



**COSUMNES**  
COMMUNITY SERVICES DISTRICT

SUMMER 2025

# ACTIVITY GUIDE



**ARE YOU READY TO  
BECOME THE BEST VERSION  
OF YOU?**

Learn more on page 21.







## COSUMNES COMMUNITY SERVICES DISTRICT

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 over 210,000 south Sacramento County residents.

# ONLINE REGISTRATION

[CosumnesCSD.gov/Register](https://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

Register  
Now!



### OTHER WAYS TO REGISTER:



#### Walk-In

Cash, checks or credit cards accepted.



#### Phone-In

Visa, MasterCard, or Discover.



## Resident registration begins April 9!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **April 16**.



### Wackford Community & Aquatic Complex

9014 Bruceville Rd.  
Elk Grove, CA 95758  
(916) 405-5600

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



### Gil Albani 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 95757  
(916) 405-5600

Monday–Friday: 8am–5pm

#### BOARD OF DIRECTORS

Angela Spease – *President*  
Peter Sakaris – *Vice President*  
Daniella Zehnder – *Director*  
Rich Lozano – *Director*

Sigrid Asmundson  
*Interim General Manager*

#### ADMINISTRATIVE SERVICES DEPARTMENT

8820 Elk Grove Blvd.  
Elk Grove, CA 95624

Amanda Chehrezad  
*Administrator of  
General Services*

#### PARKS AND RECREATION DEPARTMENT

8820 Elk Grove Blvd.  
Elk Grove, CA 95624

Traci Farris  
*Parks and Recreation  
Administrator*

#### FIRE DEPARTMENT

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

Felipe Rodriguez  
*Fire Chief*



## MESSAGE FROM THE BOARD PRESIDENT



This summer is shaping up to be one of our most exciting yet! From new programs to big celebrations to the grand opening of a brand-new recreation center, there is so much to look forward to this season!

First, we are thrilled to open CORE in early summer. Located in Morse Community Park, this modern facility will offer a variety of programs and amenities for friends to connect, kids and adults to play, and families to maintain a healthy lifestyle.

This summer also marks Cosumnes CSD's 40th anniversary on July 1! For four decades, Cosumnes CSD has been enhancing the quality of life in Elk Grove by providing essential parks, recreation, emergency medical, and fire protection services. We look forward to celebrating this milestone with you and reflecting on the impact of our community's support and engagement.

Plus, we are proud to launch the next Cosumnes Fire Academy, welcoming a new cadre of firefighters. As our community continues to grow, so does the need for highly trained emergency responders. This academy will prepare new recruits to serve and protect our residents, ensuring the Cosumnes Fire Department remains strong and ready for the future.

From summer camps and events to water slides and outdoor adventures, there are endless ways to make lasting memories this season. We invite you to explore the many programs and activities in this guide and enjoy all that Cosumnes CSD has to offer.

**Angela Spease**  
Board of Directors, President  
Cosumnes Community Services District

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# WATER PLAY

Cosumnes Parks & Recreation offers 11 parks with water play features.

**OPEN DAILY  
MAY-SEPTEMBER  
10AM-8PM**

FOR MORE INFORMATION AND LOCATIONS:  
[CosumnesCSD.gov/Spraygrounds](https://CosumnesCSD.gov/Spraygrounds)





# SUMMER CAMPS

JUNE 2 - AUGUST 8 | CHOOSE YOUR SUMMER ADVENTURE!

## SAMMY'S SUMMER CAMP

Sammy's Summer Camp is our all-inclusive summer camp filled with fun games, arts and crafts, sports, science, playground time, and weekly special events.



### PRESCHOOL

In our preschool classrooms, children will have a blast learning new things and getting creative, all with a little help from our experienced teachers.

### SCHOOL-AGE

Get ready for a classic summer day camp vibe! You'll have the chance to make new friends, play indoors and outdoors, and swim in the pool every day!

### TEENS

Each day will be packed with games, fun activities, and swimming, and we'll end the week with a themed party! Plus, you can join in on weekly field trips for an extra fee.

### RAD KIDS

Specifically designed for kids with disabilities to enjoy a variety of recreational activities, including games, arts and crafts, physical exercise, outdoor play, and sensory experiences.

## SPECIALTY CAMPS

Specialty camps offer an array of camps with specific interests that provide fun, exciting activities for children all summer long. Make new friends while participating in golf, science, sports, the arts, nature awareness, and much more!

### ART

Explore the world of art using different mediums, techniques, and styles in a fun, encouraging environment.

### CAMP SPLASH

Embark on a splash-filled journey at our summer aquatics camp! Dive into a world of exciting games, crafts, nature exploration, and scientific wonders. Our camp promotes health, wellness, and active enjoyment.

### CODING

Enter the world of coding during this interactive program. Participants will explore digital literacy and the basics of programming through a variety of hands-on activities.

### COOKING

Embark on a culinary adventure in this hands-on cooking camp where campers will learn to make a variety of dishes while building confidence in the kitchen.

### COUNSELOR-IN-TRAINING

Gain experience as a camp "Counselor-in-Training" at Sammy's Summer Camp. This fun and rewarding program offers leadership, team-building, and communication training. *See page 7 for more details*

### DANCE

Come ready to explore the world of dance! This camp is perfect for all skill levels and offers an encouraging and supportive environment where every dancer can thrive.

### FASHION

Young designers will go on an exciting adventure into the world of style. Campers will explore fashion skills, sketch their ultimate outfits, and make vision boards to create their own unique fashion pieces.

### GAMES

Campers will learn how to play a variety of board, card, and video games, then challenge their creativity as they create their own original game.

### GOLF

A fun-packed golf camp where kids enjoy exciting activities, make new friends and create unforgettable memories in a safe environment at Emerald Lakes Golf Course!

### NATURE

Explore the intersection of art and nature through hands-on art making and nature walks on nearby trails.

### JR. GUARD

This dynamic summer camp provides participants training in different American Red Cross lifeguarding skills while building confidence, fitness, self-esteem, and promoting teamwork.

### PERFORMING ARTS

Campers will have the opportunity to learn new acting, singing, and dancing skills through games and activities while practicing for an end of week performance.

### SCIENCE

Ooey, gooey, fizzy, and slimy. Dive into the fun of science with hands-on experiments and inventive projects.

### SPORTS

Improve your skills with organized drills and fun games, focusing on fair play and teamwork. Each week will feature a specific sport.

### SPY

Enter the world of a super spy in this engaging and educational camp. Campers will create their own escape room, learn to read and write secret codes, solve puzzles, and run their own training missions.

### STEM

Dive into the STEM world through scientific experimentation, technological innovation, engineering exploration, and mathematical inspiration.

### THEATER

This camp will allow participants to explore their theater skills while participating in different games, activities, and projects.



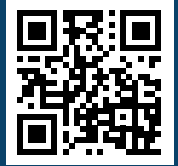
## SUMMER CAMPS SCHEDULE:

Week 1 (June 2-6)  
Week 2 (June 9-13)  
Week 3 (June 16- 20)  
Week 4 (June 23-27)

Week 5 (June 30-July 3)  
Week 6 (July 7-11)  
Week 7 (July 14-18)

Week 8 (July 21-25)  
Week 9 (July 28-Aug. 1)  
Week 10 (Aug.4-Aug. 8)

**SIGN UP  
NOW!**



## SAMMY'S SUMMER CAMP

CAMPS	AGE	WEEKS	LOCATIONS	CAMP TIMES	PRICE
PRESCHOOL	3-5 yrs	1-7	Wackford Complex, Oasis Recreation Center, Castello Recreation Center	8:30am-11:30am or 12:30pm-3:30pm	\$145
SCHOOL-AGE KIDS	5-12 yrs	1-10	Wackford Complex, Laguna Community Park	7:30am-5:30pm	\$209
TEENS	12-14 yrs	1-9	Wackford Complex-Teen Center	8:30am-4:30pm	\$185
RAD KIDS	6-13 yrs	2, 4, 6, 8	Albani Recreation Center	9am - 1pm (wk 6 & 8) 1pm-5pm (wk 2 & 4)	\$110

## SPECIALTY CAMPS

CAMPS	AGE	WEEKS	LOCATIONS	CAMP TIMES	PRICE
ART	5-12 yrs	4, 7 5	Elk Grove Youth Center Albani Recreation Center	9am-2pm	\$185
CAMP SPLASH	7-14 yrs	1-8	Wackford Aquatic Complex	9am-2pm	\$185
CODING	7-12 yrs	4, 6	Johnson Recreation Center	9am-2pm	\$185
COOKING	5-12 yrs	1, 5, 6, 7, 9, 10	Laguna Town Hall	9am-2pm	\$185
Counselor-In-Training	13-16 yrs	2-9	Laguna Community Park	9am-2pm	\$90
DANCE	5-12 yrs	4	Laguna Town Hall	9am-2pm	\$185
FASHION	5-12 yrs	3	Johnson Recreation Center	9am-2pm	\$185
GAMES	5-12 yrs	8	Johnson Recreation Center	9am-2pm	\$185
GOLF	5-12 yrs	4, 6	Emerald Lakes Golf Course	8:30-10:30am	\$190
NATURE	5-12 yrs	1, 10	Johnson Recreation Center	9am-2pm	\$185
JR. GUARD	11-16 yrs	1-8	Elk Grove Aquatics Center	9am-4pm	\$200
PERFORMING ARTS	7-12 yrs	3, 8	Laguna Town Hall	9am-2pm	\$185
SCIENCE	5-12 yrs	1, 3, 6, 8, 10	Elk Grove Youth Center	9am-2pm	\$185
SPORTS	7-14 yrs	1-10	Wackford Complex Laguna Community Park	9am-3pm	\$189
SPY	5-12 yrs	2, 5, 9	Elk Grove Youth Center	9am-2pm	\$185
STEM	7-12 yrs	2, 5, 7, 9	Johnson Recreation Center	9am-2pm	\$185
THEATER	5-12 yrs	2 6	Laguna Town Hall Albani Recreation Center	9am-2pm	\$185



# CALENDAR OF SUMMER EVENTS

[CosumnesCSD.gov/Events](https://CosumnesCSD.gov/Events)



## APRIL

**26** **Movies in the Park**  
Lichtenberger South Park

**Every Second Saturday** **Community Breakfast**  
In Partnership with Elk Grove Lions  
Albani Recreation Center



## MAY

**10** **RAD Games**  
Wackford Aquatic Complex

**17** **Movies in the Park**  
Kammerer Park

**22** **Water Safety Night**  
Wackford Aquatic Complex

**21** **Big Truck Day**  
District 56

**26** **Memorial Day Walk and Picnic**  
Elk Grove-Cosumnes Cemetery District and Elk Grove Park

**31** **Summer Camp Demo Day**  
Wackford Complex

**Fridays** **Outdoor Family Storytime**  
Morse Park

**Every Second Saturday** **Community Breakfast**  
In Partnership with Elk Grove Lions  
Albani Recreation Center



## JUNE

**7** **Regional Safety Day**  
Elk Grove Park

**13** **RAD Dance - Luau**  
Wackford Complex

**21** **Elk Grove Pride**  
Laguna Town Hall

**Fridays** **Outdoor Family Storytime**  
Morse Park

**Every Second Saturday** **Community Breakfast**  
In Partnership with Elk Grove Lions  
Albani Recreation Center

## JULY

**4** **Salute to Red, White, & Blue**  
Elk Grove Park

**11** **RAD Dance - Red, White & Blue**  
Wackford Complex

**12** **Fighting Games Jamboree**  
Albani Recreation Center

**18-20, 25-27 & 31** **Shakespeare in the Park**  
Laguna Town Hall

**24-27** **Strauss Festival**  
Elk Grove Park

**Fridays** **Outdoor Family Storytime**  
Morse Park

**Every Second Saturday** **Community Breakfast**  
In Partnership with Elk Grove Lions  
Albani Recreation Center



## AUGUST

**1-3** **Shakespeare in the Park**  
Laguna Town Hall

**8** **RAD Dance - Neon Night**  
Wackford Complex

**Sammy's Star Search**  
Laguna Town Hall

**22** **Teen Pathways Summer Bash**  
Wackford Aquatic Complex

**Summer Concert Series**  
Special Guest Innersoul  
Laguna Town Hall

**29** **Summer Concert Series**  
Special Guest On Air  
Laguna Town Hall

**Fridays** **Outdoor Family Storytime**  
Morse Park

**Every Second Saturday** **Community Breakfast**  
In Partnership with Elk Grove Lions  
Albani Recreation Center



## Save the Date

**Sept. 6** **Healthy Kids Extravaganza**  
Wackford Aquatic Complex

**Sept. 20** **Family Fun Day**  
Elk Grove Park

**Sept. 27** **Elk Grove Jazz Festival**  
Laguna Town Hall

**Oct. 4-5** **Giant Pumpkin Festival**  
Elk Grove Park



AUGUST 8



# SAMMY'S Star Search

SHOW OFF YOUR TALENT  
& SHINE ON STAGE!

Cosumnes CSD is searching for two opening acts for these summer concerts! If you've got talent, come show it off at Sammy's Star Search!

AUGUST 22



AUGUST 29



FREE | All Ages Welcome | 6 PM - 9 PM | Laguna Town Hall



**CALLING ALL TALENTS!** Cosumnes CSD invites amateur artists of all ages to take part in Sammy's Star Search! It's a fun chance to perform for your community and get positive feedback from our panel of "Star Gazers." Two acts will be chosen to open the concerts on August 22 & 29. Plus, other acts may be invited to perform at the Giant Pumpkin Festival! *Ready to take the stage?*

**SIGN-UP NOW!**



**NOW  
OFFERING  
4 DAYS A WEEK**

# TINY TOT PRESCHOOLS

Our preschool program is committed to fostering stronger communities, one child at a time. Our team of highly experienced and qualified early childhood educators leads our program. We have preschools located throughout Elk Grove, offering high-quality services at affordable rates.

In addition to our regular programs, we offer dual language immersion in Spanish and English—an excellent opportunity for children to become bilingual.

**Can't wait  
to meet your  
little one!**



**MR. RAY HAYS**

*Preschool Teacher, Tiny Tot at Wackford*

I'm excited to take part in the development in nurturing your child as they grow friendships and discover a joy in learning through play.



**Schedule an Observation: (916) 405-5600**



**REGISTER NOW!**

## LOCATIONS



### WEST ELK GROVE

#### TINY TOT AT LAGUNA TOWN HALL

Laguna Town Hall  
3020 Renwick Ave

#### TINY TOT AT OASIS

Oasis Recreation Center  
8013 Poppy Ridge Rd

### EAST ELK GROVE

#### TINY TOT AT CASTELLO REC CENTER

Castello Recreation Center  
8830 El Toreador Way

#### TINY TOT AT WACKFORD

Wackford Community  
Complex  
9014 Bruceville Rd



# PRESCHOOL READINESS AND ENRICHMENT

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



## Buddy Bunch

*Ages 18-36 months*

Join us for a special bonding experience! Our Buddy Bunch program offers a safe and secure environment for you and your child to explore, create, and play together with other families. Experienced teachers and age-appropriate activities make this a wonderful preparation for Toddler Time. Siblings are not allowed to attend, except for multiples who are registered.



**REGISTER NOW!**



## Toddler Time

*Ages 2-3*

Enroll your little one for a fun and educational experience! Our toddler program offers a safe and nurturing environment where children can explore, learn, and grow. Through engaging activities like art, music, outdoor play, and story time, your child will develop important skills. No potty training required. Children must be 2 years old by the first day of class.



## SAMMY'S SUMMER CAMP PRESCHOOL

Choose among our different summer camp focuses (science, cooking, music and visual arts) where your child can learn something new in our safe, positive classrooms alongside experienced preschool teachers.

LOCATION	WEEK 1 (JUNE 2-6)	WEEK 2 (JUNE 9-13)	WEEK 3 (JUNE 16-20)	WEEK 4 (JUNE 23-27)	WEEK 5 (JUNE 30-JULY 3)	WEEK 6 (JULY 7-11)	WEEK 7 (JULY 14-18)
OASIS RECREATION CENTER	Summer Fun	Cooking	Music	Visual Arts	Red, White and Blue Fun	Science	Under the Sea
CASTELLO RECREATION CENTER	Summer Fun	Under the Sea	Cooking	Music	Red, White and Blue Fun	Visual Arts	Science
WACKFORD COMPLEX	Summer Fun	Science	Under the Sea	Cooking	Red, White and Blue Fun	Music	Visual Arts

**CosumnesCSD.gov/SummerCamps**



# SCHOOL-AGE PROGRAMMING

Cosumnes Parks & Recreation offers unique day camps held weekly that focus on special interests, providing fun and engaging activities for kids aged 5-12 during school breaks.

## KID CENTRAL

SCHOOL YEAR  
2025-2026

### OFF-TRACK DAY CAMP

YOUTH CENTER,  
ELK GROVE PARK

Monday-Friday  
7:30 am - 5:30 pm



**Fun daily activities for kids  
off-track or on break!**



**PROGRAM STARTS  
AUGUST 11**



## ExL

Expanded Learning | **E L E A R N I N G**

Cosumnes CSD is the EGUSD's service provider of the ExL after school program at Arlene Hein Elementary School, Florence Markofer Elementary School and Zehnder Ranch Elementary School.



For more information on the ExL program, please contact your child's school.



**Summer CAMP  
for Kids** See pg. 2

## COUNSELOR-IN-TRAINING SUMMER PROGRAM

**STUDENTS  
ENTERING GRADES 9-11**

Here's your opportunity to gain on-the-job experience as a camp "Counselor-in-Training" at Sammy's Summer Camp. This, fun and rewarding, program offers leadership, team-building and communication training. Learn how to plan and lead recreation activities for children, build confidence and make new friends. Participants must attend a mandatory orientation/training on the first day.

**Location: Laguna  
Community Park,  
Multipurpose Field**

**Cost: \$90/week**

**TO LEARN MORE:**  
[CosumnesCSD.gov/SummerCamps](https://CosumnesCSD.gov/SummerCamps)





# 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.



## After School Program

LOCATION: **Wackford Complex, Teen Center**

PROGRAM TIME: **2:00PM - 6:30PM**

COST: **\$200 for the academic year**

This isn't your average afterschool program! The 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, flatscreen TVs, pool table, foosball table, ping pong table, air hockey table, various video game consoles, and more!

### TEEN CENTER DROP-IN\*

Monthly and Weekly Drop-In options are available for the 2025-2026 School year!

**Cost: \$25/week**

**Cost: \$40/month**

**Cost: \$120/semester**

*\*Teen Taxi is not available for Drop-In.*

### TEEN TAXI\*

**\$85 for the academic year**

The Grove Teen Center is operating a taxi service, 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.*

LEARN MORE AND SIGN UP:  
**CosumnesCSD.gov/Teens**

**FREE**

## College Application Prep Course



*Ages 16-17*

This five-week course provides Juniors and Seniors with the information needed to make an informed decision about how and where to apply for college. They will be taught the many steps required to gain admission, select a major, apply for financial aid and scholarships and more. **Participants who complete this workshop will receive a stipend to cover the cost of applying.**

**Albani Recreation Center,  
Monarch Room**

54582 Mon 6/2-6/30 5:30pm-6:45pm **FREE**



**Summer CAMP for  
Teens** See pg. 2



**NEW!**

**TEEN ENRICHMENT  
CLASSES** See pg. 34



## Teen Committees



**FREE!**

### TEEN LEADERSHIP COMMITTEE

**FOR MIDDLE SCHOOL STUDENTS**

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.

54584 Thu 9/4-5/21 5:30pm-6:30pm

### TEEN ACTION ACADEMY

**FOR HIGH SCHOOL STUDENTS**

If you're a High School student interested in community service and working in a team environment, apply to be a part of our Teen Action Academy today.

54583 Thu 9/4-5/21 6:30pm-7:30pm

APPLY TODAY: **CosumnesCSD.gov/TeenCommittee**

**NEW!**

# TEEN PATHWAYS

Creating fun, safe, and engaging activities just for teens!

**Ages 12-17 | Wackford Complex, Teen Center**

These are drop-off events. Guardian will not be allowed to attend.

**FREE**

## Summer Bash

Ages 12-17

Get ready for an epic summer send-off with Cosumnes CSD's FREE End of the Summer Bash! Teens, this is your chance to splash into fun with swimming, tasty food, and exciting activities. It's an exclusive event just for you - no guardians allowed, so you can enjoy a night of fun and freedom with your friends. Don't miss out on the ultimate teen summer celebration!

### Wackford Aquatic Complex

50195 Fri 8/22 7:00pm-9:00pm

**FREE**

## Late Nights

The Grove Teen Center Staff hosts Friday Late Night Events for Teens ONLY, including arts and craft nights, themed games and activities, and more. Food and drinks will be provided at each event.

54190 Fri 6/27 6:30pm-8:30pm

**FREE**

## Teen Takeover

Teens can enjoy open recreation in The Grove Teen Center and activities in the gym. This is a great opportunity to hang out with friends and have some fun!

54723 Sat 7/12 6:30pm-8:30pm



## Teen Pathways Field Trips

**FEE: \$10**

### OLD SACRAMENTO UNDERGROUND TOUR

54450 Thu 6/5 9:00am-3:00pm

### PEAK ADVENTURES

54451 Thu 6/12 9:00am-3:00pm

### HEROES VR

54452 Thu 6/19 11:30am-4:30pm

### BLACK CHASM CAVERNS

54453 Thu 6/26 9:00am-3:00pm

### SAC STATE AQUATIC CENTER

54455 Thu 7/3 9:00am-3:00pm

### WAKE ISLAND

54458 Thu 7/10 9:00am-3:00pm

### CINEMARK THEATRES

54463 Thu 7/17 9:00am-3:00pm

### RIVERCATS GAME

54462 Wed 7/23 11:00am-5:00pm

### MUSEUM OF SCIENCE AND CURIOSITY

55656 Thu 7/31 9:00am-3:00pm



# SAMMY'S FUN POP-UPS

Join Sammy as he pilots Rec Force One to a pop-up event packed with games, music, and fun for the whole family at your local park!



**FOLLOW US** on  
Social Media for details  
@CosumnesParkRec



# WATER SAFETY NIGHT

**FREE!**

To increase water competency and access, Cosumnes CSD is providing a **FREE** family night swim at the Wackford Community and Aquatic Complex. This event will include a water safety presentation, activities, and open swim.

Thursday, May 22  
6:30pm-8:30pm

**Wackford Community and Aquatic Complex**  
9014 Bruceville Rd.  
Elk Grove CA 95758

Advanced registration  
required (#46396)





# SUMMER CAMP DEMO DAY\*

**FREE!**

*Excited about finding the perfect summer camp for the kids? Don't miss out on our FREE DEMO Day!*

Meet the staff, explore the facility, and experience a day of camp through fun activities! Ages 5-14

**Wackford Complex**

**Saturday, May 31 | 10:00am-12:00pm**

Pre-Registration is encouraged #54642



\*This is not a drop-off event.

## RAD GAMES

ADAPTIVE AND INCLUSIVE RECREATION

**WITHOUT LIMITS**

Cosumnes CSD's Recreation Adventures program (RAD) is hosting this **FREE** event to provide an opportunity for kids and adults with disabilities to try a variety of sports and fun activities. This will be a fun and safe event for all. Don't forget athletic clothing and a swimsuit!

**YOUTH 5-12**

**48313 10:00am-12:00pm**

**TEENS 13-17**

**48314 11:00am-1:00pm**

**ADULTS 18+**

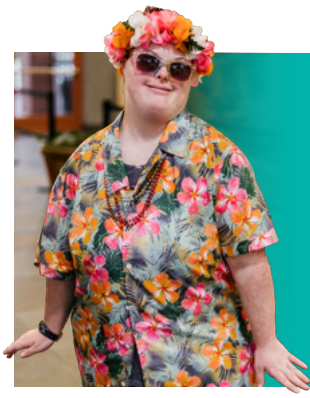
**48315 12:00pm-2:00pm**

**Pre-Registration Encouraged**



**CosumnesCSD.gov/RAD**

Contact: [SandhyaSami@cosumnescsd.gov](mailto:SandhyaSami@cosumnescsd.gov) for Sponsorship Opportunities



# RECREATION ADVENTURES

## RECREATION WITHOUT LIMITS

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

### RAD Dance

Age 18+

Dance the night away with RAD Dance, featuring the latest hits and classic favorites. Enjoy a night of social interaction and dancing - don't forget to dress according to the theme!

**Wackford Complex, Ballroom \$15**

#### LUAU

54168 Fri 6/13 6:30pm-8:30pm

#### RED, WHITE & BLUE

54165 Fri 7/11 6:30pm-8:30pm

#### GLOW PARTY

54176 Fri 8/1 6:30pm-8:30pm



### RAD Yoga

Age 18+

Experience the benefits of yoga with RAD Yoga, designed for all abilities. Increase flexibility, strength, and balance in a safe and supportive setting.

**Albani Recreation Center, Lippincott Hall**

54188 Tue 6/3-6/24 9:30am-10:30am **\$24**

54189 Tue 7/1-7/29 9:30am-10:30am **\$30**

54229 Tue 8/5-8/26 9:30am-10:30am **\$24**

### RAD PUNCH PASS

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



### RAD Fitness Club

Age 18+

Join RAD Fitness Club to boost your strength, flexibility, and endurance. Experience a supportive environment designed to help you reach your fitness goals and stay motivated.

**Albani Recreation Center, Lippincott Hall**

54179 Thu 6/5-6/26 9:30am-10:30am **\$24**

54180 Thu 7/3-7/31 9:30am-10:30am **\$30**

54230 Thu 8/7-8/28 9:30am-10:30am **\$24**



**SIGN UP TODAY!**

Submit a Volunteer Form  
[CosumnesCSD.gov/RAD](https://CosumnesCSD.gov/RAD)

### RAD Fun Fridays

Age 13+

Enjoy a night of games, movies, and crafts at RAD Fun Fridays. This event provides a safe and supportive space for individuals with disabilities to socialize and have fun.

**Wackford Complex, Teen Center \$12**

54640 Fri 6/20 6:30pm-8:00pm

54641 Fri 8/15 6:30pm-8:00pm



### RAD Kids Camp

Ages 6-12

This camp is specially designed for kids with disabilities to enjoy a variety of recreational experiences including games, art, crafts, physical activity, outdoor and sensory play. We provide an encouraging and comforting environment for children to discover themselves and their interests. This camp will have a higher staff ratio to meet the needs of the children.

**Albani Recreation Center, Hummingbird Rm**

**\$110**

54636 M-F 6/9-6/13 1:00pm-5:00pm

54637 M-F 6/23-6/27 1:00pm-5:00pm

54638 M-F 7/7-7/11 9:00am-1:00pm

54639 M-F 7/21-7/25 9:00am-1:00pm



**RAD Summer CAMP** See pg. 2





## RAD Pickleball

Age 10+

This class is designed for individuals with disabilities to learn the basics of Pickleball. In partnership with Jolle Pickleball

### Wackman Park, Tennis Court

**\$5**

54692	Sat	6/14	10:30am-12:00pm
54693	Sat	6/28	10:30am-11:30am
54694	Sat	7/12	10:30am-11:30am
54695	Sat	7/26	10:30am-11:30am
54696	Sat	8/9	10:30am-11:30am
54701	Sat	8/23	10:30am-11:30am



## RAD Dance Team

Age 18+

Become a member of the RAD Dance Team—where you can express yourself through movement and learn choreography in a fusion of Jazz and Hip-Hop! Join an environment that celebrates diversity, creativity, and provides a supportive space for individuals with disabilities.

### Albani Recreation Center, Swallowtail Rm

**\$35**

54211	Mon	6/23-8/4	4:30pm-5:30pm
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## RAD Swim

Age 18+

Engage in active group workouts with RAD Swim. Improve core strength, balance, and water safety in a fun, low-depth pool environment.

### Elk Grove Park, Jerry Fox Swim Center

54185	Wed	6/4-6/25	4:00pm-4:45pm	<b>\$48</b>
54186	Wed	7/2-7/30	4:00pm-4:45pm	<b>\$60</b>
54231	Wed	8/6-8/27	4:00pm-4:45pm	<b>\$48</b>

**NEEDS ASSESSMENTS AND  
ACCOMMODATION FORMS**



[CosumnesCSD.gov/RAD](https://CosumnesCSD.gov/RAD)

**RAD PRIVATE  
SWIM LESSONS**

See pg. 15



# RAD SUMMER DANCES



**Wackford Complex, Valley Oak Ballroom**  
**6:30pm-8:30pm | \$15 per person**

Enjoy dancing to your favorite hits with a DJ, snacks & refreshments. Don't forget to dress on theme.

**Pre-Register : [CosumnesCSD.gov/Register](https://CosumnesCSD.gov/Register)**



COSUMNES PARKS &amp; RECREATION PRESENTS

# FREE MOVIES IN THE PARK



Everyone is invited to these family-friendly movie nights in Elk Grove.

April 26: **Sonic The Hedgehog** (2020)  
Lichtenberger South Park

May 17: **Lilo & Stitch** (2002)  
Kammerer Park

**Movies start at sunset**

*Fun activities and games start at 6pm.*



Just Lvl Up Eats will be selling pre-packaged snacks at the park from 6pm.

[CosumnesCSD.gov/Movies](https://CosumnesCSD.gov/Movies)



## BIG TRUCK DAY

**May 21**

**10am-2pm | District 56**  
(Aquatics Center Parking Lot)

[elkgrovecity.org/bigtruckday](https://elkgrovecity.org/bigtruckday)

scan for more info:



**July 4**

**5-10pm | Elk Grove Park**

[elkgrovecity.org/4thofjuly](https://elkgrovecity.org/4thofjuly)

scan for more info:



With Special

**25th Anniversary**  
Celebration Surprises!







Cosumnes Parks & Recreation operates three community pools where you can laugh, splash, and play all summer long. Each pool includes its own special amenities, hours, and fees. The Recreation Swim season is open Memorial Day weekend through Labor Day.

### ELK GROVE AQUATICS CENTER

9701 Big Horn Blvd

#### Hours of Operation

Weekends

May 24-August 31 | 1:00pm-5:00pm

#### Weekdays

**June 2-August 13** | 11:30am-3:30pm  
(Competition pool to close by 3:00pm)

#### MODIFIED HOURS

5/31, 6/7, 6/28, 7/12 | 4:00pm – 8:00pm

Closed: **5/27-30**, 6/14, 7/26-27, 8/4-10

#### Holiday Hours

May 26, July 4, Sept. 1 | 1:00pm-5:00pm

#### FEES

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

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

### WACKFORD AQUATIC COMPLEX

9014 Bruceville Road

#### Hours of Operation

Weekends

May 24-August 31 | 12:00pm-4:00pm

#### Weekdays

**June 2-August 13** | 12:00pm-4:00pm

#### MODIFIED HOURS

July 18 | 12:00pm – 3:00pm

Closed: **5/27-30**, 7/19-20

#### Holiday Hours

May 26, July 4, Sept. 1 | 12:00pm-4:00pm

#### FEES

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

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

**Best Deal!**

## 2025 SUMMER AQUATIC PASS

**Good for all Recreation Swim hours.**

*Passes are non-refundable*

### WACKFORD AQUATIC COMPLEX

#### BY JUNE 1

Age 2-4: **\$70**

Age 5+: **\$80**

#### After JUNE 1

Age 2-4: **\$80**

Age 5+: **\$90**

### ELK GROVE AQUATICS CENTER

#### BY JUNE 1

Age 2-4: **\$70**

Age 5+: **\$80**

#### After JUNE 1

Age 2-4: **\$80**

Age 5+: **\$90**

Laguna Ridge/Senior Discount: 20%

LEARN MORE:

**CosumnesCSD.gov/Pools**

**FREE!**

**FUN FRIDAYS  
AT FOX**



**FREE Friday Swim at  
JERRY FOX SWIM CENTER**

9950 Elk Grove Florin Road in Elk Grove Park

**June 20-August 8 | 1pm-4pm**

**NEW  
DATE**

**SORRY!** Fun Fridays at Fox are postponed for unexpected maintenance.

# SUMMER SWIM LESSONS



**American  
Red Cross**

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

## LESSON LEVELS

Group and RAD Private Lessons meets Mon-Thu, for 2 weeks. Private/Semi Lessons meet M-Th, for one week. Saturday Lessons run for 4 consecutive Saturdays.

### **Cuddlefish** (Guardian & Infant) Ages 6 months – 3 Years

Designed to build comfort and safety in water, this class focuses on water adjustment skills for toddlers. Instructors teach guardians techniques like bubble blowing, kicking, and floating, which toddlers can then practice. Children must wear swim diapers if not potty-trained, and a grown-up must accompany them in each class.

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

This class is ideal for children who are new to swimming or feel uncomfortable in the water. They'll learn essential skills like submerging their face, floating on their front and back with assistance, and basic front crawl movements.

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

Children who have successfully completed the Starfish level or can already submerge, float, and kick are encouraged to enroll in this class. They'll further develop their swimming skills by learning to float independently and swim short distances on their front and back.

### **Pre-school Level 3: Stingray** Ages 3–5

For children who have successfully completed the Seahorse level or can swim 3 body lengths and float for 15 seconds, this advanced-beginner class introduces side breathing, back crawl movements, and underwater swimming.

### **School Age Level 1 & 2: Pike** Ages 6–10

Ideal for school-aged children new to swimming or who feel uncomfortable in the water, this class combines the Starfish and Seahorse levels. Students will learn essential water adjustment skills, floating, and basic front and back swimming.



### **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 swimmers who have completed the Minnows level or can independently swim front crawl, back crawl, and elementary backstroke for 15 yards in deep water are invited to enroll in this class. Students will continue to refine their strokes and rotary breathing while learning new skills such as sidestroke, turns, and standing deep water dives.

### **Level 5: Dolphin** Ages 6–10

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.

### **Level 6: Shark** Ages 7–10

Children should be able to swim at least 50 yards of front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. Endurance and technique are emphasized and butterfly is refined.

### **Teen Level 1 & 2: Barracuda** Age 11–15

Teen and pre-teens new to swimming or who feel uncomfortable in the water are encouraged to enroll in this class, which focuses on building swim readiness and beginning swimming skills (Pike level). Students will learn essential water adjustment techniques, floating, and basic front and back swimming.

### **Teen Level 3 & 4: Swordfish** Ages 11–15

Intermediate swimming (Otter and Minnow skills) for pre-teens who have completed Barracuda or are comfortable in the water. Students learn front crawl, backstroke, breaststroke along with refining those strokes.

### **Adult Level 1 & 2** Age 16+

This a combination class for adults who never learned to swim and for those who want to work on developing their strokes.

### **Private** Age 3+

Our swimming lessons offer personalized one-on-one instruction tailored to your individual skill level.

### **Semi-Private** Age 3+

Enjoy personalized attention in our semi-private swimming lessons, which feature 2-on-1 instruction. This setting allows each child to progress at their own pace while learning in a fun group environment. To enroll, both participants must register together at the same time. Call (916) 405-5600 to sign up.

### **RAD Private** Age 3+

Adaptive swim lessons are available for individuals with disabilities. These group lessons feature a high teacher-to-student ratio and are suitable for both beginners and intermediate swimmers.

## 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](https://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.*
- Jerry Fox Swim Center, Wackford Aquatic Complex and Elk Grove Aquatics Center offer swim lessons. If your desired class is full at one location, check availability at the other facilities for flexibility.

## COME PREPARED!

- Participants should come prepared with a swimsuit, towel, and sunscreen. Swim diapers are required for children who wear diapers. Goggles and swim caps are recommended for children with long hair or those enrolled in level 3 or higher.
- Please note that our classes are not drop-off style. Parent/guardians must remain on the pool deck throughout the entire class. To ensure we start class promptly each day, please arrive on time or early.

## REFUND POLICY

- Transferring classes or refunds will be granted if request is received at least 72 hours prior to the first class of the session.
- 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.



## LESSON TIMES

### JERRY FOX SWIM CENTER

WEEKDAY LESSONS					
	AFTERNOON				
	4:30	5:00	5:30	6:00	6:30
Cuddlefish	●	●			
Pre-School 1 - Starfish	●		●	●	●
Pre-School 2 - Seahorse		●	●	●	
Pre-School 3 - Stingray	●		●	●	●
Level 1 & 2 - Pike	●		●	●	●
Teen 1 & 2 - Barracuda		●			
Teen 3 & 4 - Swordfish			●		
Private	●	●		●	●
Semi-Private	●	●		●	●
RAD Private	●		●		●

### ELK GROVE AQUATICS CENTER

WEEKDAY LESSONS											
	MORNING				AFTERNOON						
	8:30	9:00	9:30	10:00	4:30	5:00	5:30	6:00	6:30	7:00	
Cuddlefish		●	●	●	●	●	●				
Pre-School 1 - Starfish	●	●	●	●	●	●	●	●	●		
Pre-School 2 - Seahorse	●	●	●	●	●	●	●	●	●		
Pre-School 3 - Stingray			●	●				●		●	
Level 1 & 2 - Pike	●	●	●	●	●	●	●	●	●	●	
Level 3 - Minnow	●	●	●	●	●	●		●	●		
Level 4 - Otter	●	●	●		●		●		●	●	
Level 5 - Dolphin	●			●				●		●	
Level 6 - Shark	●								●	●	
Teen 1 & 2 - Barracuda			●	●	●						
Teen 3 & 4 - Swordfish						●					
Adult 1 & 2							●			●	
Private	●	●	●	●	●	●	●	●	●	●	
Semi-Private	●	●	●	●	●	●	●	●	●	●	
RAD Private		●		●				●		●	

### WACKFORD AQUATIC COMPLEX

WEEKDAY LESSONS										
	MORNING				AFTERNOON					
	9:00	9:30	10:00	10:30	5:00	5:30	6:00	6:30	7:00	7:30
Cuddlefish		●	●	●	●	●	●			●
Pre-School 1 - Starfish	●	●	●	●		●	●	●		●
Pre-School 2 - Seahorse	●	●	●	●		●	●	●		●
Pre-School 3 - Stingray		●	●	●	●	●			●	●
Level 1 & 2 - Pike	●	●	●	●	●		●	●	●	●
Level 3 - Minnow	●	●	●	●	●	●		●	●	
Level 4 - Otter	●	●	●		●		●	●	●	●
Level 5 - Dolphin	●			●	●			●	●	●
Level 6 - Shark							●		●	●
Teen 1 & 2 - Barracuda		●			●					
Teen 3 & 4 - Swordfish						●				
Adult 1 & 2						●	●			
Private	●	●	●	●	●	●	●	●	●	●
Semi-Private	●	●	●	●	●	●	●	●	●	●
RAD Private		●	●	●	●	●		●		●

## SESSION DATES & RATES

### WEEKDAY LESSON SESSIONS FOR ALL LOCATIONS

SESSION	DATE RANGE	
Session 1	6/2	6/12
Session 2	6/16	6/26
Session 3	6/30	7/0
Session 4	7/14	7/24
Session 5		
EGAC	7/28	7/31
WCAC & JFSC	7/28	8/7

LESSON	SESSION RATES	EGAC SESSION 5 4 Classes
Group	\$96	\$48
Private	\$160	\$160
Semi-Private	\$120	\$120
RAD Private	\$96	\$48

### SATURDAY LESSON SESSIONS FOR WCAC ONLY

LESSON	SESSION A 4 Classes	SESSION B 3 Classes
Group	\$48	\$36
Private	\$160	\$120
Semi-Private	\$120	\$90
RAD Private	\$48	\$36

SESSION	DATE RANGE	
Session A	6/7	7/28
Session B*	7/12	8/2

\*No Class Dates: WCAC 7/19

WCAC SATURDAY LESSONS				
	MORNING			
LESSON	9:00	9:30	10:00	10:30
Cuddlefish			●	●
Pre-School 1 - Starfish		●	●	
Pre-School 2 - Seahorse			●	●
Pre-School 3 - Stingray	●	●		●
Level 1 & 2 - Pike	●	●	●	
Level 3 - Minnow	●	●		●
Teen 1 & 2 - Barracuda	●		●	
Adult 1 & 2		●		●
Private	●	●	●	●
Semi-Private	●	●	●	●
RAD Private	●	●	●	●

# SUMMER WATER FITNESS CLASSES

Water Fitness (aerobics) is one of the top adult exercise programs in the nation. With ease of motion and limited resistance, it provides a great healthy alternative to traditional impact fitness. Since our pools are heated, we are able to offer both year-round and seasonal programs. All classes are taught by trained instructors, aside from the Water Walking. Our classes are available to those ages 16+.

## ELK GROVE AQUATICS CENTER

PROGRAM	DAYS	8:00AM	9:00AM	10:00AM	5:30PM	6:30PM	7:30PM
Aqua Yoga	Sat	●					
Aqua HIIT	T/Th		●				
H2O Strength	M/W		●		●		
H2O Strength	T/Th				●		
Aqua Stretch & Tone	Fri			●			
Aqua Jogging	M/W			●		●	
Aqua Jogging	T/Th			●		●	
Aqua Walking	M/W	●					
Aqua Walking	T/Th	●					
Aqua Walking	Sun		●				
Shallow Water Fitness	M/W	●					●
Shallow Water Fitness	T/Th	●					●

SESSION	DATE RANGE	
Session 1*	6/1	6/14
Session 2	6/15	6/28
Session 3*	6/29	7/12
Session 4	7/13	7/26
Session 5*†	7/27	8/9
Session 6*	8/10	8/23

\*No Class Dates:

WAC Closures: 7/4, 7/19

EGAC Closures: 6/7, 6/28, 7/4, 7/12, 7/26-7/27, 8/4-8/10

†Session 5 EGAC will be a 1-week session.

See closures (\*). Prices may change based on location due to facility closures.

## WACKFORD AQUATIC COMPLEX

PROGRAM	DAYS	8:00 AM	9:00 AM	7:00PM
Deep Water Fitness	M/W		●	●
Deep Water Fitness	T/Th		●	●
Deep Water Fitness	Sat		●	
Tabata	W/F	●		
Tabata	T/Th	●		
Piloga	Fri		●	







## Aqua Yoga

*Ages 16+*

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

**Elk Grove Aquatics Center \$20/2 Classes**

**New**

## Aqua HIIT

*Ages 16+*

Ready for a major calorie burn? These classes alternate between high-intensity and low-intensity phases in water. The intense phases are performed at 85% of your maximum heart rate and the low-intensity phases are moderate to low intensity recovery exercises. Class is conducted in water ranging in depth from 3.5 to 5 feet. Water shoes strongly recommended. (Barbells provided. Must bring own water noodle).

**Elk Grove Aquatics Center \$29/4 Classes**



**LIFELONG LEARNING**

## Aqua Stretch & Tone

*Ages 16+*

This gentle, low impact, class focuses on range of motion with gentle stretching and exercises geared towards reducing pain and stiffness. This class is ideal for those with arthritis, joint and muscle pain, or recovering from injury. Class is conducted in 3.5 to 5 feet of water. Water shoes are recommended. (Barbells are provided, must bring water noodle).

**Elk Grove Aquatics Center  
\$14.50/2 Classes**

## Aqua Jogging

*Ages 16+*

Experience the benefits of running with lower impact while working out with and against the Lazy River's current. Focus on speed and power intervals for an effective exercise session. Class conducted in 3.5 feet of water. Water shoes recommended. (Barbells provided, must bring water noodle).

**Elk Grove Aquatics Center \$29/4 Classes**



**New**

## Aqua Walking

*Ages 16+*

A self-paced self-led class, with no instructor, this low-impact workout focuses on endurance and speed while moving through the water. Class is held in the Lazy River late spring to early fall, the rest of the year it is held in Castaway Cove. Class is conducted in 3.5 to 5 feet of water. Water shoes are strongly recommended. (No equipment provided).

**Elk Grove Aquatics Center \$28/4 Classes**

**LIFELONG LEARNING**

## Shallow Water Fitness

*Ages 16+*

Get your heart pumping with a comprehensive total body workout! This class focuses on improving cardiovascular health and sculpting your core with targeted abdominal exercises. Class is conducted in 3.5 to 5 feet of water. Water shoes recommended. (Barbells provided, must bring water noodle).

**Elk Grove Aquatics Center \$29/4 Classes**

**LIFELONG LEARNING**

## Deep Water Fitness

*Ages 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 \$29/4 Classes**



## Tabata

*Ages 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. Class is conducted in 8 feet of water. (Aqua belts and barbells provided. Must bring own water noodle).

**Wackford Aquatic Complex \$29/4 Classes**



## Piloga

*Ages 16+*

We've combined your favorite Pilates and Yoga moves with Piloga! This shallow water class strengthens the core and back while offering calming stretches to balance mind and body. Class conducted in 3-4 feet of water. Water Shoes recommended (Barbells provided).

**Wackford Aquatic Complex  
\$14.50/2 Classes**

**New**

## H2O Strength

*Ages 16+*

This ADVANCED class uses specialized equipment to provide a workout that challenges your every muscle and will help to improve your cardiovascular health. H2O Strength gives you 360 degrees of resistance to work out your whole body! Class is conducted in 3.5 to 5 feet of water. Water shoes are recommended. (Specialized barbells are provided, must bring water noodle).

**Elk Grove Aquatics Center \$29/4 Classes**





## American Red Cross Adult & Pediatric CPR/AED and First Aid

Learn infant, child and adult CPR and how to deal with various first aid emergencies. Also includes training in using an automated external defibrillator (AED). This course contains a mandatory online component that must be completed prior to the in-class date and this course does not meet California's Child Care provider requirements.

### Wackford Aquatic Complex, Blue Heron Rm

**\$90**

55061	Sat	5/10	8:00am-12:00pm
55602	Fri	6/6	5:30pm-9:30pm
55063	Sat	7/12	8:00am-12:00pm
55065	Sat	8/16	8:00am-12:00pm



# Making Waves

## SWIM SCHOLARSHIPS

### SCHOLARSHIP INCLUDES:

- Two Sessions of swim lessons (\$192 value)
- Swim suit, towel & goggles (Supplies are first-come, first-served)

### APPLICATIONS ARE OPEN

Applications accepted on a first-come, first-served basis.

### BECOME A SPONSOR!

**916-405-5662**

### APPLY FOR A SCHOLARSHIP!

**916-405-5600**

*Special Thanks to our 2025 Making Waves partners Measure E, K&A Spease Foundation, Cosumnes Legacy Foundation, and the American Red Cross Centennial program.*



# SWIM FOR FITNESS

Age 16+

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

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

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

### WACKFORD AQUATIC COMPLEX\*

<b>\$7</b>	Drop-In
<b>\$60</b>	Monthly Pass
<b>\$55</b>	Monthly Automatic Payment

### ELK GROVE AQUATICS CENTER\*

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

## SUMMER SCHEDULE

### May 11 - August 17

Mon-Fri	7:00am - 11:00am
Mon-Thu	5:00pm - 8:00pm
Sat	8:00am - 11:00am

### August 18 - September 1

Mon-Fri	7:00am - 11:00am
Mon-Thu	7:15pm - 8:30pm
Sat	8:00am - 11:00am

### May 11 - August 17

Mon-Fri	8:45am - 10:30am
Sat-Sun	9:00am - 12:00pm

### August 18 - September 1

Mon-Fri	9:00am - 12:00pm
Sat-Sun	9:00am - 12:00pm

\*All facilities closed:

**WCAC:** 5/24-5/26, 5/31, 7/4, 7/19-7/20, 9/1; **afternoon only:** 5/20-5/22

**EGAC:** 5/17, 5/24-5/26, 5/31, 6/7, 6/28, 7/4, 7/12, 7/26-7/27, 8/4-8/10, 9/1

Prices and hours of operation subject to change, for updates visit our website:

**CosumnesCSD.gov/Swim4Fitness**



# Celebrate at the POOL!

Host your next family gathering or special event at the pool and enjoy all the cool attractions!  
**Offered May 31 – August 31, 2025.**



Pool Parties are hosted at the Cosumnes CSD aquatic facilities during Recreation Swim hours. These smaller gatherings are perfect for any occasion and a Cosumnes CSD team member will help facilitate your pool party experience.

## SPLASH PARTY

- Up to 30 guests
- Designated party area
- Tables & Chairs
- Tablecloths (upon request)

### WACKFORD COMPLEX

#### Saturday & Sunday:

12:00pm-1:45pm or 2:15pm-4:00pm

**Canopy \$300**

**Blue Heron \$330**

### ELK GROVE AQUATICS CENTER

#### Saturday & Sunday:

1:00pm-2:45pm or 3:15pm-5:00pm

**Canopy \$300**

**Captain's Quarters \$330**

## PRIVATE TREASURE ISLAND PARTY\*\*

**ELK GROVE AQUATICS CENTER  
\$500**

Enjoy private usage of Treasure Island and Castaway Cove

- Up to 50 guests
- Designated party area
- Tables & Chairs

#### Saturday & Sunday

10:00am-12:00pm

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

### Additional Information:

- All parties must be booked at least one week in advance.
- 72 hour cancellation notice required, per Cosumnes CSD policy.
- Features and slides are subject to repair and maintenance. No refund will be provided for unavailable features
- Pool Party and Aquatic Facility Rental reservations are open! All reservations are first-come first-served and based on availability.
- American Red Cross trained and certified lifeguards are provided for all parties and rentals.

## AQUATIC FACILITY RENTALS

Submit a Aquatic Pool Rental Application in-person or at  
**CosumnesCSD.gov/PoolRentals**

Offered June 7-August 31 at the Elk Grove Aquatics Center, the Wackford Aquatic Complex and Jerry Fox Swim Center.



Some exclusions and blackout dates apply. Find more information and fees at

**CosumnesCSD.gov/PoolRentals**



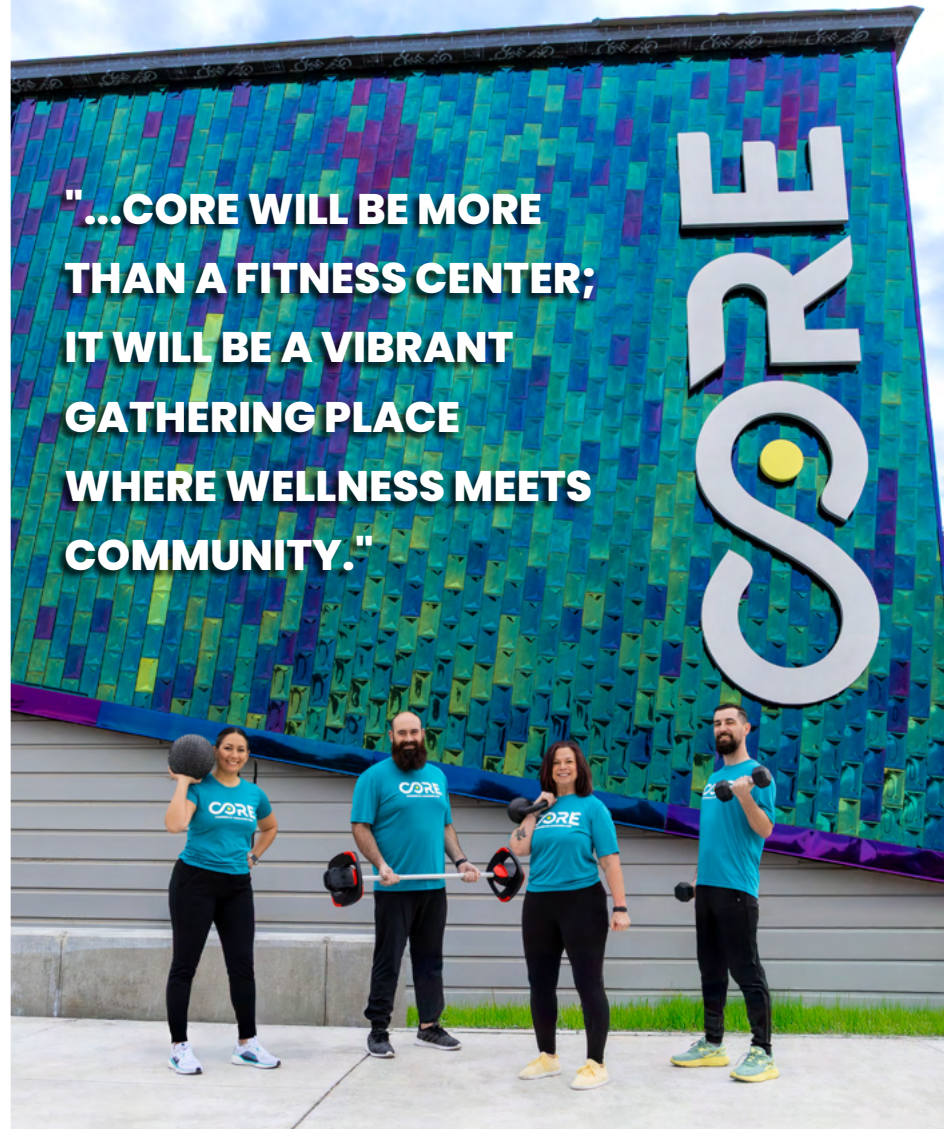
# FITNESS. HEALTH. COMMUNITY.

## THE COMMUNITY OF CORE

The CORE community isn't something that will begin when doors open this summer—it's already here. For the past few years, COREfit classes have been shaping lives, building strength, and creating connections. Now, as seen on the cover of this Activity Guide, the next chapter is unfolding. The team is coming together, and the momentum is undeniable. Lives are already being transformed by the simple yet profound act of showing up—for yourself, for others, for something bigger.

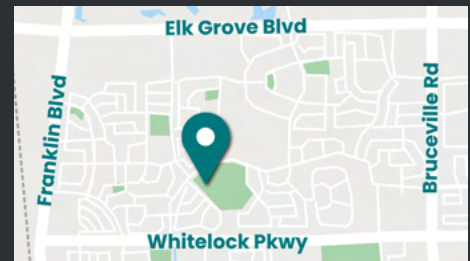
This summer, CORE officially opens its doors, but the invitation is open now. Powered by Cosumnes CSD, CORE will be more than a fitness center; it will be a vibrant gathering place where wellness meets community. A place where encouragement fuels progress and where every person, regardless of where they start, finds support to grow stronger in mind and body.

At CORE, fitness isn't a chore—it's an adventure, an opportunity, a way to step into the best version of yourself. And the best part? We're just getting started. The story of CORE is just beginning, and you're invited to be part of it. This summer, we can't wait to welcome you.



# COMING THIS SUMMER!

**COREfit.org**  
@COREfiteg



**CORE Recreation Center**

5542 Bellaterra Dr, Elk Grove, CA 95757  
Located in Morse Park



# PRESALE MEMBERSHIPS NOW AVAILABLE!

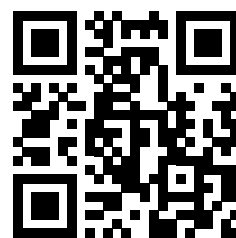


## WHY JOIN?

At CORE, we believe fitness should be fun and accessible. That's why we offer:

- **Unlimited Group Fitness Classes:** From Strength and Step to Yoga and Zumba, find your perfect fit.
- **High-End Features:** Enjoy exceptional indoor and outdoor fitness experiences.
- **COREkids:** While you work out, your child will be entertained in a supervised play and exercise space.

**Don't miss out!**  
Visit **COREfit.org** to secure  
your membership today!



**JOIN NOW!**



# CORE FITNESS CLASSES

Cosumnes Parks & Recreation is here to support you in achieving your health and wellness goals. Whether you prefer low-impact exercises or high-intensity workouts, our trained instructors are dedicated to helping you live a healthy lifestyle. Let's get moving and have some fun!



## CLASSES OFFERED

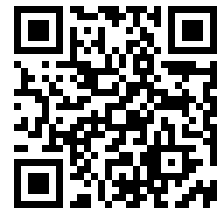
**Located at Laguna Town Hall**

*Classes will be moved to CORE in Summer 2025.*

- Vinyasa Yoga
- Xtreme Hip-Hop Step
- Zumba
- Strength Training 101

### LES MILLS

- BODYBALANCE
- BODYCOMBAT
- BODYPUMP



**CLASS SCHEDULES &  
REGISTRATION:**

**[CosumnesCSD.gov/Fitness](https://CosumnesCSD.gov/Fitness)**



## WE'RE HIRING!

Join our CORE team and help build a strong fitness community! We're looking for passionate Les Mills instructors, group fitness coaches, and small group trainers.

**APPLY TODAY [CosumnesCSD.gov/Jobs](https://CosumnesCSD.gov/Jobs)**





# ADULT SPORTS LEAGUES

Our sports leagues prioritize inclusivity and fun, offering a great opportunity to meet fellow sports enthusiasts and improve your skills—whether you're a seasoned player or just starting out. Players must be 18+ and officially listed on the team roster.



## Adult Basketball

Age 18+

Our year-around recreational 5-on-5 basketball league compete in a 7 game season, with the top teams participating in the playoffs. Teams must have matching jerseys with numbers.

**Wackford Complex, Gym** **\$614**

### DIVISION 1 (COMPETITIVE)

54195	Sun	6/1-8/24	12:00pm-4:00pm
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### DIVISION 2 (RECREATION)

54196	Sun	6/1-8/24	4:00pm-8:00pm
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### ALUMNI LEAGUE (30+)

54197	Wed	6/11-8/20	7:00pm-10:00pm
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## Adult Soccer Coed 7v7

Age 18+

The Adult 7v7 Coed Soccer Leagues offer fun, exercise, and competition. Games are played Sunday evenings at Hal Bartholomew Sports Park. Teams are guaranteed a minimum of seven games per season with one week of playoffs.

**Bartholomew Sports Park, Multipurpose Park** **\$649**

54240	Sun	6/8-8/24	6:00pm-10:00pm
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## Adult Volleyball 6v6

Age 18+

This league is perfect for anyone seeking a laid-back, recreational experience with friends! Join our 6-on-6 Coed Volleyball League for a fun season featuring 7 games, plus playoffs for the top 4 teams. Come and enjoy the excitement!!

**Wackford Complex, Gym** **\$425**

54352	Thu	7/10-9/18	6:30pm-9:30pm
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## Adult Softball

Age 18+

We offer three divisions: D-1 (competitive), D-2 (semi-competitive), and D-3 (recreational), all with teams using their own equipment. Teams play a 7-game season with playoffs for top teams in each division. A separate \$35 membership fee for the Greater Sacramento Softball Association is required. Teams may be moved between divisions at the Coordinator's discretion based on skill level.

**Bartholomew Sports Park, Softball Field** **\$614**

### DIVISION 1 (COMPETITIVE)

#### Mens

54213	Fri	7/18-9/26	7:00pm-10:00pm
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#### Womens

54219	Wed	7/9-9/17	7:00pm-10:00pm
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### DIVISION 2 (SEMI-COMPETITIVE)

#### Mens

54218	Wed	7/9-9/17	7:00pm-10:00pm
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54214	Fri	7/11-9/19	7:00pm-10:00pm
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54216	Thu	7/10-9/18	7:00pm-10:00pm
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#### Coed

54212	Fri	7/18-9/26	7:00pm-10:00pm
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54215	M	7/14-9/22	7:00pm-10:00pm
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### DIVISION 3 (RECREATIONAL)

#### Mens

54213	Fri	7/18-9/26	7:00pm-10:00pm
-------	-----	-----------	----------------

54217	Thu	7/10-9/18	7:00pm-10:00pm
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**READY TO HIT THE COURT OR FIELD?**

**SIGN UP TODAY!**

[CosumnesCSD.gov/Register](https://CosumnesCSD.gov/Register)

# ADULT DROP-IN SPORTS



**VOLLEYBALL:**  
**MONDAYS | 7pm-10pm**

**Registration Fee: \$10**

*Pre-registration required. Staff will be present to monitor gym activities*

[CosumnesCSD.gov/AdultSports](https://CosumnesCSD.gov/AdultSports)

## Open Gym at Wackford\*

### Basketball

MONDAYS/THURSDAYS

### Volleyball

TUESDAYS

### Pickleball

WEDNESDAYS/FRIDAYS

**10:30am-2:00pm**

ALL AGES ARE WELCOME!

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

**REGISTER FOR \$10 AT Wackford Complex**

9014 Bruceville Road

*\*No Open Gym during any observed holidays. Closed from June 2 to August 10 for Summer Camp and will resume on August 11.*

# PEEWEE SPORTS

Join Cosumnes Parks & Recreation 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<sup>†</sup> \$64

Ages 3-6

Designed for children interested in the sport who have not yet received formal instruction. This class introduces the fundamental skills needed to get started.

## LEVEL 2: BEGINNER<sup>†</sup> \$64

Ages 4-6

For children who have some introductory experience but are still developing coordination of basic skills. This level focuses on refining their abilities and learning to collaborate with teammates.

## LEVEL 3: INTERMEDIATE<sup>†</sup> \$79

Ages 5-7

This class is for children who have mastered the basics and are ready to advance. Participants will explore more complex skills and gain a deeper understanding of gameplay strategies and situational concepts.

<sup>†</sup>Fee varies based on amount of classes per session.



## BALLERS

### WACKFORD COMPLEX

	DAYS	3:30pm	4:05pm	5:00pm	5:35pm	SESSION SCHEDULE
Lil' Ballers - Level 1	FRI	●	●	●	●	Session A 6/6-6/27
Junior Ballers - Level 2	FRI	●		●		Session B* 7/11-7/25
Ballers - Level 3	FRI		●			Session C 8/1-8/29



## KICKERS

### LAGUNA COMMUNITY PARK (LIGHTED MULTI PURPOSE FIELD)

	DAYS	3:15pm	4:00pm	4:45pm	5:45pm	SESSION SCHEDULE
Lil' Kickers - Level 1	MON	●			●	Session A 6/2-6/30
Junior Kickers - Level 2	MON		●			Session B* 7/7-7/28
Kickers - Level 3	MON			●		Session C 8/4-8/25

\*No Class Dates: 7/4



## SLUGGERS

### WACKFORD COMPLEX

	DAYS	6:30pm	7:15pm	SESSION SCHEDULE
Lil' Sluggers - Level 1	TUE	●	●	Session C 8/5-8/26
Junior Sluggers - Level 2	TUE		●	
Sluggers - Level 3	TUE		●	

IN THE WORKS

**CORE**  
POWERED BY COSUMNES CSD

Sport Specific Trainings, Pickleball,  
Sports Camps and Teen Basketball

COREfit.org





# ACADEMY SPORTS

Academy Sports classes are aimed towards participants who have basic motor skills and are ready to learn more advanced techniques and fundamentals. Participants will go through a series of engaging drills and exciting games designed to maximize learning and enjoyment.



## Basketball Academy

*Ages 8-14*

This indoor class focuses on the fundamental skills of basketball, court anatomy, and game play. Participants will go through a series of engaging drills and exciting games designed to maximize learning and enjoyment.



## Volleyball Academy

*Ages 8-14*

This indoor class focuses on the fundamental skills of volleyball, court anatomy, and game play.



## Flag Football Academy

*Ages 8-14*

Experience flag football at Laguna Community Park! This class focuses on fundamental skills, strategies, and rules, perfect for newcomers and those looking to improve.



## Soccer Academy

*Ages 8-14*

Join us at Laguna Community Park for a dynamic soccer class that covers essential skills, strategies, and rules to boost your game.

### WACKFORD COMPLEX

	DAYS	4:00pm	5:15pm	SESSION
<b>Basketball</b>	<b>T/TH</b>	●	●	<b>A,B,C</b>
<b>Volleyball</b>	<b>M/W</b>	●	●	<b>A,B,C</b>

### LAGUNA COMMUNITY PARK

	DAYS	4:00pm	5:15pm	SESSION
<b>Flag Football</b>	<b>W/F</b>	●	●	<b>A, B, C</b>
<b>Soccer</b>	<b>T/TH</b>	●	●	<b>A, B, C</b>

#### SESSION SCHEDULE\*

<b>Session A</b>	6/1-6/30
<b>Session B*</b>	7/1-7/31
<b>Session C</b>	8/1-8/31
<b>FEES†</b>	<b>\$84-\$105</b>

\*No Class Dates: 7/4

†Fee is based upon amount of classes per session.

## NEW! SPORT SPECIFIC TRAINING

Take your game to the next level with our 4-week Sport-Specific Training sessions! Designed for small groups of 4-8 athletes, each weekly 1-hour class focuses on skill refinement, personalized feedback, and increased repetitions.

### Basketball

*Ages 10-14*

Intermediate basketball class focusing on improving ball handling, shooting, passing, and defense while enhancing decision-making and basketball IQ. Ideal for athletes with foundational skills looking to push their game further.

### Volleyball

*Ages 10-14*

Elevate your game! Enjoy personalized feedback and increased repetitions in a focused, supportive environment. Perfect for players ready to enhance their skills and take their game to the next level.

#### SESSION SCHEDULE\*

<b>Session A</b>	6/1-6/30
<b>Session B*</b>	7/1-7/31
<b>Session C</b>	8/1-8/31
<b>FEES†</b>	<b>\$84-\$105</b>

\*No Class Dates: 7/4

†Fee is based upon amount of classes per session.

### WACKFORD COMPLEX

	DAYS	6:30pm	7:30pm	SESSION
<b>Basketball</b>	<b>TUE</b>	●	●	<b>A</b>
	<b>THU</b>	●	●	<b>A</b>
<b>Volleyball</b>	<b>TUE</b>	●	●	<b>A</b>
	<b>THU</b>	●	●	<b>A</b>

### CORE

	DAYS	6:30pm	7:30pm	SESSION
<b>Basketball</b>	<b>MON</b>	●	●	<b>B, C</b>
	<b>WED</b>	●	●	<b>B, C</b>
<b>Volleyball</b>	<b>TUE</b>	●	●	<b>B, C</b>
	<b>THU</b>	●	●	<b>B, C</b>

# YOUTH SPORTS LEAGUES

Our youth sports leagues teach the fundamentals of good sportsmanship and teamwork, all in a fun, non-competitive way. Participants will be placed on a team and play in organized sports that focus on recreation rather than competition.



## NFL Flag Football League

*Ages 5-14*

This co-ed league teaches the fundamentals of flag football, sportsmanship and teamwork all in a fun, recreational way. Practices Start in September, with a Clinic Day in August for older divisions at Laguna Community Park. All participating players will receive a NFL Flag Jersey & flag belt, mouthpiece, team picture, and participation medal.

### SCHEDULE:

**Tuesdays-Fridays** - Practice is offered one day a week with time and day determined by coaches.

**Saturdays - GAME DAY**

**Laguna Community Park,  
Multi Purpose Field** **\$164**

### DIVISION 1 (AGES 11-14)

54394 8/23-11/8 5:00pm-8:00pm

### DIVISION 2 (AGES 8-10)

54393 8/23-11/8 5:00pm-8:00pm

### DIVISION 3 (AGES 5-7)

54392 9/2-11/8 5:00pm-8:00pm

*\*No Games 10/4 & 10/5 for CSD Event. No Practice 10/31*

## Lil' Ballers Basketball League



## Youth Volleyball League

*Ages 10-14*

This league is designed to teach the fundamentals of volleyball in a recreational environment. This league includes 6 games with an end-of-the-season tournament. Practices are held on Saturday and will consist of developing the skills of footwork, passing, setting, hitting, and serving. Practices will decrease in length, and game times will increase in length as the season progresses.

**Wackford Complex, Gym**

Instructor: Cosumnes CSD STAFF

**\$164**

### AGES 10-11

54325 Sat 6/7-8/23 9:00am-10:30am

54327 Sat 6/7-8/23 1:30pm-3:00pm

### AGES 12-14

54326 Sat 6/7-8/23 10:45am-12:15pm

54328 Sat 6/7-8/23 3:15pm-4:45pm

**Wackford Complex, Gym**

54324 Sun 6/15-8/17 8:30am-11:15am

**\$144**

**SIGN UP NOW!**



## BECOME A YOUTH SPORTS COACH!

*Age 18+*

**NFL FLAG FOOTBALL LEAGUE (#54391)**

Season runs August 23-November 8

**YOUTH SOCCER LEAGUE (#47366)**

Season runs May 3-August 9

**YOUTH BASKETBALL LEAGUE (#55278)**

Season runs September 6-December 21



## YOUTH SPORTS LEAGUE



### SOCCER



### BASKETBALL



**REGISTRATION OPEN!**





# TENNIS

Tennis Academy classes cater to youth, teens, and adults of all skill levels, from beginners to those looking to refine their game. Each class focuses on developing essential techniques and fundamentals through a variety of engaging drills and fun matches.

## Beginner Youth<sup>†</sup>

These classes will introduce beginners to essential skills like grip, stroke development, and footwork while covering forehands, backhands, volleys, serves, and overheads, all in a fun and safe environment.

### LITTLE ACES- LEVEL 1

Ages 6-9

**\$94**

### JUNIOR ACES- LEVEL 2

Ages 10-12

**\$94**

### TEEN ACES- LEVEL 3

Ages 13-17

**\$94**

## Experienced Youth<sup>†</sup>

Classes will focus on advanced strategy, positioning, anticipation, court coverage, pattern recognition, and dealing with match-specific situations. Previous tennis experience is highly recommended.

### EXPERIENCED ACES- LEVEL 4

Ages 14-18

**\$124**

## Adult<sup>†</sup>

Age 18+

### BEGINNERS

**\$104**

Classes will focus on proper grips, stroke development, and tennis fundamentals, guiding students from beginners to basic match play. Participants should bring their own rackets and non-marking tennis shoes.

### EXPERIENCED ADULT

**\$124**

Classes will focus on singles and doubles strategy, court positioning, and advanced gameplay. Students will learn shot selection, high-percentage tennis, and how to identify winning strategies against different opponents.

### SESSION SCHEDULE

**Session 1:** 6/1-30

**Session 2\*:** 7/1-31

**Session 3:** 8/1-31

*\*No Class Dates: 7/4*

*\*Fee is based upon amount of classes per session.*

## YOUTH - OASIS PARK

	DAYS	MORNING			AFTERNOON			
		9:00	10:00	11:00	12:00	4:00	5:00	6:00
Little Aces- Level 1	FRI					●		●
	SUN	●						
Junior Aces- Level 1	FRI						●	
	SUN		●				●	
Teen Aces- Level 3	FRI							●
	SUN			●				
Experienced Aces- Level 4	SUN				●			

## YOUTH/ADULT - BARTHOLOMEW SPORTS PARK

	DAYS	MORNING			AFTERNOON	
		9:00	10:00	11:30	6:00	7:00
Little Aces- Level 1	MON				●	
	SAT	●				
Junior Aces- Level 2	WED				●	
	SAT		●			
Teen Aces- Level 3	MON					●
Beginner Adult	MON		●			
	WED		●			
Experienced Adult	MON			●		
	WED			●		



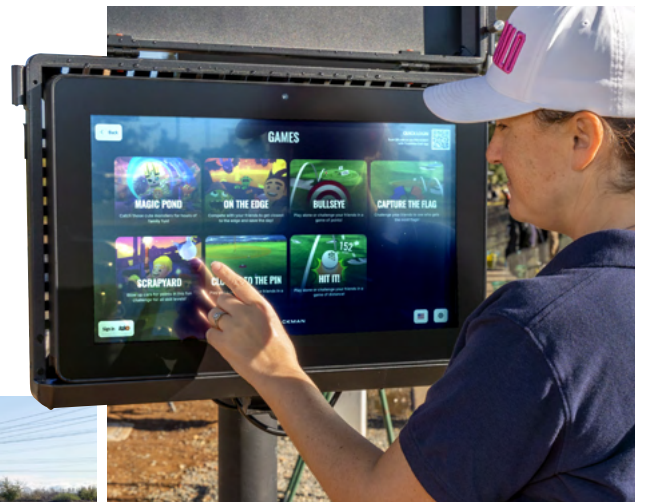




**Looking to add some distance to your drives or fine-tune your technique?** Our driving range is the perfect spot to work on your game!

We have 16 driving bays equipped with the latest Trackman technology that gives you real-time ball tracking, detailed data, and interactive feedback suited to your skill level. Plus, you can play fun games like Scrapyard and Capture the Flag to keep things interesting.

And the best part? Club rentals are free!



**TRACKMAN**



SCAN HERE TO  
LEARN MORE

### DRIVING RANGE HOURS

#### October-April

Mon, Tue, Thu-Sun  
6 am-9pm

Wednesday  
8 am-8 pm

#### May-September

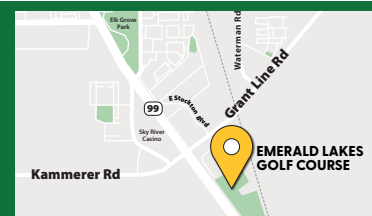
Mon, Tue, Thu-Sun  
6 am-10 pm

Wednesday  
8 am-8 pm

**GolfEmeraldLakes.com**

(916) 685-GOLF (4653)

@emeraldlakesgolf



10651 E. Stockton Blvd., Elk Grove, CA



# EMERALD LAKES GOLF ACADEMY

We pride ourselves on having PGA Certified, Level 2, Level 3 and Master Level First Tee Coaches at our facility!



### OP 36 Ages 7+

**\$150**

Operation 36 is a player development program for golfers of all skill levels. It emphasizes on-course learning through 9-hole rounds, where players aim to shoot 36 or better. With structured coaching, practice drills, and challenges, golfers develop skills like strategy and course management at their own pace, fostering confidence and measurable improvement.



### First Tee for Tots Ages 3-6

**\$120**

This engaging golf class introduces young children to the basics of golf in a fun, supportive environment. Through games and simple drills, kids will learn essential skills like grip, stance, and swing techniques while building coordination, confidence, and teamwork. It's a great way to make golf enjoyable and educational for your child!



### First Tee Ages 7-12

**\$120**

First Tee Junior Golf introduces young players to golf while teaching valuable life skills. Through interactive lessons, kids learn swing technique, etiquette, and sportsmanship, fostering confidence, discipline, and teamwork in a supportive environment. It's a great way for juniors to develop a love for the game.

**MORNINGS** **EVENINGS**

ACADEMY CLASSES																		
	MONDAY				TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		SATURDAY		
	8:30	10:30	4:45	6:00	10:00	4:45	6:00	4:00	4:30	5:30	4:00	4:30	5:15	4:30	5:30	9:00	10:00	10:30
<b>ADULT (Ages 18+)</b>																		
OP 36					•					•							•	
<b>TEENS (Ages 13-17)</b>																		
OP 36									•									
<b>JUNIORS (Ages 7-12)</b>																		
First Tee	•*		•			•								•		•		
OP 36		•		•			•				•			•				•
<b>TOTS (Ages 3-6)</b>																		
First Tee								•			•		•					



### Private Lessons

**PRICES WILL VARY**

We offer personalized private lessons for adults and juniors, tailored to individual skill levels and goals. Whether you're a beginner or an experienced player, our expert instructors provide one-on-one guidance. With customized drills and focused attention, our lessons help you build confidence, improve your swing, and elevate your game!

SESSION SCHEDULE		
JUNE	JULY	AUGUST
6/2-6/28	7/7-8/2	8/4-8/30

\*First Tee Monday class will not be offered in August.



SIGN UP FOR CLASSES AND LESSONS: [GolfEmeraldLakes.com](https://GolfEmeraldLakes.com)



**WOMEN'S GOLF DAY**

Working together to engage, empower and support girls and women through golf.  
**June 6th from 6-9 pm**



**Summer CAMP for Golf** See pg. 2



# FIRE DEPARTMENT

The Cosumnes Fire Department saves lives and protects the community through prevention, preparedness, and emergency response in a timely, courteous, and effective manner.

## COSUMNES FIRE DEPARTMENT & ELK GROVE POLICE DEPARTMENT



PRESENTED BY



**Saturday, June 7<sup>th</sup>**  
**9 am–2 pm at Elk Grove Park**  
*(Rotary Grove Parking Lot)*

**JOIN US FOR A DAY OF FUN, EDUCATION, AND  
EXCITEMENT FOR THE ENTIRE FAMILY.**

This FREE family-friendly event will feature emergency response vehicles, K-9 demonstrations, a “jaws of life” extraction, a helicopter landing, and much more!

*Food and drinks will be available from local food trucks.*

### INFORMATION:

**COSUMNES FIRE DEPARTMENT**  
 (916) 405-7114

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



## ARE YOU PREPARED? FREE TRAINING PROGRAM

offered by Cosumnes Fire Department



Learn to **help yourself, your family, your coworkers, and your community** in the event of a disaster or emergency.

*To get started, register for classes at*  
**[ElkGroveGaltCERT.org](http://ElkGroveGaltCERT.org)**



**FOR MORE INFORMATION:**  
**[CERT@CosumnesCSD.gov](mailto:CERT@CosumnesCSD.gov)**  
 (916) 405-7119



## FIRE EXPLORER PROGRAM



The Cosumnes Fire Department, in partnership with Boy Scouts of America, is excited to continue its Fire & EMS Explorer Post program starting in Fall 2025 for new high school students. The application period will open soon—stay tuned for more details! This program is a great way for high schoolers to explore careers in Fire and EMS through fun, hands-on training, all while building self-confidence, teamwork, leadership, and discipline. We can't wait to see you there!



**FOR MORE INFORMATION** ➔





## NEWS

### ***A new firetruck for Station 74***



The Cosumnes Fire Department has received a new fire truck for Station 74 in Laguna, serving all 157 square miles of its response district, including Elk Grove and Galt. Unlike fire engines, which carry water and focus on extinguishing fires, fire trucks specialize in rescue operations, ventilation, salvage, and

overhaul work. Equipped with ladders, saws, and the Jaws of Life, the truck also includes a 100-foot ladder with a water pipe that requires a fire engine to supply water.

Truck 74, the department's only truck company, replaces a 2006 model and features a tiller for better maneuverability in narrow streets. With continued community growth and increased street congestion, this capability is essential. The truck carries four personnel, including at least one paramedic for advanced life support. Training has been underway, and Truck 74 is expected to enter service early spring. Wave at them and welcome this exciting truck to our community!

## PUBLIC SERVICE

### ***Borrow a life jacket from Cosumnes Fire for FREE***



Life jackets are lifesavers! Furthermore, they are required for some water recreation. In the state of California, children under 13 must wear a U.S. Coast Guard approved life jacket when aboard a boat.

This summer, as you enjoy our local rivers and waterways, be sure to take advantage of the FREE Life Jacket Loan Program at Cosumnes Fire Department.

Residents of Elk Grove and Galt can check out life jackets by visiting participating stations. Scan the QR code, fill out the form, and you're all set! Return the borrowed life jacket(s) to the same station when finished.

Borrowing life jackets is a great way for individuals and families alike to reduce the risk of drowning in the community.

It's essential to know not only where to go to get life jackets but also how to use them. In order for a life jacket to be effective, it needs to be fitted properly. Adult life jackets are not appropriate for children or infants. To find one that works for your age group and weight, check a life jacket's label first and then try it on to ensure that it fits just right.

#### **Fitting a Life Jacket:**

- Buckle all straps and close all zippers.
- Lift your arms over your head. IF:
  - » It rides up above your ears, THEN it is TOO BIG.
  - » The straps or zippers don't close, THEN it is TOO SMALL.

#### **Participating Fire Stations**

- Station 45: 229 5th St. (Galt)
- Station 71: 8760 Elk Grove Blvd. (EG)
- Station 75: 2300 Maritime Dr. (EG)

## COSUMNES FIRE ADMINISTRATION

8820 Elk Grove Blvd.

Elk Grove, CA 95624

**Phone:** (916) 405-7100

**Fax:** (916) 685-6622

**Emergency:** 9-1-1

### **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 77**

Southeast Elk Grove  
8350 Poppy Ridge Road

### **STATION 45**

Galt  
229 5th Street

### **STATION 46**

Galt  
1050 Walnut Avenue

Check us out at  
**CosumnesCSD.gov/Fire**  
or follow us

@CosumnesFire



# ENRICHMENT CLASSES



Discover a world of lifelong learning with Cosumnes Parks & Recreation's enrichment classes. Explore cultural traditions, nurture budding artists, and find your favorite creative outlet. Classes may vary; find the latest offerings and instructors at [CosumnesCSD.gov/Register](https://CosumnesCSD.gov/Register)



## NANCY QUIAOIT

Artist Nancy teaches art fundamentals and techniques to youth and teens in positive, fun and supportive environments. Individual creativity is encouraged and celebrated.

## ART

### Young Kids Art

*Ages 5-8*

We'll create art in a fun and supportive environment while learning fundamentals. Subjects will include animals, made up places, creatures and ocean life. Pencils, pastels, crayons and paint will be used. Supplies are included.

#### Wackford Complex, Poppy Rm B \$65

54863	Wed	6/4-6/25	2:00pm-2:45pm
54864	Wed	7/9-7/30	2:00pm-2:45pm
54865	Wed	8/6-8/27	2:00pm-2:45pm



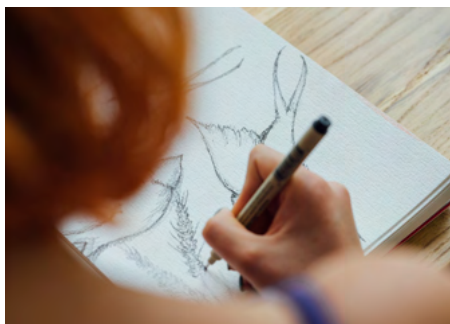
### Kids Art

*Ages 8-11*

We'll learn how to use different art mediums, balance shapes, apply highlights and lowlights while making our own works of art in this class. Oil pastels, chalk pastels, paint and pencils are used. Supplies are included.

#### Wackford Complex, Poppy Rm B \$75

54866	Wed	6/4-6/25	3:15pm-4:15pm
54867	Wed	7/9-7/30	3:15pm-4:15pm
54868	Wed	8/6-8/27	3:15pm-4:15pm



### Kids Drawing

*Ages 10-14*

We'll create individual drawings in each class. Subjects include people, fantasy, shapes, animals and nature. The focus will be on balancing shapes and shading to create a desired outcome. Individual creativity is celebrated in a positive and constructive environment. Supplies are included.

#### Wackford Complex, Poppy Rm B \$75

54872	Wed	6/4-6/25	6:15pm-7:15pm
54873	Wed	7/9-7/30	6:15pm-7:15pm
54874	Wed	8/6-8/27	6:15pm-7:15pm



### Kids Painting

*Ages 9-13*

Students will learn painting techniques and adding details to their works of art on canvas panels. Each painting will take multiple classes to complete. Supplies are included.

#### Wackford Complex, Poppy Rm B \$85

54869	Wed	6/4-6/25	4:45pm-5:45pm
54870	Wed	7/9-7/30	4:45pm-5:45pm
54871	Wed	8/6-8/27	4:45pm-5:45pm



## SHARISSA DELGADO

Sharissa is a classically trained music educator and business owner with over 20 years dedicated to teaching the Simply Music method. Her patience and dedication fosters a love of music in all of her students.

## PIANO



### Piano for Kids

*Ages 7-12*

#### Laguna Town Hall, Room 2 \$169

##### LEVEL 1

The Simply Music Piano program has beginning students playing great sounding pop, blues, classical and accompaniment pieces from their first group lessons.

54715	Mon	6/16-8/4	2:30pm-3:20pm
54716	Mon	6/16-8/4	3:30pm-4:20pm
54717	Mon	6/16-8/4	4:30pm-5:20pm

##### LEVEL 2

The unique 'playing-based' approach produces unprecedented results. This level 2 class continues to build on the foundation laid down in the Level 1 class.

54718	Mon	6/16-8/4	5:30pm-6:20pm
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## Piano for Teens/Adults

Age 12+

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

**Laguna Town Hall, Room 2 \$169**  
54719 Mon 6/16-8/4 6:30pm-7:20pm



### TIFFANY BURRIS

Tiffany attended San Francisco's Performing Arts High School and graduated from UCLA with a degree in dance. She has taught children's dance throughout the Bay Area and Los Angeles.

## DANCE



## Ballet

Ages 3-17

A traditional and creative ballet class where the students learn all of the five positions, pirouette turns, grand jete (leaps), and choreography.

### Albani Recreation Center, Swallowtail Rm

AGES 3-4				
54911	Thu	6/5-6/26	1:00pm-1:45pm	\$65
54912	Thu	7/3-7/31	1:00pm-1:45pm	\$82
54913	Thu	8/7-8/28	1:00pm-1:45pm	\$65
AGES 4-6				
54914	Thu	6/5-6/26	2:00pm-3:00pm	\$69
54915	Thu	7/3-7/31	2:00pm-3:00pm	\$87
54916	Thu	8/7-8/28	2:00pm-3:00pm	\$69
AGES 6-9				
54917	Thu	6/5-6/26	3:15pm-4:15pm	\$69
54918	Thu	7/3-7/31	3:15pm-4:15pm	\$87
54919	Thu	8/7-8/28	3:15pm-4:15pm	\$69
AGES 10-17				
54920	Thu	6/5-6/26	4:30pm-5:30pm	\$69
54921	Thu	7/3-7/31	4:30pm-5:30pm	\$87
54922	Thu	8/7-8/28	4:30pm-5:30pm	\$69

## Ballet/Jazz

Ages 3-17

A traditional and creative ballet and jazz class where the students learn all of the five positions, pirouette turns, jazz turns, grand jete (leaps), and choreography.

### Albani Recreation Center, Lippincott Hall

AGES 3-4				
54887	Tue	6/3-6/24	1:00pm-1:45pm	\$65
54888	Tue	7/1-7/29	1:00pm-1:45pm	\$82
54889	Tue	8/5-8/26	1:00pm-1:45pm	\$65
AGES 4-6				
54890	Tue	6/3-6/24	2:00pm-3:00pm	\$69
54891	Tue	7/1-7/29	2:00pm-3:00pm	\$87
54892	Tue	8/5-8/26	2:00pm-3:00pm	\$69
AGES 6-9				
54893	Tue	6/3-6/24	3:15pm-4:15pm	\$69
54894	Tue	7/1-7/29	3:15pm-4:15pm	\$87
54895	Tue	8/5-8/26	3:15pm-4:15pm	\$69
AGES 10-17				
54896	Tue	6/3-6/24	4:30pm-5:30pm	\$69
54897	Tue	7/1-7/29	4:30pm-5:30pm	\$87
54898	Tue	8/5-8/26	4:30pm-5:30pm	\$69



## Ballet/Tap/Jazz

Ages 3-17

A dance class that includes ballet and tap combined with jazz technique with a strong emphasis on energy, rhythmical accuracy, style, and choreography.

### Albani Recreation Center, Lippincott Hall

AGES 3-4				
54875	Mon	6/2-6/30	1:00pm-1:45pm	\$82
54876	Mon	7/7-7/28	1:00pm-1:45pm	\$65
54877	Mon	8/4-8/25	1:00pm-1:45pm	\$65
AGES 4-6				
54878	Mon	6/2-6/30	2:00pm-3:00pm	\$87
54879	Mon	7/7-7/28	2:00pm-3:00pm	\$69
54880	Mon	8/4-8/25	2:00pm-3:00pm	\$69
AGES 6-9				
54881	Mon	6/2-6/30	3:15pm-4:15pm	\$87
54882	Mon	7/7-7/28	3:15pm-4:15pm	\$69
54883	Mon	8/4-8/25	3:15pm-4:15pm	\$69
AGES 10-17				
54884	Mon	6/2-6/30	4:30pm-5:30pm	\$87
54885	Mon	7/7-7/28	4:30pm-5:30pm	\$69
54886	Mon	8/4-8/25	4:30pm-5:30pm	\$69



## Hip-Hop

Ages 3-17

A dance class with vibrant movements and choreography combining various freestyle motions creating a cultural piece of art through dance.

### Albani Recreation Center, Swallowtail Rm

AGES 3-4				
54923	Fri	6/6-6/27	1:30pm-2:15pm	\$65
54924	Fri	7/11-7/25	1:30pm-2:15pm	\$49
54925	Fri	8/1-8/29	1:30pm-2:15pm	\$82
AGES 4-6				
54926	Fri	6/6-6/27	2:30pm-3:30pm	\$69
54927	Fri	7/11-7/25	2:30pm-3:30pm	\$52
54928	Fri	8/1-8/29	2:30pm-3:30pm	\$87
AGES 6-9				
54929	Fri	6/6-6/27	3:45pm-4:45pm	\$69
54930	Fri	7/11-7/25	3:45pm-4:45pm	\$52
54931	Fri	8/1-8/29	3:45pm-4:45pm	\$87
AGES 10-17				
54932	Wed	6/4-6/25	5:30pm-6:30pm	\$69
54933	Wed	7/2-7/30	5:30pm-6:30pm	\$87
54934	Wed	8/6-8/27	5:30pm-6:30pm	\$69

## Jazz/Hip-Hop

Ages 3-17

A fun, high-energy dance class that develops technique, rhythm, choreography, and style. This class will build strength, flexibility, and body awareness.

### Albani Recreation Center, Lippincott Hall

AGES 3-4				
54899	Wed	6/4-6/25	12:15pm-1:00pm	\$65
54900	Wed	7/2-7/30	12:15pm-1:00pm	\$82
54901	Wed	8/6-8/27	12:15pm-1:00pm	\$65
AGES 4-6				
54902	Wed	6/4-6/25	1:15pm-2:15pm	\$69
54903	Wed	7/2-7/30	1:15pm-2:15pm	\$87
54904	Wed	8/6-8/27	1:15pm-2:15pm	\$69
AGES 6-9				
54905	Wed	6/4-6/25	2:30pm-3:30pm	\$69
54906	Wed	7/2-7/30	2:30pm-3:30pm	\$87
54907	Wed	8/6-8/27	2:30pm-3:30pm	\$69
AGES 10-17				
54908	Wed	6/4-6/25	4:15pm-5:15pm	\$69
54909	Wed	7/2-7/30	4:15pm-5:15pm	\$87
54910	Wed	8/6-8/27	4:15pm-5:15pm	\$69



## AISHA BARFIELD

Aisha is a passionate chef dedicated to sharing her expertise through fun and engaging cooking classes. Join her to learn new recipes and techniques today!

## COOKING



### Cooking

Ages 7-17

#### Wackford Complex, Kitchen

##### INTRODUCTION

Introduction to kitchen safety, basic knife skills, and kitchen tools and equipment. Learn about sauteing, stir-frying, boiling, simmering, steaming, roasting, and grilling. Supplies and recipes included.

Ages 7-11

54851	Mon	6/2-6/30	4:00pm-5:30pm	<b>\$194</b>
54852	Mon	7/7-7/28	4:00pm-5:30pm	<b>\$155</b>
54853	Mon	8/4-8/25	4:00pm-5:30pm	<b>\$155</b>

Ages 12-17

54854	Mon	6/2-6/30	6:00pm-7:30pm	<b>\$194</b>
54855	Mon	7/7-7/28	6:00pm-7:30pm	<b>\$155</b>
54856	Mon	8/4-8/25	6:00pm-7:30pm	<b>\$155</b>

##### INTERMEDIATE

Take your culinary expertise to the next level. Building on the fundamentals learned in Introduction to Cooking, this class explores intermediate techniques such as knife mastery, flavor profiling, and plating aesthetics. Supplies and recipes included.

Ages 7-11

54857	Wed	6/4-6/25	4:00pm-5:30pm	<b>\$165</b>
54858	Wed	7/2-7/30	4:00pm-5:30pm	<b>\$207</b>
54859	Wed	8/6-8/27	4:00pm-5:30pm	<b>\$165</b>

Ages 12-17

54860	Wed	6/4-6/25	6:00pm-7:30pm	<b>\$165</b>
54861	Wed	7/2-7/30	6:00pm-7:30pm	<b>\$207</b>
54862	Wed	8/6-8/27	6:00pm-7:30pm	<b>\$165</b>



## HEATHER SALDIVAR

Heather is a third generation chocolatier and the founder of Heather Lee's Chocolates. She is CA Food Safety certified and loves to teach all of the tips and tricks she has to offer.

## CHOCOLATE

### You and Me Chocolate

Ages 4-10

Parent and child teams will have a great time bonding in this hands-on chocolate making workshop.

**Wackford Complex, Kitchen** **\$85**

##### CHOCOLATE COVERED FUN

54709 Thu 6/12 6:00pm-7:30pm

##### SUMMER FUN

54711 Thu 7/17 6:00pm-7:30pm

##### BEACH DAY FUN

54714 Thu 8/21 6:00pm-7:30pm

### Kids Chocolate

Ages 7-13

Learn to make numerous delicious chocolate recipes including chocolate-covered caramel pretzels, giant marshmallow s'mores and more. Take home lots of treats and recipes. Supplies included.

**Wackford Complex, Kitchen** **\$65**

##### CHOCOLATE COVERED FUN

54708 Thu 6/5 6:00pm-8:00pm

##### SUMMER FUN

54710 Thu 7/10 6:00pm-8:00pm

##### BEACH DAY FUN

54713 Thu 8/14 6:00pm-8:00pm

### Adults Chocolate

Age 18+

In this workshop, you will learn how to make chocolate-covered strawberries, strawberry truffles, fun summer projects, and more! Tips and tricks shared in class will make it easy. Recipes will be provided. Supplies included.

**Wackford Complex, Kitchen** **\$75**

54712 Thu 7/24 6:00pm-8:00pm



## RYAN HAMILTON

Ryan has been working with youth for over seven years. He is passionate about youth development and creating a safe space for people of all ages.

## FANTASY



### Dungeons and Dragons Club

Ages 8-17

#### Laguna Town Hall, Room 2

##### BEGINNING

If you're curious about Dungeons and Dragons and want to learn how to play, then join us in our club! You will be using paper, pencils, and dice to go on an epic quest, survive perilous adventures, and solve fun puzzles.

54839	Thu	6/5-6/26	4:30pm-5:30pm	<b>\$45</b>
54840	Thu	7/3-7/31	4:30pm-5:30pm	<b>\$57</b>
54841	Thu	8/7-8/28	4:30pm-5:30pm	<b>\$45</b>

##### INTERMEDIATE

Looking for more adventures? If you want to continue your journey playing Dungeons and Dragons, then join us in our club! Roll some dice and get ready to set off on a new quest!

54842	Wed	6/4-6/25	4:30pm-6:00pm	<b>\$69</b>
54843	Wed	7/2-7/30	4:30pm-6:00pm	<b>\$87</b>
54844	Wed	8/6-8/27	4:30pm-6:00pm	<b>\$69</b>

### Dungeons and Dragons - Master Workshop

Age 10+

In this workshop, we will go over some of the key skills needed to create and run a game of Dungeons and Dragons. We will cover a wide range of topics including storytelling and how to handle the technical aspects of the game.

**Wackford Complex, Willow Rm** **\$39**

54845	Sat	6/7	1:00pm-3:00pm
54847	Sat	8/2	1:00pm-3:00pm



## Dungeons and Dragons - You and Me

Age 8+

Join us for a session of Dungeons and Dragons for an adventure full of fun roleplaying and dice rolling for all ages. Bring along a team of two to experience the joy of gaming together.

**Wackford Complex, Willow Rm \$109**

54848	Sat	6/14	12:30pm-3:30pm
54849	Sat	7/19	12:30pm-3:30pm
54850	Sat	8/16	12:30pm-3:30pm

## Chess Club

Ages 6-17

This is an introductory chess class designed for participants, ages 6-17. 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, Room 2**

54720	Tue	6/3-6/24	4:30pm-5:30pm	<b>\$45</b>
54721	Tue	7/1-7/29	4:30pm-5:30pm	<b>\$57</b>
54722	Tue	8/5-8/26	4:30pm-5:30pm	<b>\$45</b>



### AUTUMN EBNER

Autumn has a Masters in Biomedical Engineering and years of teaching experience. She inspires students by fostering creativity, curiosity, and a passion for engineering, while making learning fun and engaging.

## ENGINEERING

### Engineering Exploration

Ages 11-17

Explore engineering skills and key subfields in this hands-on project based class. Dive into the fundamentals of engineering through exciting experiments, friendly competitions, and engaging craft activities. Each class will focus on one or two projects themed around a common engineering discipline to allow for students to become familiar with the main lesson of this class: What is an engineer?

**Albani Recreation Center, Lippincott Hall**

54766	Thu	6/5-6/26	4:30pm-5:30pm	<b>\$45</b>
54767	Thu	7/3-7/31	4:30pm-5:30pm	<b>\$57</b>
54768	Thu	8/7-8/28	4:30pm-5:30pm	<b>\$45</b>



### DESIREE KANEMOTO

Desiree has been with Cosumnes CSD for three years, spending most of her time in the Teen Center! She has a strong background in event planning and decorating. Desiree enjoys fun projects that allow teens to express themselves creatively!

## DIY PROJECTS

### DIY with Des

Ages 12-17

In this class, you'll turn your DIY ideas into tangible creations with guidance every step of the way. All materials are included, and you'll get to take your projects home!

**Wackford Complex, Teen Center \$60**

54233	Wed	6/4-6/25	5:00pm-6:00pm
54234	Wed	7/9-7/30	5:00pm-6:00pm
54235	Wed	8/6-8/27	5:00pm-6:00pm





better a witty fool



Under the stars at  
LAGUNA TOWN HALL  
FRI/SAT/SUN 7:30 PM  
\$10 GENERAL ADMISSION

**JUL 18 to AUG 3**

**WILLIAM SHAKESPEARE'S**

**TWELFTH**

**NIGHT**

than a foolish wit



# FROM OUR PARTNERS

## Meditation

Age 16+

This meditation is ideal for those with a busy, stressful or active lifestyle. Utilizing imagery and sensation to help maintain concentration, results are increased focus, relaxation/de-stressing and revitalization. Class will include music, sounds, guided imagery and an emphasis on relaxation in a casual setting. Sitting in a chair is suggested but bring a pillow or mat if you chose.

**Albani Recreation Center,  
Monarch Rm** **\$18**  
Instructor: Richard Teran  
54703 Tue 7/1-7/29 4:00pm-5:00pm

## Spicy Summer Salsa Making Class

Age 14+

Learn to make delicious homemade salsa with Jack Edwards of the EG Lions Club. Sourcing the freshest ingredients, controlling the heat of your salsa and preserving it for cold winter days.

**Albani Recreation Center,  
Lippincott Hall & Kitchen** **\$20**  
Instructor: Jack Edwards  
54461 Thu 7/10 6:30pm-8:00pm



**FREE**

## Act! Sing! Dance! By Uplift Elk Grove

Ages 5-12

Act! Sing! Dance! is the perfect class for any child who wants to be a theater performer or has interest in the performing arts. We will play theater games, learn dance routines, do acting exercises, and activities to become more confident singers. We will learn about musical theater history and the current shows on Broadway.

**Albani Recreation Center,  
Monarch Rm** **FREE**  
Instructor: By Uplift Elk Grove

AGES 5-8			
54690	Thu	7/3-7/31	5:30pm-6:30pm
AGES 9-12			
54702	Thu	7/3-7/31	6:30pm-7:30pm



## Fighting Games Jamboree

Ages 12-16

Cosumnes CSD in partnership with Beret Entertainment is hosting a fighting game jamboree! Bring your PC compatible controller and join us for an afternoon of video games. Play the latest fighting games in a casual, fun format, or join our featured tournaments! Must be 12 or older to spectate and 16 or older to participate in the tournaments!

Albani Recreation Center, Lippincott Hall

SPECTATOR (AGE 12+)				\$5
54820	Sat	7/12	1:00pm-6:00pm	
SINGLE TOURNAMENT PARTICIPANT (16+)				\$15
54825	Sat	7/12	1:00pm-6:00pm	
DUAL TOURNAMENT PARTICIPANT (16+)				\$25
55173	Sat	7/12	1:00pm-6:00pm	

## GYMNASTICS

with Elevate Gymnastics

## DANCE

with Encore! Studio of Performing Arts

## MARTIAL ARTS

with School of the Tiger and Shannon Newman

To see complete class listings, go to [CosumnesCSD.gov/Register](https://CosumnesCSD.gov/Register)





## YOUR PARKS, TRAILS & STREETSCAPES

Residents of Elk Grove enjoy award-winning recreation facilities, including **104 parks**, **1,096 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.

Park Maintenance funding video:  
[CosumnesCSD.gov/ParkFunding](https://CosumnesCSD.gov/ParkFunding)

Parks Advisory Committee info:  
[CosumnesCSD.gov/PAC](https://CosumnesCSD.gov/PAC)



### Your Assessment at Work

- Weed mowing and goat grazing within natural open space areas will be completed by late June.
- Preventative maintenance will be performed to rubberized playground surfaces and playground fall cushioning materials will be replenished.
- In Urban Forestry, we will be evaluating and pruning as it is necessary to ensure the health and proper development for young trees.
- Sport court resurfacing will be performed. This ensures the play surface of courts stay well maintained and increases the longevity of park assets.
- Turf sports fields needing repair will undergo necessary work such as reseeding, aeration, or replacing damaged sections to restore the surface's safety and functionality.

**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



### ELK GROVE REGIONAL VETERANS MEMORIAL

Situated in Elk Grove Park, the Elk Grove Regional Veterans Memorial, serves as a place to honor veterans who have made the ultimate sacrifice in defense of our country and freedoms and those surviving veterans who are proud of their service.

Previous phases of the project have included the construction of a trail, a star monument with a flagpole, concrete paving, benches, and a plaza with engraved dedication pavers. The engraved pavers have been purchased by various donors and are placed randomly in the plaza.

The most recent phase of construction, which included a wall with granite plaques, saw a \$100,000 boost, which was successfully secured through Assemblymember Stephanie Nguyen's efforts and was disbursed by the California Department of Veterans Affairs.

If you would like to honor a veteran and purchase a paver or granite tile for future installation, visit: <https://bit.ly/3fS9Y7q>



### PARTNERS FOR PARKS

Help keep your neighborhood park safe and looking great. Volunteer to monitor a park or trail.  
[CosumnesCSD.gov/P4P](https://CosumnesCSD.gov/P4P) | (916) 405-5688



# EXPLORE YOUR PARKS

With over 100 parks in Elk Grove, there's always a new place to explore! Whether you're looking for a shady spot to relax, a playground for the kids, or a trail for your next adventure, there's a place for you.





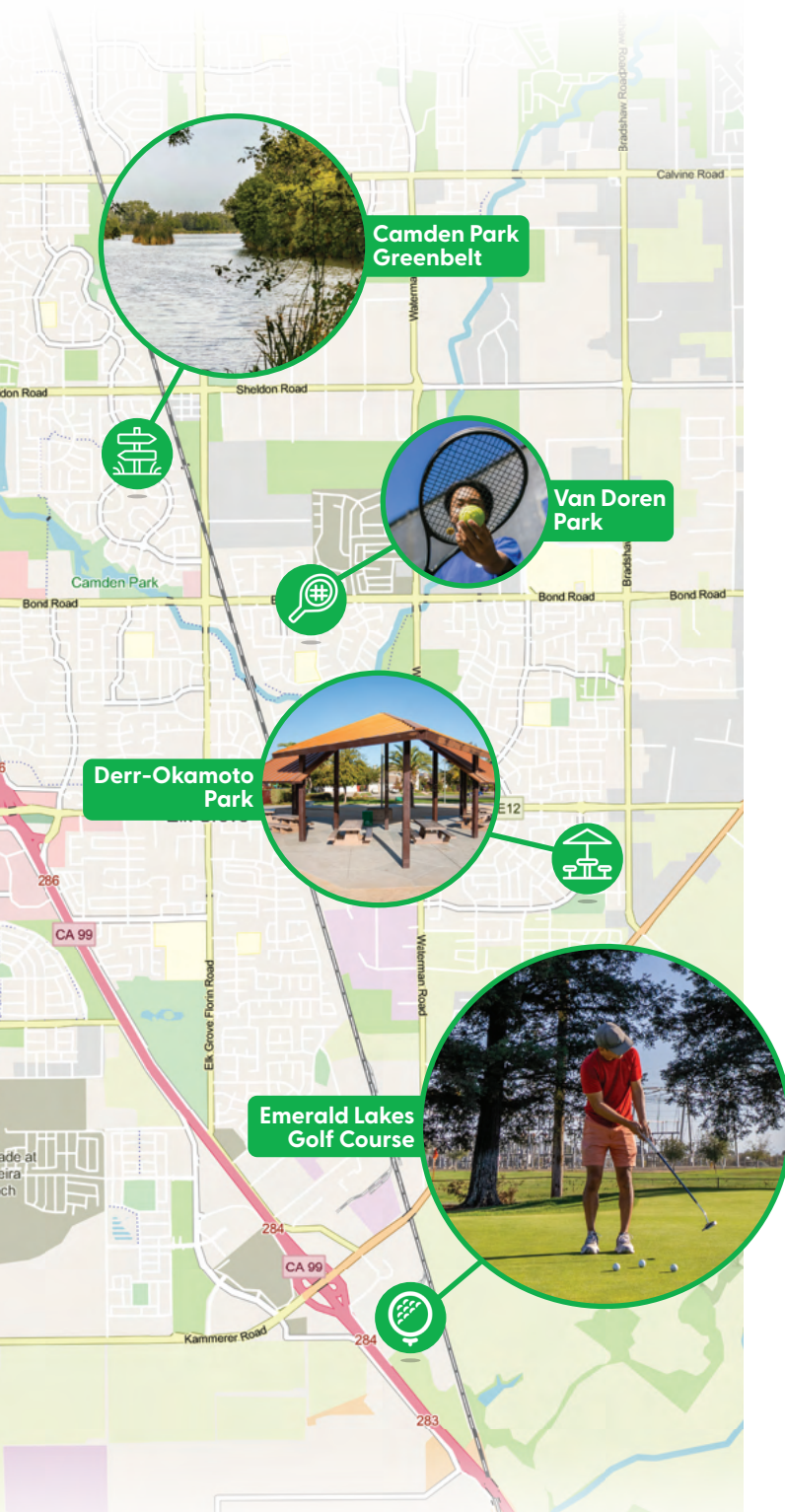
**104**  
Parks

**12**  
Water Play  
Areas

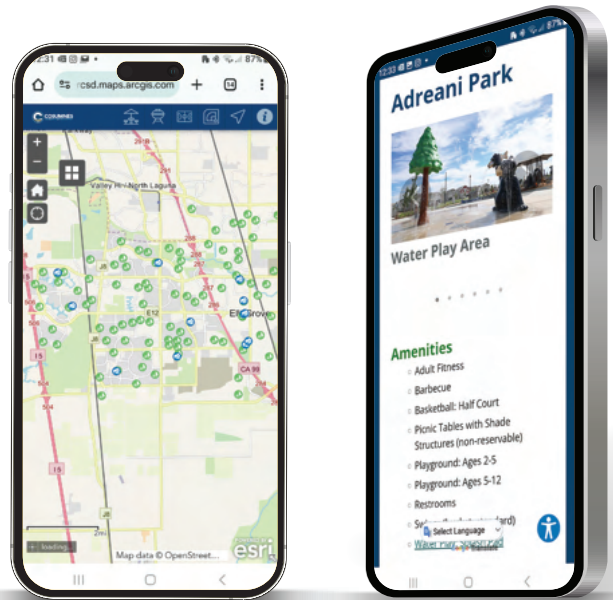
**45,000**  
Trees

**1,000+**  
Acres of Park &  
Open Space

**12**  
Recreation  
Centers



## Check out our interactive map!



Find parks near you, see amenities at a glance, and plan your next outing—all from your phone or computer!



**Bookmark it!**  
**CosumnesCSD.gov/Parks**

# Event Rentals



## We have 9 Facilities, perfect for celebrations & business events!

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 Information, call  
(916) 405-5600**

To submit Rental Application, go to  
**[CosumnesCSD.gov/Venues](https://CosumnesCSD.gov/Venues)**



**Parks of Elk Grove**



**Elk Grove Picnic Areas**



**Gil Albiani Recreation Center**



**Laguna Town Hall**



**Wackford Complex**



**Oasis 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 Albani 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 Rd.*

#### 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 Ave.*

#### Room 2

This conference room is perfect for small seminars and lectures.

**CAPACITY:** 70 guests

### Gil Albani Recreation Center

*8830 Sharkey Ave.*

#### 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

### Oasis Recreation Center

*8013 Poppy Ridge Rd.*

#### Multi-Purpose Room

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

**CAPACITY:** 41 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 map and site amenities are available online.

### Morse Park

*5540 Bellaterra Dr.*

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

### Derr-Okamoto Park

*9550 Mainline Dr.*

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

### Oasis Park

*8015 Poppy Ridge Rd.*

Features large oasis-in-the-desert themed play area with sprayground, 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.*



# Resident registration begins April 9!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **April 16**.



## 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 to register too!

## 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 or guardian 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 enrollment.

## 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 Cosumnes 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 Cosumnes 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 [RAD@CosumnesCSD.gov](mailto:RAD@CosumnesCSD.gov)

# 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.

Register Now!

See **REGISTRATION LOCATIONS** at the beginning of this 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)



# COSUMNES RECREATION OPPORTUNITY FUND

## Give the Gift of Recreation

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

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

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**



## COMMUNITY ORGANIZATIONS

4-H Sacramento Clubs.....	<a href="http://sac4h.ucanr.edu">sac4h.ucanr.edu</a>
American Legion .....	<a href="http://americanlegionelkgrove.com">americanlegionelkgrove.com</a>
American Red Cross - Sacramento .....	<a href="http://redcross.org">redcross.org</a>
California Urban Forests Council, Sacramento Valley Chapter.....	<a href="http://caufc.org">caufc.org</a>
California Office of Emergency Services .....	<a href="http://caloes.ca.gov">caloes.ca.gov</a>
Center for Fathers and Families.....	<a href="http://cfsacramento.org">cfsacramento.org</a>
City of Elk Grove.....	<a href="http://elkgrovecity.org">elkgrovecity.org</a>
City of Elk Grove Police Department .....	<a href="http://elkgrovepd.org">elkgrovepd.org</a>
City of Galt .....	<a href="http://ci.galt.ca.us">ci.galt.ca.us</a>
City of Galt Police Department .....	<a href="http://cityofgalt.org/government/police-department">cityofgalt.org/government/police-department</a>
Cosumnes Legacy Foundation.....	<a href="http://www.cosumneslegacyfoundation.org">www.cosumneslegacyfoundation.org</a>
Cosumnes Oaks Jr. Wolfpack .....	<a href="http://cosumnesoaksjr狼pack.com/home">cosumnesoaksjr狼pack.com/home</a>
Cosumnes River Preserve .....	<a href="http://cosumnes.org">cosumnes.org</a>
Department of Fish & Wildlife.....	<a href="http://wildlife.ca.gov">wildlife.ca.gov</a>
Elk Grove Adult Community Training (EGACT) .....	<a href="http://egact.org">egact.org</a>
Elk Grove Aquatics Club Gators.....	<a href="http://egacgators.com">egacgators.com</a>
Elk Grove Artists .....	<a href="http://elkgroveartistsca.org">elkgroveartistsca.org</a>
Elk Grove Babe Ruth Baseball .....	<a href="http://eghardball.com">eghardball.com</a>
Elk Grove Chamber of Commerce .....	<a href="http://elkgroveca.com">elkgroveca.com</a>
Elk Grove Community Garden.....	<a href="http://elkgrovecommunitygarden.org">elkgrovecommunitygarden.org</a>
Elk Grove Fine Arts Center.....	<a href="http://elkgrovetfineartscenter.org">elkgrovetfineartscenter.org</a>
Elk Grove Food Bank Services .....	<a href="http://elkgrovefoodbank.org">elkgrovefoodbank.org</a>
Elk Grove Girls Softball .....	<a href="http://elkgrovesoftball.com">elkgrovesoftball.com</a>
Elk Grove Historical Society .....	<a href="http://elkgrovehistoricalsociety.com">elkgrovehistoricalsociety.com</a>
Elk Grove Homeless Assistance Resource Team (HART) ...	<a href="http://elkgrovehart.org">elkgrovehart.org</a>
Elk Grove Jr. Thundering Herd .....	<a href="http://jrthunderingherd.com">jrthunderingherd.com</a>
Elk Grove Lions Club .....	<a href="http://elkgrovelionsfoundation.org">elkgrovelionsfoundation.org</a>
Elk Grove Piranhas .....	<a href="http://elkgrovepiranhas.com">elkgrovepiranhas.com</a>
Elk Grove Regional Scholarship Foundation.....	<a href="http://elkgroverf.org">elkgroverf.org</a>
Elk Grove Rugby .....	<a href="http://elkgroverugby.com">elkgroverugby.com</a>
Elk Grove Soccer League .....	<a href="http://elkgrovesoccer.com">elkgrovesoccer.com</a>
Elk Grove Wrestling Academy .....	<a href="http://elkgrovestwrestlingacademy.com">elkgrovestwrestlingacademy.com</a>
Elk Grove Youth Baseball .....	<a href="http://elkgroveyouthbaseball.com">elkgroveyouthbaseball.com</a>
Elk Grove Youth Lacrosse.....	<a href="http://elkgrovelacrosse.com">elkgrovelacrosse.com</a>
Elk Grove Youth Sports Foundation .....	<a href="http://egysf.org">egysf.org</a>
Franklin Jr. Wildcats.....	<a href="http://franklinjrwildcats.com">franklinjrwildcats.com</a>
Freedom K9 Paws .....	<a href="http://freedomk9.net">freedomk9.net</a>
Friends of Stone Lakes National Wildlife Refuge.....	<a href="http://friendsofstonelakes.org">friendsofstonelakes.org</a>
Girl Scouts - Heart of Central California .....	<a href="http://girlscouthcc.org">girlscouthcc.org</a>
Int'l Order of the Rainbow for Girls .....	<a href="http://gorainbow.org">gorainbow.org</a>
IR Academy of Soccer Development .....	<a href="http://iracademysoccer.com">iracademysoccer.com</a>
Kiwanis.....	<a href="http://lagunaelkgrovekiwanis.org">lagunaelkgrovekiwanis.org</a>
Laguna Youth Baseball .....	<a href="http://lagunayouthbaseball.org">lagunayouthbaseball.org</a>
Libraries (Elk Grove and Franklin).....	<a href="http://saclibrary.org">saclibrary.org</a>
Monterey Trail Jr. Mustangs .....	<a href="http://montereytrailjrmustangs.com">montereytrailjrmustangs.com</a>
National Society Daughters of the American Revolution .....	<a href="http://dar.org">dar.org</a>
Old Town Elk Grove Foundation.....	<a href="http://oldtownelkgrove.com">oldtownelkgrove.com</a>
Pleasant Grove Jr. Eagles .....	<a href="http://pgeagles.com">pgeagles.com</a>
Project R.I.D.E .....	<a href="http://projectride.org">projectride.org</a>
Rotary Club .....	<a href="http://portal.clubrunner.ca/9112">portal.clubrunner.ca/9112</a> and <a href="http://elkgroverotary.org">elkgroverotary.org</a>
Sacramento City Unified School District.....	<a href="http://scusd.edu">scusd.edu</a>
Sacramento County .....	<a href="http://saccounty.gov">saccounty.gov</a>
Sacramento County Office of Emergency Services.....	<a href="http://sacoes.org">sacoes.org</a>
Sacramento County Sheriff Department .....	<a href="http://sacsheriff.com">sacsheriff.com</a>
Sacramento Valley Symphonic Band Association .....	<a href="http://svsba.net">svsba.net</a>
Scouts of America .....	<a href="http://scouting.org">scouting.org</a>
Senior Center of Elk Grove .....	<a href="http://thesceg.com">thesceg.com</a>
South County Services .....	<a href="http://southcountyservice.com">southcountyservice.com</a>
State of California .....	<a href="http://ca.gov">ca.gov</a>
Stone Lakes National Wildlife Refuge .....	<a href="http://fws.gov/refuge/stone-lakes">fws.gov/refuge/stone-lakes</a>
Strauss Festival.....	<a href="http://straussfestival.com/">straussfestival.com/</a>
TOFA .....	<a href="http://tofainc.org">tofainc.org</a>
The Elk Grove Garden Club.....	<a href="http://elkgrovegardenclub.org">elkgrovegardenclub.org</a>
Uplift People of Elk Grove .....	<a href="http://upliftelkgrove.org">upliftelkgrove.org</a>
Wilton Rancheria .....	<a href="http://wiltonrancheria-nsn.gov">wiltonrancheria-nsn.gov</a>

## COSUMNES LEGACY FOUNDATION



The Cosumnes Legacy Foundation (CLF) supports quality-of-life services, focusing on programs and projects related to parks, recreation, fire protection and emergency medical care.

The Cosumnes Legacy Foundation is an independent 501- c (3) corporation.

For more information visit:  
**CosumnesLegacyFoundation.org**

## 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

### UNDERSTANDING PYRETHOIDS:

This group of insecticides is harmful to freshwater wildlife and can injure or kill plant and animals. They are highly toxic to fish, and dissolve poorly in water. Additionally, these chemicals can affect fertility, the immune system, cardiovascular and hepatic metabolism in humans.

### AVOID PYRETHROID INSECTICIDES:

You can make a difference! The Department of Pesticide Regulation determined that use restrictions on outdoor residential use is the most effective opportunity to substantially reduce pyrethroids in California water bodies. Look at the labels of pesticide products, and beware of allethrin, resmethrin, permethrin, cyfluthrin, esfenvalerate, or other chemicals that end in either -thrin or -ate.

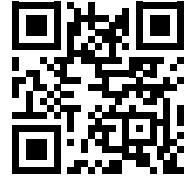
MORE INFORMATION: <https://bit.ly/3ISd1ay>



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

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## HOW TO CHOOSE THE BEST SUMMER CAMP



Let Your  
**CHILD HELP**  
Choose the Camp



Choose the  
All-Inclusive  
**SAMMY'S  
SUMMER CAMP**



Choose a Camp  
that fits the  
**CHILD'S INTERESTS**



Mix up the  
Summer with  
**15 FUN SPECIALTY  
SUMMER CAMPS**

**CHECK OUT THE LINEUP!** (See Pg. 2) | [CosumnesCSD.gov/SummerCamps](https://CosumnesCSD.gov/SummerCamps)