

**2023**  
WINTER/SPRING

# Activity GUIDE

YOUR FAVORITE  
**DANCES**  
**ARE BACK**

SEE PAGE 1

**SPRING BREAK  
CAMPS**

SEE PAGE 4

ARE YOU UP FOR THE  
**APRIL WELLNESS  
CHALLENGE?**

SEE PAGE 2



**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 207,000 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

[CosumnesCSD.gov/register](http://CosumnesCSD.gov/register)

#### 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 December 14!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **December 21**.



### Wackford Community & Aquatic Complex

9014 Bruceville Road  
Elk Grove, CA 95758

(916) 405-5600

Monday–Friday: 8am–8pm  
Saturday–Sunday: 8am–5pm



### Gil Albiani Recreation Center

8830 Sharkey Ave  
Elk Grove, CA 95624

(916) 405-5600

Monday–Friday: 9am–5pm



### Cosumnes CSD Administrative Office

8820 Elk Grove Blvd  
Elk Grove, CA 95624

(916) 405-5600

Monday–Thursday: 8am–5pm  
Friday: 8am–12pm



### Elk Grove Aquatics Center

9701 Big Horn Blvd  
Elk Grove, CA 95624

(916) 405-5600

Monday–Friday: 8am–5pm

#### BOARD OF DIRECTORS

For the current list, see:  
[CosumnesCSD.gov/Board](http://CosumnesCSD.gov/Board)

**Joshua Green**  
General Manager, CEO

**Sigrid Asmundson**  
District Counsel

#### ADMINISTRATIVE SERVICES DEPARTMENT

8820 Elk Grove Blvd  
Elk Grove, CA 95624

**Vacant**  
Administrator of General Services

#### PARKS AND RECREATION DEPARTMENT

8820 Elk Grove Blvd.  
Elk Grove, CA 95624

**Phil Lewis**  
Parks and Recreation Administrator

#### FACILITY AND DEVELOPMENT DEPARTMENT

8820 Elk Grove Blvd.  
Elk Grove, CA 95624

**Paul Mewton**  
Chief of Planning, Design and Construction

#### FIRE DEPARTMENT

10573 E. Stockton Blvd.  
Elk Grove, CA 95624  
(916) 405-7100

**Felipe Rodriguez**  
Fire Chief

# MESSAGE FROM THE GENERAL MANAGER



Cosumnes Community Services District is pleased to provide countless fun, laughter, and learning opportunities in the 2023 Winter/Spring Activity Guide.

Team Cosumnes CSD continues to create new and innovative activities, community spaces, cultural events, and time-honored traditions that promote health and well-being. We are excited to offer our annual winter dances, Spanish immersion preschool classes, adaptive and inclusive

recreation programs for broader age groups, free fitness classes in the park, and so much more.

Cosumnes CSD also continues to meet the needs of our growing and diverse community. We look forward to the grand openings of new facilities, including Adreani Park (Elk Grove's 103rd park), Fire Station 77 in southeast Elk Grove (our 9th fire station), Oasis Recreation Center and preschool program, and the revitalizations of Hill Park and Elk Grove Park's Rotary Grove.

As we close out another unforgettable year, we wish you good health, happiness, and adventure in 2023. We look forward to connecting with you along the way!

## Joshua Green

General Manager/CEO  
Cosumnes Community  
Services District



## GROW AND THRIVE WITHIN A DYNAMIC TEAM

**COMMUNITY SERVICE**  
**CONNECTIONS • EXPERIENCE**  
**FLEXIBILITY • INCLUSIVITY**  
**DIVERSITY**

**APPLY TODAY!**  
**[COSUMNESCSD.GOV/JOB](http://COSUMNESCSD.GOV/JOB)**



## 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.

COSUMNES CSD

**2023**

**WINTER/SPRING**

ACTIVITY GUIDE

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## Special Events



**Sweetheart Soiree**

*The Center at District 56*

**Friday, February 3rd**  
6:00 pm - 9:00 pm

**Saturday, February 4th**  
5:00 pm - 8:00 pm

Friday night for sweethearts who stay up late,  
Saturday for those who go to bed early.

**\$15 per person**

*Pre-Registration Required*

[CosumnesCSD.gov/dance](http://CosumnesCSD.gov/dance)




*Chaperone and child will create beautiful memories as they enjoy an evening of dancing at the Sweetheart Soiree, formerly the Father-Daughter Dance.*

*The dressy-casual affair includes DJ, dancing and special activity for each child.*

- Professional portraits will be available on-site for an additional fee.
- FREE coat check available.
- Café Elk Grove will offer delicious food available for purchase. (a link will be emailed to pre-pay for food in January once registered)

# FAMILY DANCE

**Saturday, March 4th**  
6:00 pm - 9:00 pm

**The Center at District 56**

**\$12 per person**

[cosumnescsd.gov/familydance](http://cosumnescsd.gov/familydance)



**Put on your dancing shoes!**

Get the family out on the dance floor for some fun.

This dance party will feature a DJ playing upbeat, dance tempo songs that are family-friendly, free photo op and Café Elk Grove will be open with dinner and dessert options.

A link will be emailed to pre-pay for food in January once registered.

# ARE YOU UP FOR A CHALLENGE?



## APRIL WELLNESS CHALLENGE (#34686)

Focus on your health and wellness this April, and get rewarded! Cosumnes CSD Parks and Recreation is challenging you to do one thing (big or small) to improve your physical, mental or social health every day in April. Track your activities on our **"Challenge Tracker"**. The more active you are, the more chances you have to win prizes at **FitFest!**

**APR  
29**  
9am - 4pm

**NEW  
LOCATION**

Laguna Community Park  
9014 Bruceville Road

**FREE!**

Join the movement toward a healthy, active lifestyle at this **FREE** fitness festival, with fun activities for all ages and abilities!

- Free Kids Zone
- Vendors
- Food Trucks
- Adult Fitness Demos

**SPONSOR &  
VENDOR  
OPPORTUNITIES  
AVAILABLE**

ELK GROVE  
**FitFest**

GET FIT. GET HEALTHY. BE HAPPY.

### Kids Warrior Challenge

Ages 6-12 | \$25/participant

Young athletes will test their mental and physical abilities as they conquer challenging obstacles.  
Advanced registration required.



### BattleGrounds - New

Ages 18+

Test your abilities in conditioning and strength at the "BattleGrounds". Compete as a Team of 2 or as an individual.  
Register at [www.WarriorzFitness.com](http://www.WarriorzFitness.com)



Register for a competition or volunteer at (916)405-5600 or [CosumnesCSD.gov/FitFest](http://CosumnesCSD.gov/FitFest)

## Special Events



Kids will have a fun night out in a safe environment while you enjoy a worry-free night off. Our staff will host activity stations including crafts and group games, along with dinner.

**Tuesday, February 14th**

5:30 pm- 8:30 pm

**Wackford Complex**

Ages 3-5 (#15194) | Ages 6-10 (#34143)

**Friday, May 12th**

5:30 pm- 8:30 pm

**Laguna Town Hall**

Ages 3-5 (#34303) | Ages 6-10 (#34580)

## Become an Event Sponsor!

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.

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



### FOR MORE INFORMATION

[CosumnesCSD.gov/sponsorships](http://CosumnesCSD.gov/sponsorships)

### CONTACT: ANNA HOOVER

[annahooper@cosumnescsd.gov](mailto:annahooper@cosumnescsd.gov)



4kids.com, Ardent for Life, Dunn-Edwards Paints, Elk Grove Auto Mall, Elk Grove Laguna Shopper, F & M Bank, Hilton Garden Inn, Sutter Medical Foundation, Holiday Inn Express-Elk Grove/Hwy 99, Town Planner, Enterprise Fleet Management, Legenade Childrens Fund, The Lemon Mob, Handel's, Chick-Fil-A, Raising Cane's, Explore Elk Grove, Republic Services



## Special Events



**\$20/person (#34311)**

## Pumpkin Growers Spring Social

**Saturday, March 25**  
**10:00am-3:00pm | Pavilion in Elk Grove Park**

Gather and grow with us! At this Annual Forum & Social you can learn the art of growing giant pumpkins and other giant produce!

**MEET THE PUMPKIN PROS!**

- Special Guest Speakers
- Catered Lunch (by the Pride of Laguna Creek Lions)
- Seed Giveaway
- Learn How to Grow
- Row a Regatta Pumpkin
- Future Farmers FREE to Register (with paid adult admission)
- Early Birds Welcome, Coffee & Pastries served at 9am

Interested in getting involved in this year's event? Call Elizabeth Rhoan 916-995-6235



# SPRING BREAK CAMPS



**PRESCHOOL pg. 5**

**SPORTS pg. 20**

**KID CENTRAL pg. 8**



**SAMMY'S SPRING SPLASH**

**Saturday, April 1**  
**1:00 pm-4:00pm**

Spring is here! To celebrate, Sammy the mascot has hidden eggs all around the pool! Help us find the eggs and enjoy swimming and other fun springtime activities. Proceeds will benefit the **Cosumnes CSD Making Waves swim scholarship fund.**

**Wackford Aquatic Complex**  
 (#34570)

**\$7 for Ages 5+**  
**\$4 for Ages 2-4**  
**Free for Under 2**

Pre-registration is encouraged



**\$65 PER TABLE**

## Breakfast with the Bunny

**SATURDAY, APRIL 8**  
**PAVILION IN ELK GROVE PARK**



Join the **Pride of Laguna Creek Lions Club** and the **Cosumnes CSD** as we celebrate the season with a Breakfast with the Bunny. Breakfast to include pancakes, sausage and fruit. Each child will have the opportunity to visit the Bunny. Register early, seating is limited. Registration will be sold per table. There are 8 seats per table.

Walk up registration will not be accepted.

**33787** 8:00am - 8:45am  
**33788** 9:00am - 9:45am  
**33784** 10:00am -10:45am

  
**LIONS**  
**INTERNATIONAL**

  
**COSUMNES**  
**CSD**

**COSUMNESCSRD.GOV/BUNNY**

## Youth Development Program



# PRESCHOOL PREPAREDNESS

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

### 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 an experienced teacher and age appropriate activities. Siblings may not attend with the exception of multiples who are registered. A great preparation class for Toddler Time!

### Albiani Rec. Center, Hummingbird Rm \$96

Instructor: Mallory Marques

33657	Fri	1/13-2/17	9:00am-10:30am
33655	Fri	2/24-3/31	9:00am-10:30am
33659	Fri	4/7-5/12	9:00am-10:30am

### Castello Recreation Center \$96

Instructor: Natascha Roach

34107	Tue	1/13-2/17	9:00am-10:30am
34108	Tue	2/24-3/31	9:00am-10:30am
34109	Tue	4/7-5/12	9:00am-10:30am

### Toddler Time

Ages 2-3

In this 24-week program, 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.

### Albiani Rec. Center, Hummingbird Rm

Instructor: Cosumnes CSD Instructor

33662	M,W	1/9-6/28	10:30am-12:15pm	<b>\$810</b>
33665	T,Th	1/10-6/29	10:30am-12:15pm	<b>\$865</b>
33679	T,Th	1/10-6/29	10:30am-12:15pm	<b>\$865</b>

### Laguna Town Hall, Preschool Rm

Instructor: Courtney Loo-Mory

33666	M,W	1/9-6/28	3:00pm-4:45pm	<b>\$810</b>
33667	T,Th	1/10-6/29	3:00pm-4:45pm	<b>\$865</b>

**FREE**

### Day of Discovery

Ages 2-5

This is a free open house event which provides an opportunity to see the classroom, meet the teachers, and experience what it's like to be part of our preschool community! Children must be accompanied by an adult.

### Castello Recreation Center

Instructor: Natascha Roach

33685 Tue 3/7 10:00am-12:00pm

### Elk Grove Recreation Center, Rm 2

Instructor: Anna Cullifer

33686 Tue 3/7 10:00am-12:00pm

### Elk Grove Recreation Center, Rm 3

Instructor: Lorena Recinos-Brown

33687 Tue 3/7 10:00am-12:00pm

### Laguna Town Hall, Preschool Rm

Instructor: Courtney Loo-Mory

33689 Wed 4/12 1:30pm-3:30pm

### Stephenson Recreation Center

Instructor: Robbie Edwards

33690 Wed 4/12 1:30pm-3:30pm

### Wackford Complex, Preschool Rm

Instructor: Ray Hays

33691 Wed 5/10 2:00pm-4:00pm

### Johnson Recreation Center

Instructor: Agnessa Markova

33688 Wed 5/10 2:00pm-4:00pm

**COMING SOON!**

**2023 SUMMER!**

**ADDITIONAL Buddy Bunch  
& Toddler Time classes  
and locations**



## SPRING BREAK CAMP

Ages 3-6

This camp will be a preschool structured program focusing on all things spring. While learning social skills, children will also be encouraged to use their critical thinking skills as activities are geared towards the spring theme.

### Wackford Complex, Preschool Rm \$138

Instructor: Cosumnes CSD STAFF

33783 M-F 3/13-3/17 8:30am-11:30am



LEARN MORE AND SIGN-UP:

[CosumnesCSD.gov/toddler-time](http://CosumnesCSD.gov/toddler-time)

## 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!

## REGISTRATION

Registration for the 2022-2023 School Year (August 2022- June 2023) is underway and classes are filling up! 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.

*\*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.*



## SCHEDULE

## PRESCHOOL: AGE 3

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

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

LOCATION: TTC, TTKP, TTN, TTP, TTS

RATE: \$216\*/month

## PRE-KINDERGARTEN: AGE 4

DATES: 8/1/22 - 6/30/23

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

LOCATION: All

RATE: \$280\*/month

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

LOCATION: TTN

RATE: \$233\*/month

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

Location: TTFC

RATE: \$216\*/month

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

LOCATION: TTZ

RATE: \$180\*/month

**COMING SOON!**

SPANISH IMMERSION PRESCHOOL  
at Elk Grove Rec Center in Summer 2023TINY TOT PRESCHOOL  
OASIS REC CENTER

8015 Poppy Ridge Rd.  
Elk Grove, CA 95757

For more information:  
[CosumnesCSD.gov/preschool](http://CosumnesCSD.gov/preschool)

## 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

LEARN MORE AND SIGN-UP:

[CosumnesCSD.gov/preschool](http://CosumnesCSD.gov/preschool)

## Youth Development Program



### REGISTRATION

Participants must be currently enrolled in K-6th grade. Registration may be completed online or at a Cosumnes CSD registration location (see page at the beginning of this Activity Guide). Kid Central sites do not accept registration payments.

### ANNUAL MEMBERSHIP

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

2022-23: **\$65** (exp. June 23, 2022)

#### Sibling Discount\*

Apply a 10% discount for each sibling registration after one full-price registration. Discount cannot be applied to online registrations, must be in-person or over the phone.

\*Discount cannot be applied to Annual Membership fee.

#### Closed Dates:

All Kid Central programs and sites will be closed on the following dates:

Holidays: 12/26, 12/30, 1/12, 2/13, 2/20 & 5/29

### 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.

#### PROGRAM RATES

##### 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

**JANUARY** Junior Detective

**FEBRUARY** Animal Planet

**MARCH** Construction Zone

**APRIL** Lost in Space

**MAY** Art Exploration

(Monthly themes subject to change)

#### LOCATIONS & HOURS OF OPERATION

Based on dismissal time of 1st-6th grades

After-School: School release – 6pm

Before-School: 7am until school start

#### 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



## Youth Development Program

**Off-Track Day Camp**

Fun daily activities for kids off track or on break! Activities include arts & crafts, sports, games, science projects, cooking projects, and free time to enjoy with friends.

*A healthy morning and afternoon snack is included. Participants must wear closed-toe shoes, bring refillable water bottle and ready-to-eat lunch that does not require refrigeration or microwaving.*

**PROGRAM RATES**

Daily Rate: \$42.00 (1-4 Days)

Weekly/Full Day Rate: \$176 (5 Days)

Weekly/Half Day\* am/pm: \$88 (5 Days)

\*Half day registration available weekly only

**LOCATION & HOURS OF OPERATION**

Monday – Friday · 7am – 6pm

Youth Center at Elk Grove Park  
9922 Elk Grove-Florin Road

**KID CENTRAL CAMP****WINTER CAMP**

Activity #33245

Price: \$160

Schedule:

M/Tu/W

12/19-12/21

7:00am-6:00pm

Activity #33246

Price: \$120

Schedule:

Tu/W/Th

12/27-12/29

7:00am-6:00pm

**THEMES****A-Track:**

**2/27-3/3:** Pixar Week

**3/6-3/10:** Storybook Tales

**3/13-3/17:** Spring Has Sprung

**3/20-3/27:** Decade a Day

**B-Track:**

**12/5-12/9:** Decade a Day

**12/12-12/16:** Pixar Week

**3/27-3/31:** Young Entrepreneurs

**4/3-4/7:** Kids in the Kitchen

**4/10-4/14:** Health and Wellness

**4/17-4/24:** Full STEAM Ahead

**C-Track:**

**1/3-1/6:** Storybook Tales\*\*

**1/9-1/13:** Decade a Day

**1/17-1/20:** Pixar Week\*\*

**1/23-1/27:** Young Entrepreneurs

**4/24-4/28:** Kids in the Kitchen

**5/1-5/5:** Jedi Academy

**5/8-5/12:** Health and Wellness

**5/15-5/19:** Full STEAM Ahead

**5/22-5/26:** Here Comes Summer!

**D-Track:**

**1/30-2/3:** Storybook Tales

**2/6-2/10:** Decade a Day

**2/14-2/17:** Pixar Week\*\*

**2/21-2/24:** Young Entrepreneur\*\*

\*\*CLOSED 12/26, 1/2, 1/16, 2/13, 2/20 & 5/29

**COMING SOON!****TUTORING AND TECHNOLOGY CLASSES FOR ALL AGES**

For more information:  
[CosumnesCSD.gov/kidcentral](http://CosumnesCSD.gov/kidcentral)

LEARN MORE AND SIGN-UP:  
[CosumnesCSD.gov/kidcentral](http://CosumnesCSD.gov/kidcentral)

**SPRING BREAK CAMP**

Ages 5-11

Kid Central Spring Break Camp is filled with fun games, arts & crafts, sports, science, playground time, and weekly special events, all based on our awesome Holiday themes! A morning and afternoon snack is provided. Children must wear closed-toe shoes and must bring a healthy ready-to-eat lunch that does not require refrigeration or microwaving.

**Elk Grove Park, Youth Center \$120**

Instructor: Cosumnes CSD STAFF

34575 M-F 3/13-3/17 7:00am-6:00pm

34576 M-F 3/20-3/24 7:00am-6:00pm

## 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**

**\$165 FOR THE ACADEMIC YEAR**

MON-THURS: 3-6:30 PM | FRIDAY: 2-6:30 PM

# AFTERSCHOOL PROGRAM

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 Friday night event. Previous events include Karaoke Night, Game Night, and Glow in the Dark! Friday night events are open to both **members of the teen center for \$5**, and **non-members for \$10**.

The Grove Teen Center is operating a **taxi service, \$75 for the year or 3 payments of \$25**, 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 2022-23 school year is still available. **Registration for 2023-24 school year begins May 1, 2023.**

Teen Taxi registration begins **May 15, 2023**.



**Weekly Drop-In available March 2023!**  
 Please visit our Teen Center page for more information. **\$25/week**



**FOR MIDDLE SCHOOL STUDENTS**  
 AUGUST – MAY

Teen Leadership Committee members receive leadership training, work on fun service projects, and volunteer. TLC members have the opportunity to visit a college and plan for future academic goals.



**FOR HIGH SCHOOL STUDENTS**  
 The Teen Action Academy (TAA) provides teens with the opportunity to work as a team, participate in community service projects and create positive opportunities for teens of Elk Grove. TAA also offers fun events and informative workshops that are open to the Elk Grove Community.



## Adaptive &amp; Inclusive Recreation

# Recreation RADventures

## RAD DANCE

Age 18+

Enjoy the latest hits and greatest classics with a night of social interaction, dancing and FUN! Don't forget to dress on theme!

**Wackford Complex, Ballroom** **\$15**

Fridays at 6:30pm-8:30pm

FLANNEL FRENZY	33511	1/27
SWEETHEART	33512	2/17
LUCKY LEPRECHAUNS	33513	3/10
SPRING FLING	33514	4/21

## RAD Fitness Club

Age 18+

Come reach that new goal and increase your strength, flexibility, endurance and accountability.

**Albiani Recreation Center, Lippincott Hall** **\$30**

33515	Thu	1/12-2/16	9:30am-10:30am
33516	Thu	2/23-3/30	9:30am-10:30am
33517	Thu	4/6-5/11	9:30am-10:30am

## RAD Open Rec

Age 18+

Come check out RAD for a variety of sport opportunities in the gym including: basketball, soccer, volleyball, group games and so much more!

**Wackford Complex, Gym** **\$25**

33518	Mon	1/9-2/13	9:30am-10:30am
33519	Mon	2/27-3/27	9:30am-10:30am
33520	Mon	4/3-5/8	9:30am-10:30am

**FREE**

## RAD Striders

Age 18+

Come enjoy the fresh air and nature as we improve our fitness and get our steps in for the day!

**Elk Grove Park, Rhoads School House** **FREE**

33650 Fri 1/13-5/12 11:00am-12:00pm

## RAD Swim

Age 18+

Come get an energetic workout for all levels and abilities with movements that increase heart rate and provides a total body workout. Class will be conducted in the pool with a maximum depth of 4.5 ft.

**Wackford Aquatic Complex** **\$40**  
33681 Thu 4/6-5/11 3:00pm-3:45pm

### Adaptive Swim Lessons for Kids & Teens

Learn more on pg. 11

## RECREATION WITHOUT LIMITS

This program provides recreation opportunities for people with disabilities through both adaptive and inclusive recreation programs.

## RAD Fun Fridays

Ages 13+

Once a month, individuals with all abilities can come and enjoy the teen center for games, movies, crafts and so much more! Fun Fridays provide a safe and supportive night of fun and social interaction for all participants.

**Wackford Complex, The Grove Teen Center**

33716	Fri	1/13	6:30pm-8:00pm
33717	Fri	3/24	6:30pm-8:00pm
33718	Fri	5/12	6:30pm-8:00pm



## RAD Yoga

Age 18+

Relax the mind while increasing flexibility, strength, and balance in this rejuvenating stretch class. This class is designed for individuals with disabilities who are looking for a safe and supportive place to experience the multiple benefits of yoga.

**Albiani Recreation Center, Lippincott Hall** **\$30**

33644	Tue	1/10-2/14	9:30am-10:30am
33645	Tue	2/21-3/28	9:30am-10:30am
33646	Tue	4/4-5/9	9:30am-10:30am

## RAD Zumba

Age 18+

Come learn different dance movements and basic choreography in this high energy class through structured and free movement exercises.

**Albiani Recreation Center, Lippincott Hall** **\$30**

33647	Wed	1/11-2/15	9:30am-10:30am
33648	Wed	2/22-3/29	9:30am-10:30am
33649	Wed	4/5-5/10	9:30am-10:30am

## RAD PUNCH PASS

10 Classes for \$40. Classes available for RAD punch pass use include Fitness Club, Yoga, Open Rec and Zumba. Sign up at Wackford Complex to receive your RAD punch pass. Includes T-shirt!

**New**

## RAD Kids Art

Ages 5-11

Children with disabilities are invited to come and express their creativity while learning art techniques through using various artistic modalities in a fun and encouraging environment. Supplies are included!

**Albiani Recreation Center, Swallowtail Rm**

Instructor: Nancy Quiaoit			
34290	Mon	1/30	4:00pm-5:30pm
34292	Mon	3/13	4:00pm-5:30pm
34293	Mon	4/10	4:00pm-5:30pm

**New**

## RAD Kids Discovery

Ages 5-11

An after school discovery class for kids with disabilities to enjoy a variety of recreational experiences including games, arts and crafts, physical activity, outdoor and sensory play. This is an introduction class for children with disabilities to discover their personal interests with higher staff ratio.

**Albiani Recreation Center, Swallowtail Rm**

33823	Wed	1/11-2/15	4:00pm-5:00pm
34297	Wed	2/22-3/22	4:00pm-5:00pm
34298	Wed	4/5-5/3	4:00pm-5:00pm

## Aquatics

# Spring 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 CosumnesCSD.gov/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.*
- Wackford Aquatic Complex, and Elk Grove Aquatics Center both 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.

## SUMMER SWIM LESSON REGISTRATION BEGINS:

Elk Grove Resident: **Tuesday, April 4, 2023**  
 Non-Resident: **Wednesday, April 19, 2023**

## 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.*

### Cuddlefish (Guardian & Infant)

*Ages 6 months – 3 Years*

Emphasis on water adjustment and safety skills. Designed to increase comfort level of toddlers in and around water. Instructors teach guardians skills that the toddlers then practice, such as bubble blowing, kicking, and floating. A grown-up must attend each class with the child. Child must wear a water diaper if not potty-trained.

### Pre-school Level 1: Starfish Ages 3-5

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

### Pre-school Level 2: Seahorse Ages 3-5

Beginning swimming for children who have successfully completed Starfish or are able to submerge face, float, and kick. Child learns to float independently and swim on front and back for a short distance.

### Pre-school Level 3: Stingray Ages 3-6

Advanced-beginner swimming for children who have successfully completed Seahorse or are able to swim 3 body lengths and float for 15 seconds. Skills include: intro to side breathing, back crawl movements and underwater swimming.

### School Age Level 1+2 Pike Ages 6-10

Swim readiness and beginning swimming (combines Starfish and Seahorse) for school-aged children who have not participated in swim lessons before or are not comfortable in the water. Students learn water adjustment, floating, and swimming on front and back for a short distance.

### Level 3: Minnow Ages 6-10

Intermediate swimming for students who completed Pike or Stingray or are able to swim front crawl and backstroke for 5-10 yards. Students refine front and back crawl strokes and are introduced to elementary backstroke, breaststroke and compact deep water dives.

### Level 4: Otter Ages 6-10

Intermediate swimming for students who have completed Minnows or are able to swim front crawl, back crawl and elementary backstroke for 15 yards independently in deep water. Students

will continue to refine strokes and rotary breathing. New skills include: sidestroke, turns and standing deep water dives.

### Level 5: 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.

### Pre-Teen Level 1+2: Barracuda Age 11-15

Swim readiness and beginning swimming (Pike skills) for teens who have not participated in swim lessons before or are not comfortable in the water. Students learn water adjustment, floating, and swimming on front and back for a short distance.

### Private Age 3+

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

### Semi-Private Age 3+

Semi-Private lessons are 2 on 1 instruction, allowing each child to get more personal attention, while still learning in a fun group environment. Participants must be enrolled together at the same time. Please call (916) 405-5600 to enroll.

### RAD Kids Level 1 (Adaptive) Ages 3-9

Adaptive swim lesson designed for individuals with disabilities. This group lesson has a high teacher to student ratio and is for beginners who are new to swimming.

### RAD Kids Level 2 (Adaptive) Ages 3-9

Adaptive swim lesson designed for individuals with disabilities. This group lesson has a high teacher to student ratio and is for intermediate students who are comfortable in the water

### RAD Teens (Adaptive) Age 10+

Adaptive swim lesson designed for individuals with disabilities. This group lesson has a high teacher to student ratio and is for both beginner and intermediate students.

### RAD Private Lessons (Adaptive) Age 3+

Designed for individuals with disabilities. Receive one-on-one instruction at the student's level.

## LESSON TIMES, SESSION SCHEDULE &amp; RATES

## SESSION RATES: 1 &amp; 2 (4 DAYS)

Cuddlefish	\$48
Group Lessons	\$36
Private Lessons	\$108
Semi-Private	\$80
RAD Kids	\$36



## ELK GROVE AQUATICS CENTER (EGAC)

## EGAC WEEKDAY LESSONS: Monday/Wednesday

	4:45 PM	5:15 PM	5:45 PM	6:15 PM	6:45 PM
Cuddlefish: Guardian & Tot			●		
Pre-school Level 1 - Starfish	●	●	●	●	●
Pre-school Level 2 - Seahorse	●	●	●	●	●
Pre-school Level 3 - Stingray	●	●			
School Age Level 1+2 Pike	●		●		●
Level 3 - Minnow		●		●	
Level 4 - Otter		●			●
Level 5 - Dolphin					●
Private	●	●		●	
Semi-Private	●		●		
Pre-Teen Level 1+2: Barracuda				●	
RAD Teens		●			
RAD Private			●	●	

SESSION SCHEDULE	M/W
Session 1	4/24-5/3
Session 2	5/8-5/17



## WACKFORD AQUATIC COMPLEX (WCAC)

## WCAC WEEKDAY LESSONS: Tuesday/Thursday

	4:45 PM	5:15 PM	5:45 PM	6:15 PM	6:45 PM
Cuddlefish: Guardian & Tot				●	●
Pre-school Level 1 - Starfish	●	●	●	●	●
Pre-school Level 2 - Seahorse	●	●	●		
Pre-school Level 3 - Stingray		●		●	
School Age Level 1+2 Pike	●		●		●
Level 3 - Minnow			●	●	●
Private	●	●	●	●	●
Semi-Private		●		●	
RAD Kids - Level 1		●			
RAD Kids - Level 2	●				

SESSION SCHEDULE	T/Th
Session 1	4/25-5/4
Session 2	5/9-5/18

**Friday Night  
Spring Swim Lessons!**

## WCAC ONLY

4/14-5/12 - 5 WEEK SESSION

Cuddlefish • \$60

Group Lesson • \$45

Private Lessons • \$135

## LEVELS OFFERED:

Cuddlefish, Starfish, Seahorse, Stingray, Pike, Minnow &amp; Private

5:30pm, 6:00pm, 6:30pm

For more information:  
[CosumnesCSD.gov/swimlessons](http://CosumnesCSD.gov/swimlessons)

## Aquatics

# Winter/Spring Water Fitness Classes

Water Fitness (aerobics) is quickly becoming the top adult exercise program in the nation. With ease of motion and limited resistance, it provides a great healthy alternative to traditional impact fitness. All classes are taught by trained instructors. Our classes are available to those ages 16+.

SESSION	DATE RANGE	
<b>Session 1</b>	1/9	1/21
<b>Session 2</b>	1/23	2/4
<b>Session 3</b>	2/6	2/18
<b>Session 4</b>	2/21	3/4
<b>Session 5</b>	3/6	3/18
<b>Session 6</b>	3/20	4/1
<b>Session 7</b>	4/3	4/15
<b>Session 8</b>	4/17	4/29
<b>Session 9</b>	5/1	5/13

No class 1/16, 2/20, 2/24 & 2/25

## ELK GROVE AQUATICS CENTER

PROGRAM	DAYS	9:00 AM	10:00 AM	5:45 PM	6:45 PM
<b>Aqua Spin (Sessions 1-7)</b>	M,W	●		●	
<b>Aqua Spin (Sessions 8-9)</b>	M,W			●	
<b>Aqua Spin (Sessions 1-7)</b>	T,Th	●			
<b>Aqua Spin</b>	Fri	●			
<b>Aqua Spin</b>	Sat		●		
<b>Aqua Stretch &amp; Tone</b>	Fri		●		
<b>Aqua Jogging (Sessions 8 &amp; 9)</b>	M,W	●			
<b>Aqua Jogging (Sessions 8 &amp; 9)</b>	T,Th	●		●	
<b>Shallow Water Fitness</b>	M,W		●		●
<b>Shallow Water Fitness</b>	T,Th		●		●
<b>Shallow Water Fitness</b>	Sat	●			

### LIFELONG LEARNING

#### Aqua Spin

Age 18+

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**



## WACKFORD AQUATIC CENTER

PROGRAM	DAYS	9:00 AM	10:00 AM	7:00 PM
<b>Deep Water Fitness (Sessions 1-6)</b>	M,W	●		
<b>Deep Water Fitness</b>	M,W			●
<b>Deep Water Fitness (Sessions 7-9)</b>	M	●		
<b>Deep Water Fitness</b>	T,Th	●		●
<b>Deep Water Fitness (Sessions 1-6)</b>	Fri	●		
<b>Deep Water Fitness</b>	Sat	●		
<b>Tabata (Sessions 7-9)</b>	W,F	●		
<b>Piloga (Sessions 7-9)</b>	Fri		●	

### LIFELONG LEARNING

#### Aqua Stretch & Tone

Ages 18+

This class is ideal for those with arthritis, joint and muscle pain or recovering from injury. This low-impact class focuses on range of motion with gentle stretching, swimming techniques and exercises geared towards reducing pain and stiffness. Goal of class is to help increase joint flexibility and range of motion while restoring and maintaining muscular strength. Class depth of 3 1/2 to 5 feet.

**Elk Grove Aquatics Center**

**\$7.25/class**

## LIFELONG LEARNING

**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****Piloga**

Age 16+

Bring balance to body and mind in shallow water with a combination of Pilates and Yoga. Class combines core and back strengthening with the balance of mind and body calming stretches.

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

## LIFELONG LEARNING

**Deep Water Fitness**

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****Tabata**

Age 16+

Deep water workouts with no impact to your body's bones or joints. High energy intervals guaranteed to trick your metabolism into working more efficiently and finishing the class with core strengthening and stability.

**Wackford Aquatic Complex \$7.25/class****Aqua Jogging**

Age 16+

This class offers the benefits of running with less impact on the body. Swimmers will move against the current of the Lazy River at the Elk Grove Aquatics Center while focusing on speed and power intervals. This class may utilize a floatation belt and other equipment.

**Elk Grove Aquatics Center \$7.25/class**
**FREE**  
**Water Fitness Demo Day**

Age 16+

This is a FREE event showcasing the various Water Fitness classes being offered at the Elk Grove Aquatics Center. Various classes showcased include: Deep Water Aerobics, Shallow Water Aerobics, Aqua Jogging, Aqua Spin, Aqua Stretch, and more! Participants should arrive ready to get in the water, and will rotate from class to class.

**Elk Grove Aquatics Center**

Instructor: Cosumnes CSD STAFF

34568	Sat	4/22	1:00pm-3:00pm
34569	Sun	4/30	1:00pm-3:00pm

**FREE**

## Aquatics

# Making Waves

## SWIM SCHOLARSHIPS

### SCHOLARSHIP INCLUDES:

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

Applications open on February 15 and if you are selected, funds will be made available March 28.



**BECOME A SPONSOR!**  
**916-405-5662**

**APPLY FOR A SCHOLARSHIP!**  
**CosumnesCSD.gov/scholarships**

*Special Thanks to our 2022 Making Waves partners the City of Elk Grove and Kiwanis Club of Laguna-Elk Grove.*



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.

### 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)

### January 3 – May 12, 2023

Mon-Fri	7:00 a.m. - 11:00 a.m.
Mon-Thu	7:00 p.m. - 8:30 p.m.
Sat	9:00 a.m. - 11:00 a.m.
Sun	Closed

### January 3 – May 12, 2023

Mon-Sat	9:00 a.m. - 11:00 a.m.
Sun	Closed

**CosumnesCSD.gov/Swim4Fitness**

\*All facilities closed: 1/1, 1/2, 1/16, 2/20, 2/24 & 2/25. Prices and hours of operation subject to change, visit our website **CosumnesCSD.gov/Swim4Fitness** for updates.

**FREE**

## Lifeguard Start Academy\*

Age 15+

This course is for participants interested in applying to work for Cosumnes CSD to be a lifeguard. This academy which runs on Saturdays is designed to help train up participants so that they can pass the prerequisites for the American Red Cross Lifeguard Course. This includes a 300 yard continuous swim (free style and or breaststroke), a 2 minute tread and a one minute and 40 second timed brick retrieval event in deep water. Additionally, we will provide introductions to rescue skills, first aid, CPR/AED, and professional lifeguard responsibilities. Successful completion of this course will better prepare you to enroll in American Red Cross Lifeguard Training, First Aid, CPR for the Professional Rescuer/AED, Emergency Oxygen, and Title 22.

Instructor: CSD Aquatic Staff

**Fee: FREE****FREE**

## American Red Cross Lifeguard Training

Ages 15+

\*\*Must register by Final Reg Date and have completed online work by Start Date\*\*

Course begins with participation in an 8-hour online class and continues with instructor led skills and water work in the classroom. Learn rescue skills, first aid, CPR/AED, and professional lifeguard responsibilities. Successful completion of this course will certify you in Lifeguard Training, First Aid, CPR for the Professional Rescuer/AED, Emergency Oxygen, and Title 22: First Aid for Public Safety Personnel for two years.

Prerequisites: 15 years of age, pass pre-course swim test. To learn more, search YouTube for "CSD Aquatics ARC Lifeguard Prereq"

Instructor: CSD Aquatic Staff

**Fee: \$200 FREE for all potential Cosumnes CSD Staff**

## American Red Cross Water Safety Instructor Class\*

Ages 16+

\*\*Must register by Final Reg Date and have completed online work by Start Date\*\*

An advanced training for individuals to teach American Red Cross/Cosumnes Community Services District learn-to-swim lesson courses. Future instructors will learn how to use course materials, develop lesson plans, conduct classes, and evaluate students. Online coursework must be completed by first day of class.

Prerequisite: 16 years of age, show level IV (CSD Swim Lessons Otter Level and above) swimming ability, and pre-course materials. MUST GET EMAIL ADDRESS WHEN REGISTERING.

Instructor: CSD Aquatic Staff

**Fee: \$225**

*\*Find class dates and times at [CosumnesCSD.gov/lifeguard](http://CosumnesCSD.gov/lifeguard)*



**BECOME A LIFEGUARD**  
App deadline April 15:  
[CosumnesCSD.gov](http://CosumnesCSD.gov)

Looking for a summer job?

Positions open for application in January. View the lifeguard job description and application process at [CosumnesCSD.gov](http://CosumnesCSD.gov). Applicants need to be at least 15 years of age and have enrolled in or completed one of our FREE American Red Cross Lifeguard Training classes (A \$200 Value!). Training classes fill quickly so enroll today!



## Private Pool Rentals

Accepting applications beginning Wednesday, February 1, 2023

The Wackford Aquatic Complex and the Elk Grove Aquatics Center are available to rent for your special occasion. Rentals include exclusive use of the pool(s), grass area, and deck. Reservations are available for a 2-hour minimum on Saturday and Sunday evenings June 3 through August 6. Set-up and Clean-up time must be included in the rental hours.

To obtain an application please visit the Wackford Community & Aquatic Complex or download an application at [CosumnesCSD.gov](http://CosumnesCSD.gov). Applications are accepted at the Wackford Community & Aquatic Complex. \*All potential rental dates are subject to availability, please call for available dates.\*



## Sports



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 \$59\*\***

Ages 3-6

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.

**LEVEL 2: BEGINNER \$59\*\***

Ages 4-6

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.

**LEVEL 3: INTERMEDIATE \$74\*\***

Ages 5-7

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.

*\*\*Pricing may vary based on holiday closures.*

SESSION SCHEDULE	
<b>Session A*</b>	1/9-2/17
<b>Session B</b>	2/21-3/31
<b>Session C</b>	4/3-5/12

*\*No Class 1/16*

## PEEWEE BASKETBALL



### LAGUNA TOWN HALL

	DAYS	3:30pm	4:15pm	5:00pm	5:45pm	6:30pm
<b>Lil' Ballers - Level 1</b>	<b>M-Th</b>	●	●	●		
<b>Junior Ballers - Level 2</b>	<b>M-Th</b>				●	●

### WACKFORD COMPLEX

	DAYS	3:30pm	4:05pm	5:00pm	5:35pm
<b>Lil' Ballers - Level 1</b>	<b>FRI</b>	●	●	●	●
<b>Junior Ballers - Level 2</b>	<b>FRI</b>	●		●	
<b>Ballers - Level 3</b>	<b>FRI</b>		●		●

## PEEWEE SOCCER



### LAGUNA COMMUNITY PARK

#### EAST SOFTBALL FIELD

	DAYS	3:15pm	4:00pm	4:45pm
<b>Lil' Kickers - Level 1</b>	<b>MON</b>	●		
<b>Junior Kickers - Level 2</b>	<b>MON</b>		●	
<b>Kickers - Level 3</b>	<b>MON</b>			●





## After School Flag Football

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 Softball Field **\$124**

Instructor: Cosumnes CSD STAFF

33830	W,F	1/11-2/17	3:45pm-4:45pm
33831	W,F	1/11-2/17	5:00pm-6:00pm
33833	W,F	2/22-3/31	3:45pm-4:45pm
33832	W,F	2/22-3/31	5:00pm-6:00pm
33834	W,F	4/5-5/12	3:45pm-4:45pm
33835	W,F	4/5-5/12	5:00pm-6:00pm

## 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.

Instructor: Cosumnes CSD STAFF

### WACKFORD COMPLEX, GYM

33478	T,Th	1/10-2/16	4:00pm-5:00pm	<b>\$124</b>
33479	T,Th	1/10-2/16	5:15pm-6:15pm	<b>\$124</b>
33585	T,Th	2/21-3/30	4:00pm-5:00pm	<b>\$124</b>
33586	T,Th	2/21-3/30	5:15pm-6:15pm	<b>\$124</b>
33587	T,Th	4/4-5/11	4:00pm-5:00pm	<b>\$124</b>
33588	T,Th	4/4-5/11	5:15pm-6:15pm	<b>\$124</b>

### MARION MIX ELEMENTARY SCHOOL, MULTIPURPOSE RM

34185*	Mon	1/9-2/13	6:15pm-7:15pm	<b>\$54</b>
34186*	Mon	1/9-2/13	7:30pm-8:30pm	<b>\$54</b>
34191	Tue	1/10-2/14	6:15pm-7:15pm	<b>\$64</b>
34192	Tue	1/10-2/14	7:30pm-8:30pm	<b>\$64</b>
34193	Tue	2/21-3/28	6:15pm-7:15pm	<b>\$64</b>
34194	Tue	2/21-3/28	7:30pm-8:30pm	<b>\$64</b>
34187	Mon	2/27-3/27	6:15pm-7:15pm	<b>\$54</b>
34188	Mon	2/27-3/27	7:30pm-8:30pm	<b>\$54</b>
34189	Mon	4/3-5/8	6:15pm-7:15pm	<b>\$64</b>
34190	Mon	4/3-5/8	7:30pm-8:30pm	<b>\$64</b>
34195	Tue	4/4-5/9	6:15pm-7:15pm	<b>\$64</b>
34196	Tue	4/4-5/9	7:30pm-8:30pm	<b>\$64</b>

\*No Class 1/16

## 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

Instructor: Cosumnes CSD STAFF

33575*	M,W	1/9-2/15	4:00pm-5:00pm	<b>\$114</b>
33576*	M,W	1/9-2/15	5:15pm-6:15pm	<b>\$114</b>
33609	M,W	2/27-3/29	4:00pm-5:00pm	<b>\$114</b>
33610	M,W	2/27-3/29	5:15pm-6:15pm	<b>\$114</b>
33607	M,W	4/3-5/10	4:00pm-5:00pm	<b>\$124</b>
33608	M,W	4/3-5/10	5:15pm-6:15pm	<b>\$124</b>

\*No Class 1/16



## 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 Softball Field **\$124**

Instructor: Cosumnes CSD STAFF

33491	T,Th	1/10-2/16	3:45pm-4:45pm
33492	T,Th	1/10-2/16	5:00pm-6:00pm
33597	T,Th	2/21-3/30	3:45pm-4:45pm
33598	T,Th	2/21-3/30	5:00pm-6:00pm
33602	T,Th	4/4-5/11	3:45pm-4:45pm
33603	T,Th	4/4-5/11	5:00pm-6:00pm

## Sports



### Lil' Sluggers T-Ball Class

Ages 3-7

Get ready for the upcoming Lil Slugger's T-Ball Class. Learn the fundamentals of baseball. Wear your tennis shoes and bring your glove.

#### Laguna Town Hall, Reception Hall

Instructor: Cosumnes CSD STAFF

**LEVEL 1 (AGES 3-6) \$59**

For beginners and will teach the basics of baseball including throwing, catching, hitting, and fielding ground balls.

33676 Mon 2/27-3/27 5:00pm-5:30pm  
 33728 Mon 4/3-5/1 5:00pm-5:30pm

**LEVEL 2 (AGES 4-6) \$59**

Build on the basic fundamentals of baseball including throwing to a base, catching fly balls, hitting off a tee, fielding ground balls, and running bases.

33677 Mon 2/27-3/27 5:35pm-6:05pm  
 33729 Mon 4/3-5/1 5:35pm-6:05pm

**LEVEL 3 (AGES 5-7) \$74**

Teach more advanced baseball fundamentals including getting outs, catching fly balls, hitting without a tee, fielding ground balls, and playing a t-ball game.

33678 Mon 2/27-3/27 6:10pm-6:55pm  
 33730 Mon 4/3-5/1 6:10pm-6:55pm



### T-BALL LEAGUE

Ages 3-6

T-Ball league registration is open until January 14th! If you're interested in a youth sports league that teaches kids the fundamentals of baseball, good sportsmanship, and teamwork all in a fun recreational environment this program is for you. **Sign up today!**



### Lil' Ballers Basketball League

Ages 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 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 \$120**

Instructor: Cosumnes CSD STAFF  
 34200\* Sun 2/5-4/16 8:15am-11:30am

\*No Class 4/9



### COSUMNES CSD YOUTH BASKETBALL LEAGUE

Ages 7-14

### COMING SOON!

### YOUTH VOLLEYBALL LEAGUE

Ages 10-14

June 24-August 26, 2023

### REGISTRATION OPENS IN DECEMBER

For more information:  
[CosumnesCSD.gov/sports](http://CosumnesCSD.gov/sports)





## Youth Soccer League

Ages 3-9

Teaches kids the FUNDamentals, good sportsmanship and team work all in a participation-based, recreational environment. Boys and Girls will be placed on the same teams. NO Score is kept, and FUN is the focus.

**Game Days:** Saturdays

Clinic Day (ages 7-9 only): 4/29

First Practice: 5/22

First Game: 6/10

Last Game: 7/29

Time: 8:00am-2:00pm

**Practice Sessions:**

Select during registration

**Time:** 5:00pm-8:00pm

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

**AGES 3-4**

34402 Mondays  
34415 Tuesdays  
34417 Wednesdays  
34444 Thursdays  
34446 Fridays

**AGES 5-6**

34409 Mondays  
34449 Tuesdays  
34450 Wednesdays  
34451 Thursdays  
34453 Fridays

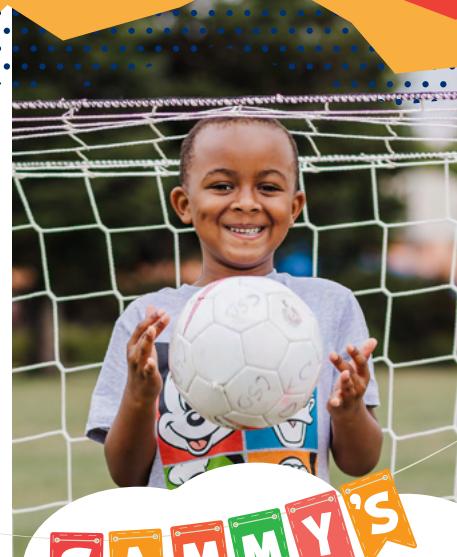
**Morse Community Park** **\$150**

**AGES 7-9 (BOYS)**

34639 Tuesdays  
34454 Wednesdays

**AGES 7-9 (GIRLS)**

34640 Tuesdays  
34455 Wednesdays



## SAMMY'S SPRING SPORTS CLUB



Ages 7-12

This multi-sports program focuses on improving skill through drills and fun alternative games with an emphasis on fair play and teamwork. Highlighted sports include basketball, soccer, flag football, dodgeball, volleyball and wiffleball.

**Laguna Community Park,  
Multi Purpose Field**

Instructor: Cosumnes CSD STAFF

34115 M-F 3/13-3/17 9:00am-4:00pm

**\$160**

**Spring Sports Club  
Extended Care**

Ages 7-12

**Wackford Complex, Poppy Rm** **\$25**

Instructor: Cosumnes CSD STAFF

34130 M-F 3/13-3/17 7:00am-9:00am  
4:00pm-6:00pm



Age 18+

**T-BALL (#33142)**

Season runs March 4 - May 6

**BASKETBALL (#34202)**

Season runs February 5 - April 16

**SOCCER (#34641)**

Season runs April 29 - July 29

## Sports

### Youth Tennis

Ages 6-18

Instructor: Cosumnes CSD STAFF

#### PUPS (6-9 BEGINNERS)

Six part 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.

#### Oasis Park, Tennis Court **\$79**

33861*	Sun	4/2-5/7	9:00am-10:00am
33862*	Fri	4/7-5/12	4:00pm-5:00pm

\*No Class 4/9, 4/17



#### LIFELONG LEARNING

### Adult Tennis

Age 18+

#### Bartholomew Sports Park, Tennis Court **\$104**

Instructor: Cosumnes CSD STAFF Beginner

#### BEGINNER

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.

33843 Mon 4/3-5/8 10:00am-11:30am

#### INTERMEDIATE

Class will focus on singles strategy, doubles strategy, court positioning and advanced gameplay. Students will learn shot selection - how to play high percentage tennis and how to identify winning strategies in real time against different styles of opponents.

33848	Mon	4/3-5/8	11:30am-1:00pm
33849	Wed	4/5-5/10	11:30am-1:00pm

#### BEAGLES (10-12 BEGINNERS)

Six part 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.

#### Oasis Park, Tennis Court **\$79**

33850*	Sun	4/2-5/7	10:00am-11:00am
33852*	Fri	4/7-5/12	5:00pm-6:00pm

#### GREYHOUNDS (13-17 BEGINNERS)

Six part 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.

#### Oasis Park, Tennis Court **\$79**

33859*	Sun	4/2-5/7	11:00am-12:00pm
33860*	Fri	4/7-5/12	6:00pm-7:00pm

\*No Class 4/9, 4/17

#### LIFELONG LEARNING

### Tennis - Drop-In Match Play: April 8, 2023

Age 18+

Compete for fun or challenge yourself and join the Tennis Ladder. Play sets in a social setting designed to make friends, get a great workout and improve your tennis in a safe and fun environment.

#### Bartholomew Sports Park, Tennis Court **\$7**

Instructor: Cosumnes CSD STAFF	33842	Sat	4/8	12:00pm-3:00pm
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#### BULLDOGS (11-14 EXPERIENCED)

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.

#### Bartholomew Sports Park,

##### Tennis Court 1

**\$124**

33853*	Sun	4/2-5/7	1:00pm-2:30pm
33854*	Mon	4/3-5/8	6:00pm-7:30pm

#### WOLVES (14-18 EXPERIENCED)

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.

#### Bartholomew Sports Park,

##### Tennis Court

**\$124**

33864*	Sun	4/2-4/30	2:30pm-4:00pm
33863*	Wed	4/5-5/10	6:00pm-7:30pm

\*No Class 4/9, 4/17

### Tennis - Work and Play

Age 14+

All ages are welcome in 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.

#### Bartholomew Sports Park, Tennis Court

**\$124**

Instructor: Cosumnes CSD STAFF	33865	Sat	4/8-5/13	9:00am-10:30am
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## ADULT SPORTS LEAGUES

Ages 18+

Gather your friends and coworkers and join Cosumnes CSD's recreational sports leagues.

### LIFELONG LEARNING

#### 5-on-5 Adult Basketball

Teams play 7-8 season games and playoffs for the top teams in each division.

Instructor:

**Wackford Complex, Gym \$550 per team**

#### DIVISION 1 (AGE 18+)

Most competitive league.

34280 Sun 1/8-3/26 11:00am-5:00pm  
34475\*\* Sun 4/16-6/25 11:30am-6:30pm

#### DIVISION 2 (AGE 18+)

Recreation league.

34284 Sun 1/8-3/26 5:00pm-10:00pm  
34493\*\* Sun 4/16-6/25 5:15pm-11:15pm

#### ALUMNI 30+

All players in the Alumni league must play in one regular season game at the age of 30.

34287 Wed 1/4-3/1 7:00pm-10:00pm  
34515 Wed 4/12-6/21 7:00pm-10:00pm

\*\*No games 5/14, 6/18

### LIFELONG LEARNING

#### Adult Coed 7v7 Soccer Spring

This league offers fun, exercise, and competition for soccer players in Elk Grove. Teams play 6 season games, plus playoffs and championship for the top teams.

#### Bartholomew Sports Park,

##### Field 3

**\$550 per team**

Instructor:

34291 Sun 1/22-3/19 6:00pm-9:00pm  
34300\*\* Sun 4/2-6/4 6:00pm-9:00pm  
34489 Sun 6/25-8/13 6:00pm-9:00pm

\*\*No games 4/9, 5/14



### LIFELONG LEARNING

#### Adult Softball

This league offers four divisions to include all levels of competition and experience. Games are played Mondays, Wednesday, Thursdays, or Fridays (depending on the division).

**Price includes a \$30 yearly non refundable GSSA fee.** Every softball manager must pay this fee once a year.

**D1:** Highest level of competition. Competitive games played with your own equipment.

**D2:** Middle level of competition. Semi-competitive games played with your own equipment.

**D3:** Base level of competition. Recreational games played with your own equipment. Mercy rule: Drop dead at 15 when time expires. Two homeruns per game + equalizer.

**E Level:** Lowest level of competition. Casual games with equipment provided by Cosumnes CSD. Run cap per inning. No homeruns allowed.

#### Bartholomew Sports Park, Softball Complex

**\$580 per team**

Instructor: Cosumnes CSD STAFF

34591 M,W-F 3/6-5/5 5:00pm-5:55pm



**VOLLEYBALL: MONDAYS & FRIDAYS**

**Registration Fee: \$10**

Pre-registration required.

[CosumnesCSD.gov/adultsports](http://CosumnesCSD.gov/adultsports)

## Daily Open Gym at Wackford

**ALL AGES ARE WELCOME!**

*17 and under must be  
accompanied by an Adult 18+*

**Monday - Friday  
10am-2pm**

**REGISTER IN PERSON AT  
WACKFORD COMPLEX  
9014 BRUCEVILLE ROAD**

**Golf**

# Tee Off

AT  
**EMERALD LAKES**  
 GOLF COURSE



## **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 – 8:00PM

Our covered driving range offers 16 stalls with mats located near a Range Servant machine. The driving range features Volvik non-restricted flight range balls that feel like a regulation ball as well as lighting and music so you can improve your swing, rain or shine. The Pro Shop sells pre-paid range cards that dispense balls in increments of 40 (up to 150). Also, check out our grass tee area, open year-round (weather permitting)!

### **LESSONS**

Golf can be a challenging sport to learn and improve by yourself. Our teaching professionals are here to help you simplify the game, making it less challenging and more fun. Emerald Lakes Golf Course offers private, adult, junior and group lessons. Our teaching professionals develop a relationship with each student, and customize their training plans based on each individual's strengths and weaknesses.

### **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.

### **WEEKEND TWILIGHT**

Monday – Friday (holidays excluded). Rates start after 1pm \$12 • After 6 pm \$10. Weekend Twilight Rates \$15 green fee after 1:00 pm (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 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.

### **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.



### **Learn More**

**Katie Hamilton, PGA**

[\(916\) 926-2660](mailto:katiehamilton@cosumnescsd.gov)

## First Tee for Tots

Ages 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: Mark Toscano

#### THURSDAYS AT 4:30 PM

33814	Th	3/2-3/23	4:30pm-5:30pm
33815	Th	4/6-4/27	4:30pm-5:30pm
33816	Th	5/11-6/1	4:30pm-5:30pm

#### THURSDAYS AT 5:30 PM

33817	Th	3/2-3/23	5:30pm-6:30pm
33818	Th	4/6-4/27	5:30pm-6:30pm
33819	Th	5/11-6/1	5:30pm-6:30pm

**NEW**

## First Tee on the Spectrum

Ages 7-17

This is a 4 week program teaching golf skills to youth on the autism spectrum. Participants learn golf skills while practicing specific autism learning concepts, including communication, emotional regulation, motor, and social skills. The goal of the program is for participants to achieve their individual golf successes, build confidence and self-esteem, in a fun, welcoming and supportive environment. Skills covered include putting, chipping, and full swing.

### Emerald Lakes Golf Course **\$99**

Instructor: Mark Toscano

34197	Tue	5/9-5/30	4:30 pm-5:30pm
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## First Tee Class

Ages 5-12

This four week class is for participants ages 5 to 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

Instructor: Joe Abrams

33801	M	2/27-3/20	4:30pm-5:30pm	<b>\$100</b>	33807	Sa	4/8-4/29	9:00am-10:00am	<b>\$100</b>
33796	T	2/28-3/21	4:30pm-5:30pm	<b>\$100</b>	33812	Sa	4/8-4/29	10:30am-11:30am	<b>\$100</b>
33792	F	3/3-3/24	4:30pm-5:30pm	<b>\$100</b>	33804*	M	5/8-5/22	4:30pm-5:30pm	<b>\$75</b>
33805	Sa	3/4-3/25	9:00am-10:00am	<b>\$100</b>	33800*	M	5/8-5/22	5:30pm-6:30pm	<b>\$75</b>
33811	Sa	3/4-3/25	10:30am-11:30am	<b>\$100</b>	33795	F	5/12-6/2	4:30pm-5:30pm	<b>\$100</b>
33802	M	4/3-4/24	4:30pm-5:30pm	<b>\$100</b>	33813	Sa	5/13-6/3	10:30am-11:30am	<b>\$100</b>
33798	T	4/4-4/25	4:30pm-5:30pm	<b>\$100</b>	33808	Sa	5/13-6/3	9:00am-10:00am	<b>\$100</b>
33794	F	4/7-4/28	4:30pm-5:30pm	<b>\$100</b>					* 3 week session, no class 5/29

### LIFELONG LEARNING

## Operation 36

Age 5+

Program includes (4) 1-hour classes and (2) 9 hole events. For full details about this program, go to [www.operation36.golf](http://www.operation36.golf). No make up dates if you miss a class.

### Emerald Lakes Golf Course **\$160**

Instructor: Mark Toscano

#### MARCH

##### Adults 17+ (Thursdays at 5:00 pm)

33734	Th,Sa	2/25-3/23	11:00am-6:00pm
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##### Adults 17+ (Wednesdays at 5:30 pm)

33731	W,Sa	2/25-3/22	11:00am-6:30pm
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##### Juniors 12-18 (Wednesdays at 4:30 pm)

33740	W,Sa	2/25-3/25	11:00am-3:00pm
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##### Juniors 5-12 (Fridays at 5:30 pm)

33737	F-Sa	2/25-3/25	11:00am-3:00pm
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##### Juniors 5-12 (Tuesdays at 5:30 pm)

33769	T,Sa	2/25-3/25	11:00am-3:00pm
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#### APRIL

##### Adults 17+ (Thursdays at 5:00 pm)

33735	Th,Sa	4/1-4/27	11:00am-6:00pm
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##### Adults 17+ (Wednesdays at 5:30 pm)

33732	W,Sa	4/1-4/26	11:00am-6:30pm
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##### Juniors 12-18 (Wednesdays at 4:30 pm)

33741	W,Sa	4/1-4/29	11:00am-3:00pm
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##### Juniors 5-12 (Fridays at 5:30 pm)

33738	F-Sa	4/1-4/29	11:00am-3:00pm
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##### Juniors 5-12 (Tuesdays at 5:30 pm)

33772	T,Sa	4/1-4/29	11:00am-3:00pm
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#### MAY

##### Adults 17+ (Thursdays at 5:00 pm)

33736	Th,Sa	5/6-6/3	11:00am-3:00pm
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##### Adults 17+ (Wednesdays at 5:30 pm)

33733	W,Sa	5/6-5/31	11:00am-6:30pm
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##### Juniors 12-18 (Wednesdays at 4:30 pm)

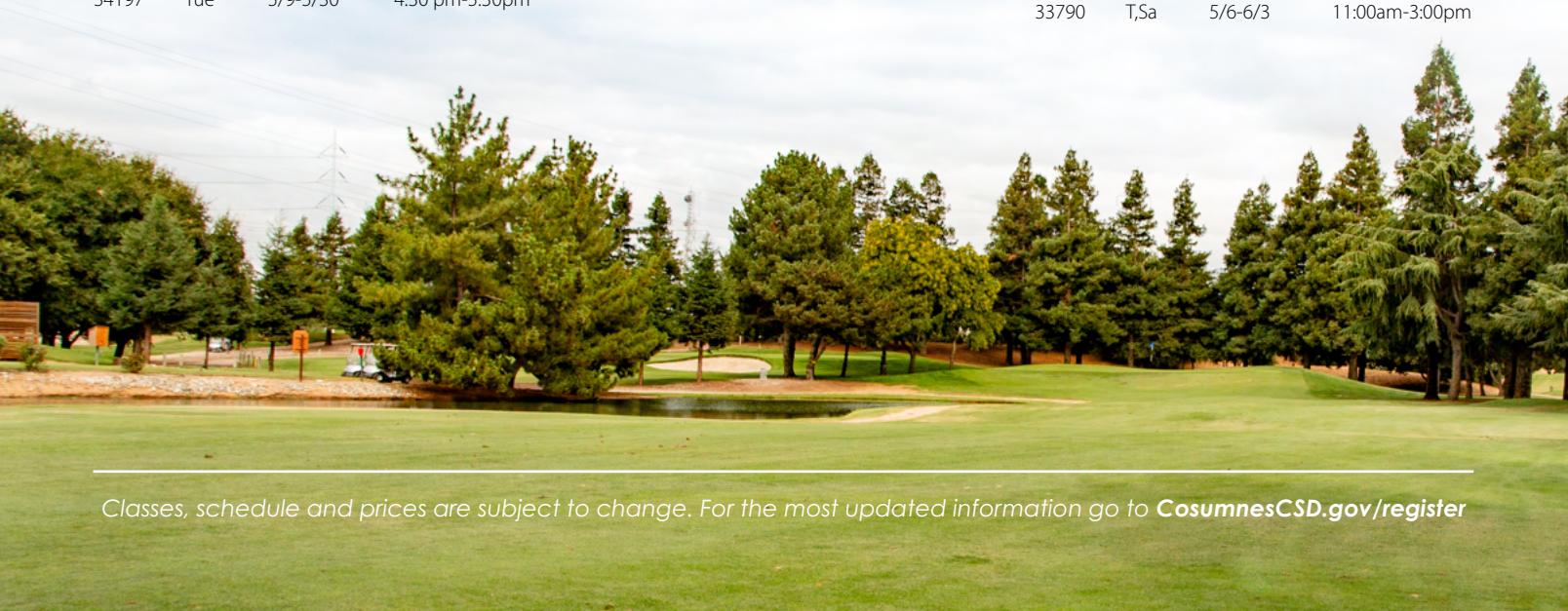
33742	W,Sa	5/6-6/3	11:00am-3:00pm
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##### Juniors 5-12 (Fridays at 5:30 pm)

33739	F-Sa	5/6-6/3	11:00am-3:00pm
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##### Juniors 5-12 (Tuesdays at 5:30 pm)

33790	T,Sa	5/6-6/3	11:00am-3:00pm
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## Gymnastics & Martial Arts



### Kinder Gym

Ages 4-5

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

#### Elevate Gymnastics

**3132 Dwight Road, Suite100** **\$72**

Instructor: Elevate Gymnastics Staff

33701	Tue	1/10-2/14	11:30am-12:15pm
33704	Tue	1/10-2/14	4:30pm-5:15pm
33707	Wed	1/11-2/15	9:50am-10:35am
33710	Wed	1/11-2/15	4:30pm-5:15pm
33713	Fri	1/13-2/17	4:30pm-5:15pm
33702	Tue	2/21-3/28	11:30am-12:15pm
33705	Tue	2/21-3/28	4:30pm-5:15pm
33708	Wed	2/22-3/29	9:50am-10:35am
33711	Wed	2/22-3/29	4:30pm-5:15pm
33714	Fri	2/24-3/31	4:30pm-5:15pm
33703	Tue	4/4-5/9	11:30am-12:15pm
33706	Tue	4/4-5/9	4:30pm-5:15pm
33709	Wed	4/5-5/10	9:50am-10:35am
33712	Wed	4/5-5/10	4:30pm-5:15pm
33715	Fri	4/7-5/12	4:30pm-5:15pm

### Parent/Guardian Participation Gym

Ages 14 mos. - 2 yrs

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, Suite100** **\$72**

Instructor: Elevate Gymnastics Staff

33622	Wed	1/11-2/15	10:40am-11:25am
33692	Fri	1/13-2/17	5:30pm-6:15pm
33623	Wed	2/22-3/29	10:40am-11:25am
33693	Fri	2/24-3/31	5:30pm-6:15pm
33635	Wed	4/5-5/10	10:40am-11:25am
33694	Fri	4/7-5/12	5:30pm-6:15pm

### Tot Gym

Age 3

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

#### Elevate Gymnastics

**3132 Dwight Road, Suite100**
**\$72**

Instructor: Elevate Gymnastics Staff

33695	Tue	1/10-2/14	11:30am-12:15pm
33698	Wed	1/11-2/15	11:30am-12:15pm
33696	Tue	2/21-3/28	11:30am-12:15pm
33699	Wed	2/22-3/29	11:30am-12:15pm
33697	Tue	4/4-5/9	11:30am-12:15pm
33700	Wed	4/5-5/10	11:30am-12:15pm



### Basic Gym

Ages 6-16

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

#### Elevate Gymnastics

**3132 Dwight Road, Suite100**

Instructor: Elevate Gymnastics Staff

33746	Tue	1/10-2/14	3:30pm-4:15pm
33749	Tue	1/10-2/14	6:30pm-7:15pm
33752	Wed	1/11-2/15	5:30pm-6:15pm
33755	Fri	1/13-2/17	6:30pm-7:15pm
33747	Tue	2/21-3/28	3:30pm-4:15pm
33750	Tue	2/21-3/28	6:30pm-7:15pm
33753	Wed	2/22-3/29	5:30pm-6:15pm
33756	Fri	2/24-3/31	6:30pm-7:15pm
33748	Tue	4/4-5/9	3:30pm-4:15pm
33751	Tue	4/4-5/9	6:30pm-7:15pm
33754	Wed	4/5-5/10	5:30pm-6:15pm
33757	Fri	4/7-5/12	6:30pm-7:15pm

### Junior Ninja

Ages 5-7

Fusion of obstacle training, gymnastics, martial arts and freestyle movement. Uniform Required (shorts, shirt, socks, and headband) - Detailed information provided at first class, or you may call Elevate Gymnastics for more information (916) 393-3993. Uniforms purchased on-line at [www.theninjazone.store](http://www.theninjazone.store).

#### Elevate Gymnastics

**3132 Dwight Road, Suite100**
**\$72**

Instructor: Elevate Gymnastics Staff

33743	Tue	1/10-2/14	3:30pm-4:15pm
33744	Tue	2/21-3/28	3:30pm-4:15pm
33745	Tue	4/4-5/9	3:30pm-4:15pm



### Karate

Ages 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.

Instructor: School Of The Tiger

#### BEGINNER 6-12

#### Elk Grove Park, Pavilion

34088*	T,Th	4/4-5/11	5:30pm-6:15pm
34078*	T,Th	1/10-2/16	5:30pm-6:15pm
34083	T,Th	2/21-3/30	5:30pm-6:15pm

#### Wackford Complex, Ballroom

34062*	M,W	1/9-2/15	5:30pm-6:15pm
34064*	M,W	2/20-3/29	5:30pm-6:15pm
34065*	M,W	4/3-5/10	5:30pm-6:15pm

#### INTERMEDIATE 6-12

\*This class runs at the same time as the Teen/Adult class.

#### Wackford Complex, Ballroom

34068*	M,W	1/9-2/15	6:30pm-7:30pm
34070*	M,W	2/20-3/29	6:30pm-7:30pm
34073*	M,W	4/3-5/10	6:30pm-7:30pm

#### Elk Grove Park, Pavilion

34268	T,Th	4/4-5/11	6:30pm-7:30pm
34266	T,Th	1/10-2/16	6:30pm-7:30pm
34267	T,Th	2/21-3/30	6:30pm-7:30pm

\*No Class 1/16, 2/20, 4/11, 4/24, 5/2, 5/4

## Martial Arts &amp; Dance

## Karate for Teens/Adults

Age 13+

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

Instructor: School Of The Tiger

## Elk Grove Park, Pavilion

34269*	T,Th	1/10-2/16	6:30pm-7:30pm	<b>\$84</b>
34270	T,Th	2/21-3/30	6:30pm-7:30pm	<b>\$84</b>
34271*	T,Th	4/4-5/11	6:30pm-7:30pm	<b>\$63</b>

## Wackford Complex, Ballroom

34066*	M,W	1/9-2/15	6:30pm-7:30pm	<b>\$77</b>
34067*	M,W	2/20-3/29	6:30pm-7:30pm	<b>\$77</b>
34069	M,W	4/3-5/10	6:30pm-7:30pm	<b>\$77</b>

\*No Class 1/16, 2/20, 4/11, 4/24, 5/2, 5/4



## Jujitsu for Teens/Adults

Age 13+

Learn a combination of strikes, take-downs and grappling techniques that are used in today's full contact and mixed martial arts competitions. Build strength, stamina, ability and confidence. Earn black belts in two different styles of martial arts Aiki Jujitsu and Kyokushin Karate.

Instructor: School Of The Tiger

## Wackford Complex Ballroom

33764*	M,W	1/9-2/15	7:30pm-8:30pm	<b>\$77</b>
33778*	M,W	1/9-2/15	8:30pm-9:30pm	<b>\$77</b>
33775*	M,W	2/20-3/29	7:30pm-8:30pm	<b>\$77</b>
33780*	M,W	2/20-3/29	8:30pm-9:30pm	<b>\$77</b>
33777*	M,W	4/3-5/10	7:30pm-8:30pm	<b>\$77</b>
33781*	M,W	4/3-5/10	8:30pm-9:30pm	<b>\$77</b>

## Elk Grove Park, Pavilion

34261	T,Th	1/10-2/16	7:30pm-8:30pm	<b>\$84</b>
34264	T,Th	1/10-2/16	8:30pm-9:30pm	<b>\$84</b>
34262	T,Th	2/21-3/30	7:30pm-8:30pm	<b>\$84</b>
34272	T,Th	2/21-3/30	8:30pm-9:30pm	<b>\$84</b>
34263*	T,Th	4/4-5/11	7:30pm-8:30pm	<b>\$63</b>
34265*	T,Th	4/4-5/11	8:30pm-9:30pm	<b>\$63</b>

\*No Class 1/16, 2/20, 4/11, 4/24, 5/2, 5/4

## Jeet Kune Do

Come and learn the martial art that Bruce Lee developed.

## Elk Grove Park, Pavilion

Instructor: Shannon Newman

## BEGINNER 6-12

This class focuses on discipline, respect, self-defense, confidence, fitness, and fun. Please bring water bottle and wear shoes.

33906*	M,W	1/9-2/15	5:45pm-6:25pm	<b>\$77</b>
33911*	M,W	2/20-3/29	5:45pm-6:25pm	<b>\$77</b>
33914	M,W	4/3-5/10	5:45pm-6:25pm	<b>\$84</b>

## INTERMEDIATE 6-12

This class focuses on discipline, respect, self-defense, confidence, fitness and fun. Instructor's approval is required for enrollment in the Intermediate classes.

33907*	M,W	1/9-2/15	6:30pm-7:20pm	<b>\$77</b>
33912	M,W	2/20-3/29	6:30pm-7:20pm	<b>\$77</b>
33915	M,W	4/3-5/10	6:30pm-7:20pm	<b>\$84</b>

## 13+

Come and learn the system Bruce Lee developed. 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.

33908*	M,W	1/9-2/15	7:25pm-8:45pm	<b>\$77</b>
33913*	M,W	2/20-3/29	7:25pm-8:45pm	<b>\$77</b>
33916	M,W	4/3-5/10	7:25pm-8:45pm	<b>\$84</b>

\*No Class 1/16, 2/20

## A Glimpse of the Pacific

Age 8+

## Wackford Complex, Ballroom

Instructor: Maria Cisneros

## BEGINNING

Beginning Polynesian dance basics. Through drills and dance step combinations, students will be offered instruction on basic Polynesian dance steps and motions with a focus on timing, coordination, and form. Continuing students mastering the basics curriculum will have opportunities to advance and learn basic choreography and/or advance to an intermediate level class.

33569	Thu	1/12-2/16	5:30pm-6:30pm	<b>\$48</b>
33570	Thu	2/23-3/30	5:30pm-6:30pm	<b>\$48</b>
33571	Thu	4/6-5/11	5:30pm-6:30pm	<b>\$48</b>

## INTERMEDIATE

Students are required to successfully complete Glimpse of the Pacific Beginner session(s), or receive prior approval from the instructor before enrolling. This class is for transition to intermediate and intermediate level students who have prior instruction/experience in Polynesian dance. Students will learn featured dances, have the opportunity to explore some traditions in costume and implement making, and may have the opportunity to participate in performances.

33572	Thu	1/12-2/16	6:45pm-8:15pm	<b>\$30</b>
33573	Thu	2/23-3/30	6:45pm-8:15pm	<b>\$30</b>
33574	Thu	4/6-5/11	6:45pm-8:15pm	<b>\$30</b>



## Dance & Music

### LIFELONG LEARNING

#### 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 \$102

Instructor: Encore! Studio of Performing Arts staff  
 33566 Mon 1/9-2/13 7:00pm-7:50pm  
 33567 Mon 2/20-3/27 7:00pm-7:50pm  
 33568 Mon 4/3-5/8 7:00pm-7:50pm

#### Ballet/Tap Combo

Ages 4 1/2-8

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: Encore! Studio of Performing Arts staff

#### AGES 4 1/2-5 1/2

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

Instructor: Encore! Studio of Performing Arts staff  
 33551 Sat 1/14-2/18 10:00am-10:50am **\$102**  
 33552 Sat 2/25-4/1 10:00am-10:50am **\$102**  
 33553 Sat 4/8-5/13 10:00am-10:50am **\$102**

#### Wackford Complex, Poppy Rm A

Instructor: Encore! Studio of Performing Arts staff

33548 Tue 1/10-2/14 5:30pm-6:20pm **\$102**  
 33549 Tue 2/21-3/28 5:30pm-6:20pm **\$102**  
 33550 Tue 4/4-5/9 5:30pm-6:20pm **\$102**

#### Wackford Complex, Poppy Rm B

Instructor: Encore! Studio of Performing Arts staff

33545 Mon 1/9-2/13 4:30pm-5:20pm **\$85**  
 33546 Mon 2/27-3/27 4:30pm-5:20pm **\$85**  
 33547 Mon 4/3-5/8 4:30pm-5:20pm **\$102**

#### AGES 5 1/2-7

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

33554 Mon 1/9-2/13 5:00pm-5:50pm **\$102**  
 33555 Mon 2/20-3/27 5:00pm-5:50pm **\$102**  
 33556 Mon 4/3-5/8 5:00pm-5:50pm **\$102**

#### AGES 6-8

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

33557 Thu 1/12-2/16 4:30pm-5:20pm **\$102**  
 33558 Thu 2/23-3/30 4:30pm-5:20pm **\$102**  
 33559 Thu 4/6-5/11 4:30pm-5:20pm **\$102**

#### First Steps in Dance

Ages 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.'

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

Instructor: Encore! Studio of Performing Arts staff  
 33539 Thu 1/12-2/16 5:30pm-6:15pm **\$102**  
 33540 Thu 2/23-3/30 5:30pm-6:15pm **\$102**  
 33541 Thu 4/6-5/11 5:30pm-6:15pm **\$102**  
 33542 Sat 1/14-2/18 11:00am-11:45am **\$102**  
 33543 Sat 2/25-4/1 11:00am-11:45am **\$102**  
 33544 Sat 4/8-5/13 11:00am-11:45am **\$102**

#### Wackford Complex, Poppy Rm A

Instructor: Encore! Studio of Performing Arts staff

33536 Tue 1/10-2/14 6:30pm-7:15pm **\$102**  
 33537 Tue 2/21-3/28 6:30pm-7:15pm **\$102**  
 33538 Tue 4/4-5/9 6:30pm-7:15pm **\$102**

#### Wackford Complex, Poppy Rm B

Instructor: Encore! Studio of Performing Arts staff

33533 Mon 1/9-2/13 5:30pm-6:15pm **\$85**  
 33534 Mon 2/27-3/27 5:30pm-6:15pm **\$85**  
 33535 Mon 4/3-5/8 5:30pm-6:15pm **\$102**

#### Club Hip Hop

Class includes current styles, terms and techniques of Hip Hop and Funk. Lots of fun and energy in this class! Join us for the latest moves and grooves on the Hip Hop scene. This class is designed as 'drop-off.'

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

Instructor: Encore! Studio of Performing Arts staff

**AGES 6-8**  
 33560 Mon 1/9-2/13 6:00pm-6:45pm **\$85**  
 33561 Mon 2/27-3/27 6:00pm-6:45pm **\$85**  
 33562 Mon 4/3-5/8 6:00pm-6:45pm **\$102**

#### Wackford Complex, Willow Rm

Instructor: Encore! Studio of Performing Arts staff

**AGES 9-11**  
 33564 Mon 2/27-3/27 6:00pm-6:45pm **\$85**  
 33563 Mon 1/9-2/13 6:00pm-6:45pm **\$102**  
 33565 Mon 4/3-5/8 6:00pm-6:45pm **\$102**

#### AGE 12+

33932 Mon 1/9-2/13 7:00pm-7:45pm **\$85**  
 33935 Mon 2/27-3/27 7:00pm-7:45pm **\$85**  
 33937 Mon 4/3-5/8 7:00pm-7:45pm **\$85**

#### Me and My Shadow

Ages 2-3

This parent/guardian 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.

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

Instructor: Encore! Studio of Performing Arts staff

33527 Mon 1/9-2/13 7:00pm-7:30pm **\$90**  
 33528 Mon 2/20-3/27 7:00pm-7:30pm **\$90**  
 33529 Mon 4/3-5/8 7:00pm-7:30pm **\$90**  
 33530 Sat 1/14-2/18 12:00pm-12:30pm **\$90**  
 33531 Sat 2/25-4/1 12:00pm-12:30pm **\$90**  
 33532 Sat 4/8-5/13 12:00pm-12:30pm **\$90**

#### Wackford Complex, Poppy Rm A

Instructor: Encore! Studio of Performing Arts staff

33521 Tue 1/10-2/14 4:45pm-5:15pm **\$90**  
 33522 Tue 2/21-3/28 4:45pm-5:15pm **\$90**  
 33523 Tue 4/4-5/9 4:45pm-5:15pm **\$90**

#### Wackford Complex, Poppy Rm B

Instructor: Encore! Studio of Performing Arts staff

33524 Mon 1/9-2/13 6:30pm-7:00pm **\$75**  
 33525 Mon 2/27-3/27 6:30pm-7:00pm **\$75**  
 33526 Mon 4/3-5/8 6:30pm-7:00pm **\$90**

#### Piano for Kids

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 will be in-person.

#### Laguna Town Hall, Rm 2

**\$160**

Instructor: Sharissa Delgado

#### AGES 7-12 LEVEL 1

33898 Mon 1/9-3/13 3:30pm-4:20pm  
 33899 Mon 1/9-3/13 4:30pm-5:20pm  
 33902 Mon 3/20-5/8 3:30pm-4:20pm  
 33903 Mon 3/20-5/8 4:30pm-5:20pm

#### AGES 7-12 LEVEL 2

33900 Mon 1/9-3/13 5:30pm-6:20pm  
 33904 Mon 3/20-5/8 5:30pm-6:20pm

#### AGE 13+ LEVEL 1

33901 Mon 1/9-3/13 6:30pm-7:20pm  
 33905 Mon 3/20-5/8 6:30pm-7:20pm

## Drawing Class

Ages 9-13

Students will be learning how to draw by balancing shapes and adding details to enhance their artwork in a positive environment. A different piece will be created in each class. Individual creativity is encouraged and celebrated. Subjects will include people, animals, nature and fantasy. Supplies are included.

### Albiani Recreation Center, Lippincott Hall

**\$104**

Instructor: Nancy Quiaoit

33765	Tue	1/10-2/14	7:00pm-8:00pm
33766	Tue	2/21-3/28	7:00pm-8:00pm
33767	Tue	4/4-5/9	7:00pm-8:00pm

### Albiani Recreation Center, Swallowtail Rm

**\$104**

Instructor: Nancy Quiaoit

33768	Thu	1/12-2/16	4:00pm-5:00pm
33770	Thu	2/23-3/30	4:00pm-5:00pm
33771	Thu	4/6-5/11	4:00pm-5:00pm

## Kids Acrylic Painting

Ages 9-11

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

### Albiani Recreation Center, Swallowtail Rm

**\$104**

Instructor: Nancy Quiaoit

33789	Thu	1/12-2/16	5:30pm-6:30pm
33791	Thu	2/23-3/30	5:30pm-6:30pm
33793	Thu	4/6-5/11	5:30pm-6:30pm



## Painting Class

Ages 12-16

Students will learn artist painting techniques in a positive, instructional environment. Individual creative expression is encouraged. This class is perfect for both beginning and intermediate painters. Skilled painters are welcome to join too! In this class we will be learning how to blend colors while adding lighting and details to artwork. Canvases, paint brushes, acrylic paint and aprons are included.

### Albiani Recreation Center, Swallowtail Rm

**\$104**

Instructor: Nancy Quiaoit

33797	Thu	1/12-2/16	7:00pm-8:00pm
33799	Thu	2/23-3/30	7:00pm-8:00pm
33803	Thu	4/6-5/11	7:00pm-8:00pm

## People Drawing Class

Ages 10-14

This is a figure drawing class. Students will be learning how to draw different people along with hands and eyes in a supportive and fun environment. Individual ideas and creativity is always encouraged. Supplies are included.

### Wackford Complex, Poppy Rm B

**\$104**

Instructor: Nancy Quiaoit

33782	Wed	1/11-2/15	6:30pm-7:30pm
33785	Wed	2/22-3/29	6:30pm-7:30pm
33786	Wed	4/5-5/10	6:30pm-7:30pm

## Kids Art (Ages 5-7)

Ages 5-7

### Wackford Complex, Poppy Rm B

**\$104**

Instructor: Nancy Quiaoit

#### ANIMALS & SEA CRITTERS

In this fun class we will be creating pictures of cats, dogs, birds, sharks and other fun critters using colored pencils, pastels, and crayons. Supplies are included.

33809 Wed 2/22-3/29 3:30pm-4:30pm

#### MERMAIDS & FAIRIES

In this fun magical class we will be making fairy and mer people along with their pets and homes using colored pencils, pastels, and crayons. Supplies are included.

33806 Wed 1/11-2/15 3:30pm-4:30pm

#### ZOO ANIMALS

We'll be making our own zoo animal in each class! We will be creating elephants, zebras and other cute wild animals using colored pencils, pastels, and crayons. Supplies are included.

33810 Wed 4/5-5/10 3:30pm-4:30pm



## Kids' Art! Ages 6-12

Ages 6-12

Students will express their creativity while learning art techniques through using pastels, colored pencils and paint in a fun and encouraging environment. This class is for those who love art! We will be making new art every class which will include nature, animals and sea life. Supplies are included.

Instructor: Nancy Quiaoit

### Albiani Recreation Center, Lippincott Hall

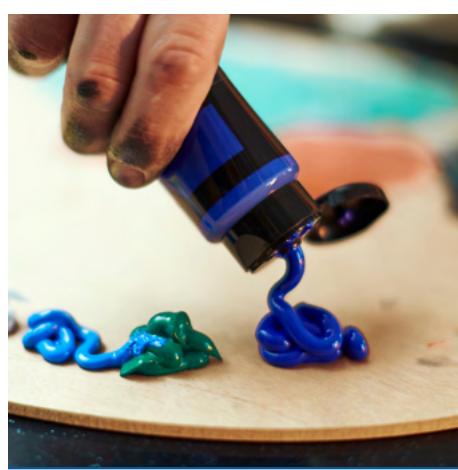
**\$104**

33761	Tue	1/10-2/14	5:30pm-6:30pm
33762	Tue	2/21-3/28	5:30pm-6:30pm
33763	Tue	4/4-5/9	5:30pm-6:30pm

### Wackford Complex, Poppy Rm B

**\$104**

33773	Wed	1/11-2/15	5:00pm-6:00pm
33774	Wed	2/22-3/29	5:00pm-6:00pm
33776	Wed	4/5-5/10	5:00pm-6:00pm



## Cooking & Enrichment

### Valentine's Gifts From the Kitchen

Age 18+

Learn to make chocolate covered strawberries, chocolate dipped pretzels, chocolate cherries and more. Also learn candy making tips, storage and packaging tricks, and the best local and online places to purchase supplies. Recipes will be provided. Supplies included.

#### Albiani Recreation Center, Kitchen \$70

Instructor: Heather Lee's Chocolates

34276 Tue 2/7 6:00pm-8:00pm

**NEW**

### Fancy SCOBY Brews & Sodas

Ages 10-14

Enjoy an evening of sipping homemade kombucha, kefirs, and jun while we discuss SCOBY brewing techniques utilizing herbs and fruits to make wonderful, natural sodas. All Supplies Provided.

#### Albiani Recreation Center, Kitchen \$64

Instructor: Sarah Carson

34290 Tue 4/25 6:30pm-8:30pm

**NEW**

### Immune Boosting Bone Broth Class

Ages 10-14

Chicken soup has never been as good for the soul as it is for the immune system and gut. Learn to make an elevated bone broth that incorporates ancient whole foods and healing herbs. Class will review perpetual broth techniques, storage, and incorporating its use in commonly served dishes.

#### Albiani Recreation Center, Kitchen \$64

Instructor: Sarah Carson

34588 Tue 1/31 6:30pm-8:30pm

### Pickle Me Pink Class

Ages 10-14

Learn to embrace root veggies chalk full of vitamins as we create tasty recipes in healthy brines. Take home samplers will make lip-smacking good snacks and sides to share.

#### Albiani Recreation Center, Kitchen \$64

Instructor: Sarah Carson

34589 Tue 2/28 6:30pm-8:30pm

### You and Me Chocolate

Ages 4-10

Parent/Guardian 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 \$50

Instructor: Heather Lee's Chocolates

##### WINTER WONDERLAND

34278 Tue 1/17 6:00pm-7:30pm

##### VALENTINE'S DAY

34285 Thu 2/2 6:00pm-7:30pm

##### SPACE

34286 Tue 3/7 6:00pm-7:30pm

##### SPRING TIME

34288 Thu 3/30 6:00pm-7:30pm

##### CUTE CRITTERS

34289 Thu 5/4-5/4 6:00pm-7:30pm

**NEW**

### Garden2Fork Kids Cooking

Ages 10-14

Whether you harvest from your own garden or purchase from a local produce stand, learning to choose and cook with seasonal foods is a skill everyone can grow. Join us as we discuss what is unique about the foods that grow locally and explore seasonal secrets for growing, harvesting, preserving, and cooking with simple, fresh, ingredients in our Garden2Fork Kids Cooking Classes. Supplies included.

#### Albiani Recreation Center, Kitchen \$64

Instructor: Sarah Carson

34582 Tue 1/24 4:00pm-5:30pm

34583 Tue 1/31 4:00pm-5:30pm

34584 Tue 2/21 4:00pm-5:30pm

34585 Tue 2/28 4:00pm-5:30pm

34586 Tue 4/18 4:00pm-5:30pm

34587 Tue 4/25 4:00pm-5:30pm

### Kids Chocolate Covered Fun!

Ages 7-13

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 \$60

Instructor: Heather Saldivar

##### WINTER WONDERLAND

34277 Tue 1/10 6:00am-8:00am

##### VALENTINE'S DAY

34279 Tue 1/31 6:00pm-8:00pm

##### SPACE

34286 Tue 3/7 6:00pm-7:30pm

##### SPRING TIME

34282 Tue 4/4 6:00pm-8:00pm

##### CUTE CRITTERS

34283 Tue 5/9 6:00pm-8:00pm

### After School Chess Club

Ages 5-17

This is an introduction Chess class designed for participants, ages 5-18. From basic knowledge of each Chess piece to preparing strategic moves, with instructor guidance, participants will learn about the wonderful game of Chess and share a fun, new hobby with their peers.

#### Laguna Town Hall, Rm 2

Instructor: Cosumnes CSD STAFF

34273 Tue 1/10-2/14 4:30pm-5:30pm

34274 Tue 2/21-3/28 4:30pm-5:30pm

34275 Tue 4/4-5/9 4:30pm-5:30pm

### Good Morning Sun

Join us as we watch, listen, and learn to transition with nature through observation, quiet exploration, and collaborative discovery. We will build our sensory awareness of nature, reorient our mental perspective, and learn to calmly adopt nature's patterns. This is a parent/guardian-participation class.

#### Elk Grove Park, Youth Center

Instructor: Sarah Carson

34220 Sat 4/22-5/13 8:00am-9:00am

## Nature Explorer Smash Books

Ages 7-12

Explore, collect, examine, and connect with nature, during a 6-week roaming adventure where participants develop beginning Naturalist skills, including their first nature journal as a smash book journal. Join us as we hike through parks, examining the big and small and honing our powers of observation and expression.

**Elk Grove Park, Youth Center \$104**

Instructor: Sarah Carson

**AGES 7-9**

34227 Wed 4/5-5/10 4:00pm-5:00pm

**AGES 10-12**

34230 Wed 4/5-5/10 5:15pm-6:15pm

## Story Time in Nature

This is a rejuvenating naturalist story time and healthful nature exploration for parents/guardians with young children. Our class will explore how to guide your child in discovering a deeper connection to nature in a safe, nurturing outdoor space. From leaves to trees, snails and bees let nature nurture your parent-child relationship as you build sensory awareness together.

**Elk Grove Park, Youth Center \$49**

Instructor: Sarah Carson

34222 Sat 4/22-5/13 9:15am-10:15am

## Canines on Course Dog Obedience

Age 14+

**Elk Grove Park, Picnic Site 1b \$110**

Instructor: Canines on Course

**ADVANCED**

This program will work to master your dog's basic skills and build a solid foundation of more advanced skills. Students will continue training (proofing basic training and focus around distractions), and begin to prepare for Pet Therapy and Canine Good Citizenship test. Must have completed a basic obedience class prior to attending. Optional Supply Fee (price varies).

33845 Wed 4/5-5/3 6:00pm-7:00pm



LIFELONG LEARNING

## Get Fit With Liz

Age 17+

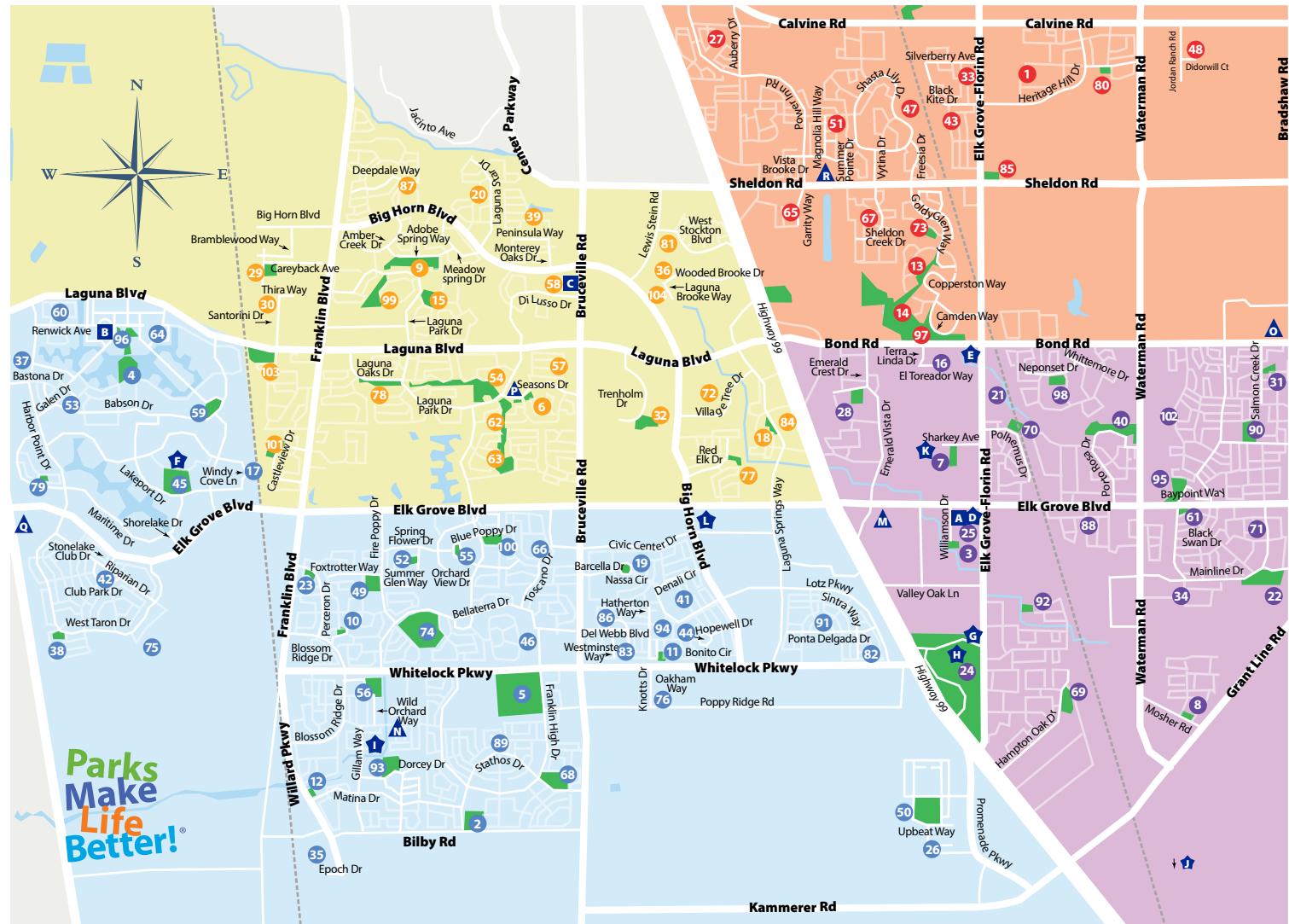
Get Fit With Liz is a full-body workout experience that combines cardio strength and core training to help you reach your goals. Every workout varies in format to keep things fun and challenging. You will use a variety of body-weight exercises to improve cardio fitness, build lean muscle and maximize calorie burn. No special equipment needed and you will leave each class stronger than before.

## Wackford Complex, Willow Rm

Instructor: Cosumnes CSD STAFF

33614\* Mon 2/20-3/27 10:00am-10:45am **\$29**33613\* Mon 1/9-2/13 10:00am-10:45am **\$39**33615 Mon 4/3-5/8 10:00am-10:45am **\$44**33616\* T,Th 2/21-3/30 4:15pm-5:00pm **\$79**33617\* T,Th 2/21-3/30 5:15pm-6:00pm **\$79**33611 T,Th 1/10-2/16 4:15pm-5:00pm **\$94**33612 T,Th 1/10-2/16 5:15pm-6:00pm **\$94**33618 T,Th 4/4-5/11 4:15pm-5:00pm **\$94**33619 T,Th 4/4-5/11 5:15pm-6:00pm **\$94**

\*No Class 1/16, 2/20, 3/13, 3/14, 3/16



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:

[CosumnesCSD.gov/trails](http://CosumnesCSD.gov/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	
L. Elk Grove Aquatics Center	

FIRE STATIONS	
M. Station 71	
N. Station 72	
O. Station 73	
P. Station 74	
Q. Station 75	
R. Station 76	

PARK SITES	
1. Amundson	28. Feickert
2. Backer	29. Fite
3. Baker	30. Fite Park Extension
4. Bartholomew	31. Fleming
5. Bartholomew Sports	32. Foulks
6. Batey	33. Gage
7. Beeman	34. Gates
8. Berens	35. George
9. Betschart	36. Guttridge
10. Bradford	37. Hawkins
11. Bridgeview	38. Henderson
12. Buscher	39. Herburger
13. Camden Park	40. Hill
14. Camden Parkway	41. Horseshoe
15. Case	42. Houde
16. Castello	43. Hrepich
17. Caterino	44. Island
18. Colton	45. Johnson
19. Constellation	46. Johnston
20. Davis	47. Jones
21. Del Meyer	48. Jordan
22. Derr-Okamoto	49. Jungkeit
23. Ehrhardt Oaks	50. Kammerer
24. Elk Grove	51. Karamanos
25. Elk Grove Nature Park	52. Keema
26. Entrican	53. King
27. Fales	54. Kloss
	55. Kramer
	56. Kunsting
	57. Laguna Creek Greenbelt
	58. Laguna Community
	59. Lawrence
	60. Lawson
	61. Lewis Park
	62. Litchenberger North
	63. Litchenberger South
	64. Lippincott
	65. Lombardi
	66. Luttig
	67. MacDonald
	68. Machado Dairy
	69. McConnell
	70. Mendoza
	71. Miles
	72. Miwok
	73. Mix
	74. Morse
	75. Nottoli
	76. Oasis
	77. Oneto
	78. Pederson
	79. Perez
	80. Perry
	81. Pinkerton
	82. Porto
	83. Promenade
	84. Rain Garden Plaza
	85. Rau
	86. Rose Garden
	87. Rose
	88. Russell
	89. Schauer
	90. Simpson
	91. Singh & Kaur
	92. Smedberg
	93. Stephenson
	94. Storybook Woods
	95. Strong
	96. Town Square
	97. Underwood
	98. Van Doren
	99. Wackman
	100. Willard
	101. Womack
	102. Wright
	103. Zehnder
	104. Zimbelman

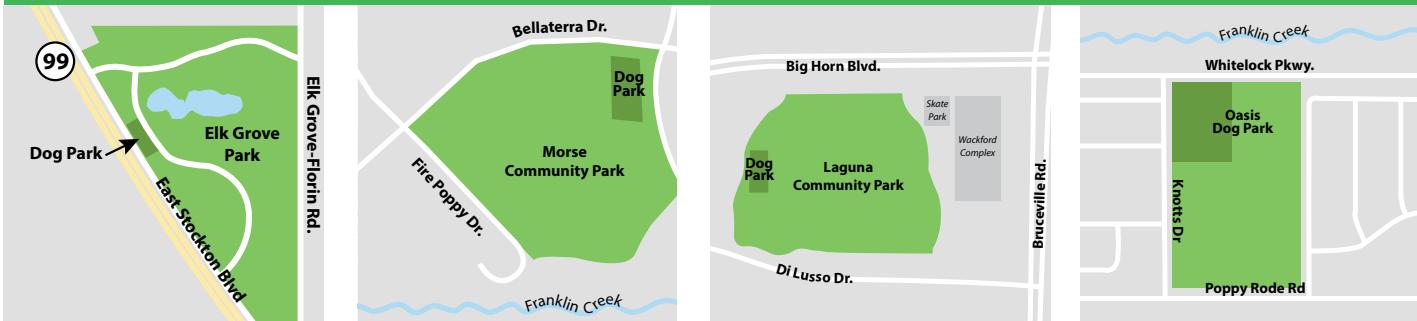


## Report Park Concerns:

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

Report Park Concerns: [hotline@cosumnescsd.gov](mailto:hotline@cosumnescsd.gov) · (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

[CosumnesCSD.gov/skate-parks](http://CosumnesCSD.gov/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



	Area/age	Play Equipment: Age 2-5	Play Equipment: Age 2-5	Play Equipment: Age 5-12	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>Kloss Park</b> • 6501 Laguna Park Drive	22.8	●	●	●	●	●	●	●	●												Universal Wheelchair Swing	
55. <b>Kramer Park</b> • 6135 Orchard View Drive	2.9		●	●		●			●													
56. <b>Kunsting Family Park</b> • 10069 Wild Orchid Way	8.0	●	●	●	●	●	●	●	●								W	●	●	Skate Elements, Reflexology Path		
57. <b>Laguna Creek Greenbelt</b> • Laguna Park Drive	3.1																				Greenbelt	
58. <b>Laguna Community Park</b> • 9014 Bruceville Road	16.0	●	●	●	●	●	●	●				L L			P	●	●			Skate Park, Community Center		
59. <b>Lawrence Park</b> • 9369 Fassett Way	8.0	●	●	●	●	●						●										
60. <b>Lawson Park</b> • 2507 Renwick Avenue	2.1	●	●	●	●	●																
61. <b>Lewis Park</b> • 9615 Black Swan Drive	2.5	●	●	●		●			●													
62. <b>Lichtenberger North Park</b> • Laguna Park Drive	7.3	●					●					●	●	●							Bocce Ball Court and Corn Hole	
63. <b>Lichtenberger South Park</b> • 6615 Kilconnell Drive	8.3	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●				Bocce Ball Court and Corn Hole	
64. <b>Lippincott Park</b> • 3230 Renwick Avenue	1.5																					
65. <b>Lombardi Park</b> • 8830 Garrity Drive	2.0	●	●	●				●														
66. <b>Luttig Park</b> • 9710 Toscano Drive	9.5	●	●	●	●	●	●	●	●			●	●	●			●					
67. <b>MacDonald Park</b> • 8601 Spring Azure Way	2.2	●	●	●	●	●	●	●	●			●	●					●			Nature Garden Path	
68. <b>Machado Dairy Park</b> • 10394 Franklin High Road	10.0	●	●	●	●	●	●	●	●			●	●					●	●			
69. <b>McConnell Park</b> • 10081 Hampton Oak Drive	6.6	●	●	●	●	●	●	●	●			●	●					●			Futsal Court	
70. <b>Mendoza Park</b> • 9001 Polhemus Drive	1.0	●	●						●	●												
71. <b>Miles Park</b> • 9621 Mainline Drive	2.0	●	●	●	●	●			●													
72. <b>Miwok Park</b> • 9344 Village Tree Drive	6.2	●	●	●	●	●	●	●	●			●	●								Junior Tennis Court	
73. <b>Mix Park</b> • 8770 Goldy Glen Way	2.8	●	●	●	●	●	●	●	●			●	●									
74. <b>Morse Park</b> • 5540 Bellaterra Drive and Fire Poppy Drive	30.0	●	●	●	●	●	●	●	●	●	●	●	●	●	●	W	●	●	●	Skate Elements, Bocce Ball, Labyrinth, Reservable Pavilion		
75. <b>Nottoli Park</b> • 10050 East Taron Drive	21.1	●	●	●	●	●	●	●	●				L	●	L	W		●				
76. <b>Oasis Community Park</b> • 8015 Poppy Ridge Road <i>Phase 1 Open • Phase 2 FP</i>	20	●	●	●	●	●	●	●	●			●	●	●		W	●	●	●		Pickleball (BYO Net), Cornhole, Table Tennis	
77. <b>Oneto Park</b> • 9477 Hidden Hollow Court	1.6	●	●	●	●	●	●	●	●													
78. <b>Pedersen Park</b> • 5520 Laguna Oaks Drive	5.8	●	●	●	●	●	●	●	●												Zip Line	
79. <b>Perez Park</b> • 2326 Sandy Beach Way	1.7	●	●	●	●	●	●	●	●													
80. <b>Perry Park</b> • 9220 Brown Road	2.0	●	●	●	●	●																
81. <b>Pinkerton Park</b> • 8906 W. Stockton Blvd.	4.5	●	●	●	●	●	●	●	●				●									
82. <b>Porto Park</b> • Ponta Delgada & Sintra Way	1.3	●	●	●	●	●	●	●	●				●									
83. <b>Promenade Park</b> • 9945 Westminster Way	4.0								●									●		City/CSD Park		
84. <b>Rain Garden Plaza</b> • 9385 Laguna Springs Drive	.904			●														●		City Park, Eco-Friendly, Education Components, Local Artwork		
85. <b>Rau Park</b> • 8795 Elk Grove-Florin Road	18.0	●	●	●	●	●	●	●	●			●	●	●				●				
86. <b>Rose Garden Park</b> • Del Webb Blvd.	1.0																				City/CSD Park, Rose Garden	
87. <b>Rose Park</b> • 8620 Frye Creek Drive	1.1	●	●	●	●	●	●	●	●													
88. <b>Russell Park</b> • 9136 Grove Street	0.8	●																				
89. <b>Schauer Park</b> • 10181 Frank Gregg Way	1.5	●	●	●	●	●	●	●	●	●	●	●	●	●	●							
90. <b>Simpson Park</b> • 9565 Crisswell Drive	7.8	●	●	●	●	●	●	●	●	●	●	●	●	●	●						Pickleball (BYO Net)	
91. <b>Singh &amp; Kaur Park</b> • 8491 Ponta Delgada Drive	5	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●				Bocce Ball, Cornhole	
92. <b>Smedberg Park</b> • 9854 Emerald Park Drive	1.8	●	●	●	●	●	●	●	●	●	●	●	●	●	●							
93. <b>Stephenson Family Park</b> • 5511 Dorcey Drive	8.0	●	●	●	●	●	●	●	●	●	●				●	W		●	●	Skate Elements, Labyrinth, Reflexology Path		
94. <b>Storybook Woods Park</b> • 9925 Hatherton Way	1.8	●	●	●	●	●	●	●	●	●	●	●	●	●	●						City/CSD Park	
95. <b>Strong Park</b> • 9580 Baypoint Way	7.9	●	●	●	●	●	●	●	●	●	●	●	●	●	●							
96. <b>Town Square Park</b> • 3020 Renwick Avenue	6.2	●	●	●	●	●	●	●	●	●	●	●	●	●	●						Community Garden	
97. <b>Underwood Park</b> • 8751 Bond Road	5.6														●							
98. <b>Van Doren Park</b> • 9100 Neponset Drive	1.1	●	●	●	●	●	●	●	●	●	●	●	●	●	●						Bocce Ball	
99. <b>Wackman Park</b> • 5851 Laguna Quail Way	9.5	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●				Pickleball	
100. <b>Willard Park</b> • 9650 Cresleigh Parkway	6.3	●	●	●	●	●	●	●	●	●	●	●	●	●	●							
101. <b>Womack Park</b> • 9340 Castleview Drive	4.1	●	●	●	●	●	●	●	●	●	●	●	●	●	●							
102. <b>Wright Park</b> • 9370 Sierra River Drive	1.5	●	●	●	●	●	●	●	●	●	●	●	●	●	●	W		●				
103. <b>Zehnder Park</b> • 9212 Edisto Way	9.5	●	●	●	●	●	●	●	●	●	●	●	●	●	●							
104. <b>Zimbelman Park</b> • 9191 Big Horn Boulevard	5.3	●	●	●	●	●	●	●	●	●	●	●	●	●	●			●				

# Parks Make Life Better!®

## YOUR PARKS, TRAILS & STREETSCAPES

Residents of Elk Grove enjoy

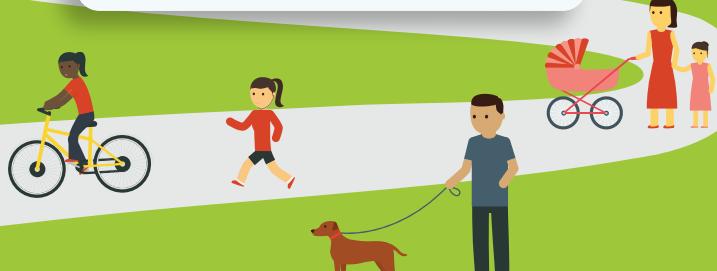
award-winning recreation facilities, including 102 parks, 1,094 acres of park and open space and 18 miles of trails.

These facilities are constructed and maintained by Cosumnes CSD.



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

Watch our park maintenance funding video:  
[CosumnesCSD.gov/parkfunding](http://CosumnesCSD.gov/parkfunding)



## Your Assessment at Work

**REPORT CONCERNS:**  
 Graffiti, Playground Issues, Tree Issues, Vandalism, Overflowing Trash Cans, or Running Water.

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



**Partners for Parks**

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



- This spring, staff will assess sports fields and renovate them as needed. Renovation may involve seeding and fertilizing turf, repairs, and leveling infields.
- Preventative maintenance will be performed to rubberized playground surface to sustain usability.
- Replenish playground fall cushioning material as needed.
- Sport court resurfacing will be performed. This ensures the play surface of courts stays well maintained and increases the longevity of park assets.

## Hill Park Revitalization

9380 Porto Rosa Drive  
Benefit Zone 9: Waterman/Park Village

The revitalization of Jack Hill Park has started, and construction is in full swing. The new play area for children ages 5 to 12 makes quite a large footprint in the park and lessens the amount of high water-use turf. In all park revitalization projects, Cosumnes CSD sets out to decrease water usage, increase sustainability, and update equipment to the newest standards and regulations. This project is much appreciated by the surrounding community. Many neighbors have lived near the park since it was built, some 29 years ago, and are extremely excited by the makeover.

## Oasis Recreation Center

8015 Poppy Ridge Road

Construction is nearing completion on the new recreation center located in Oasis Community Park. This multi-functional facility will offer daytime preschool programming through Cosumnes CSD, as well as a great recreational amenity for community groups and others looking for rental spaces to host birthday parties, meetings, or events. The 4,000 square-foot building includes two large rooms joined by a central spine with restrooms and a kitchen. The center is expected to open by spring 2023.

Learn more about Cosumnes CSD's Capital Improvement Projects at [CosumnesCSD.gov/CIP](http://CosumnesCSD.gov/CIP)

### Jack Hill Park



### Oasis Recreation Center



Cosumnes CSD



# 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!*

For reservations, **call (916) 405-5600**

For more information, **go to: [CosumnesCSD.gov/venues](http://CosumnesCSD.gov/venues)**



**Parks of Elk Grove**



**Wackford Complex**



**Elk Grove Picnic Areas**



**Laguna Town Hall**



**Gil Albiani  
Recreation Center**



## 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

### Lippincott Hall

*in Gil Albiani Recreation Center*

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

**DINING:** 86 guests

**THEATER:** 125 guests



## Meeting & Party Rooms

### Wackford Complex

*9014 Bruceville Road*

#### Poppy Room

This larger meeting room is ideal for mid-sized seminars, parties, and celebrations.

**CAPACITY:** 64 guests

#### Willow Room

This comfortable meeting room is perfect for smaller meetings and seminars.

**CAPACITY:** 35 guests

#### Teen Center

This large game room is ideal for birthday parties, graduation parties, wedding or baby showers, and watching sporting events

**CAPACITY:** 64 guests

### Laguna Town Hall

*3020 Renwick Avenue*

#### Room 2

This conference room is perfect for small seminars and lectures.

**CAPACITY:** 70 guests

### Gil Albiani Recreation Center

*8830 Sharkey Avenue*

#### Swallowtail Room

This mid-sized meeting room is perfect for meetings, parties and celebrations.

**CAPACITY:** 55 guests

#### Monarch Room

This smaller meeting room is great for smaller meetings or seminars.

**CAPACITY:** 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.

### Oasis Park

*8015 Poppy Ridge Rd*

Features large multi-age oasis-in-the-desert themed play area with spray ground, picnic areas with shade structures, lighted basketball and pickleball courts, cornhole game area, and dog park.

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



## Cosumnes Fire

### EDUCATION

# Put a **FREEZE** on Winter Holiday Fires

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.



Half of the home decoration fires in December are started by candles.



More than 1/3 of the home decoration fires are started by candles.



Christmas is the peak day for candle fires.



Keep candles at least 12 inches away from anything that burns.



A dry Christmas tree can burn very hot and very fast.



More than 1 in every 5 Christmas tree fires were caused by a heat source too close to the tree.



Read manufacturer's instructions for the number of light strands to connect.



Get rid of your tree after Christmas or when it is dry.



For more information on how to prevent winter fires, visit [usfa.fema.gov/prevention/outreach/holiday.html](http://usfa.fema.gov/prevention/outreach/holiday.html) and [nfp.org/winter](http://nfp.org/winter)



### Are You Ready for Zone Zero in our Community?

Three zones make up the required 100 feet of defensible space:

**ZONE ZERO** extends zero to five feet from structures, including the building itself, and should be completely free of combustibles.

**ZONE 1** begins five feet from your house and extends 30 feet away. The most aggressive clearance is required closest to the structure.

**ZONE 2** lies beyond the home defense zone, extending at least 100 feet from the house or to your property line. Greater defense zone widths may be necessary if your home is on a steep slope or in a windswept exposure.



## Cosumnes Fire

## DEPARTMENT NEWS

## Newest Cosumnes Firefighters



Community is at the heart of what it means to be a Firefighter. That's why it is essential to have Firefighters who understand and care about the communities they serve. Fortunately, the newest Cosumnes Firefighters grew up around or currently live within our jurisdiction. They know our streets and neighbors and are committed to serving this Community in times of need.

Nine experienced Firefighters pictured began serving Elk Grove, Galt, and surrounding communities after graduating from Cosumnes Fire Lateral Academy 2022-01 on Thursday, September 16.

*Community is at the heart of what it means to be a Firefighter.*



Firefighters put their lives on the line daily to save lives and protect the community through prevention, preparedness, and emergency response. The Training Division helps ensure they have the skills and knowledge necessary to safely and effectively carry out their duties. In addition to providing essential training, the Division also works to foster a sense of camaraderie and professionalism among department personnel. By working together, we can help to keep our firefighters safe and our communities strong.

For more information on the Cosumnes CSD Fire Department Training Division or a career in the fire service, please visit: [CosumnesCSD.gov/MyFireCareer](http://CosumnesCSD.gov/MyFireCareer).

## PUBLIC SERVICE



## 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 SOON**

**STATION 77**  
*Southeast Elk Grove*  
8350 Poppy Ridge Road

For upcoming Holiday events, check [CosumnesCSD.gov/fire](http://CosumnesCSD.gov/fire) or follow @CosumnesFire on social media

## Resident registration begins December 14!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **December 21**.



### 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, please submit our accommodations form on the RAD webpage and the Therapeutic Recreation Supervisor will review forms and make reasonable accommodations when needed. Please allow at least 3 weeks for your request to be processed. Accommodation Request forms can also be found online at [CosumnesCSD.gov/RAD](http://CosumnesCSD.gov/RAD).

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



# 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 (see page at the beginning of this Activity Guide), while supplies last. Download your guide at: [CosumnesCSD.gov/activityguide](http://CosumnesCSD.gov/activityguide)

# ONLINE REGISTRATION

[CosumnesCSD.gov/register](http://CosumnesCSD.gov/register)

### 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** at the beginning of this Activity Guide



# 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.



[CosumnesCSD.gov/CROF](http://CosumnesCSD.gov/CROF)

Cosumnes CSD accepts the first 50 approved applications for each calendar year. 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.



## Gifts for Tomorrow

TODAY'S GIFTS ARE TOMORROW'S TREASURES

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.

[CosumnesCSD.gov/GiftsForTomorrow](http://CosumnesCSD.gov/GiftsForTomorrow)

## Keep Your CSD CLEAN AND GREEN

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.

### 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.

## 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://elkgrovpd.org">elkgrovpd.org</a>
City of Galt Police Department	<a href="http://cityofgalt.org/government/police-department">cityofgalt.org/government/police-department</a>
Sacramento County Office of Emergency Services	<a href="http://sacos.org">sacos.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://sacounty.gov">sacounty.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/local/California/gold-country">redcross.org/local/California/gold-country</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://svsba.net">svsba.net</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://elkgrovers.org">elkgrovers.org</a>
Friends of Stone Lakes National Wildlife Refuge	<a href="http://friendsstonelakes.org">friendsstonelakes.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	<a href="http://saclibrary.org/locations">saclibrary.org/locations</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://thesecg.com">thesecg.com</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://jrthunderingherd.com/home">jrthunderingherd.com/home</a>
Elk Grove Youth Sports Association	<a href="http://teamsideline.com/sites/egysa/home">teamsideline.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.sportsengine-prelive.com">elkgroverugby.sportsengine-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://eglax.com">eglax.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://pgearles.com">pgearles.com</a>
Elk Grove Youth Soccer League	<a href="http://elkgrovesoccer.com">elkgrovesoccer.com</a>



**SAMMY'S  
SUMMER CLUB**  
SUMMER DAY CAMPS FOR EVERY CHILD!

**FOR KIDS AGES 3-14**

Cosumnes CSD Parks and Recreation is proud to offer an awesome lineup of summer day camps across Elk Grove!

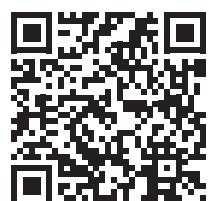












## PRESCHOOL • KIDS' • SPLASH JR. GUARD • SPORTS • TEEN

CAMP SEASON: May 30 - August 12

CAMP HOURS: 9am - 4pm

Summer Camp Registration opens  
April 12 (Elk Grove residents) and  
April 19 (non-residents)

Some exceptions may apply. Visit our website for more details:  
**CosumnesCSD.gov/SummerCamp**



# ACTIVITY PAGE

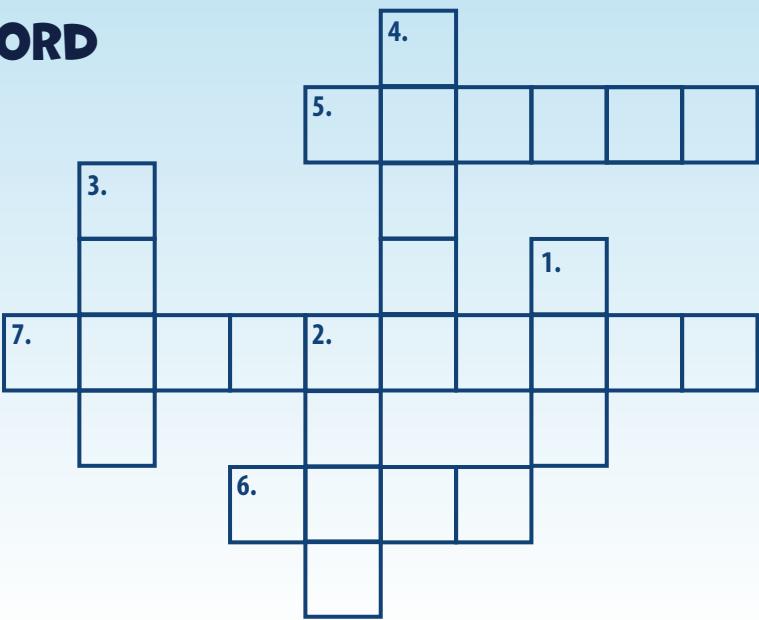
## SAMMY'S SEEK & FIND!

Can you find these hidden pictures in the photo?



## SAMMY'S CROSSWORD

use the clues pictured below to fill in the puzzle.





Cosumnes Community Services District  
8820 Elk Grove Blvd.  
Elk Grove, CA 95624

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Fun

Friends



Parks & Recreation Department

# LOOKING FOR A SUMMER JOB?

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HIRING!

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CONCESSIONS • AND MORE!

Experience

Apply online for the best summer jobs in Elk Grove! [CosumnesCSD.gov](http://CosumnesCSD.gov)