aqua Jogging

Age 16+

This class is ideal for runners or participants recovering from injury, but looking for a low impact workout. Goal is to increase cardiovascular conditioning against water resistance in 3.5 feet depth. Swimmers move against the current of the Lazy River while focusing on speed and power intervals. (Aqua belts & barbells provided)

**Elk Grove Aquatics Center      \$7.25/Class**

Instructor: Cosumnes CSD Staff

29264	T,Th	5/31-6/9	10:00am-10:50am
29275	T,Th	5/31-6/9	6:30pm-7:20pm
29249	M,W	6/1-6/8	10:00am-10:50am
29282	M,W	6/1-6/8	6:30pm-7:20pm
29296	Sat	6/4-6/11	9:00am-9:50am
29253	M,W	6/13-6/22	10:00am-10:50am
29283	M,W	6/13-6/22	6:30pm-7:20pm
29265	T,Th	6/14-6/23	10:00am-10:50am
29276	T,Th	6/14-6/23	6:30pm-7:20pm
29255	M,W	6/27-7/6*	10:00am-10:50am
29284	M,W	6/27-7/6*	6:30pm-7:20pm
29267	T,Th	6/28-7/7	10:00am-10:50am
29277	T,Th	6/28-7/7	6:30pm-7:20pm
29304	Sat	7/2-7/9	9:00am-9:50am
29258	M,W	7/11-7/20	10:00am-10:50am
29286	M,W	7/11-7/20	6:30pm-7:20pm
29269	T,Th	7/12-7/21	10:00am-10:50am
29278	T,Th	7/12-7/21	6:30pm-7:20pm
29305	Sat	7/16-7/23	9:00am-9:50am
29259	M,W	7/25-7/27	10:00am-10:50am
29287	M,W	7/25-7/27	6:30pm-7:20pm
29271	T,Th	7/26-7/28	10:00am-10:50am
29279	T,Th	7/26-7/28	6:30pm-7:20pm
29262	M,W	8/8-8/17	10:00am-10:50am
29607	M,W	8/8-8/17	6:30pm-7:20pm
29272	T,Th	8/9-8/18	10:00am-10:50am
29281	T,Th	8/9-8/18	6:30pm-7:20pm
29306	Sat	8/13-8/20	9:00am-9:50am

\*No Class 7/4



### Aqua Spin

Age 16+

An energetic workout for all levels that will increase your heart rate. This low-impact class offers the freedom to enjoy cycling through the water. Class is conducted in maximum depth of 4.5 feet. Space is limited, so register to save a spot now!

**Elk Grove Aquatics Center**

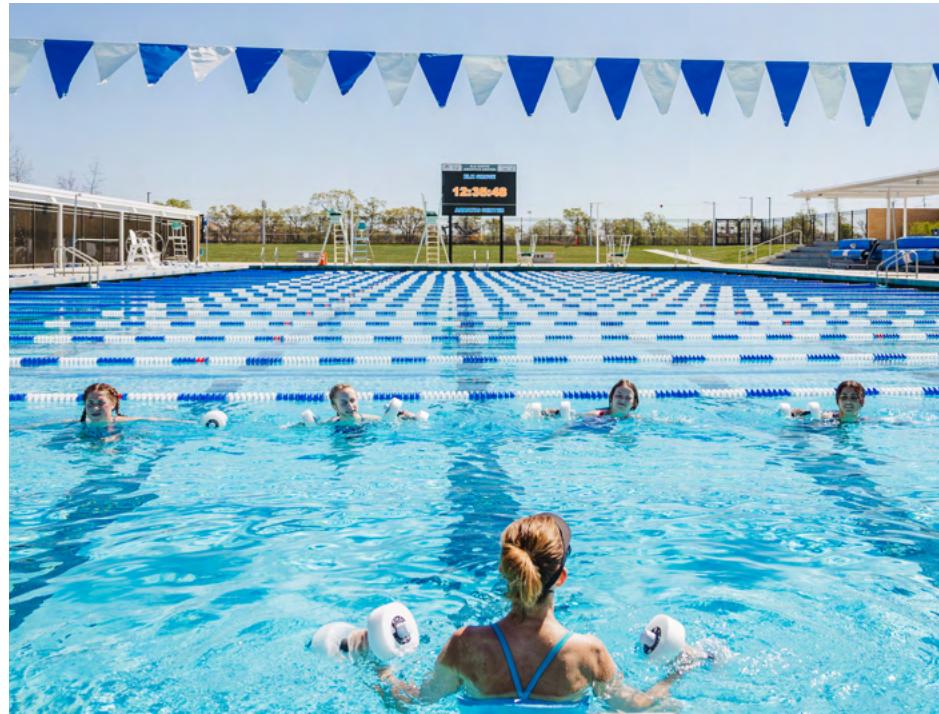
**\$10/Class**

Instructor: Cosumnes CSD Staff

28976	T,Th	5/31-6/9	8:00am-8:45am
29709	T,Th	5/31-6/9	5:30pm-6:15pm
29029	M,W	6/1-6/8	8:00am-8:45am
29012	M,W	6/1-6/8	5:30pm-6:15pm
29055	Fri	6/3-6/10	8:00am-8:45am
29064	Fri	6/3-6/10	9:00am-9:45am
28978	M,W	6/13-6/22	8:00am-8:45am
29015	M,W	6/13-6/22	5:30pm-6:15pm
29031	T,Th	6/14-6/23	8:00am-8:45am
29711	T,Th	6/14-6/23	5:30pm-6:15pm
29056	Fri	6/17-6/24	8:00am-8:45am
29067	Fri	6/17-6/24	9:00am-9:45am
28980	M,W	6/27-7/6*	8:00am-8:45am
29018	M,W	6/27-7/6*	5:30pm-6:15pm
29033	T,Th	6/28-7/7	8:00am-8:45am
29714	T,Th	6/28-7/7	5:30pm-6:15pm
29057	Fri	7/1-7/8	8:00am-8:45am
29069	Fri	7/1-7/8	9:00am-9:45am
28982	M,W	7/11-7/20	8:00am-8:45am
29023	M,W	7/11-7/20	5:30pm-6:15pm
29035	T,Th	7/12-7/21	8:00am-8:45am
29717	T,Th	7/12-7/21	5:30pm-6:15pm
29058	Fri	7/15-7/22	8:00am-8:45am
29072	Fri	7/15-7/22	9:00am-9:45am
28983	M,W	7/25-7/27	8:00am-8:45am
29024	M,W	7/25-8/3	5:30pm-6:15pm
29038	T,Th	7/26-8/4	8:00am-8:45am
29720	T,Th	7/26-8/4	5:30pm-6:15pm
29059	Fri	7/29	8:00am-8:45am
29076	Fri	7/29	9:00am-9:45am
29010	M,W	8/8-8/17	8:00am-8:45am
29027	M,W	8/8-8/17	5:30pm-6:15pm
29041	T,Th	8/9-8/18	8:00am-8:45am
29722	T,Th	8/9-8/18	5:30pm-6:15pm
29061	Fri	8/12-8/19	8:00am-8:45am
29079	Fri	8/12-8/19	9:00am-9:45am

\*No Class 7/4





## Shallow Water Fitness

Age 16+

An energetic workout for all levels with movements that increase heart rate and offer a total body workout. This class includes low and high impact moves to improve cardiovascular health and abdominal workouts to strengthen, tone and build the core muscles. Class is conducted in water with maximum depth of 4.5 feet. (Barbells provided. Must bring own water noodle)

### Elk Grove Aquatics Center **\$7.25/Class**

Instructor: Cosumnes CSD Staff

29240	T,Th	5/31-6/9	9:00am-9:50am
29095	M,W	6/1-6/8	9:00am-9:50am
29102	M,W	6/13-6/22	9:00am-9:50am
29241	T,Th	6/14-6/23	9:00am-9:50am
29104	M,W	6/27-7/6*	9:00am-9:50am
29242	T,Th	6/28-7/7	9:00am-9:50am
29112	M,W	7/11-7/20	9:00am-9:50am
29243	T,Th	7/12-7/21	9:00am-9:50am
29123	M,W	7/25-7/27	9:00am-9:50am
29244	T,Th	7/26-7/28	9:00am-9:50am
29126	M,W	8/8-8/17	9:00am-9:50am
29245	T,Th	8/9-8/18	9:00am-9:50am

\*No Class 7/4

## Deep Water

Age 16+

Participants must be able to swim 25-yards unassisted without equipment. This non-impact class offers freedom of movement through water without touching or standing on the bottom. This class is great for cardiovascular exercise or helping treat muscle and bone injuries. Water depth of 8-feet. (Aqua belts and barbells provided. Must bring own water noodle)

### Wackford Aquatic Complex **\$7.25/Class**

#### Session 1

29412	T,Th	5/31-6/9	8:00am-8:50am
29442	T,Th	5/31-6/9	9:00am-9:50am
29457	T,Th	5/31-6/9	6:30pm-7:20pm
29337	M,W	6/1-6/8	9:00am-9:50am
29399	M,W	6/1-6/8	6:30pm-7:20pm
29491	Sat	6/4-6/11	9:00am-9:50am

#### Session 2

29338	M,W	6/13-6/22	9:00am-9:50am
29400	M,W	6/13-6/22	6:30pm-7:20pm
29423	T,Th	6/14-6/23	8:00am-8:50am
29445	T,Th	6/14-6/23	9:00am-9:50am
29459	T,Th	6/14-6/23	6:30pm-7:20pm
31547	Sat	6/18-6/25	9:00am-9:50am

#### Session 3

29339	M,W	6/27-7/6*	9:00am-9:50am
29401	M,W	6/27-7/6*	6:30pm-7:20pm
29424	T,Th	6/28-7/7	8:00am-8:50am
29447	T,Th	6/28-7/7	9:00am-9:50am
29461	T,Th	6/28-7/7	6:30pm-7:20pm
29498	Sat	7/2-7/9	9:00am-9:50am

\*No Class 7/4

#### Session 4

29340	M,W	7/11-7/20	9:00am-9:50am
29402	M,W	7/11-7/20	6:30pm-7:20pm
29425	T,Th	7/12-7/21	8:00am-8:50am
29449	T,Th	7/12-7/21	9:00am-9:50am
29736	T,Th	7/12-7/21	6:30pm-7:20pm
29521	Sat	7/16-7/23	9:00am-9:50am

#### Session 5

29341	M,W	7/25-7/27	9:00am-9:50am
29403	M,W	7/25-7/27	6:30pm-7:20pm
29427	T,Th	7/26-7/28	8:00am-8:50am
29451	T,Th	7/26-7/28	9:00am-9:50am
29469	T,Th	7/26-7/28	6:30pm-7:20pm
31548	Sat	7/30-8/6	9:00am-9:50am

#### Session 6

29342	M,W	8/8-8/17	9:00am-9:50am
29404	M,W	8/8-8/17	6:30pm-7:20pm
29430	T,Th	8/9-8/18	8:00am-8:50am
29453	T,Th	8/9-8/18	9:00am-9:50am
29470	T,Th	8/9-8/18	6:30pm-7:20pm
29529	Sat	8/13-8/20	9:00am-9:50am

## Sports

**Age 3-6**


# ★ PEE WEE ★ **SOCCER & BASKETBALL**

Join Cosumnes CSD Sports Staff for classes that will focus on teamwork, socialization and fun through a variety of motor development activities, fundamentals and games. *All participants will receive evaluations on their progress throughout each session.*

### **Level 1 INTRODUCTORY**

For children who have shown interest in the sport, but have never received any organized teaching from an instructor. Children will be introduced to the fundamental skills of the sport.

#### **Lil' Ballers \$49**

##### **Wackford Complex, Gym**

28853	Fri	6/3-7/8*	3:30pm-4:00pm
28854	Fri	6/3-7/8*	5:00pm-5:30pm
28859	Fri	7/15-8/12	3:30pm-4:00pm
28860	Fri	7/15-8/12	5:00pm-5:30pm

#### **Lil' Kickers**

##### **Outdoor - Laguna Community Park, East Field**

28956	Mon	6/6-6/27	3:15pm-3:45pm	<b>\$39</b>
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##### **Outdoor - Laguna Community Park, East Field**

28959	Mon	7/11-8/8	3:15pm-3:45pm	<b>\$49</b>
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\*No Class 6/10

### **Level 2 BEGINNER**

For children who have received introductory instruction on the sport, but have not yet achieved full coordination of the basic skills. This level will help refine their skills and learn how to play with a teammate.

#### **Junior Ballers • \$49**

##### **Wackford Complex, Gym**

28855	Fri	6/3-7/8*	3:30pm-4:00pm
28856	Fri	6/3-7/8*	5:00pm-5:30pm
28861	Fri	7/15-8/12	3:30pm-4:00pm
28862	Fri	7/15-8/12	5:00pm-5:30pm

#### **Junior Kickers**

##### **Outdoor - Laguna Community Park, East Field**

28957	Mon	6/6-6/27	4:00pm-4:30pm	<b>\$39</b>
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##### **Outdoor - Laguna Community Park, East Field**

28960	Mon	7/11-8/8	4:00pm-4:30pm	<b>\$49</b>
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\*No Class 6/10

### **Level 3 INTERMEDIATE**

For children who have achieved the basic fundamentals of the sport and are ready to begin learning more. Children will learn advanced skills and understanding gameplay strategies and situational concepts.

#### **Ballers • \$64**

##### **Wackford Complex, Gym**

28857	Fri	6/3-7/8*	4:05pm-4:50pm
28858	Fri	6/3-7/8*	5:35pm-6:20pm
28863	Fri	7/15-8/12	4:05pm-4:50pm
28864	Fri	7/15-8/12	5:35pm-6:20pm



#### **Kickers**

##### **Outdoor - Laguna Community Park, East Field**

28958	Mon	6/6-6/27	4:45pm-5:30pm	<b>\$54</b>
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##### **Outdoor - Laguna Community Park, East Field**

28961	Mon	7/11-8/8	4:45pm-5:30pm	<b>\$67</b>
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\*No Class 6/10


 AFTER SCHOOL  
SPORTS

## After-School Basketball

Ages 7-13

Participants will learn and practice the fundamentals of basketball in this instructional class while having fun, getting exercise and getting to socialize with other participants their age in a Fun, Safe & Fair environment. Classes will adhere to county and state safety guidelines for Youth Sports

**Wackford Complex, Gym** **\$124**

Instructor: Cosumnes CSD Staff

28849	T,Th	5/31-7/7	4:00pm-5:00pm
28850	T,Th	5/31-7/7	5:15pm-6:15pm
28851	T,Th	7/12-8/18	4:00pm-5:00pm
28852	T,Th	7/12-8/18	5:15pm-6:15pm

## After-School Flag

### Football

Age 7-13

Participants will be given the opportunity to participate in scrimmage style competition. Staff will help organize games and ensure all participants compete in a Fun, Safe & Fair environment. Classes will be held outdoors and adhere to county and state safety guidelines for Youth Sports.

**Laguna Community Park, East Softball Field** **\$124**

Instructor: Cosumnes CSD Staff

31541	W,F	6/1-7/1	3:45pm-4:45pm
31542	W,F	6/1-7/1	5:00pm-6:00pm
31543	W,F	7/13-8/12	3:45pm-4:45pm
31544	W,F	7/13-8/12	5:00pm-6:00pm

## After-School Soccer

Ages 7-13

Participants will be given the opportunity to participate in scrimmage style competition. Staff will help organize games and ensure all participants compete in a Fun, Safe & Fair environment. Classes will be held outdoors and adhere to county and state safety guidelines for Youth Sports.

**Laguna Community Park, East Field** **\$104**

Instructor: Cosumnes CSD Staff

28952	T,Th	5/31-6/30	3:45pm-4:45pm
28953	T,Th	5/31-6/30	5:00pm-6:00pm
28954	T,Th	7/12-8/11	3:45pm-4:45pm
28955	T,Th	7/12-8/11	5:00pm-6:00pm

## Youth Volleyball

### Academy

Ages 7-13

Participants will learn and practice the fundamentals of volleyball in this instructional class while having fun, getting exercise and getting to socialize with other participants their age in a Fun, Safe & Fair environment. Classes will adhere to county and state safety guidelines for Youth Sports.

**Wackford Complex, Gym** **\$104**

Instructor: Cosumnes CSD Staff

28948	M,W	6/1-7/6*	4:00pm-5:00pm
28949	M,W	6/1-7/6*	5:15pm-6:15pm
28950	M,W	7/11-8/10	4:00pm-5:00pm
28951	M,W	7/11-8/10	5:15pm-6:15pm

\*No Class 7/4

## Sports



### Youth Soccer League

Age 3-12

Teaches participants the FUNDamentals, good sportsmanship and team work all in a participation-based, recreational environment. NO score is kept, and FUN is the focus.

**GAME DAYS:** Saturdays

**DATES:** 6/4-7/30\*

**TIME:** 8:00am-2:00pm

\*No Game 7/2

**PRACTICE SESSIONS:** Select during registration

**DATES:** 5/14-7/29

**TIME:** 5:00pm-8:00pm

**Laguna Community Park** **\$150**

<b>AGE 3-4</b>	
28962	Mondays
31249	Tuesdays
31250	Wednesdays
31251	Thursdays
31252	Fridays

<b>AGE 5-6</b>	
31364	Mondays
31366	Tuesdays
31367	Wednesdays
31368	Thursdays
31369	Fridays

**Morse Community Park** **\$150**

<b>AGE 7-9 BOYS</b>	
31370	Tuesdays
31372	Thursdays

<b>AGE 7-9 GIRLS</b>	
31371	Tuesdays
31373	Thursdays

**Bartholomew Sports Park** **\$150**

<b>AGE 10-12 BOYS</b>	
31498	Mondays
31505	Wednesdays

<b>AGE 10-12 GIRLS</b>	
31502	Mondays
31506	Wednesdays

### Youth Volleyball League

Age 10-14

Our Youth Volleyball League is designed to teach the fundamentals of volleyball in a recreational environment. Participants will receive a shirt, team photo and award. This league includes 6 league games. All practices and games will be held on Saturday. Practices will decrease in length and game times will increase in length as the season progresses. Volunteer coaches needed!

**Wackford Complex, Gym** **\$120**

<b>AGE 10-11</b>			
31509	Sat	6/25-8/27	1:00pm-2:30pm
31507	Sat	6/25-8/27	9:00am-10:30am
<b>AGE 12-14</b>			
31510	Sat	6/25-8/27	2:30pm-4:00pm
31508	Sat	6/25-8/27	11:30am-1:00pm

### IMPORTANT DATES

**Coaches Info Meeting:** 6/23

**Clinic Day:** 6/25

**Contacted by Coaches:** 7/5

**First Practice:** 7/9

**Picture Day:** 7/16

**First Game:** 7/23

**Last Game:** 8/27

**No Game:** 7/2

### Lil' Ballers Basketball League

Age 5-6

The Lil' Ballers Basketball League is an introductory level league designed to teach the fundamentals of basketball in a recreational environment. Participants will be placed onto teams and have CSD Sports Staff as their coaches. In this league, all players receive a T-shirt and an award. This program will follow State guidance for the use of face coverings. This league will include 6 practices and games that take place on Sunday. Games will consist of 6 periods that last 5 minutes each period.

**Wackford Complex, Gym** **\$109**

31123 Sun 6/12-7/24\* 8:15am-11:30am

\*No Game 7/3





## Jr. Kings Youth Basketball League

Age 7-14

Our modified Jr. Kings Youth Basketball League is designed to teach the fundamentals of basketball in a recreational environment. In this league, all players receive a jersey and an award. This is a modified league and requires the wearing of a face covering at all times in the gym. This league includes 8 league games. All practices and games will be held on Saturday. Practices will last 30 minutes and following after will be the game. Volunteer coaches needed!

**Wackford Complex, Gym** **\$150**

### JR. KINGS D1 BOYS (12-14YRS)

28966 Sat 9/10-12/17 9:30am-9:30pm

### JR. KINGS D1 GIRLS (12-14YRS)

28967 Sat 9/10-12/17 9:30am-9:30pm

### JR. KINGS D2 BOYS (9-11YRS)

28968 Sat 9/10-12/17 9:30am-9:30pm

### JR. KINGS D2 GIRLS (9-11YRS)

28969 Sat 9/10-12/17 9:30am-9:30pm

### JR. KINGS D3 BOYS (7-8YRS)

28970 Sat 9/10-12/17 9:30am-9:30pm

### JR. KINGS D3 GIRLS (7-8YRS)

28971 Sat 9/10-12/17 9:30am-9:30pm

## IMPORTANT DATES

**Coaches Info Meeting:** 9/7

**Clinic Day:** 9/10

**Contacted by Coaches:** 9/30

**First Practice:** 10/08

**Picture Day:** 10/15

**First Game:** 10/22

**Last Game:** 12/17

**No Game:** 11/26

## NFL Flag Football League

Age 5-14

This league teaches boys and girls the fundamentals of flag football, sportsmanship and teamwork all in a fun, recreational way. Practices begin in August at Laguna Community Park, with the days and times TBD by assigned coaches. All participating players will receive a NFL Flag Jersey & flag belt, mouthpiece, team picture, and participation medal.

**Laguna Community Park** **\$150**

28903 Sat 9/17-11/5 8:00am-12:00pm

## IMPORTANT DATES

**Coaches Meeting:** 8/17, 7pm at Wackford Community Center

**Player Clinic Day:** 8/20 at Laguna Community Park

**D3:** Ages (5-7): N/A

**D2:** Ages (8-10): 9am clinic day start time

**D1:** Ages (11-14): 11am clinic day start time

**Parent Info Night:** 8/26, 7pm at Wackford Community Center

**Players Contacted By:** 8/26

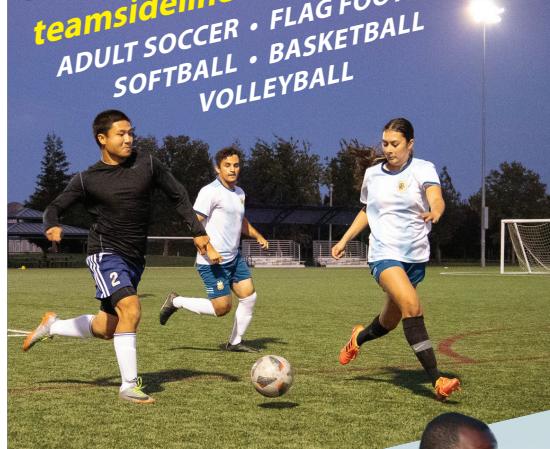
**Practices Begin:** 8/29 - 9/2

**Picture Day:** 9/10 at Laguna Community Park (Football Field), times TBA

**Games Begin:** 9/17, times TBA

# ADULT SPORTS

[teamsideline.com/cosumnes](http://teamsideline.com/cosumnes)  
ADULT SOCCER • FLAG FOOTBALL  
SOFTBALL • BASKETBALL  
VOLLEYBALL



## Sports



### Beginner's Tennis Class

#### - Youth

Introductory class focusing on learning the ready position, proper grip and stroke development and basic footwork. Class will introduce forehands, backhands, volleys, serves and overheads. Designed for beginners as a safe and fun way to be introduced to a sport they can play for a lifetime.

Instructor: Cosumnes CSD Staff

#### JUNIOR PUPS (6-9 YEAR OLD)

<b>Oasis Park</b> <b>\$64</b>			
32045	Fri	6/3-7/8	4:00pm-5:00pm
32050	Sun	7/10-8/14	9:00am-10:00am
32051	Fri	7/15-8/19	4:00pm-5:00pm
<b>Oasis Park</b> <b>\$44</b>			
32044	Sun	6/5-6/26	10:00pam-11:00am

#### JUNIOR BEAGLES (10-12 YEAR OLD)

<b>Oasis Park</b> <b>\$64</b>			
32047	Fri	6/3-7/8	5:00pm-6:00pm
32052	Sun	7/10-8/14	10:00am-11:00am
32053	Fri	7/15-8/19	5:00pm-6:00pm
<b>Oasis Park</b> <b>\$44</b>			
32046	Sun	6/5-6/26	10:00am-11:00am

#### JUNIOR GREYHOUNDS (13-17 YEAR OLD)

<b>Oasis Park</b> <b>\$64</b>			
32049	Fri	6/3-7/8	6:00pm-7:00pm
32054	Sun	7/10-8/14	11:00pm-12:00pm
32055	Fri	7/15-8/19	6:00pm-7:00pm
<b>Oasis Park</b> <b>\$44</b>			
32048	Sun	6/5-6/26	10:00am-11:00am

### Experienced Tennis Class – Youth

Six part class focusing on advanced strategy, positioning, anticipation, court coverage, pattern recognition, and dealing with match-specific specific situations. Previous tennis experience highly recommended.

Instructor: Cosumnes CSD Staff

<b>JUNIOR BULLDOGS (11-14 YEARS OLD)</b>				<b>JUNIOR WOLVES (14-18 YEARS OLD)</b>			
<b>Bartholemew Sports Park</b> <b>\$64</b>				<b>Bartholemew Sports Park</b> <b>\$64</b>			
32056	Sun	6/5-6/26	1:00pm-2:30pm	32058	Sun	6/5-6/26	2:30pm-4:00pm
32057	Mon	6/6-6/27	5:30pm-7:00pm	<b>Bartholemew Sports Park</b> <b>\$94</b>			
<b>Bartholemew Sports Park</b> <b>\$94</b>				32059	Wed	6/1-7/6	5:30pm-7:00pm
32060	Sun	7/10-8/14	1:00pm-2:30pm	32062	Sun	7/10-8/14	2:30pm-4:00pm
32061	Mon	7/11-8/15	5:30pm-7:00pm	32063	Wed	7/13-8/17	5:30pm-7:00pm

### Adult Tennis Class

Class will focus on proper grips, stroke development and tennis fundamentals. Students will transition from beginners into players ready to experience basic match-play. Students will need to provide their own tennis rackets and (non-marking) tennis shoes.

Instructor: Cosumnes CSD Staff

<b>ADULT TENNIS CLASS – BEGINNER</b>				<b>ADULT TENNIS CLASS – INTERMEDIATE</b>			
<b>Bartholemew Sports Park</b> <b>\$64</b>				<b>Bartholemew Sports Park</b> <b>\$64</b>			
32064	Mon	6/6-6/27	10:00am-11:30am	32068	Mon	6/6-6/27	11:30am-1:00pm
<b>Bartholemew Sports Park</b> <b>\$94</b>				<b>Bartholemew Sports Park</b> <b>\$94</b>			
32065	Wed	6/1-7/6	10:00am-11:30am	32069	Wed	6/1-7/6	11:30am-1:00pm
32066	Mon	7/11-8/15	10:00am-11:30am	32070	Mon	7/11-8/15	11:30am-1:00pm
32067	Wed	7/13-8/17	10:00am-11:30am	32071	Wed	7/13-8/17	11:30am-1:00pm

### Work & Play

This comprehensive class that helps tennis players prepare for a tennis match. Activities in this class will include tennis-specific warm-up techniques, tennis-specific agility training in addition to trick shot and trouble shot coaching. Prior tennis experience is recommended.

Instructor: Cosumnes CSD Staff

<b>AGES 14+</b>			
<b>Bartholemew Sports Park</b> <b>\$79</b>			
32072	Sat	6/4-7/9	9:00am-10:30am
32073	Sat	7/16-8/20	9:00am-10:30am



# Tee Off - AT - EMERALD LAKES GOLF COURSE



## Course Hours

Nine-hole, Par-33 | Open 7 days a week

April – September 30: 6 AM to Dusk

October – March 31: 7 AM to Dusk

## Sponsorship Opportunities

Boost visibility for your business with Emerald Lakes! Custom packages are available. Call (916) 405-5303 for details.

(916) 685-GOLF (4653) | 10651 E. Stockton Blvd., Elk Grove, CA 95624

Book a tee time on-line: [www.golfemeraldlakes.com](http://www.golfemeraldlakes.com)

Programming & events are contingent on mandated regulations. Please visit us online for latest information.



## Learn More

Katie Hamilton, PGA  
[katiehamilton@csdparks.com](mailto:katiehamilton@csdparks.com)  
 (916) 926-2660

## YOUR ELK GROVE GOLF DESTINATION

*Emerald Lakes Golf Course provides golfers of all ages and skill levels a quality experience at a fantastic value. The course features one of the area's finest practice putting greens, a chipping green complete with bunker and fairway practice bunker, making Emerald Lakes Golf Course the perfect place to learn, practice, and play golf.*

### PRACTICE FACILITIES

Sunday – Saturday: 6:00 AM – 8:15PM

Featuring Volvik non-restricted flight range balls that feel like a regulation ball, our covered driving range includes lighting and music so you can improve your swing rain or shine.

Check out our "grass teeing area!" We have 16 stalls with mats located right next to a Range Servant machine. The Pro Shop offers pre-paid range cards that dispense balls in increments of 40 balls (up to 150 balls).

### LESSONS

We offer private, semi-private & group lessons taught by members of the PGA.

### MENTOR LEAGUE

This league is for women to learn golf in a no-pressure, all-fun group setting! Mentors assist participants for 9 holes in getting more comfortable navigating the golf course, basic etiquette, pace of play, rules, and some swing tips for your game.

### FOOT GOLF

This fun game is perfect for families! Combining the popular sports of golf and soccer, play the footgolf course for a new, unique fun time together.

### TWILIGHT GOLF

Monday – Friday (holidays excluded).

After 1pm \$12 • After 6 pm \$10. Weekend Twilight Rates \$15 green fee after 12:00pm (cart not included.)

### PRO SHOP

Balls, gloves, tees, bags, accessories and golf clubs makes Emerald Lakes Golf Course the perfect place when shopping for all your golf needs! Don't see your favorite club in stock? Let us know! We have accounts with most of the major golf manufacturers and can custom fit clubs to your exact specifications. Our prices are competitive with most area retailers.

### CUSTOM CLUB FITTINGS

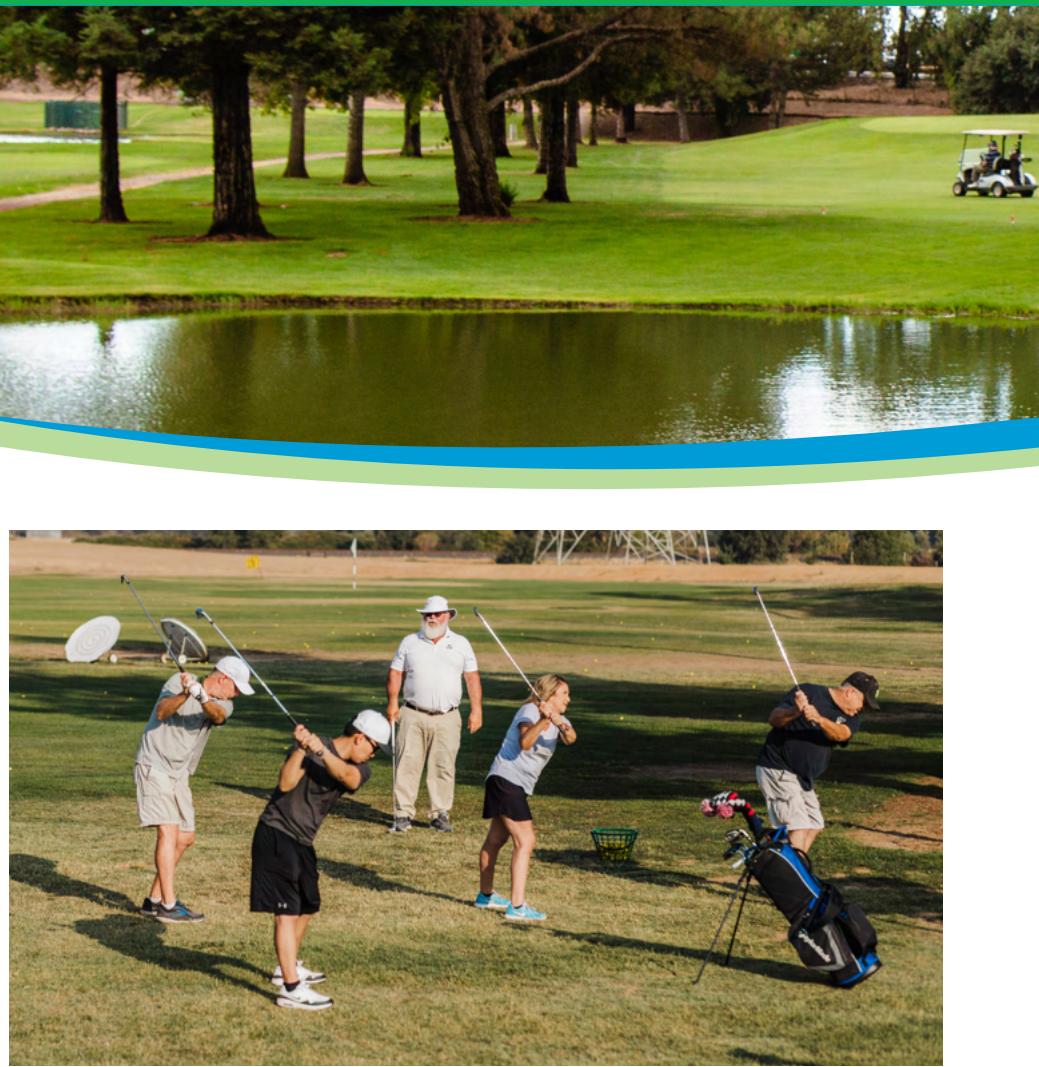
In order to play your best game, professional club fitting is vital. Our team of dedicated professionals will assist you in choosing your next set of clubs or simply make "adjustments" to your current set. Irons-\$40 Woods-\$40

### FOOD & BEVERAGE SERVICES

Our snack bar offers hot dogs, candy, chips and other delicious goodies. A covered outdoor patio can accommodate upwards of 80 people and the barbecue can be fired up for tournament groups or private parties. Ask about our catering policies.

## Golf

# EMERALD LAKES GOLF COURSE



## Operation 36

Age 7+

Program includes: (4) 1-hour classes on Thursdays at 5pm, (2) 9 hole events, and access to the mobile app. First tee time starts at 12:00 pm on your scheduled dates. For full details about this program, go to [www.operation36golf.com](http://www.operation36golf.com). Exclusive Operation 36 Bag Tag for \$50 available (See coach for details). No make up dates if you miss a class.

**Emerald Lakes Golf Course      \$150**

Instructor: Cosumnes CSD Staff

**SESSION 3**
**ORIENTATION: SATURDAY 5/28 AT 11AM**
**JUNIORS AGE 7-11**

9-Hole Events: 6/11 and 6/25 at 12pm

28783   Fri      6/3-6/24      5:00pm-6:00pm

**JUNIORS AGE 12-18**

9-Hole Events: 6/11 and 6/25 at 12pm

28782   Wed      6/1-6/22      4:00pm-5:00pm

**ADULTS AGE 17+**

9-Hole Events: 6/4 and 6/18 at 12pm

28779   Wed      6/2-6/23      5:00pm-6:00pm

28780   Th      6/2-6/23      5:00pm-6:00pm

**SESSION 4**
**ORIENTATION: SATURDAY 7/9 AT 11AM**
**JUNIORS AGE 7-11**

9-Hole Events: 7/23 and 8/6 at 12pm

28795   Fri      7/15-8/5      5:00pm-6:00pm

**JUNIORS AGE 12-18**

9-Hole Events: 7/23 and 8/6 at 12pm

28794   Th      7/13-8/3      4:00pm-5:00pm

**ADULTS AGE 17+**

9-Hole Events: 7/16 and 7/30 at 12pm

28790   Th      7/9-8/3      3:00pm-4:00pm

28791   Th      7/9-8/4      5:00pm-6:00pm



## Op36 Golf Bootcamp

Age 7-18

Looking to see if golf is the sport for you? Try our New Golfer Operation 36 Bootcamp! This 1 day Bootcamp is designed to be the #1 experience for beginner golfers who are just starting their journey. Here is what is included:-Golf instruction of basic skills Putting, Chipping, and Full Swing- On course training- Equipment if needed- Golf progress tracking mobile app access

**Emerald Lakes Golf Course      \$55**

Instructor: Cosumnes CSD Staff

**Age 7-11**

31628   Th      7/7      4:00pm-6:00pm

31629   Fri      8/19      4:00pm-6:00pm

**Age 12-18**

31638   Sat      8/20      9:00am-11:00am

## Family Golf League

Age 6+

9 hole play league for ages 6 up to adult! A coach will be present with each group to help navigate the course and help improve one's game. Each week groups will play from different distances, starting at 25 yards from the hole working back to the full tee box. Some experience with basic golf skills is recommended.

**Emerald Lakes Golf Course      \$100**

Instructor: Cosumnes CSD Staff

28789   Tue      7/12-8/16      5:00pm-8:00pm



## Golf for Tots

Age 3-5

This four week class is for participants ages 3 to 5. Coaches will make the golf course a fun environment, in which children will learn the very basics of the game. The goal of this program is to make sure participants feel welcome at the course and believe the sport to be fun!

### Emerald Lakes Golf Course      \$100

Instructor: Cosumnes CSD Staff

28787	Th	6/2-6/30	4:00pm-5:00pm
28788	Th	6/2-6/30	5:15pm-6:15pm
28792	Th	7/14-8/11	4:00pm-5:00pm
28793	Th	7/14-8/11	5:15pm-6:15pm



## Youth Golf Class

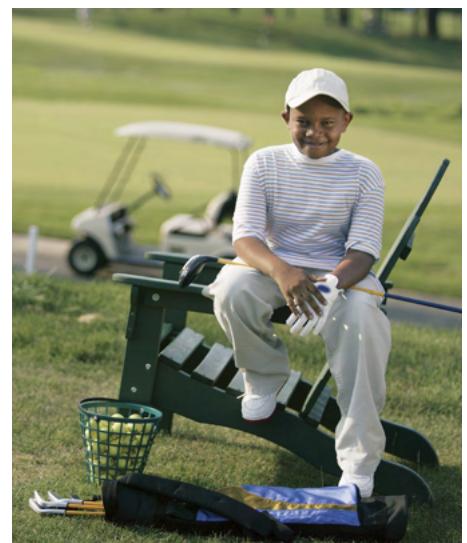
Age 5-12

Coaches will discuss and demonstrate different elements of the game and use a station base approach to help junior golfers learn and have fun!

### Emerald Lakes Golf Course      \$100

Instructor: Cosumnes CSD Staff

28784	Fri	6/3-7/8	4:00pm-5:00pm
28785	Sat	6/4-7/9	9:00am-10:00am
28786	Sat	6/4-7/9	10:30am-11:30am
28796	Fri	7/15-8/12	4:00pm-5:00pm
28798	Sat	7/16-8/13	9:00am-10:00am
28797	Sat	7/16-8/13	10:30am-11:30am



## Future 36er's 1 day camp

Age 4-6

The Future 36ers Program is designed to give juniors ages 4-6 a fun environment to learn to play the game of golf! The purpose of this program is to prepare juniors for the Operation 36 Program where we will begin to start measuring progress on the golf course using the Op 36 Junior Development Model and 6 Level Curriculum.

### Emerald Lakes Golf Course      \$55

Instructor: Cosumnes CSD Staff

31635	Wed	6/29	4:00pm-6:00pm
31637	Wed	8/10	4:00pm-6:00pm

## CHECK OUT OUR JUNIOR GOLF SUMMER CAMP!

The action-packed PGA Jr Camp focuses on developing golf skills while having fun with hands-on instruction from PGA Professionals. Half-day and full-day options are available, starting June 21.

Learn more and register: [pgajuniorgolfcamps.com](http://pgajuniorgolfcamps.com)

## Gymnastics



### Tot Gym

Age 3-3 years 11 months

A structured motor skill exploration class that helps to develop coordination, various gymnastic movements and activities.

#### Elevate Gymnastics

**3132 Dwight Road, Suite 100**

Instructor: Elevate Gymnastics Staff

31435	Tue	5/31-7/5	11:30am-12:15pm	<b>\$77</b>
31437	Wed	6/1-7/6	11:30am-12:15pm	<b>\$77</b>
31438	Tue	7/12-8/16	11:30am-12:15pm	<b>\$64</b>
31440	Wed	7/13-8/17	11:30am-12:15pm	<b>\$64</b>

\*No Class 7/19, 7/20,

### Kinder Gym

Age 4-5 years 11 months

Children are introduced to the balance beam, bars, vault, and trampoline. Classes will improve muscle coordination and motor development.

#### Elevate Gymnastics

**3132 Dwight Road, Suite 100**

Instructor: Elevate Gymnastics Staff

31423	Tue	5/31-7/5	11:30am-12:15pm	<b>\$77</b>
31424	Wed	6/1-7/6	9:50am-10:35am	<b>\$77</b>
31425	Wed	6/1-7/6	4:30pm-5:15pm	<b>\$77</b>
31426	Fri	6/3-7/8	4:30pm-5:15pm	<b>\$77</b>
31427	Tue	7/12-8/16*	11:30am-12:15pm	<b>\$64</b>
32024	Tue	5/31-7/5	4:30pm-5:15pm	<b>\$77</b>
32025	Tue	7/12-8/16*	4:30pm-5:15pm	<b>\$64</b>
31428	Wed	7/13-8/17*	9:50am-10:35am	<b>\$64</b>
31429	Wed	7/13-8/17*	4:30pm-5:15pm	<b>\$64</b>
31430	Fri	7/15-8/19*	4:30pm-5:15pm	<b>\$64</b>

\*No Class 7/19, 7/20, 7/22

### Basic Gym

Age 6-16

Designed to develop coordination and teach beginning tumbling, vault, bars, beam and trampoline.

#### Elevate Gymnastics

**3132 Dwight Road, Suite 100**

Instructor: Elevate Gymnastics Staff

31413	Tue	5/31-7/5	3:30pm-4:15pm	<b>\$77</b>
31415	Tue	5/31-7/5	6:30pm-7:15pm	<b>\$77</b>
31414	Wed	6/1-7/6	5:30pm-6:15pm	<b>\$77</b>
31416	Fri	6/3-7/8	6:30pm-7:15pm	<b>\$77</b>
31417	Tue	7/12-8/16*	3:30pm-4:15pm	<b>\$64</b>
31419	Tue	7/12-8/16*	6:30pm-7:15pm	<b>\$64</b>
31418	Wed	7/13-8/17*	5:30pm-6:15pm	<b>\$64</b>
31420	Fri	7/15-8/19*	6:30pm-7:15pm	<b>\$64</b>

\*No Class 7/19, 7/20, 7/22

### Parent Participation Gym

Age 18 months-2 years 11 months

Parent and child participate together in this movement exploration class, emphasizing rolling, climbing, and hanging. Only one child per adult. Child must be able to walk independently.

#### Elevate Gymnastics

**3132 Dwight Road, Suite 100**

Instructor: Elevate Gymnastics Staff

31520	Wed	6/1-7/6	10:40am-11:25am	<b>\$77</b>
31433	Fri	6/3-7/8	5:30pm-6:15pm	<b>\$77</b>
31521	Wed	7/13-8/17*	10:40am-11:25am	<b>\$64</b>
31434	Fri	7/15-8/19*	5:30pm-6:15pm	<b>\$64</b>

\*No Class 7/19, 7/20, 7/22



## Junior Ninja

Age 5-7

Fusion of obstacle training, gymnastics, martial arts and freestyle movement. \$53 Uniform Fee - available for purchase at Elevate Gymnastics Academy.

### Elevate Gymnastics

#### 3132 Dwight Road, Suite 100

Instructor: Elevate Gymnastics Staff

31421	Tue	5/31-7/5	3:30pm-4:15pm	<b>\$77</b>
31422	Tue	7/12-8/16*	3:30pm-4:15pm	<b>\$64</b>
*No Class 7/19				



## Kids Self-Defense and Safety

Age 6-13

This course is designed to develop coordination, balance, attention span and basic self-defense movements in a fun structured environment. Instructor will cover different issues on safety. There is a \$40 optional uniform fee \$10 optional belt advancement (except for Tots class) Instructor's approval required for enrollment beyond White Belt.

Instructor: Mark Gothard

#### WHITE BELT (AGE 5-11) **\$60**

#### Elk Grove Park, Youth Center

31463	Sat	6/4-7/9	8:00am-8:40am
31464	Sat	7/16-8/20	8:00am-8:40am

#### Virtual Recreation, Uses Two-Way Video

32020	Tue	5/31-7/5	4:30pm-5:10pm
32021	Tue	7/12-8/16	4:30pm-5:10pm

#### YELLOW & ORANGE BELT (AGE 5-11) **\$60**

#### Elk Grove Park, Youth Center

31465	Sat	6/4-7/9	8:45am-9:25am
31466	Sat	7/16-8/20	8:45am-9:25am

#### Virtual Recreation, Uses Two-Way Video

32022	Tue	5/31-7/5	5:15pm-5:55pm
32023	Tue	7/12-8/16	5:15pm-5:55pm

#### PURPLE BELT & ABOVE (AGE 6-17) **\$60**

#### Elk Grove Park, Youth Center

31461	Sat	6/4-7/9	9:30am-10:10am
31462	Sat	7/16-8/20	9:30am-10:10am

#### Virtual Recreation, Uses Two-Way Video

32018	Tue	5/31-7/5	6:00pm-6:40pm
32019	Tue	7/12-8/16	6:00pm-6:40pm

## Jeet Kune Do

Age 6-12

Come and learn the martial art that Bruce Lee developed. This class focuses on discipline, respect, self-defense, confidence, fitness, and fun. Please bring water bottle and wear shoes.

### Wackford Complex, Ballroom

Instructor: Shannon Newman

#### BEGINNER AGE 6-12

31652	M,W	6/1-7/6*	5:45pm-6:25pm	<b>\$70</b>
31654	M,W	7/11-8/17	5:45pm-6:25pm	<b>\$84</b>

#### INTERMEDIATE AGE 6-12

31653	M,W	6/1-7/6*	6:30pm-7:20pm	<b>\$70</b>
31655	M,W	7/11-8/17	6:30pm-7:20pm	<b>\$84</b>

#### AGE 13+

*Fitness, balance, speed, strength and confidence-building skills will be covered. Most of all, you will be part of a special piece of history. Presented by a third generation practitioner.*

31651	M,W	6/1-7/6*	7:25pm-8:45pm	<b>\$60</b>
31656	M,W	7/11-8/17	7:25pm-8:45pm	<b>\$72</b>

\*No Class 7/4



## Karate

Age 6-12

In this class, your child will learn a variety of martial art disciplines in a relaxed, structured program. Your child will learn honesty, integrity, loyalty, courtesy and have respect for themselves and others while building self-discipline and self-confidence. Learn about setting goals and how to achieve them.

### Elk Grove Park, Pavilion

Instructor: School Of The Tiger

#### BEGINNING: AGES 6-12

31455	T,Th	5/31-7/7	5:30pm-6:15pm	<b>\$60</b>
31453	M,W	6/1-7/6*	5:30pm-6:15pm	<b>\$50</b>
31454	M,W	7/11-8/17	5:30pm-6:15pm	<b>\$60</b>
31456	T,Th	7/12-8/18	5:30pm-6:15pm	<b>\$60</b>

#### INTERMEDIATE: AGES 6-12

31459	T,Th	5/31-7/7	6:30pm-7:30pm	<b>\$60</b>
31457	M,W	6/1-7/6*	6:30pm-7:30pm	<b>\$50</b>
31458	M,W	7/11-8/17	6:30pm-7:30pm	<b>\$60</b>
31460	T,Th	7/12-8/18	6:30pm-7:30pm	<b>\$60</b>

\*No Class 7/4



## Karate for Teens/Adults

Age 13+

Designed for teens, young adults and parents. Participate in a style of martial arts that promotes a strong bond through achieving mutual goals. Work with your son, daughter, husband, wife or with fellow students. Practice together, learn together, achieve together. This class runs at the same time as the intermediate class.

### Elk Grove Park, Pavilion

Instructor: School Of The Tiger

31449	M,W	6/1-7/6*	6:30pm-7:30pm	<b>\$50</b>
31450	M,W	7/11-8/17	6:30pm-7:30pm	<b>\$60</b>
31451	T,Th	5/31-7/7	6:30pm-7:30pm	<b>\$60</b>
31452	T,Th	7/12-8/18	6:30pm-7:30pm	<b>\$60</b>

\*No Class 7/4

## Cooking & Art

### You and Me Chocolate Fun

Age 4-10

Parent and child teams will have a great time bonding in this hands on chocolate making workshop. Recipes vary each time and always include a chocolate dipped pretzel, dipped marshmallows and a chocolate art project. A great evening of chocolate fun! Supplies included.

**Wackford Complex, Kitchen** **\$30**

Instructor: Heather Saldivar

**SUMMER FUN**

31735 Th 6/2 6:00pm-7:30pm

**BEACH DAY FUN**

31737 Th 7/7 6:00pm-7:30pm

**CUTE CRITTERS FUN**

31739 Th 8/18 6:00pm-7:30pm



### Chocolate Covered Treats

Age 7+

Learn to make numerous delicious chocolate recipes including chocolate covered caramel pretzels, giant marshmallow s'mores and more. Learn candy making tips, storage, packing tricks and the best online and local places to purchase supplies. Take home lots of treats and recipes (projects vary by the season). Supplies included.

**Wackford Complex, Kitchen** **\$30**

Instructor: Heather Saldivar

**AGE 7-13: SUMMER FUN**

31736 Th 6/9 6:00pm-8:00pm

**AGE 7-13: BEACH DAY FUN**

31738 Tue 7/12 6:00pm-8:00pm

**CHOCOLATE COVERED STRAWBERRIES**

31740 Th 7/28 6:00pm-8:00pm

**AGE 7-13: CUTE CRITTERS FUN**

31733 Tue 8/2 6:00pm-8:00pm

**AGE 18+: CHOCOLATE COVERED TREATS**

31742 Tue 8/16 6:00pm-8:00pm

### Chocolate Covered Strawberries

Age 18+

In this 2-hour workshop you will learn how to choose, prepare, dip, garnish and store freshly dipped chocolate strawberries. Various dipping techniques will be covered. In addition you will learn how to make strawberry 'rose' bouquets. Supplies included.

**Wackford Complex, Kitchen** **\$30**
Instructor: Heather Saldivar  
31741 Tue 7/26 6:00pm-8:00pm

### Gourmet Truffles Workshop

Age 18+

In this workshop, you will learn how to make the ganache (truffle centers), roll, dip and garnish your very own handmade truffles! Tips and tricks shared in class will make it easy. Recipes will be provided. Supplies included.

**Wackford Complex, Kitchen** **\$30**
Instructor: Heather Saldivar  
31731 Th 6/16 6:00pm-8:00pm

### Kids' Painting

Age 9-12

In this fun class students will be learning art techniques to create their own paintings. Individual creativity is encouraged and celebrated in a positive environment. Heavy bodied acrylic paint on canvas is used. Aprons are provided and supplies are included.

**Wackford Complex, Poppy Rm B** **\$90**
Instructor: Nancy Quiaoit  
31692 Wed 6/1-7/6 5:30pm-6:30pm

### Outdoor Drawing Class

Age 7-12

Students will be learning how to draw by balancing shapes and adding details to enhance their artwork while enjoying beautiful summer mornings under the trees. A different art piece will be created in each class. Subjects will include people, animals, and nature. Bring your blanket to sit on and a water. Supplies are included.

**Albiani Recreation Center** **\$90**
Instructor: Nancy Quiaoit  
31694 Wed 6/1-7/6 9:30am-10:30am

### Teen Art Class

Age 13-18

Students will be learning how to draw and paint by balancing shapes and adding details to enhance their artwork in a positive environment where individual ideas are encouraged. Mediums will include pencils, pastels, and paint. Supplies are included.

**Wackford Complex, Poppy Rm B** **\$90**
Instructor: Nancy Quiaoit  
31693 Tue 5/31-7/5 7:00pm-8:00pm

## Me and My Shadow

Age 2-3

This parent participation class has an emphasis on 'bubbly fun.' Activities include exercise and dancing to music, along with colorful hoops, scarves, balls and props. This class is recommended for 3-year-olds getting ready for First Steps in Dance.

Instructor: Lisa Brown

### Wackford Complex, Poppy Rm A/B

31709	Tue	5/31-7/5	4:45pm-5:15pm	<b>\$84</b>
31707	Mon	6/6-6/27	6:30pm-7:00pm	<b>\$56</b>
31710	Tue	7/12-8/16	4:45pm-5:15pm	<b>\$84</b>
31708	Mon	7/11-8/15	6:30pm-7:00pm	<b>\$84</b>

### Encore! Studio, 9154 E. Stockton Blvd.

31479	Mon	6/6-6/27	7:00pm-7:30pm	<b>\$56</b>
31480	Mon	7/11-8/15	7:00pm-7:30pm	<b>\$84</b>
31481	Sat	6/4-7/9	12:00pm-12:30pm	<b>\$70</b>
31482	Sat	7/16-8/20	12:00pm-12:30pm	<b>\$84</b>



## VIRTUAL Piano

Age 7-12

The Simply Music Piano program has beginning students playing great sounding pop, blues, classical and accompaniment pieces from their first group lessons. This unique 'playing-based' approach produces unprecedented results. \$35 supply fee payable through Simply Music; instructions provided at first class. This class uses two-way video instruction.

### Virtual Recreation **\$140**

Instructor: Sharissa Delgado

#### KIDS AGE 7-12: LEVEL 1

31943	Mon	6/6-8/1	2:30pm-3:20pm
31944	Mon	6/6-8/1	3:30pm-4:20pm

#### KIDS AGE 7-12: LEVEL 2

31947	Mon	6/6-8/1	4:30pm-5:20pm
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#### ADULTS AGE 13+: LEVEL 1

31949	Mon	6/6-8/1	5:30pm-6:20pm
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## First Steps in Dance

Age 3 1/2-4 1/2

A bubbly fun class with colorful props, character acting through nursery rhymes, and story dances. This class provides an early beginning for ballet with exploration in fast and slow music, as well as tap dance preparation by use of rhythm and balance. This class is designed as 'drop-off.'

Instructor: Lisa Brown

### Wackford Complex, Poppy Rm A/B

31705	Tue	5/31-7/5	6:30pm-7:15pm	<b>\$102</b>
31703	Mon	6/6-6/27	5:30pm-6:15pm	<b>\$68</b>
31704	Mon	7/11-8/15	5:30pm-6:15pm	<b>\$102</b>
31706	Tue	7/12-8/16	6:30pm-7:15pm	<b>\$102</b>

### Encore! Studio, 9154 E. Stockton Blvd.

31477	Th	6/2-7/7	5:30pm-6:15pm	<b>\$102</b>
31475	Sat	6/4-7/9	11:00am-11:45am	<b>\$102</b>
31476	Sat	7/16-8/20	11:00am-11:45am	<b>\$102</b>
31478	Th	7/14-8/18	5:30pm-6:15pm	<b>\$102</b>



## Ballet/Tap Combo

Age 4 1/2-5 1/2

Class includes introduction for the young dancer to ballet and tap dancing. Class includes vocabulary and fun sing-a-long routines. Please call the Encore Studio for Dress Code questions. This class is designed as 'drop-off.'

Instructor: Lisa Brown

### Wackford Complex, Poppy Rm A/B

#### AGE 4 1/2-5 1/2

31697	Tue	5/31-7/5	5:30pm-6:20pm	<b>\$102</b>
31695	Mon	6/6-6/27	4:30pm-5:20pm	<b>\$68</b>
31698	Tue	7/12-8/16	5:30pm-6:20pm	<b>\$102</b>
31696	Mon	7/11-8/15	4:30pm-5:20pm	<b>\$102</b>

### Encore! Studio, 9154 E. Stockton Blvd.

#### AGE 4 1/2-5 1/2

31469	Sat	6/4-7/9	10:00am-10:50am	<b>\$102</b>
31470	Sat	7/16-8/20	10:00am-10:50am	<b>\$102</b>

#### AGE 5 1/2-7

31471	Mon	6/6-6/27	5:00pm-5:50pm	<b>\$102</b>
31472	Mon	7/11-8/15	5:00pm-5:50pm	<b>\$102</b>

#### AGE 6-8

31473	Th	6/2-7/7	4:30pm-5:20pm	<b>\$102</b>
31474	Th	7/14-8/18	4:30pm-5:20pm	<b>\$102</b>

## Adult Ballet

Age 18+

This class is designed for participants with little or no dance training. The focus is to dance for fitness and health using ballet core fundamentals and movements such as posture, muscle tone, balance, coordination, flexibility, and body awareness. Stretching and ballet music will help relieve stress and relax the mind while focusing on fitness.

### Encore! Studio, 9154 E. Stockton Blvd.

Instructor: Lisa Brown

31467	Mon	6/6-6/27	7:00pm-7:50pm	<b>\$68</b>
31468	Mon	7/11-8/15	7:00pm-7:50pm	<b>\$102</b>

# Cosumnes CSD

## YOUR PARKS, TRAILS & STREETSCAPES

Residents of Elk Grove enjoy award-winning recreation facilities, including 100 parks, 1,094 acres of park and open space and 18 miles of trails. These facilities are constructed and maintained by Cosumnes CSD.



Watch our park maintenance funding video: [yourcsd.com/parkfunding](http://yourcsd.com/parkfunding)

Maintenance of parks, streetscapes and trails is funded through Landscape & Lighting assessments collected in 13 benefit zones throughout the District.

Report Concerns:  
 Graffiti, Playground Issues,  
 Tree Issues, Vandalism,  
 Overflowing Trash Cans, or  
 Running Water.

**Park Maintenance Hotline**  
[hotline@csdparks.com](mailto:hotline@csdparks.com)  
 (916) 405-5688



**Partners for Parks**

**Partners for Parks**  
[yourcsd.com/partners4parks](http://yourcsd.com/partners4parks)  
 (916) 405-5688

Help keep your neighborhood park safe and looking great. Volunteer to monitor a park or trail.



### Your Assessment at Work

- New concrete furniture will be added at several parks. Concrete furniture is aesthetically pleasing and more durable than other materials.
- An epoxy finish will be applied to the restroom floors at District parks. Epoxy flooring makes it easier to keep restrooms clean and safe to use.
- Decomposed granite will be added to the walking path at Elk Grove Park. The material will level any depressions that have developed in this popular amenity.

## MacDonald Park Phase 2 & Revitalization

You are in for a treat if you visit MacDonald Park at 8601 Spring Azure Way. Visitors to this completely revitalized 2-acre park will find many new amenities including age-appropriate playgrounds for both 2-to-5 and 5-to-12 age groups with nature themed play elements. A half-court basketball, picnic area with shade shelter, adult fitness stations, spiral decomposed granite garden path, and a non-programmed open grass area have been added to the park. It is the perfect stop along the Whitehouse Creek Trail. Property owners in the area surrounding MacDonald Park approved a new assessment that allowed the revitalization of this local park.



## Preschool & Community Building at Oasis Park

Construction has started for a new community building at Oasis Park. When complete, the building will provide another great preschool option to the growing community offered by Cosumnes CSD. This facility will also function as a recreation amenity available for use by community groups or others looking for rental space. The 4,000-square-foot building includes two large rooms separated by a central spine with restrooms and a kitchen. Keep an eye out for the grand opening later this year!



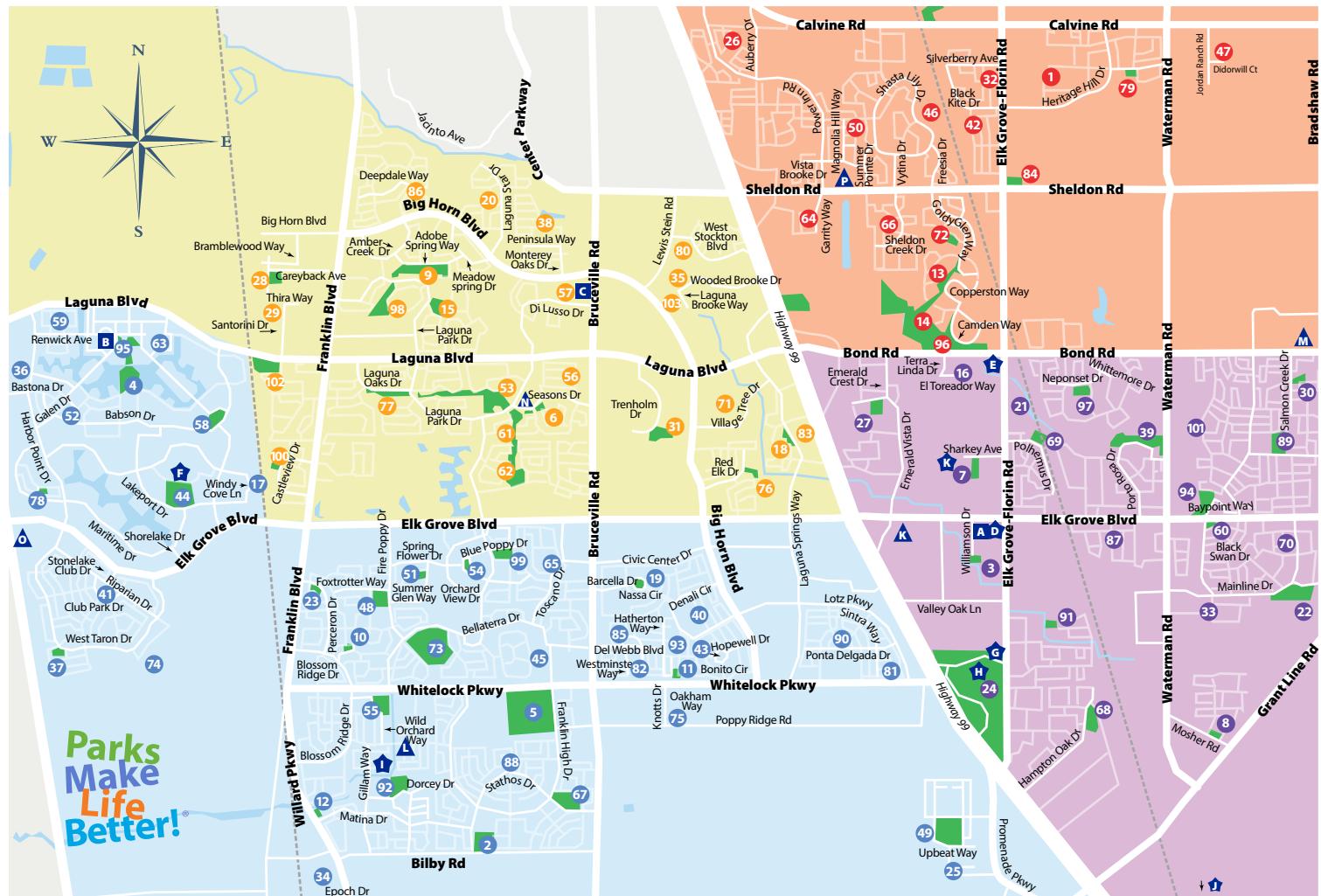
## Neighborhood Park Revitalizations

**Lichtenberger Park**, located at 6615 Kilconnell Drive, is currently undergoing a much-needed refresh. This 15.5-acre park was built in 1992, making the original play equipment 30 years old. The old equipment has been completely removed and will be replaced with a new design suitable for both 2-to-5 and 5-to-12 age groups. A restroom facility has been added to the southernmost edge of the park. In addition, two new shade shelters, picnic tables, an adult fitness station, a bocce ball court, and cornhole games will round out the new amenities added to this beloved park. The park will reopen in phases, starting with the play structures in the coming weeks!



**Pedersen Park**, located at 5520 Laguna Oaks Drive, was also built in 1992. This 5.8-acre park will undergo play area transformations with updated equipment and an energizing zipline. A new picnic area with tables, benches, and a shade shelter will be added to provide areas to rest in the shade, as well as new bike racks and an updated park sign. The park will reopen in phases, starting with the play structures in the coming weeks!





LEGEND	
● Area 1 Parks	
● Area 2 Parks	
● Area 3 Parks	
● Area 4 Parks	
■ CSD Facilities	
▲ Recreation Centers	
▲ Fire Stations	

#### BICYCLE AND PEDESTRIAN TRAIL NETWORK

The CSD and the City of Elk Grove jointly provide trail experiences in the community. Walk, bike, and run with your neighbors.

View the Elk Grove Existing and Proposed Bicycle and Pedestrian Trail Network at:

[yourscd.com/trails](http://yourscd.com/trails)

CSD FACILITIES	
A. Administration Building	
B. Laguna Town Hall	
C. Wackford Community & Aquatic Complex	
D. Elk Grove Recreation Center	
E. Castello Recreation Center	
F. Johnson Recreation Center	
G. Elk Grove Youth Center	
H. Jerry Fox Swim Center	
I. Stephenson Recreation Center	
J. Emerald Lakes Golf Course	
K. Gil Albiani Recreation Center	

FIRE STATIONS	
K. Station 71	
L. Station 72	
M. Station 73	
N. Station 74	
O. Station 75	
P. Station 76	

PARK SITES	
1. Amundson	27. Feickert
2. Backer	28. Fite
3. Baker	29. Fite Park Extension
4. Bartholomew	30. Fleming
5. Bartholomew Sports	31. Foulks
6. Batey	32. Gage
7. Beeman	33. Gates
8. Berens	34. George
9. Betschart	35. Guttridge
10. Bradford	36. Hawkins
11. Bridgeview	37. Henderson
12. Buscher	38. Herburger
13. Camden Park	39. Hill
14. Camden Parkway	40. Horseshoe
15. Case	41. Houde
16. Castello	42. Hrepich
17. Caterino	43. Island
18. Colton	44. Johnson
19. Constellation	45. Johnston
20. Davis	46. Jones
21. Del Meyer	47. Jordan
22. Derr-Oakamoto	48. Jungkeit
23. Ehrhardt Oaks	49. Kammerer
24. Elk Grove	50. Karamanos
25. Entrican	51. Keema
26. Fales	52. King
27. Kloss	78. Perez
28. Kramer	79. Perry
29. Kunsting	80. Pinkerton
30. Laguna Creek	81. Porto
31. Greenbelt	82. Promenade
32. Lagunita Community	83. Rain Garden Plaza
33. Lawrence	84. Rau
34. George	85. Rose Garden
35. Guttridge	86. Rose
36. Hawkins	87. Russell
37. Henderson	88. Schauer
38. Herburger	89. Simpson
39. Hill	90. Singh & Kaur
40. Horseshoe	91. Smedberg
41. Houde	92. Stephenson
42. Hrepich	93. Storybook Woods
43. Island	94. Strong
44. Johnson	95. Town Square
45. Johnston	96. Underwood
46. Jones	97. Van Doren
47. Jordan	98. Wackman
48. Jungkeit	99. Willard
49. Kammerer	100. Womack
50. Karamanos	101. Wright
51. Keema	102. Zehnder
52. King	103. Zimbelman



## Report Park Concerns:

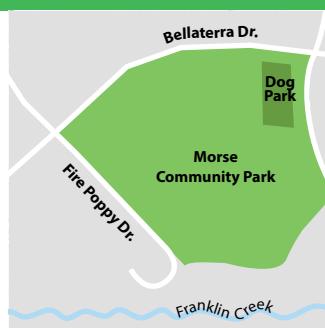
- Graffiti
- Playground Issues
- Vandalism
- Overflowing Trash
- Running Water

Report Park Concerns: [hotline@csdparks.com](mailto:hotline@csdparks.com) · (916) 405-5688

## Dog Parks



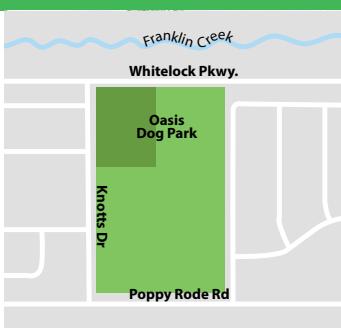
**Elk Grove Dog Park**  
9950 Elk Grove-Florin Road



**Morse Dog Park**  
5540 Bellaterra Drive



**Laguna Community Dog Park**  
9014 Bruceville Road



**Oasis Dog Park**  
8015 Poppy Ridge Road

## Bike & Skate Parks

[yourcsd.com/skate-parks](http://yourcsd.com/skate-parks)



**Elk Grove Bike Park**  
in Elk Grove Park  
9950 Elk Grove-Florin Road



**Skate Park**  
at Wackford Complex  
9014 Bruceville Road



**Bike & Skate Park**  
Derr-Okamoto Community Park  
9550 Mainline Drive

	Acreage	Play Equipment: Age 2-5	Play Equipment: Age 5-12	Barbecue	Shade Structure	Restrooms	Jogging/Bike Trail	Swings	Horseback Pits	Volleyball	Tennis Courts	Basketball	Soccer Field	Youth Baseball	Babe Ruth Baseball	Pool or Waterplay	Dog Park	Parking Lot	Adult Fitness	Notes
1. <b>Amundson Park</b> • 8730 Heritage Hill Drive	8.0	●	●	●		●				●	●	●				●				
2. <b>Backer Park</b> • 10400 Stathos Drive	10.0	●	●	●	●	●		●	●	●	●	●			W	●	●			
3. <b>Baker Park</b> • 8800 Elk Grove Blvd.	0.9		●	●		●													Universal	
4. <b>Bartholomew Park</b> • 9292 Lakepoint Drive	10.0		●	●	●	●		●		●	●								Cricket Pitch	
5. <b>Bartholomew Sports Park</b> • 10150 Franklin High Road	46.0	●	●	●	●	●	●	●	●	L	L	L	L		●					
6. <b>Batey Park</b> • 6820 Seasons Drive	1.9		●	●		●					●								Pickleball	
7. <b>Beeman Park</b> • 8830 Sharkey Avenue	3.5		●	●				●	●							●				
8. <b>Berens Park</b> • 10144 Sonoma Creek Drive	2.65		●	●		●		●												
9. <b>Betschart Park</b> • 5666 Adobe Spring Way	12.7	●	●	●	●	●	●	●			●	●								
10. <b>Bradford Park</b> • 9894 Spring View Way	1.5		●	●		●		●												
11. <b>Bridgeview Park</b> • 9595 Oakham Way	0.6			●															City/CSD Park	
12. <b>Buscher Park</b> • 4805 Matina Drive	2.3	●	●	●	●	●										●			Open Grass Area	
13. <b>Camden Park</b> • 8740 Cooperston Way	7.0						●												Natural Area	
14. <b>Camden Parkway</b> • Camden Drive	14.4						●												Natural Area, Horse Trail	
15. <b>Case Park</b> • 5423 Laguna Park Drive	5.6	●	●	●	●										●					
16. <b>Castello Park</b> • 8830 El Toreador Way	2.3	●	●	●	●	●			●		●									
17. <b>Caterino Park</b> • 4101 Windy Cove Drive	1.8		●	●		●		●												
18. <b>Colton Park</b> • 9410 Laguna Springs Way	3.5	●	●	●	●															
19. <b>Constellation Park</b> • 7725 Nassa Circle	2.4	●	●	●	●	●		●											City/CSD Park	
20. <b>Davis Park</b> • 8908 Laguna Star Drive	1.5	●	●	●	●			●												
21. <b>Del Meyer Park</b> • 9265 Elk Grove-Florin Road	1.0						●									●			Horse Trail	
22. <b>Derr-Oakamoto Community Park</b> • 9550 Mainline Drive <i>Phase 1 - open, Phase 2 - FP</i>	11.0	●	●	●	●	●	●	●	●	●	●	●	●	●	W	●	●	●	Skate/BMX Elements, Reservable Picnic Site	
23. <b>Ehrhardt Oaks Park</b> • 4800 Percheron Drive	1.8	●	●	●		●		●												
24. <b>Elk Grove Park</b> • 9950 Elk Grove-Florin Road	127.0	●	●	●	●	●	●	●	●	●	●	L	●	●	●	●	●	●	Disc Golf, BMX Bike Park, 17 Reservable Picnic Areas	
25. <b>Entrican Park</b> • Allegra Drive and Prelude Way <i>FP</i>	5.25	●	●	●	●	●	●	●	●	●	●					●			Tables with Chess/Checkers inlay, Musical Instruments	
26. <b>Fales Park</b> • 8485 Auberry Drive	6.2	●	●	●	●	●		●												
27. <b>Feickert Park</b> • 9310 Emerald Vista Drive	4.3	●	●	●	●			●	●											
28. <b>Fite Park</b> • 4312 Careyback Avenue	4.3	●	●	●				●	●	●	●	●								
29. <b>Fite Park Extension</b> • 4312 Thira Way	0.3		●																	
30. <b>Fleming Park</b> • 9275 Salmon Creek Drive	2.0	●		●	●	●		●												
31. <b>Fouiks Park</b> • 9433 Trenholm Drive	5.5	●	●	●	●	●					●	●	●							
32. <b>Gage Park</b> • 8888 Silverberry Avenue	1.1		●	●	●	●														
33. <b>Gates Park</b> • 9381 Mainline Drive	2.4		●	●	●	●		●	●			●								
34. <b>George Park</b> • 10493 Fossil Way	4.8	●	●	●	●	●		●	●		●				W	●			Bocce/Cornhole	
35. <b>Guttridge Park</b> • 8100 Laguna Brook Way	4.3		●	●	●	●		●			●	●	●							
36. <b>Hawkins Park</b> • 2301 Bastona Drive	4.5		●	●	●	●			●		●	●								
37. <b>Henderson Park</b> • 9930 W. Taron Drive	2.2		●	●		●														
38. <b>Herburger Park</b> • 6811 Peninsula Way	1.9	●	●	●	●	●		●												
39. <b>Hill Park</b> • 9380 Porto Rosa Drive	7.5		●	●	●	●		●	●			●			●	●	●		Natural Area	
40. <b>Horseshoe Park</b> • 9800 Denali Circle	9.0	●	●	●	●	●		●	●	●	●	●			W	●	●		Pickleball (BYO Net), City/CSD Park	
41. <b>Houde Park</b> • 9759 Club Park Circle	4.2	●	●	●		●					●	●								
42. <b>Hrepich Park</b> • 8620 Black Kite Drive	1.5	●	●	●		●														
43. <b>Island Park</b> • 8825 Bonito Circle	2.3	●	●	●	●	●										●			City/CSD Park	
44. <b>Johnson Park</b> • 9645 Lakepoint Drive	21.0		●	●	●	●		●	●		●	●	●			●			Junior Tennis Court	
45. <b>Johnston Park</b> • 9925 Ferragamo Way	3.1		●	●	●	●			●											
46. <b>Jones Park</b> • 8840 Shasta Lily Drive	17.2		●	●	●	●		●	●		●	●		●		●	●			
47. <b>Jordan Family Park</b> • 8441 Jordan Ranch Road	1.7	●	●	●	●	●		●	●	●										
48. <b>Jungkeit Park</b> • 9760 Fire Poppy Drive	6.3	●		●		●			●			●	●	●						
49. <b>Kammerer Family Park</b> • 8801 Upbeat Way	13.5	●	●	●	●	●		●	●	●	●	●	●	●		●	●	●	Skate Elements	
50. <b>Karamanos Park</b> • 8671 Magnolia Hill Drive	1.5	●	●	●	●	●		●	●											
51. <b>Keema Park</b> • 9720 Summer Glen Way	2.2		●	●	●	●			●											
52. <b>King Park</b> • 9328 Keefe Drive	5.7		●	●		●			●			●								
53. <b>Kloss Park</b> • 6501 Laguna Park Drive	22.8	●	●	●	●	●		●	●	●	●	●	●	●		●	●	●	Universal Wheelchair Swing	

	Acreage	Play Equipment: Age 2-5	Play Equipment: Age 5-12	Picnic Area/Tables	Barbecue	Shade Structure	Restrooms	Jogging/Bike Trail	Swings	Horseshoe Pits	Volleyball	Tennis Courts	Basketball	Soccer Field	Softball Field	Youth Baseball	Babe Ruth Baseball	Pool or Waterplay	Dog Park	Parking Lot	Adult Fitness	Notes
54. <b>Kramer Park</b> • 6135 Orchard View Drive	2.9	●	●	●	●		●	●														
55. <b>Kunsting Family Park</b> • 10069 Wild Orchid Way	8.0	●	●	●	●	●	●	●	●			●	●				W	●	●		Skate Elements, Reflexology Path	
56. <b>Laguna Creek Greenbelt</b> • Laguna Park Drive	3.1																				Greenbelt	
57. <b>Laguna Community Park</b> • 9014 Bruceville Road	16.0	●	●	●	●	●	●	●				L	L			●	●	●		Skate Park, Community Center		
58. <b>Lawrence Park</b> • 9369 Fassett Way	8.0	●	●	●	●	●					●											
59. <b>Lawson Park</b> • 2507 Renwick Avenue	2.1	●	●	●	●	●																
60. <b>Lewis Park</b> • 9615 Black Swan Drive	2.5	●	●	●	●	●		●														
61. <b>Lichtenberger North Park</b> • Laguna Park Drive	7.3		●					●				●	●	●								
62. <b>Lichtenberger South Park</b> • 6615 Kilconnell Drive	8.3	●	●	●				●	●	●	●	●	●	●								
63. <b>Lippincott Park</b> • 3230 Renwick Avenue	1.5																					
64. <b>Lombardi Park</b> • 8830 Garrity Drive	2.0	●	●	●				●														
65. <b>Lutting Park</b> • 9710 Toscano Drive	9.5	●	●	●	●	●	●	●				●	●	●				●				
66. <b>MacDonald Park</b> • 8601 Spring Azure Way	1.0		●									●										
67. <b>Machado Dairy Park</b> • 10394 Franklin High Road	10.0	●	●	●	●	●	●	●				●	●					●	●			
68. <b>McConnell Park</b> • 10081 Hampton Oak Drive	6.6	●	●	●	●	●	●	●	●			●	●						●		Futsal Court	
69. <b>Mendoza Park</b> • 9001 Polhemus Drive	1.0	●	●						●	●												
70. <b>Miles Park</b> • 9621 Mainline Drive	2.0	●	●	●	●	●			●													
71. <b>Miwok Park</b> • 9344 Village Tree Drive	6.2	●	●	●	●	●	●	●	●			●	●								Junior Tennis Court	
72. <b>Mix Park</b> • 8770 Goldy Glen Way	2.8	●	●	●	●	●	●	●	●			●	●									
73. <b>Morse Park</b> • 5540 Bellaterra Drive and Fire Poppy Drive	30.0	●	●	●	●	●	●	●	●			●	●	●	●	W	●	●	●		Skate Elements, Bocce Ball, Labyrinth, Reservable Pavilion	
74. <b>Nottoli Park</b> • 10050 East Taron Drive	21.1	●	●	●	●	●	●	●	●			L	●	L	W	W	●					
75. <b>Oasis Community Park</b> • <i>Phase 1 Open • Phase 2 FP</i> • Whitelock Pkwy & Knotts Dr.	20	●	●	●	●	●	●	●	●			●	●	●	W	●	●	●			Pickleball (BYO Net), Cornhole, Table Tennis	
76. <b>Oneto Park</b> • 9477 Hidden Hollow Court	1.6	●	●	●	●	●	●	●														
77. <b>Pedersen Park</b> • 5520 Laguna Oaks Drive	5.8		●					●														
78. <b>Perez Park</b> • 2326 Sandy Beach Way	1.7	●	●	●	●	●			●													
79. <b>Perry Park</b> • 9220 Brown Road	2.0		●	●																		
80. <b>Pinkerton Park</b> • 8906 W. Stockton Blvd.	4.5	●	●	●	●	●	●	●	●			●										
81. <b>Porto Park</b> • Ponta Delgada & Sintra Way	1.3	●	●	●	●	●			●													
82. <b>Promenade Park</b> • 9945 Westminster Way	4.0							●									●				City/CSD Park	
83. <b>Rain Garden Plaza</b> • 9385 Laguna Springs Drive	.904			●																	City Park, Eco-Friendly, Education Components, Local Artwork	
84. <b>Rau Park</b> • 8795 Elk Grove-Florin Road	18.0	●	●					●	●			●	●	●			●					
85. <b>Rose Garden Park</b> • Del Webb Blvd.	1.0																				City/CSD Park, Rose Garden	
86. <b>Rose Park</b> • 8620 Frye Creek Drive	1.1	●	●																			
87. <b>Russell Park</b> • 9136 Grove Street	0.8		●																			
88. <b>Schauer Park</b> • 10181 Frank Gregg Way	1.5	●	●	●	●	●	●	●	●			●	●	●	●							
89. <b>Simpson Park</b> • 9565 Crisswell Drive	7.8		●	●	●	●	●	●	●			●	●	●	●						Pickleball (BYO Net)	
90. <b>Singh &amp; Kaur Park</b> • 8491 Ponta Delgada Drive	5	●	●	●	●	●	●	●	●		●	●	●				●				Bocce Ball, Cornhole	
91. <b>Smedberg Park</b> • 9854 Emerald Park Drive	1.8	●	●	●	●	●	●	●	●		●											
92. <b>Stephenson Family Park</b> • 5511 Dorsey Drive	8.0	●	●	●	●	●	●	●	●							●	W	●	●		Skate Elements, Labyrinth, Reflexology Path	
93. <b>Storybook Woods Park</b> • 9925 Hatherton Way	1.8	●	●	●	●	●	●	●	●		●										City/CSD Park	
94. <b>Strong Park</b> • 9580 Baypoint Way	7.9	●	●	●	●	●	●	●	●			●	●	●	●			●				
95. <b>Town Square Park</b> • 3020 Renwick Avenue	6.2	●	●	●	●	●	●	●	●		●	●									Community Garden	
96. <b>Underwood Park</b> • 8751 Bond Road	5.6												●									
97. <b>Van Doren Park</b> • 9100 Neponset Drive	1.1	●	●	●	●	●	●	●	●		●	●	●								Bocce Ball	
98. <b>Wackman Park</b> • 5851 Laguna Quail Way	9.5	●	●	●	●	●	●	●	●		●	●	●	●	●			●			Pickleball	
99. <b>Willard Park</b> • 9650 Cresleigh Parkway	6.3	●	●	●	●	●	●	●	●		●											
100. <b>Womack Park</b> • 9340 Castleview Drive	4.1	●	●	●	●	●	●	●	●		●	●	●									
101. <b>Wright Park</b> • 9370 Sierra River Drive	1.5	●	●	●	●	●	●	●	●		●	●	●	●	●	W		●	●			
102. <b>Zehnder Park</b> • 9212 Edisto Way	9.5	●	●	●	●	●	●	●	●		●	●	●	●	●							
103. <b>Zimbelman Park</b> • 9191 Big Horn Boulevard	5.3	●	●	●	●	●	●	●	●		●	●	●	●	●			●				

# Got an **EVENT?**



**We have 9 facilities, perfect for  
celebrations & business events!**



The Cosumnes CSD presents a selection of distinctive facilities to suit your event needs.

- **Event layout assistance**
- **Seating set-up**
- **Breakdown service**
- **On-site event staff**

*Let us help you make your next special occasion even more memorable!*



**Wackford Complex**



**Parks of Elk Grove**



**Elk Grove Picnic Areas**



**Laguna Town Hall**

For reservations,  
call (916) 405-5600

For more information, go to:  
[yourcsd.com/venuerentals](http://yourcsd.com/venuerentals)



## Reception Halls

### Valley Oak Ballroom

*in Wackford Complex*

Features a state-of-the-art kitchen, modern light fixtures, banquet chairs and furnished patio.

**DINING:** 200 guests

**THEATER:** 250 guests

### The Pavilion

*in Elk Grove Park*

Located in the heart of Elk Grove Park, the Pavilion's wrap-around windows showcase the tranquility of the park's natural beauty.

**DINING:** 200 guests

**THEATER:** 250 guests

### Reception Hall

*in Laguna Town Hall*

Features include a fully-equipped kitchen, banquet chairs, indoor stage, outdoor amphitheater, and courtyard. There is an adjacent meeting room.

**DINING:** 250 guests

**THEATER:** 300 guests

**CLASSROOM 1:** 30 guests

**CLASSROOM 2:** 70 guests

## Meeting & Party Rooms

### Wackford Complex

*Valley Oak Ballroom, Poppy Room, Willow Room, and Teen Center*

#### Poppy Room

Features a corner sink, white board/cork board, and ceiling mounted projector screen.

**CAPACITY:** 64 guests

#### Willow Room

Features black-out drapes for presentations, ceiling mounted projector screen, corner sink, white board/cork board.

**CAPACITY:** 35 guests

#### Teen Center

Elk Grove's largest teen recreation facility offers 2,100 square feet of fun. Features include: black lights, flat screen TVs with video game systems, foosball table, pool table and sound system.

**CAPACITY:** 64 guests

## Gil Albiani Recreation Center

*Our newest facility located in East Elk Grove*

#### Lippincott Hall

Features a fully equipped kitchen and ballroom space for those wanting a smaller, more intimate setting.

**DINING:** 86 guests

**THEATER:** 125 guests

**SWALLOWTAIL ROOM:** 55 guests

**MONARCH ROOM:** 34 guests

## Picnic Sites

### Elk Grove Park

*9950 Elk Grove Florin Rd*

Picnic sites can accommodate various group sizes, from a small family gathering to large company picnics. Park maps and site amenities are available online.

### Morse Park

*5540 Bellaterra Dr*

Features a large play area with spray ground, large picnic area, full court basketball, and more.

### Derr-Okamoto Park

*9550 Mainline Dr*

Features a jungle themed play area with spray ground, BMX/Skate elements, picnic areas with shade structures, and more.

*NOTE: All other park sites are first-come, first-served.*



## Cosumnes Fire

# Summer SAFETY TIPS



Keep these tips in mind as you and your family enjoy summer vacations, camping, family reunions, picnics and the Fourth of July.

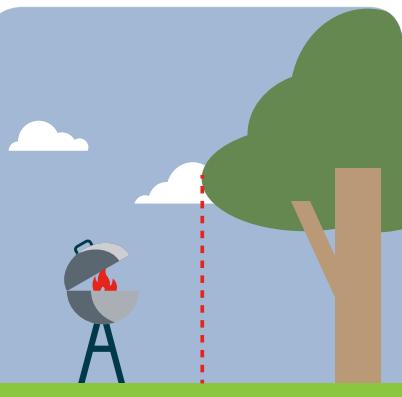
### Fire safety



Build campfires at least 25 feet away from tents, shrubs and anything that can burn.



If you want to see fireworks, go to a public show put on by experts. Sparklers can reach 1,200 F and cause third-degree burns.



Use propane, charcoal and wood pellet barbecue grills outdoors only. Indoor use can cause a fire or carbon monoxide poisoning.



Place your grill well away from siding and deck railings and out from under eaves and overhanging branches. Do not store or use a grill on a porch or balcony.



FEMA



## Cosumnes Fire



## Make a fire escape plan and practice it with everyone in your home.

1 in 4 Americans (61 million) live with a disability. Understand your fire risk and build your safety plan around your abilities.

### Install and maintain smoke alarms.

Smoke alarms with vibrating pad or flashing light are available for those with hearing difficulty. Smoke alarms with a strobe light outside the home can catch the eye of a neighbor and systems that can notify emergency systems are also available.

**Live near an exit.** Living on the ground floor in a home or apartment building will make escape easier.

**Plan your escape.** Plan around your capabilities and know at least 2 exits from every room. If you use a walker or wheelchair make sure you can easily get through the doorways.

**Don't isolate yourself.** Speak to family members, building managers and neighbors about your fire safety plan. Keep your phone near your bed and be ready to call 9-1-1 if you have an emergency.



## Cosumnes Fire Administration

10573 E. Stockton Blvd.  
Elk Grove, CA 95624

**Phone:** (916) 405-7100  
**Fax:** (916) 685-6622  
**Emergency:** 9-1-1

**Toll-Free from Galt:** 1-866-598-3473

### STATION 71

Elk Grove  
8760 Elk Grove Blvd.

### STATION 72

Franklin  
10035 Atkins Drive

### STATION 73

East Elk Grove  
9607 Bond Road

### STATION 74

Laguna Creek  
6501 Laguna Park Drive

### STATION 75

Lakeside  
2300 Maritime Drive

### STATION 76

Elk Grove/W. Vineyard  
8545 Sheldon Road

### STATION 45

Galt  
229 5th Street

### STATION 46

Galt  
1050 Walnut Avenue

# COMING 2023



**FREE**

#### Life Jacket Loan Program

Going to the lake or river? Borrow life jackets from the Cosumnes Fire Department for **FREE!** We have life jackets for the whole family, and you can borrow for a day or even a weekend.

**Make an appointment:**  
[YourCSD.com/LifeJackets](http://YourCSD.com/LifeJackets)



## Registration & Enrollment Details

# Resident registration begins April 13!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **April 27**.



### Pre-Register

Nothing cancels a class faster than low enrollment. Each class strives for a minimum level that will cover costs. If you see a class you're interested in, register early and invite a friend.

### Supply Fees

Supply fees cover the cost of materials that are used in classes to present or produce items. Some classes have mandatory supply fees that are required for every class and are included in the registration fee (example: art materials). Mandatory supply fees are always collected with registration and are not paid to the instructor. Some classes have optional supply fees that are not required for every class, or are not required at all (example: martial arts uniform). Optional supply fees will be paid directly to the instructor and are not included in the registration fee.

### Hold Harmless Form

Some classes require a parent/guardian to accompany participant to the first class and sign a Hold Harmless form prior to participation. Please check to see if your class has that requirement.

### Waitlist Procedure

Anyone can waitlist classes. Waitlists are not rolled over. It is the responsibility of the parent to place their child(ren) on the appropriate list(s). If a client withdraws from a class, the first person on the list is called and has 24 hours to accept or decline.

### Receipts

In an effort to keep costs down, we do not send receipts by mail. Receipts are available by request.

### Refunds

Refunds and transfers are granted to cancellations received 72 hours prior to the first class unless otherwise noted in the class description. Failure to attend does not constitute grounds for a refund. If you are not satisfied with a program, contact the supervisor. The Parks and Recreation Department will declare a refund on a customer account as an unclaimed credit when the refund has not been used or claimed within one year of issue date. Unclaimed credits will be transferred to the Cosumnes Recreation Opportunity Fund.

### Fire Department Fee

Participants or those renting CSD facilities that require assistance of the Cosumnes Fire Department for an injury or illness while participating in our programs may be charged fees as part of that response and/or transport. These fees are separate from those paid to use the facility or participate in the program.

### Right to Photograph

Cosumnes CSD reserves the right to photograph facilities, activities, and program participants for potential future use in advertising brochures, on the website, or other promotional purposes.

### Standards of Behavior

For the enjoyment and safety of everyone, Cosumnes CSD expects all participants to treat people and facilities with respect and abide by all rules and other direction from staff. Cosumnes CSD reserves the right to refuse service to anyone for failure to abide by these standards.

### Accommodations

In an effort to meet the needs of the community and in accordance with the Americans with Disabilities Act (ADA), the CSD wants to ensure that all individuals have access to our programs. We are committed to promote positive participation and a quality experience by providing reasonable accommodations upon request and adaptive recreation opportunities for people with disabilities. To request an accommodation, mark the "accommodations needed" box at time of registration and staff will contact you. Reasonable accommodations will be determined on an individual basis. Please allow at least 3 weeks for your request to be processed. Accommodation Request forms can also be found online at [yourcsd.com](http://yourcsd.com).

For information on inclusion, accommodations, and adaptive recreation, please contact us at (916) 405-5600 or [RAD@csdparks.com](mailto:RAD@csdparks.com)



# Activity GUIDE

The Cosumnes Community Services District Activity Guide is published three times each year in April, August, and December. Additional copies are available at our registration locations (page 2), while supplies last. Download your guide at: [yourcsd.com](http://yourcsd.com)

# ONLINE REGISTRATION

[yourcsd.com/onlinereg](http://yourcsd.com/onlinereg)

### FAST

Search by keyword, age, day, location and more!



### EASY

Register for multiple programs in one transaction



### CONVENIENT

Faster payment process, easy to use, mobile friendly

### OTHER WAYS TO REGISTER:



#### Walk-In

Cash, checks or credit cards accepted.



#### Phone-In

Visa, MasterCard or Discover.

See **REGISTRATION LOCATIONS**  
on pg. 2



Register  
Now!



## Give the Gift of Recreation

*The success of CROF relies upon donations from you!*

The **Cosumnes Recreation Opportunity Fund** provides financial assistance for low-income residents to participate in recreation activities offered by the Parks and Recreation Department.

*Strengthen our community by the simple act of donating a dollar when registering for an activity. Your donation is tax deductible and will provide a chance for children and adults in need to participate in lifelong learning experiences that promote healthy lifestyles.*

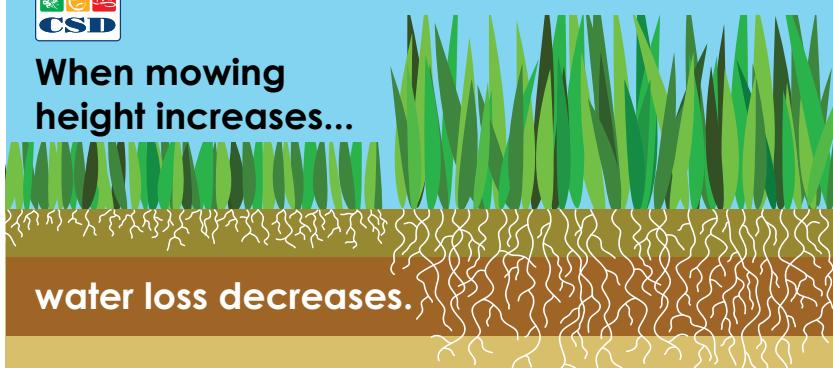
Cosumnes CSD accepts the first 50 approved applications for each calendar year. Applications for 2022 are FULL and applications for 2023 will open in late November 2022. Funding is limited to \$150 per qualified family and can be used for many programs and activities in the Activity Guide.



[yourcsd.com/CROF](http://yourcsd.com/CROF)



**When mowing height increases...**



### Landscape Conversions Save Water and Money

Over the years, Cosumnes CSD has replaced ornamental turf grass in numerous locations to save water and money. Locations are often in landscape corridors too small for leisure activities. The landscape conversion process involves removing the turf, updating the existing irrigation to a low-flow system and installing mulch along with low water-use plants. The result is a new landscape that uses 40%-50% less water.

#### Mow Height

In areas where ornamental turf grass cannot be removed, increasing the mow height provides a number of benefits to the environment:

1. Taller grass reduces the amount of water lost through evaporation by shading the soil.
2. Taller grass reduces soil erosion by encouraging deeper, more stable roots.
3. Taller grass is able to better withstand extremely wet or dry weather by holding more water in the soil.



**GROW AND THRIVE WITHIN A DYNAMIC TEAM**

**COMMUNITY SERVICE**

**CONNECTIONS**

**EXPERIENCE**

**FLEXIBILITY**

**INCLUSIVITY**

**DIVERSITY**



**APPLY TODAY**  
[YOURCSD.COM/JOB](http://yourcsd.com/jobs)

## Community Organizations

California Office of Emergency Services .....	<a href="http://caloes.ca.gov">caloes.ca.gov</a>
City of Elk Grove Police Department .....	<a href="http://elkgrovepd.org">elkgrovepd.org</a>
City of Galt Police Department .....	<a href="http://https://www.cityofgalt.org/government/police-department">https://www.cityofgalt.org/government/police-department</a>
Sacramento County Office of Emergency Services .....	<a href="http://sacoes.org">sacoes.org</a>
Sacramento County Sheriff Department .....	<a href="http://sacsheriff.com">sacsheriff.com</a>
City of Elk Grove .....	<a href="http://elkgrovecity.org">elkgrovecity.org</a>
City of Galt .....	<a href="http://ci.galt.ca.us">ci.galt.ca.us</a>
Sacramento County .....	<a href="http://saccounty.gov">saccounty.gov</a>
State of California .....	<a href="http://ca.gov">ca.gov</a>
4-H Sacramento Clubs .....	<a href="http://sac4h.ucanr.edu">sac4h.ucanr.edu</a>
American Red Cross - Sacramento .....	<a href="http://redcross.org">redcross.org</a>
Boy Scouts .....	<a href="http://scouting.org">scouting.org</a>
California Urban Forests Council, Sacramento Valley Chapter .....	<a href="http://caufc.org">caufc.org</a>
Cosumnes Legacy Foundation .....	<a href="http://www.cosumneslegacyfoundation.org">www.cosumneslegacyfoundation.org</a>
Cosumnes River Preserve .....	<a href="http://cosumnes.org">cosumnes.org</a>
Elk Grove Adult Community Training (EGACT) .....	<a href="http://egact.org">egact.org</a>
Elk Grove Artists .....	<a href="http://elkgroveartistsca.org">elkgroveartistsca.org</a>
Elk Grove Chamber of Commerce .....	<a href="http://elkgroveca.com">elkgroveca.com</a>
Elk Grove Community Concert Band .....	<a href="http://svba.net/elk-grove-community-concert-band">svba.net/elk-grove-community-concert-band</a>
Elk Grove Community Garden .....	<a href="http://elkgrovecommunitygarden.org">elkgrovecommunitygarden.org</a>
Elk Grove Fine Arts Center .....	<a href="http://elkgrovefineartscenter.org">elkgrovefineartscenter.org</a>
Elk Grove Food Bank Services .....	<a href="http://elkgrovefoodbank.org">elkgrovefoodbank.org</a>
Elk Grove Homeless Assistance Resource Team (HART) .....	<a href="http://elkgrovehart.org">elkgrovehart.org</a>
Elk Grove Historical Society .....	<a href="http://elkgrovehistoricalsociety.com">elkgrovehistoricalsociety.com</a>
Elk Grove Lions Club .....	<a href="http://elkgrovelionsfoundation.org">elkgrovelionsfoundation.org</a>
Elk Grove Regional Scholarship Foundation .....	<a href="http://elkgroversf.org">elkgroversf.org</a>
Friends of Stone Lakes National Wildlife Refuge .....	<a href="http://friendsofstonelakes.org">friendsofstonelakes.org</a>
Girl Scouts - Heart of Central California .....	<a href="http://girlscoutshcc.org">girlscoutshcc.org</a>
Int'l Order of the Rainbow for Girls .....	<a href="http://gorainbow.org">gorainbow.org</a>
Job's Daughters International .....	<a href="http://jobsdaughtersinternational.org">jobsdaughtersinternational.org</a>
Libraries (Elk Grove and Franklin) .....	<a href="http://saclibrary.org">saclibrary.org</a>
Old Town Elk Grove Foundation .....	<a href="http://oldtownelkgrove.com">oldtownelkgrove.com</a>
Project R.I.D.E .....	<a href="http://projectride.org">projectride.org</a>
Sacramento City Unified School District .....	<a href="http://scusd.edu">scusd.edu</a>
Senior Center of Elk Grove .....	<a href="http://thesceg.org">thesceg.org</a>
South County Services .....	<a href="http://southcountyservices.net">southcountyservices.net</a>
Stone Lakes National Wildlife Refuge .....	<a href="http://fws.gov/refuge/stone_lakes">fws.gov/refuge/stone_lakes</a>
National Society Daughters of the American Revolution .....	<a href="http://elkgrove.californiadar.org">elkgrove.californiadar.org</a>
Elk Grove Babe Ruth Baseball .....	<a href="http://eghardball.com">eghardball.com</a>
Elk Grove Jr. Thundering Herd .....	<a href="http://tshq.bluesombrero.com/elkgrovejrthundering">tshq.bluesombrero.com/elkgrovejrthundering</a>
Elk Grove Youth Sports Association .....	<a href="http://team sideline.com/sites/egysa/home">team sideline.com/sites/egysa/home</a>
Elk Grove Youth Sports Foundation .....	<a href="http://egysf.org">egysf.org</a>
Laguna Youth Baseball .....	<a href="http://lagunayouthbaseball.org">lagunayouthbaseball.org</a>
Cosumnes Oaks Jr. Wolfpack .....	<a href="http://cosumnesoaksjrwolfpack.org/home">cosumnesoaksjrwolfpack.org/home</a>
Department of Fish & Wildlife .....	<a href="http://wildlife.ca.gov">wildlife.ca.gov</a>
Elk Grove Aquatics Club Gators .....	<a href="http://egacgators.com">egacgators.com</a>
Elk Grove Girls Softball .....	<a href="http://elkgrovesoftball.com">elkgrovesoftball.com</a>
Elk Grove Piranhas .....	<a href="http://elkgrovepiranhas.com">elkgrovepiranhas.com</a>
Elk Grove Recreational Soccer League .....	<a href="http://elkgrovesoccer.com/services/fall-recreation">elkgrovesoccer.com/services/fall-recreation</a>
Elk Grove Rugby .....	<a href="http://elkgroverugby.sportengine-prelive.com">elkgroverugby.sportengine-prelive.com</a>
Elk Grove Wrestling Academy .....	<a href="http://elkgrovewrestlingacademy.com">elkgrovewrestlingacademy.com</a>
Elk Grove Youth Baseball .....	<a href="http://elkgroveyouthbaseball.com">elkgroveyouthbaseball.com</a>
Elk Grove Youth Lacrosse .....	<a href="http://eg lax.com">eg lax.com</a>
Franklin Jr. Wildcats .....	<a href="http://franklinjrwildcats.com">franklinjrwildcats.com</a>
IR Academy of Soccer Development .....	<a href="http://iracademysoccer.com">iracademysoccer.com</a>
Monterey Trail Jr. Mustangs .....	<a href="http://montereytrailjrmustangs.com">montereytrailjrmustangs.com</a>
Pleasant Grove Jr. Eagles .....	<a href="http://peagles.com">peagles.com</a>
Elk Grove Youth Soccer League .....	<a href="http://elkgrovesoccer.com">elkgrovesoccer.com</a>



Nowhere is the spirit of community more evident than in volunteer efforts. The "Elk Grove Anti-Trash Community Cleanup" meets every Saturday for two hours of litter pickup throughout Elk Grove.

Are you interested in joining an upcoming community cleanup? Visit the group's Facebook page:  
[www.facebook.com/EGAntiTrashCleanups](http://www.facebook.com/EGAntiTrashCleanups)

# Gifts for Tomorrow

Today's gifts are tomorrow's treasures.



[yourcsd.com/GiftsForTomorrow](http://yourcsd.com/GiftsForTomorrow)

The Cosumnes Legacy Foundation offers options to memorialize an individual, group, or event and contribute to the community through a donation to "Gifts for Tomorrow."

Each gift improves the high quality park facilities that make Elk Grove a wonderful place to live. Donations can enhance a playground with play features, or increase the appeal of a park such as:

- Installing shade structures
- Benches & picnic tables
- Trees
- Drinking fountains
- Dog waste stations

OR SPECIAL ENHANCEMENTS TO:

- Volleyball courts
- Horseshoe pits
- Bocce ball courts
- Sport field amenities
- Golf course amenities
- and more!

## Keep Your CSD Clean and Green



### Don't Litter

Litter like plastic bottles, fast food wrappers and cups tossed on the ground can carry germs and bacteria.

### Report Illegal Dumping

If you see someone dumping trash in one of your CSD parks or an undeveloped site of a future CSD park, call our 24-hour maintenance hotline at (916) 405-5688.

### Pick Up After Your Pet

Pet waste contains disease-carrying bacteria that can pollute our drinking water. Pick up after your pet and remind others to do the same.

### Put Your Butt in the Trash

If you're a smoker, always put your extinguished cigarette butts in the trash.

The Cosumnes Community Services District (CSD) has been authorized by the California Water Quality Control Board and the federal government to conduct a storm water pollution prevention program at its properties and facilities in southern Sacramento County, including the 100 parks it operates in Elk Grove.



### July is Park and Recreation Month!

Since 1985, Park and Recreation Month has been celebrated across the country each July to promote building strong, healthy, and resilient communities through the power of parks and recreation. Follow us on social media @CosumnesParkRec to see how you can celebrate with us this July.

In the meantime, be sure to read the cover story from the July 2021 issue of NRPA Parks & Recreation magazine, to hear the heartwarming story behind this photo and how Cosumnes CSD parks are helping an Elk Grove family find peace in what can be a painful world for their son. Read the full story: [yourcsd.com/CoverStory](http://yourcsd.com/CoverStory).

## MESSAGE FROM THE GENERAL MANAGER



Most weekend mornings, I start my day with a walk on my neighborhood trails right here in Elk Grove. As I breathe the fresh air and take in the sights and sounds of nature, I feel thankful that these spaces exist for my family

and neighbors, and I am reminded of how essential they are to our health and well-being as a community. The importance of these spaces has been especially apparent over the past two years as thousands more residents explored their local parks and trails for exercise, socialization, and mental health breaks. Elk Grove has 100 parks, award-winning amenities, and over 1,000 acres of open space that are all critical to our community's health and prosperity. Together, we must keep this vital infrastructure clean, safe, and equitable for everyone.

2022 marks the 37th anniversary of the initial merger of Fire and Parks and Recreation services in Elk Grove to what is known today as the Cosumnes Community Services District. The Cosumnes CSD has grown along with the community and currently manages numerous facilities including the park system I previously mentioned as well as eight (soon to be nine) fire stations in two cities, providing lifesaving emergency response services. Some of these facilities have been in operation for more than a century. Today, we are analyzing our current and planned facilities to ensure long-term sustainability so they can continue to serve the community for future generations. Cosumnes CSD is honored to have served you for 37 years and we will continue to enhance the quality of life for those living, working, and playing in the community.

As you browse through this guide, I hope you find many enriching activities and events for yourself and family this summer. And today, I encourage you to get out into nature or take a stroll through a park. I know it will make all the difference.

**Joshua Green**  
General Manager/CEO  
Cosumnes Community Services District



Keep cool this summer at  
**CSD Spraygrounds**

 COSUMNES  
CSD

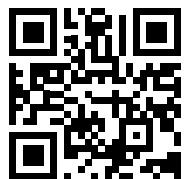




Cosumnes Community Services District  
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**Pools Open Memorial Day Weekend**

**Saturday, May 28**

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**Parks Make Life Better!**

**pg. 36**



**July is Parks & Recreation Month!**

**Follow us**

**@CosumnesParkRec**

**Cooking Classes**

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