



**COSUMNES**  
COMMUNITY SERVICES DISTRICT

FALL 2025

# ACTIVITY GUIDE



## **ELK GROVE GIANT PUMPKIN FESTIVAL**

**OCTOBER 4 & 5**

The region's premier celebration  
of enormous gourds and  
all things pumpkin!





## 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 214,000 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 August 13!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **August 20**.



### 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*  
Reina Tarango - *Director*

Tim Ogden  
*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 GENERAL MANAGER



This year marks a special milestone: Cosumnes Community Services District is celebrating 40 years of service to the Elk Grove and Galt communities. It is an honor to join the District during such a meaningful time in its history.

Since 1985, the District has become a vital part of daily life by providing fire protection, emergency medical services, parks, and recreation programs that strengthen our community and enhance quality of life. These services, and the people who provide them, reflect a deep and lasting commitment to public service. From firefighters and maintenance crews to recreation staff and administrative professionals, the work being done each day makes a difference in the lives of our residents.

As your new General Manager, I have spent the past few months getting to know the dedicated teams who make this work possible. I have seen firsthand the passion that drives our mission forward and the pride staff take in serving our diverse and growing community.

This fall, I invite you to take part in the many programs and events featured in this guide, whether it is exploring a new class, enjoying one of our 100-plus parks, or connecting with neighbors at a seasonal celebration. I have toured, walked, run, and played in the superior parks, trails, and facilities serving the community. If you haven't signed up yet for a CORE Recreation Center membership, do so today! This state-of-the-art facility has something for everyone.

You will also notice our special 40th anniversary logo throughout the season, a symbol of pride in how far we have come and in the excitement for where we are headed.

Thank you for being part of our story. I look forward to the journey ahead together.

**Tim Ogden**

*General Manager*

Cosumnes Community Services District



# COSUMNES

COMMUNITY SERVICES DISTRICT

## 2025 FALL ACTIVITY GUIDE

<b>GIANT PUMPKIN FESTIVAL</b>	<b>1</b>
<b>COMMUNITY EVENTS CALENDAR</b>	<b>3</b>
<b>YOUTH DEVELOPMENT PROGRAM</b>	
Buddy Bunch & Toddler Time.....	5
Tiny Tot Preschools .....	6
Kid Central .....	7
Kid Central After-School Clubs .....	8
The Grove Teen Center.....	9
Teen Pathways.....	10
<b>ADAPTIVE &amp; INCLUSIVE RECREATION</b>	
Recreation Adventures.....	11
RAD Summer Dances.....	12
<b>AQUATICS</b>	
Swim Lessons.....	15
Water Fitness .....	17
Red Cross/ CPR/AED and First Aid.....	19
Making Waves.....	19
Swim For Fitness.....	19
<b>CORE RECREATION CENTER</b>	
CORE.....	21
Sport Specific Training.....	23
<b>SPORTS</b>	
Academy Sports.....	24
Pee Wee Sports .....	25
Youth Sports Leagues.....	26
Adult Sports Leagues .....	27
Open Gym at Wackford .....	27
Tennis .....	28
<b>EMERALD LAKES GOLF COURSE</b>	<b>29</b>
Golf Academy .....	30
<b>COSUMNES FIRE</b>	<b>31</b>
History of Cosumnes Fire Department .....	31
Fire Prevention Week.....	32
CERT Training.....	32
<b>ENRICHMENT CLASSES</b>	<b>33-35</b>
Classes From Our Partners .....	36-37
<b>LANDSCAPE &amp; LIGHTING</b>	<b>38</b>
<b>PARKS GUIDE &amp; MAP</b>	<b>39</b>
<b>RENTAL FACILITIES</b>	<b>41</b>
<b>REGISTRATION</b>	<b>43</b>
<b>COMMUNITY INFO</b>	<b>44</b>
<b>SPECIAL EVENTS</b>	
Zoppe Italian Family Circus .....	4
Dive-In Movie/Movies in the Park .....	13
Mad Hatter Tea Party .....	13
Breakfast with Santa & Friends .....	13
Kids Night Out.....	14
Diversity Month.....	14
Illumination Holiday Festival .....	14
Healthy Kids Extravaganza.....	20
Pool of Pumpkins.....	20





FIRST WEEKEND IN OCTOBER  
**OCTOBER 4 & 5 AT ELK GROVE PARK**  
FREE ADMISSION | \$20 PARKING

# ELK GROVE GIANT PUMPKIN FESTIVAL

Since 1994, the Elk Grove Giant Pumpkin Festival has grown into one of the region's most cherished fall traditions, where families, farmers, and festivalgoers gather for two days of amazing autumn fun. From gargantuan gourds to pumpkin boat races, carnival rides, crafts, contests, and crave-worthy food, there's something unforgettable around every corner. Whether you're in it for the thrills, the flavors, or the photo ops, Elk Grove Park is the place to be on the first weekend in October!

**@ElkGroveGPF**



**2025 FESTIVAL  
VOLUNTEERS NEEDED**  
[CosumnesCSD.gov/GPF](https://CosumnesCSD.gov/GPF)







# CALENDAR OF FALL EVENTS

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



## AUGUST

- 8** **Sammy's Star Search**  
Laguna Town Hall
- 15** **Dive In Movie**  
Elk Grove Aquatics Center
- 22** **Summer Concert Series**  
Special Guest Innersoul  
Laguna Town Hall
- 29** **Summer Concert Series**  
Special Guest On Air  
Laguna Town Hall
- Thursdays** **Storytime in the Park**  
Elk Grove Park
- Every Second Saturday** **Community Breakfast**  
In Partnership with  
Elk Grove Lions  
Albani Recreation Center



## SEPTEMBER

- 6** **Healthy Kids Extravaganza**  
Wackford Complex
- 12-22** **Zoppe Circus**  
Elk Grove Park
- 14** **Bubble Day Frenzy**  
Elk Grove Park
- 27** **Elk Grove Jazz Festival**  
Laguna Town Hall
- 27** **Kiwanis Mad Hatter Tea Party**  
Albani Recreation Center
- Thursdays** **Storytime in the Park**  
Elk Grove Park
- Every Second Saturday** **Community Breakfast**  
In Partnership with  
Elk Grove Lions  
Albani Recreation Center



## OCTOBER

- 4 & 5** **Elk Grove Giant Pumpkin Festival**  
Elk Grove Park
- 10** **Magkaisa: Filipino American History Month Night Market**  
In Partnership with  
Sacramento Phiipinx LGBTQIA+  
Laguna Town Hall
- 18** **Breast Cancer Awareness Walk**  
In Partnership with  
Wilton Racheria  
Elk Grove Park
- 18** **Pool of Pumpkins**  
Wackford Complex
- 25** **Movies in the Park**  
Derr-Okamoto Park
- Every Second Saturday** **Community Breakfast**  
In Partnership with  
Elk Grove Lions  
Albani Recreation Center



## NOVEMBER

- 11** **Veteran's Day**  
In Partnership with  
The American Legion  
Elk Grove Park
- 29** **Dickens Street Faire**  
Old Town Elk Grove
- Every Second Saturday** **Community Breakfast**  
In Partnership with  
Elk Grove Lions  
Albani Recreation Center



## DECEMBER

- 6** **Breakfast with Santa and Friends**  
Albani Recreation Center
- 13** **Fighting Games Jamboree**  
Albani Recreation Center
- Every Second Saturday** **Community Breakfast**  
In Partnership with  
Elk Grove Lions  
Albani Recreation Center

## Save the Date

- Feb. 6 & 7** **Butterfly Ball**  
Laguna Town Hall
- March 7** **Family Dance**  
Wackford Complex





**SEPTEMBER 12 - 22, 2025**

**ELK GROVE PARK**

**Fri, September 12: 6pm**

**Sat, September 13: 1pm, 4pm, 7pm**

**Sun, September 14: 1pm, 4pm**

**Mon, September 15: 6pm**

**Thurs, September 18: 6pm**

**Fri, September 19: 6pm**

**Sat, September 20: 1pm, 4pm, 7pm**

**Sun, September 21: 1pm, 4pm**

**Mon, September 22: 6pm**

**GET YOUR TICKETS TODAY!**

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





# TINY TOT

Tiny Tot helps your child build confidence and independence through fun, hands-on activities that spark a love of learning and prepare them for school success.

## PRESCHOOL READINESS & ENRICHMENT (Ages 18 Months - 3 Years)

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

### BUDDY BUNCH

*Ages 18 Month - 3 Years*

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.

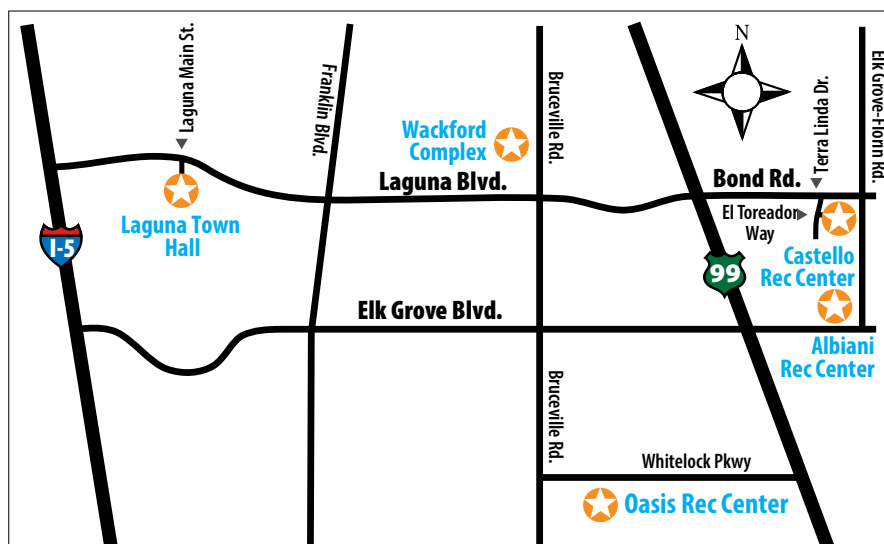
### TODDLER TIME

*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.



**PRESCHOOL READINESS  
SCAN FOR PRICING OR  
TO REGISTER NOW!**



### TINY TOT LOCATIONS

#### BUDDY BUNCH/TODDLER TIME

**Albani Recreation Center**  
8830 Sharkey Ave

#### PRESCHOOLS

**Laguna Town Hall**  
3020 Renwick Ave

**Oasis Recreation Center**  
8013 Poppy Ridge Rd

**Wackford Complex**  
9014 Bruceville Rd

**Castello Recreation Center**  
8830 El Toreador Way





FOR PRICING OR TO REGISTER:  
[CosumnesCSD.gov/Preschool](https://CosumnesCSD.gov/Preschool)



## PRESCHOOL PROGRAMS (Ages 3 & 4 Years)

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.

PRESCHOOL CLASS OFFERINGS			
DAYS PER WEEK	3 YEAR OLD	3 & 4 YEAR OLD	4 YEAR OLD
<b>2 DAYS</b> (T,TH)	Castello (AM) Oasis (AM) Wackford (AM)	Castello (PM) Wackford (PM)	
<b>3 DAYS</b> (M,W,F)		Castello (PM) Wackford (PM)	Castello (AM) Oasis (AM) Wackford (AM)
<b>4 DAYS</b> (M-TH)		Oasis (PM) LTH (AM)	

Can't wait to meet your little one!



**MS. ANNA**

*Preschool Teacher, Oasis Rec Center*

I love to hike, travel and inspire young minds. I'm excited to make learning fun with your child!



## PRESCHOOL CAMP

OASIS RECREATION CENTER

### FALL CAMP

Giving thanks is the focus of this class. While learning social skills, children will also be encouraged to use their critical thinking skills as activities are geared towards being grateful.

**November 24 - November 26**

**8:30am - 11:30am**

**AGES 3 & 4 | \$89**

**#56049**



**SCHEDULE AN OBSERVATION: (916) 405-5600**





# KID CENTRAL

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

## KID CENTRAL MEMBERSHIP

### REGISTRATION

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

### ANNUAL MEMBERSHIP

Required for the Off-Track Specialty Camps and After School Clubs.

2025-2026: **\$69** (exp. June 30, 2026)

### Sibling Discount\*

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

\*Discount cannot be applied to Annual Membership fee.

### Closed Dates:

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

\*Holidays: 9/1, 10/6, 10/13, 11/11, 11/27, 11/28, 12/24, 12/25, 12/31, 1/1

## OFF-TRACK SPECIALTY CAMPS

Our Off-Track Specialty Camps offer a variety of themed programs that keep kids engaged, learning, and having fun all year long. From art and science to spy adventures, games, and cooking, there's something new to discover every week.

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

### LOCATION & HOURS

#### Youth Center at Elk Grove Park

9922 Elk Grove-Florin Road

#### Monday - Friday

Full Day Hours: 7:30am-5:30pm

Camp Hours: 9:00am-3:00pm

### PROGRAM RATES

Daily /Full Day Rate: \$56 (1-3 Days)

Weekly/Full Day Rate: \$209 (4-5 Days)

Weekly/Camp Hours Rate: \$185 (4-5 Days)

CAMP WEEK	THEME
8/11 - 8/15	ART
8/18 - 8/22	ART
8/25 - 8/29	SPY
9/1 - 9/5 <sup>+</sup>	SCIENCE
9/8 - 9/12	GAMES
9/15 - 9/19	ART
9/22 - 9/26	SPY
9/29 - 10/3	SCIENCE
10/6 - 10/10 <sup>+</sup>	ART

CAMP WEEK	THEME
10/13 - 10/17 <sup>+</sup>	SPY
10/20 - 10/24	SCIENCE
10/27 - 10/31	GAMES
11/3 - 11/7	SPY
11/10 - 11/14 <sup>+</sup>	SCIENCE
11/17 - 11/21	GAMES
12/1 - 12/5	COOKING
12/8 - 12/12	ART
12/15 - 12/19	SPY







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



## AFTER-SCHOOL CLUBS

JOHNSON RECREATION CENTER



**CRAFTS \$20**

If you have a budding artist at home, our craft club is the perfect place to get creative! Explore crochet, weaving, knitting, and make your own stuffed animals and unique creations. Along the way, you'll meet new friends and craft fun memories that last.

**Mondays 3:00pm - 6:00pm**

**VISUAL AND PERFORMING ARTS \$20**

Immerse yourself in the world of creativity through theatrical activities, prop and costume making, photography, and painting. Together, we'll craft beautiful works of art and build lasting friendships as we explore and express ourselves through visual storytelling.

**Tuesdays 3:00pm - 6:00pm**

**STEM \$25**

Dive into the exciting world of STEM with new friends through hands-on experiments, creative projects, and eye-opening discoveries. From science and technology to engineering and math, you'll explore the many possibilities of STEM through engaging activities. Learn, connect, and have fun in this interactive and educational club.

**Wednesdays 2:00pm - 6:00pm**

**TALES AND TABLES \$20**

Use your imagination to make your stories come to life. Write engaging tales, draw storyboards of your adventures, or collaborate to build worlds with others. Whether you're crafting a novel or diving into a tabletop role-playing game, you'll explore the art of storytelling through books, games, illustrations, and shared creativity with newfound friends.

**Thursdays 3:00pm - 6:00pm**

**ALL THINGS GAMES \$20**

If you love games and want to level up your skills, this is the club for you. Explore new card games, board games, and even try out a few video games, all while meeting new friends and learning awesome tabletop strategies along the way.

**Fridays 3:00pm - 6:00pm**

# ExL

Expanded Learning | **E G U S O**

Cosumnes CSD is the EGUSD's service provider of the ExL after school program at the following Elementary Schools:

- Arlene Hein
- Florence Markofer
- John Ehrhardt
- Ellen Feickert
- Edna Batey
- Helen Carr Castello



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

## HOLIDAY CAMPS\*

ELK GROVE YOUTH CENTER

**7:30am-5:30pm**

**AGES 5-12 | \$155**

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

*\*A Kid Central Membership is not required to participate in the Holiday Camps. Everyone is welcome to join, regardless of membership status.*

## TURKEY CAMP

**#55618**  
**Mon-Wed**  
**11/24-11/26**



## WINTER CAMP

**#56619**  
**Mon/Tue/Fri**  
**12/22-12/26**

**#56620**  
**Mon/Tue/Fri**  
**12/29-1/2/2026**







# THE GROVE

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.*



**FREE**

## COMMUNITY SERVICE



**NEW!**

**ENRICHMENT  
CLASSES** See pg. 33



### Teen Leadership Committee FOR MIDDLE SCHOOL STUDENTS

Teen Leadership Committee members get a head start on professional development skills like resume building and interview skills, have the opportunity to work on a community service project, and volunteer for Cosumnes CSD events throughout the year!

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

REGISTER TODAY: **[CosumnesCSD.gov/TeenCommittee](https://CosumnesCSD.gov/TeenCommittee)**





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



## TEEN PATHWAYS

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

These are drop-off events. Guardian will not be allowed to attend. Teen Pathways is Funded by Measure E.



### Teen Pathways Field Trip



**FEE: \$10**

#### OLD SACRAMENTO

56536	Sat	9/13	9:00am-3:00pm
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#### FOLSOM RENAISSANCE FAIRE

56202	Sat	9/27	9:00am-3:00pm
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#### DAVE'S PUMPKIN PATCH

56526	Sat	10/11	9:00am-3:00pm
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#### NIMBUS FISH HATCHERY

56212	Sat	11/22	9:00am-3:00pm
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#### UC DAVIS TOUR

56542	Sat	12/13	9:00am-3:00pm
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**FREE**

### Teen Takeover - Party Edition

*Ages 12-17*

On Saturday nights, enjoy A GLOW-IN-THE-DARK session of open recreation games in the teen center or open gym time at Wackford Community Complex during Teen Takeover. It's a great opportunity to hang out with friends and have fun. Food and drink will be provided.

#### Wackford Complex, Teen Center

**FREE**

55657	Sat	8/30	6:30pm-8:30pm
55662	Sat	9/27	6:30pm-8:30pm
55664	Sat	10/25	6:30pm-8:30pm
55665	Sat	11/22	6:30pm-8:30pm
55666	Sat	12/20	6:30pm-8:30pm



**FREE**

### Late Nights

*Ages 12-17*

Friday Nights are for TEENS! Join us at The Grove for Late Night Fun - movies, karaoke, haunted houses, and more! Free snacks included. Teens Only - no parents allowed!

#### Wackford Complex, Teen Center

**FREE**

#### FRIGHTMARE

50193	Fri	10/17	6:30pm-8:30pm
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#### WINTER WONDERLAND

55653	Fri	12/12	6:30pm-8:30pm
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**FREE**

### Teen Wellness Group

*Ages 13-17*

Join Teen Pathways for a monthly teen enrichment and support group. Every Second Tuesday CSD staff will lead teens in mindfulness activities, provide educational resources and facilitate group discussions to explore the challenges and successes of modern-day teenagers.

#### Wackford Complex, Teen Center

**FREE**

56510	Tue	9/9-12/9	6:00pm-7:00pm
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**FREE**

### Teen Takeover

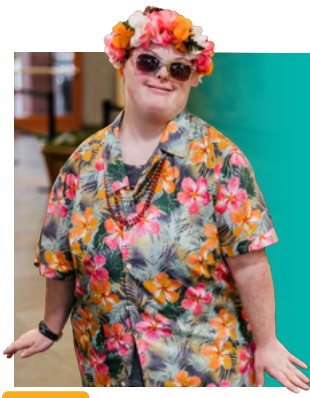
*Ages 12-17*

On Saturday nights, enjoy open recreation and gym activities at Wackford Community Complex during Teen Takeover. Chill with your friends, enjoy the vibe, and have some fun.

#### Wackford Complex, Teen Center

**FREE**

55677	Sat	8/9	6:30pm-8:30pm
55654	Sat	9/13	6:30pm-8:30pm
55678	Sat	10/11	6:30pm-8:30pm
55679	Sat	11/8	6:30pm-8:30pm
55680	Sat	12/6	6:30pm-8:30pm



# RECREATION ADVENTURES

## RECREATION WITHOUT LIMITS

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



**SIGN UP TODAY!**  
Submit a Volunteer Form  
[CosumnesCSD.gov/RAD](https://cosumnescsd.gov/RAD)

### New

#### RAD Kids Dance Movement

Ages 3-6

Get ready to jump, spin, and giggle! Our RAD Kids Dance class is the perfect way for little ones to explore movement, rhythm, and music in a fun and creative environment. This class blends playful dance games, basic movements, and imaginative storytelling to help children build coordination, confidence, and a love for dance.

**Albani Recreation Center,  
Swallowtail Rm**

56913	Fri	9/5-9/26	9:30am-10:15am	<b>\$32</b>
56914	Fri	10/3-10/31	9:30am-10:15am	<b>\$40</b>
56915	Fri	11/7-11/21	9:30am-10:15am	<b>\$24</b>
56916	Fri	12/5-12/19	9:30am-10:15am	<b>\$24</b>

### New

#### RAD Performing Arts

Ages 18+

RAD Theater Club offers a creative space for individuals with disabilities to engage in improv games, perform scenes, and sing songs from favorite musicals. Participants will gain confidence and teamwork skills, with a live showcase at the end to highlight their growth and talents in a fun, supportive environment. Classes meet every other Thursday.

**Albani Recreation Center,  
Swallowtail Rm**

55700*	Thu	9/4-12/11	4:30pm-5:30pm	<b>\$40</b>
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\*No Class Dates: 11/27

### New

#### RAD-Zone: Arcade, Art, Action

Ages 18+

Join us for a fun and inclusive hangout at the Teen Center! Enjoy activities such as pool, ping pong, air hockey, and board games in a safe and welcoming space for individuals with disabilities. Relax, socialize, and have fun while making new friends!

**Wackford Complex, Teen Center**

55805	Fri	9/12	10:00am-11:30am	<b>\$10</b>
55819	Fri	10/10	10:00am-11:30am	
55818	Fri	11/21	10:00am-11:30am	
55820	Fri	12/5	10:00am-11:30am	

#### RAD Fun Fridays

Ages 13+

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

**Wackford Complex, Teen Center**

55767	Fri	9/5	6:30pm-8:00pm	<b>\$12</b>
55768	Fri	11/7	6:30pm-8:00pm	



#### RAD Fitness Club

Ages 18+

Come reach that new goal and increase your strength, flexibility and endurance. This class is for individuals with disabilities.

**Albani Recreation Center, Lippincott Hall**

55763	Thu	9/4-9/25	9:30am-10:30am	<b>\$15</b>
55764	Thu	10/2-10/30	9:30am-10:30am	<b>\$20</b>
55765*	Thu	11/6-11/20	9:30am-10:30am	<b>\$15</b>
55766	Thu	12/4-12/18	9:30am-10:30am	<b>\$15</b>

\*No Class Dates: 11/27

#### RAD Open Gym

Ages 18+

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

**Wackford Complex, Gym**

55770	Mon	9/8-9/29	9:30am-10:30am	<b>\$20</b>
55771*	Mon	10/6-10/27	9:30am-10:30am	<b>\$15</b>
55772	Mon	11/3-11/24	9:30am-10:30am	<b>\$20</b>
55773	Mon	12/1-12/22	9:30am-10:30am	<b>\$20</b>

\*No Class Dates: 10/13



#### RAD Yoga

Ages 18+

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

**Albani Recreation Center,  
Lippincott Hall**

55783	Tue	9/2-9/30	9:30am-10:30am	<b>\$25</b>
55784	Tue	10/7-10/28	9:30am-10:30am	<b>\$20</b>
55785*	Tue	11/4-11/25	9:30am-10:30am	<b>\$15</b>
55786	Tue	12/2-12/16	9:30am-10:30am	<b>\$15</b>

\*No Class Dates: 11/11

#### 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 Zumba

Ages 18+

Come learn different dance movements and basic choreography in this high-energy class through structured and free movement exercises. This class is for individuals with disabilities.

**Albani Recreation Center, Lippincott Hall**

55788	Wed	9/3-9/24	9:30am-10:30am	<b>\$20</b>
55789	Wed	10/1-10/29	9:30am-10:30am	<b>\$25</b>
55790	Wed	11/5-11/19	9:30am-10:30am	<b>\$15</b>
55791	Wed	12/3-12/17	9:30am-10:30am	<b>\$15</b>





## RAD Pickleball

Ages 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**

55775	Sat	9/13	10:30am-11:30am
55776	Sat	9/27	10:30am-11:30am
55777	Sat	10/11	10:30am-11:30am
55778	Sat	10/25	10:30am-11:30am
55779	Sat	11/8	10:30am-11:30am
55780	Sat	11/22	10:30am-11:30am
55781	Sat	12/13	10:30am-11:30am



## RAD Dance Team

Ages 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

**\$40**

55758*	Mon	9/15-12/8	4:30pm-5:30pm
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\*No Class Dates: 10/6, 10/13, 11/3



## RAD Swim

Ages 18+

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

### Wackford Aquatic Complex

**\$60**

55792	Wed	9/3-9/24	4:00pm-4:45pm
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**NEEDS ASSESSMENTS AND  
ACCOMMODATION FORMS**



**CosumnesCSD.gov/RAD**

**RAD PRIVATE  
SWIM LESSONS**

See pg. 15



# RAD FALL 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**





**DIVE-IN MOVIE**

**August 15**  
**Moana (2016)**  
 Elk Grove Aquatics Center

**Ages 5+: \$8**  
**Ages 2-4: \$5**  
**Under 2: Free**  
*Swim Passes are accepted.*

**Movie begins at sunset**

**CosumnesCSD.gov/Events**



**MAD Hatter Tea PARTY**

Join the Kiwanis Club and Cosumnes CSD for a whimsical Mad Hatter Tea Party! Enjoy games, art activities, and brunch with small sandwiches, desserts and beverages. Dress in your best tea party outfit, a fun hat or an Alice in Wonderland costume.

**Saturday, September 27**

**Albani Recreation Center, Lippincott Hall**

56017- 10:30am - 12:00pm  
 56014- 12:30pm - 2:00pm

**\$10 | Register early- seating is limited.**  
 Walk up registration will not be accepted.

**Kiwanis**  
 CLUB OF LAGUNA - ELK GROVE

**COSUMNES**  
 COMMUNITY SERVICES DISTRICT

**Ages 3+**

Cosumnes Parks and Recreation Presents



**FREE MOVIES IN THE PARK**

**October 25**  
**Hocus Pocus (1993)**  
 Derr-Okamoto Park

**Movie begins at sunset**

*Fun activities and games prior to the movie.*

**CosumnesCSD.gov/Movies**



**Breakfast with SANTA and Friends**

Enjoy a delicious pancake breakfast, meet Santa and his friends, and take part in fun-filled activities perfect for the whole family. Don't forget your camera—photo ops with Santa will make memories to last a lifetime!

**Saturday, December 6**  
 Albani Recreation Center

<b>\$8</b> Adults	<b>Available Times</b>	
<b>\$5</b> Kids (2-12)	<b>8:00am-8:45am</b>	
<b>Free</b> Kids under 2	<b>9:00am-9:45am</b>	
<b>\$50</b> Tables of 8	<b>10:00am-10:45am</b>	

Walk up registration will not be accepted.

**RESERVE YOUR SPOT!**

**CosumnesCSD.gov/Santa**



Ages 3-11

# KIDS' NIGHT OUT

PARENTS NIGHT OFF!

**\$35**  
(Per Person)

**Saturday, December 13 | 4:00 pm - 8:00 pm | Wackford Complex**

**#56621 | CosumnesCSD.gov**

## DIVERSITY MONTH

9/7 - Metalachi Madness  
9/13 - Dancing the Globe  
9/18 - Global Feast Fest  
9/19 - Cultural Dance Lessons

[elkgrove.gov/diversitymonth](http://elkgrove.gov/diversitymonth)

scan for more info:

City of Elk Grove | COSUMNES COMMUNITY SERVICES DISTRICT

City of Elk Grove  
Cosumnes CSD Proudly Supports

6<sup>th</sup> annual  
**illumination**  
HOLIDAY FESTIVAL

**Saturday, December 6**  
3-8pm | District56

scan for more info

[elkgrove.gov/illumination](http://elkgrove.gov/illumination)

# FALL SWIM LESSONS



**American  
Red Cross**

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

## LESSON LEVELS

*All Fall Swim Lessons meet twice a week for 2 weeks (4 lessons per session).*

*The schedule will be Mon/Wed or Tue/Thu, depending on the facility each lesson is 25 minutes.*

### **Cuddlesfish** (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 grown-ups 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 & 6: Dolphin/Shark** *Ages 7–10*

This Combo Class (Dolphin/Shark) requires children to swim 25 yards of front crawl, backstroke, elementary backstroke, breaststroke, and sidestroke in deep water. Students refine strokes and techniques through lap swimming and learn front/back flip turns, butterfly, and treading water.

### **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 the sample Progress Report and skills checklist 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.
- Wackford Aquatic Complex and Elk Grove Aquatics Center offer swim lessons. If a class is full at one pool, check another facility.

## 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. Parents/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 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

### ELK GROVE AQUATICS CENTER

	MON/WED				TUE/THU			
	AFTERNOON							
	4:30	5:00	5:30	6:00	4:30	5:00	5:30	6:00
Pre-School 1: Starfish	●	●	●		●	●	●	
Pre-School 2: Seahorse	●		●		●		●	
Pre-School 3: Stingray		●		●		●		●
School Age 1 & 2: Pike	●		●	●	●		●	●
Level 3: Minnow			●		●		●	
Level 4: Otter				●				●
Level 5 & 6: Dolphin/Shark		●				●		
Private	●	●	●	●	●	●	●	●
Semi-Private	●	●	●	●	●	●	●	●
RAD Private	●				●	●		

### WACKFORD AQUATIC COMPLEX

	TUE/THU			
	AFTERNOON			
	4:30	5:00	5:30	6:00
Cuddlefish	●	●		
Pre-School 1: Starfish	●	●	●	
Pre-School 2: Seahorse	●		●	
Pre-School 3: Stingray		●		●
School Age 1 & 2: Pike	●	●	●	●
Level 3: Minnow			●	●
Private	●	●	●	●
Semi-Private	●	●	●	●
RAD Private		●		

## SESSION DATES

MON/WED DATES			TUES/THU DATES		
SESSION	DATE RANGE		SESSION	DATE RANGE	
Session 1*	9/3	9/10	Session 1	9/2	9/11
Session 2	9/15	9/24	Session 2	9/16	9/25
Session 3	9/29	10/8	Session 3	9/30	10/9
Session 4*	10/15	10/22	Session 4	10/14	10/23

\*No Class Dates: 9/1, 10/13

## SESSION RATES

MONDAY/ WEDNESDAY RATES <sup>†</sup>		
LESSON	SESSION 1 & 4 (3 DAYS)	SESSION 2 & 3 (4 DAYS)
Group	\$36	\$48
Semi-Private	\$90	\$120
Private	\$120	\$160

TUESDAY/THURSDAY RATES <sup>†</sup>	
LESSON	SESSION 1-4 (4 DAYS)
Group	\$48
Semi-Private	\$120
Private	\$160

<sup>†</sup> Prices may change based on location due to facility closures.



# FALL 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 year-round and seasonal programs. All classes are taught by trained instructors, aside from Aqua 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
Aqua Stretch & Tone	Sat		●			
Aqua Stretch & Tone	Fri			●		
Aqua Jog: Session 1-3	M/W		●		●	
Aqua Jog: Session 1-3	T/Th		●		●	
Aqua Jog: Session 1-3	Sat			●		
Aqua Walking	M/W	●				
Aqua Walking	T/Th	●				
Aqua Walking	Fri		●			
H2O Strength: Session 4-8	M/W		●		●	
Aqua HIIT: Session 4-8	T/Th		●		●	
Shallow Water Fitness: Session 4-8	Sat			●		
Shallow Water Fitness	M/W			●		●
Shallow Water Fitness	T/Th			●		●

SESSION	DATE RANGE	
Session 1*	9/2	9/14
Session 2	9/15	9/28
Session 3*	9/29	10/12
Session 4	10/14	10/26
Session 5	10/27	11/9
Session 6*	11/10	11/23
Session 7*	11/24	12/7
Session 8	12/8	12/21

\*No Class Dates: 9/1, 10/4, 10/13, 11/11, 11/27-11/28

Prices may change based on location due to facility closures.

## WACKFORD AQUATIC COMPLEX

PROGRAM	DAYS	8:00 AM	9:00 AM	10:00 AM	7:15PM
Deep Water Fitness	M/W		●		●
Deep Water Fitness	T/Th		●	●	●
Deep Water Fitness	Fri		●		
Deep Water Fitness	Sat		●		
Tabata: Sesssion 1-3	W/F	●			







## 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**

## Aqua HIIT

*Ages 16+*

Ready for a major calorie burn? Join our High-Intensity Interval Training classes or HIIT for short! 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**



## Aqua Stretch & Tone

*Ages 16+*

This class is ideal for those with arthritis, joint and muscle pain or recovering from injury. This low-impact class focuses on range of motion with gentle stretching, swimming techniques and exercises geared towards reducing pain and stiffness. Goal of class is to help increase joint flexibility and range of motion while restoring and maintaining muscular strength. Class depth of 3.5 to 5 feet.

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



## 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**



## 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**



## Deep Water Fitness

*Ages 16+*

Participants must be able to swim 25-yards unassisted without equipment. This no-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.

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

## 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! Once again this is an advanced class to target all muscle groups in the water. 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**

**CosumnesCSD.gov/WaterFitness**

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





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

Ages 15+

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 Complex, Blue Heron Rm \$90**

Instructor: Cosumnes CSD STAFF

56802	Sat	9/13	8:00am-12:00pm
56803	Fri	10/24	5:30pm-9:30pm
56804	Sat	11/22	8:00am-12:00pm
56806	Sat	12/20	8:00am-12:00pm



# Making Waves

## SWIM SCHOLARSHIPS

### SCHOLARSHIP INCLUDES:

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

**APPLICATIONS FOR 2026  
WILL OPEN IN EARLY SPRING 2026**

**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

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

## ELK GROVE AQUATICS CENTER

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

## FALL SCHEDULE

### SEPTEMBER 2- DECEMBER 31:

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

### SEPTEMBER 2- DECEMBER 31:

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

*\*All Facilities Closed: 9/1, 10/4-10/5, 10/13, 11/11, 11/27-11/28, 12/24-12/25, 12/31, 1/1*

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

**CosumnesCSD.gov/Swim4Fitness**



# Healthy Kids Extravaganza

## FREE EVENT

**Saturday, Sept. 6**

1:00 pm – 4:00 pm

Wackford Aquatic Complex



- Arts & Crafts
- Goal Setting
- Hands-on Activities
- Wellness Challenges
- Interactive Demos from Cosumnes CSD Programs
- Community Vendors

### September is National Childhood Obesity Awareness Month.

One in five kids in the U.S. is affected by childhood obesity—but small, healthy changes can make a big difference. Join Cosumnes Parks & Recreation for this FREE family event full of fun ways to get active and eat smart. Kids are encouraged to come dressed in superhero style!

**FREE ENTRY**

# POOL OF PUMPKINS

**SATURDAY, OCTOBER 18**

1:00pm-4:00pm

Elk Grove Aquatics Center

\$13 wristband to pick a pumpkin (#56794)

**PLANNING TO JOIN THE PUMPKIN FUN?**

Pre-register to help us bring enough for everyone!

**JUMP IN THE POOL AND PICK YOUR PUMPKIN!**

Arts & Crafts and Fall Family Fun





POWERED BY COSUMNES CSD

# YOUR COMMUNITY HUB IS HERE

CORE isn't just open—it's alive with movement, energy, and connection. What started as a vision has become a reality: a space where neighbors meet, goals are set, and wellness becomes a shared journey.

*From the moment you walk in, you'll feel it—CORE is the new heartbeat of Elk Grove.*

Whether you're lifting, stretching, running laps, or just finding your rhythm again, CORE is here for you. This is where strength grows, friendships form, and health becomes fun.

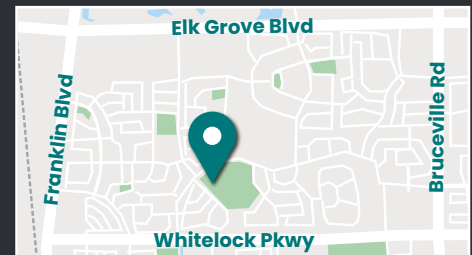
## JOIN US AND EXPERIENCE THE VIBRANT ENERGY INSIDE THE CORE COMMUNITY



# NOW OPEN!

Tour today or sign up online!

**COREfit.org**  
@COREfiteg



**CORE Recreation Center**

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





## HERE'S WHAT PEOPLE ARE SAYING

*"I moved to Elk Grove not too long ago and I'm so blessed to be a part of this community! I look forward to getting healthier and stronger through the classes being offered through CORE."*

– Julie K.

*"I saw the 'Get fit with Liz' class and decided to give it a shot. It was close to home, and it was fun seeing the same faces week after week. The camaraderie was amazing—and I still look forward to going every week."*

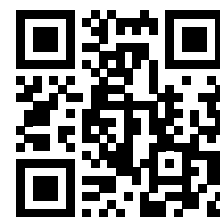
– Shelley W.

*"Strength Training 101 has been an amazing experience! As my first strength class, I couldn't be happier. Each exercise is clear and the instructor offers helpful tips and corrections. I feel supported and encouraged to push my limits and take on new challenges. It's perfect for beginners—I highly recommend it to anyone starting their fitness journey!"*

– Rachel M.

## WHY CORE?

- Friendly, supportive environment
- Classes for your fitness level
- Premium equipment and boutique studios
- Activities your child will love while you work out
- Court sports, outdoor turf, walking track, and more!



## JOIN NOW!

Offered exclusively at

**CORE**

POWERED BY COSUMNES CSD

Membership not required to participate

**AGES 10-14**

# SPORT SPECIFIC TRAINING

## **ELEVATE YOUR SKILLS**

at CORE Recreation Center with our Sport Specific Training sessions and clinics. These small-group sessions offer personalized feedback and focused practice to refine technique and enhance performance.

## **SESSIONS OFFERED:**

- Basketball
- Volleyball
- Soccer
- Strength & Conditioning

**COREfit.org** | @corefiteg



# 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.



## Soccer Academy

*Ages 8-14*

Join our Soccer Academy to boost your skills with fun, scrimmage-style games! Our staff ensures a safe, fair play environment, following all local youth sports safety guidelines. All sessions are held outdoors. Don't miss your chance to score big—on and off the field



## 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.



## Volleyball Academy

*Ages 8-14*

Set for success with Volleyball Academy! This indoor class covers essential skills, court anatomy, and game play. Players will be placed on one of three courts, each tailored to specific skill levels. Dive into dynamic drills and thrilling games, designed to enhance learning and make the sport enjoyable.



## 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.

ACADEMY SPORTS			
	DAYS	4:00pm	5:15pm
<b>WACKFORD COMPLEX</b>			
<b>Basketball</b>	<b>T/TH</b>	●	●
<b>Volleyball</b>	<b>M/W</b>	●	●
<b>LAGUNA COMMUNITY PARK</b>			
<b>Flag Football</b>	<b>W/F</b>	●	●
<b>Soccer</b>	<b>T/TH</b>	●	●

### SESSION SCHEDULE\*

<b>Session A</b>	9/1-9/30
<b>Session B</b>	10/1-10/31
<b>Session C</b>	11/1-11/30
<b>Session D</b>	12/1-12/31
<b>FEES†</b>	<b>\$54-94</b>

\* No Class Dates: 9/1, 10/13, 11/11, 11/27-11/28, 12/24-12/25, 12/31

# 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†

*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†

*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†

*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 game play strategies and situational concepts.



## KICKERS

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

	DAYS	4:00pm	4:50pm	5:45pm
Lil' Kickers - Level 1	MON			●
Junior Kickers - Level 2	MON	●		
Kickers - Level 3	MON		●	



## SLUGGERS

**LAGUNA COMMUNITY PARK**

	DAYS	5:00pm	5:35pm	6:10pm
Lil' Sluggers - Level 1	TUE	●		
Junior Sluggers - Level 2	TUE		●	
Sluggers - Level 3	TUE			●



## BALLERS

**WACKFORD COMPLEX**

	DAYS	4:00pm	4:35pm	5:10pm
Lil' Ballers - Level 1	FRI	●		●
Junior Ballers - Level 2	FRI		●	
Ballers - Level 3	FRI	●		



## SESSION SCHEDULE\*

Session A†	Session B	Session C	Session D	FEES†
9/1-9/30	10/1-10/31	11/1-11/30	12/1-12/31	\$48-\$79

\*No Class Dates:

9/1, 10/13, 11/11, 11/27-11/28, 12/24-12/25, 12/31

†Fee varies based on amount of classes per session.





# 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.

**ALSO AVAILABLE WINTER/SPRING 2026**

## Youth Basketball League

*Ages 7-14*

This league will run for 12-weeks and will include a coaches meeting, one practice per week, 2 scrimmages, 6 regular season games, picture day and an end of the season event. All players will receive a jersey, team picture and an award.

### PINKERTON MIDDLE SCHOOL \$164

#### Boys D1 (12-14 YRS)

54329 Sat 9/6-12/13 9:00am-5:00pm

#### Girls D1 (12-14 YRS)

54330 Sat 9/6-12/13 9:00am-5:00pm

### HARRIET EDDY MIDDLE SCHOOL \$164

#### Boys D2 (9-11 YRS)

54331 Sat 9/6-12/13 9:00am-5:00pm

#### Girls D2 (9-11 YRS)

54332 Sat 9/6-12/13 9:00am-5:00pm

### WACKFORD COMPLEX \$164

#### Boys D3 (7-8 YRS)

54333 Sat 9/6-12/13 9:00am-5:00pm

#### Girls D3 (7-8 YRS)

54334 Sat 9/6-12/13 9:00am-5:00pm

No Practices: 11/11 & 11/24-11/28

No Games: 10/4, 11/29



## BECOME A YOUTH SPORTS COACH!

*Age 18+*

### T-BALL (#45582)

Season runs February 24 - May 16

### FLAG FOOTBALL (#45544)

Season runs August 19 - November 9



**ALSO AVAILABLE WINTER/SPRING 2026**

## Lil Ballers Basketball League

*Ages 5-6*

The Fall Lil' Ballers League teaches basketball basics in a fun, recreational setting. Players are placed on teams with Cosumnes CSD Sports Staff as coaches. The league includes six Sunday morning practices and games, each with six 5-minute periods. All participants receive a T-shirt and an award.

### Wackford Complex, Gym

**\$144**

56221 Sun 9/7-11/9 8:30am-11:15am



**2026 WINTER/ SPRING LEAGUE**

## T-Ball League

*Ages 3-6*

T-Ball teaches the fundamentals of baseball. Boys and girls play on the same teams. In this league, all players field and bat each inning and no score is kept. All games will be held on Saturday mornings and afternoons.

### Laguna Community Park, Multi Purpose Field

**\$164**

#### AGES 3-4

56547 Tue 2/24-5/16 5:00pm-8:00pm

56549 Wed 2/24-5/16 5:00pm-8:00pm

56546 Thu 2/24-5/16 5:00pm-8:00pm

#### AGES 5-6

56554 Tue 2/24-5/16 5:00pm-8:00pm

56555 Wed 2/24-5/16 5:00pm-8:00pm

56552 Thu 2/24-5/16 5:00pm-8:00pm

### Luttig Park, Multi Purpose Field

**\$164**

#### AGES 3-4

56558 Tue 2/24-5/16 5:00pm-8:00pm

56561 Wed 2/24-5/16 5:00pm-8:00pm

56557 Thu 2/24-5/16 5:00pm-8:00pm

#### AGES 5-6

56566 Tue 2/24-5/16 5:00pm-8:00pm

56569 Wed 2/24-5/16 5:00pm-8:00pm

56562 Thu 2/24-5/16 5:00pm-8:00pm

No Practices: 3/16-3/22 | No Games: 3/21, 4/4



**NFL Flag Football  
League Ages 5-14**



# 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

Ages 18+

Our year-around recreational 5-on-5 basketball league compete in a fun 7-8 game season, with the top teams participating in the playoffs. Teams must have matching jerseys with numbers are a must for your team spirit! Don't miss your chance to be part of the action and make new friends along the way!

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

### DIVISION 1 (COMPETITIVE)

55289\* Sun 9/7-12/14 4:00pm-9:00pm

### DIVISION 2 (RECREATION)

55290\* Sun 9/7-12/14 12:00pm-4:00pm

### ALUMNI LEAGUE (30+)

55291\* Wed 9/3-12/10 7:00pm-10:00pm

\*No Game Dates: 9/28, 10/12, 11/26, 11/30



## Adult Soccer League Coed 7 v 7

Ages 18+

The Cosumnes Community Services District's 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,  
Multi Purpose Field**

**\$649**

55627 Sun 9/7-12/7 6:00pm-10:00pm

\*No Game Dates: 9/28, 10/12, 11/26, 11/30



## Adult Volleyball Coed 6 v 6

Ages 18+

Join our recreational 6-on-6 Coed Volleyball League with friends! Enjoy a 7-8 game season, and compete in playoffs for the top 4 teams. This league is perfect for teams seeking recreational play. All players must be 18 or older and per player registration for your respective team through ActiveNet.

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

55629 Thu 9/25-11/20 7:00pm-10:00pm

# ADULT DROP-IN SPORTS



## OPEN GYM AT WACKFORD

### BASKETBALL

MONDAYS/THURSDAYS

### VOLLEYBALL

TUESDAYS

### PICKLEBALL

WEDNESDAYS/FRIDAYS

**10:30am-2pm**

ALL AGES ARE WELCOME!

17 and under must be accompanied  
by an Adult 18+

**REGISTER AT WACKFORD: \$10**

9014 Bruceville Road

No Open Gym during any observed holidays.



## 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)





# 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

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

Ages 6-9

### JUNIOR ACES

Ages 10-12

### TEEN ACES

Ages 13-17

## Experienced Youth

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

Ages 14-18

## Adult

Age 18+

### BEGINNERS

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

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:** 9/1-9/30

**Session 2:** 10/1-10/31

**Session 3:** 11/1-11/30

**FEES<sup>+</sup>** **\$48-\$104**

\*No Class Dates:  
9/1, 10/13, 11/11,  
11/27-11/28,  
12/24-12/25, 12/31

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

## YOUTH - OASIS PARK

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

## YOUTH/ADULT BARTHOLOMEW SPORTS PARK

		MORNING			AFTERNOON	
	DAYS	9:00	10:00	11:30	6:00	7:00
Little Aces	MON				●	
	SAT	●				
Junior Aces	WED				●	
	SAT		●			
Experienced Aces	MON					●
Adult Tennis	WED			●		





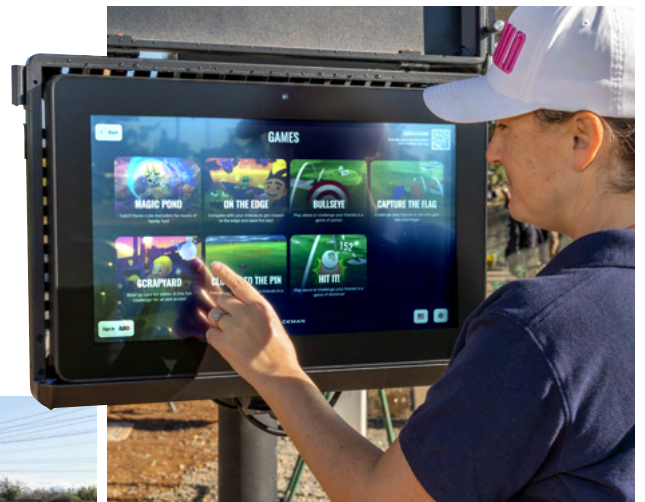


*Visit our 9-hole golf course and practice facility!  
This hidden gem is the perfect place to play and improve your game.*

**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.



**TRACKMAN**



SCAN HERE TO  
LEARN MORE

**DRIVING RANGE HOURS**

**October-April**

Mon, Thu-Sun  
6 am - 9 pm  
Tuesday  
6 am - 8 pm  
Wednesday  
8 am - 9 pm

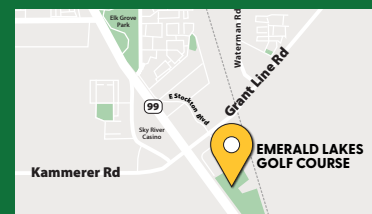
**May-September**

Mon, Thu-Sun  
5:30 am - 10 pm  
Tuesday  
5:30 am - 8:30 pm  
Wednesday  
8 am - 10 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+*

**\$120**

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. Class focuses on structured coaching and practice drills through fun games while learning at your own pace. Play days sold separately.



## 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		
	4:30	5:35	10:00	4:30	4:00	4:30	5:35	4:00	4:30	5:15	4:30	5:35	9:00	10:30	
ADULT (Ages 18+)															
OP 36			●				●								
JUNIORS (Ages 13-17)															
OP 36						●									
YOUTH (Ages 6-12)															
OP 36				●					●			●			
FIRST TEE CLASSES															
First Tee for Tots (Ages 3-6)					●			●		●					
First Tee (6-12)	●	●									●		●	●	
SESSION SCHEDULE															
SEPTEMBER 9/6-9/30															
OCTOBER 10/4-10/30															
NOVEMBER 11/1-11/18															
DECEMBER 11/29-12/18															
PLAY SESSIONS															
SATURDAYS															



## 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!



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



# 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.



## HISTORY OF THE COSUMNES FIRE DEPARTMENT

*As the Cosumnes Community Services District celebrates 40 years of service, we honor the deeper roots that shaped who we are today. Long before the District was formed, the Elk Grove and Galt Fire Departments were protecting lives and property with dedication and pride. These historic departments, each with over a century of service, laid the foundation for the Cosumnes Fire Department. As we mark 40 years, we also celebrate the generations of firefighters whose commitment continues to inspire us.*

### Elk Grove Fire Department

This year marks the 100th anniversary of the Elk Grove Fire Department, a proud milestone in our community's history. Although the Elk Grove Fire Department was formed in 1893, it was officially established in 1925 and the department grew alongside Elk Grove, evolving to meet the changing needs of the region. In 2006, Elk Grove Fire joined with Galt Fire to form the Cosumnes Fire Department, continuing its legacy of service under a unified banner. From horse-drawn hose carts to today's million-dollar apparatus, the tools have changed, but the mission remains the same: to protect lives, property, environment, and the community we serve in a timely, courteous, and effective manner.



### Galt Fire Department

Founded in 1921, the Galt Fire Department began as a volunteer force serving a small farming community. Over the decades, it developed into a modern fire agency, proudly protecting Galt and its residents. The 2006 merger with Elk Grove Fire created the Cosumnes Fire Department, blending two strong traditions. While technology and training have advanced, the dedication to service above self endures.





## 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



**Cosumnes Fire Department is teaming up with NFPA to promote this year's Fire Prevention Week, October 5-11**

**CHARGE**  
**into Fire Safety™**

**Lithium-Ion Batteries  
in Your Home**

Help us spread the word about making smart choices when it comes to buying, charging, and recycling lithium-ion batteries.

Enter our **2025 Youth Poster Contest** for a chance to win pizza and prizes.



**To learn more visit:**  
**CosumnesCSD.gov/Fire**



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## 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**

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





# 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)



## 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



## 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



## SARAH CARSON

Sarah is a designer and product developer, who creates diverse activities, programs, and teaching aids from ecological gardening to cultural arts.

## MIND & GAMES



### Chess- Beginning

*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

56052	Tue	9/2-9/30	4:30pm-5:30pm	<b>\$70</b>
56053	Tue	10/7-10/28	4:30pm-5:30pm	<b>\$56</b>
56054*	Tue	11/4-11/25	4:30pm-5:30pm	<b>\$42</b>
56055	Tue	12/2-12/16	4:30pm-5:30pm	<b>\$42</b>

\*No Class Dates: 11/11

### 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.

56056*	Mon	9/8-11/3	3:30pm-4:20pm
56057*	Mon	9/8-11/3	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.

56058*	Mon	9/8-11/3	5:30pm-6:20pm
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\*No Class Dates: 10/13

### Piano for Teens/Adults

*Ages 13+*

#### 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. This unique 'playing-based' approach produces unprecedented results.

56059*	Mon	9/8-11/3	6:30pm-7:20pm
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\*No Class Dates: 10/13



### Dominoes Chain Reaction Club

*Ages 8-12*

Experience the thrill of engineering as we create dynamic chain reactions and intricate marble runs! Watch as marbles navigate a maze of twists, drops, rolls, and launches, all set in motion by your designs. Each week, students experiment with new concepts, refine their creations, and push the limits of creativity. The grand finale? A spectacular showcase where parents see physics in action!

#### Wackford Complex, Willow Rm

56543	Fri	10/3-10/24	5:45pm-7:15pm	<b>\$51</b>
56544	Fri	12/5-12/19	5:45pm-7:15pm	<b>\$34</b>

### Dominoes Toppler Club

*Ages 7-11*

Don't miss your chance to learn the tricks and strategies for creating perfectly balanced structures, chain reactions, and show stopping layouts you can topple at the end of every class.

#### Wackford Complex, Willow Rm

56540	Fri	10/3-10/24	4:00pm-5:30pm	<b>\$51</b>
56541	Fri	12/5-12/19	4:00pm-5:30pm	<b>\$34</b>





## 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 4-14*

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 4-5

56594	Thu	9/4-9/25	2:00pm-3:00pm	<b>\$72</b>
56595	Thu	10/2-10/30	2:00pm-3:00pm	<b>\$90</b>
56596	Thu	11/6-11/20	2:00pm-3:00pm	<b>\$54</b>
56597	Thu	12/4-12/18	2:00pm-3:00pm	<b>\$54</b>

##### AGES 6-9

56598	Thu	9/4-9/25	3:15pm-4:15pm	<b>\$72</b>
56599	Thu	10/2-10/30	3:15pm-4:15pm	<b>\$90</b>
56600	Thu	11/6-11/20	3:15pm-4:15pm	<b>\$54</b>
56601	Thu	12/4-12/18	3:15pm-4:15pm	<b>\$54</b>

##### AGES 10-14

56602	Thu	9/4-9/25	4:30pm-5:30pm	<b>\$72</b>
56603	Thu	10/2-10/23	4:30pm-5:30pm	<b>\$72</b>
56604	Thu	11/6-11/20	4:30pm-5:30p	<b>\$54</b>
56605	Thu	12/4-12/18	4:30pm-5:30pm	<b>\$54</b>

### Ballet/Jazz

*Ages 4-14*

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 4-5

56570	Tue	9/2-9/30	2:00pm-3:00pm	<b>\$90</b>
56571	Tue	10/7-10/28	2:00pm-3:00pm	<b>\$72</b>
56572*	Tue	11/4-11/25	2:00pm-3:00pm	<b>\$54</b>
56573	Tue	12/2-12/16	2:00pm-3:00pm	<b>\$54</b>

##### AGES 6-9

56574	Tue	9/2-9/30	3:15pm-4:15pm	<b>\$90</b>
56575	Tue	10/7-10/28	3:15pm-4:15pm	<b>\$72</b>
56576*	Tue	11/4-11/25	3:15pm-4:15pm	<b>\$54</b>
56577	Tue	12/2-12/16	3:15pm-4:15pm	<b>\$54</b>

##### AGES 10-14

56578	Tue	9/2-9/30	4:30pm-5:30pm	<b>\$90</b>
56579	Tue	10/7-10/28	4:30pm-5:30pm	<b>\$72</b>
56580*	Tue	11/4-11/25	4:30pm-5:30pm	<b>\$54</b>
56581	Tue	12/2-12/16	4:30pm-5:30pm	<b>\$54</b>

\*No Class Dates: 11/11



### Ballet/Tap/Jazz

*Ages 4-14*

A dance class that includes ballet and tap combined with jazz technique with a strong emphasis on energy, rhythmical accuracy, style, and choreography. Ballet teaches the students strength, grace, and discipline while tap teaches them timing and musicality.

#### Albani Recreation Center, Lippincott Hall

##### AGES 4-5

56548	Mon	9/15-9/29	2:00pm-3:00pm	<b>\$54</b>
56550	Mon	10/20-10/27	2:00pm-3:00pm	<b>\$36</b>
56551	Mon	11/10-11/24	2:00pm-3:00pm	<b>\$54</b>
56553	Mon	12/1-12/15	2:00pm-3:00pm	<b>\$36</b>

##### AGES 6-9

56556	Mon	9/15-9/29	3:15pm-4:15pm	<b>\$54</b>
56559	Mon	10/20-10/27	3:15pm-4:15pm	<b>\$36</b>
56560	Mon	11/10-11/24	3:15pm-4:15pm	<b>\$54</b>
56563	Mon	12/1-12/15	3:15pm-4:15pm	<b>\$36</b>

##### AGES 10-14

56564	Mon	9/15-9/29	4:30pm-5:30pm	<b>\$54</b>
56565	Mon	10/20-10/27	4:30pm-5:30pm	<b>\$36</b>
56567	Mon	11/10-11/24	4:30pm-5:30pm	<b>\$54</b>
56568	Mon	12/1-12/15	4:30pm-5:30pm	<b>\$36</b>

### Hip-Hop

*Ages 4-14*

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 4-5

56606	Fri	9/5-9/26	2:30pm-3:30pm	<b>\$72</b>
56607	Fri	10/3-10/31	2:30pm-3:30pm	<b>\$90</b>
56608	Fri	11/7-11/21	2:30pm-3:30pm	<b>\$54</b>
56609	Fri	12/5-12/19	2:30pm-3:30pm	<b>\$54</b>

##### AGES 6-9

56610	Fri	9/5-9/26	3:45pm-4:45pm	<b>\$72</b>
56611	Fri	10/3-10/31	3:45pm-4:45pm	<b>\$90</b>
56612	Fri	11/7-11/21	3:45pm-4:45pm	<b>\$54</b>
56613	Fri	12/5-12/19	3:45pm-4:45pm	<b>\$54</b>

##### AGES 10-14

56614	Wed	9/3-9/24	5:30pm-6:30pm	<b>\$72</b>
56615	Wed	10/1-10/29	5:30pm-6:30pm	<b>\$90</b>
56616	Wed	11/5-11/19	5:30pm-6:30pm	<b>\$54</b>
56617	Wed	12/3-12/17	5:30pm-6:30pm	<b>\$54</b>

## Jazz/Hip-Hop

*Ages 4-14*

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 4-5

56582	Wed	9/3-9/24	1:30pm-2:30pm	<b>\$72</b>
56583	Wed	10/1-10/29	1:30pm-2:30pm	<b>\$90</b>
56584	Wed	11/5-11/26	1:30pm-2:30pm	<b>\$72</b>
56585	Wed	12/3-12/17	1:30pm-2:30pm	<b>\$54</b>

##### AGES 6-9

56586	Wed	9/3-9/24	2:45pm-3:45pm	<b>\$72</b>
56587	Wed	10/1-10/29	2:45pm-3:45pm	<b>\$90</b>
56588	Wed	11/5-11/26	2:45pm-3:45pm	<b>\$72</b>
56589	Wed	12/3-12/17	2:45pm-3:45pm	<b>\$54</b>

##### AGES 10-14

56590	Wed	9/3-9/24	4:15pm-5:15pm	<b>\$72</b>
56593	Wed	10/1-10/29	4:15pm-5:15pm	<b>\$90</b>
56592	Wed	11/5-11/26	4:15pm-5:15pm	<b>\$72</b>
56593	Wed	12/3-12/17	4:15pm-5:15pm	<b>\$54</b>

## THEATER



**New**

### Teen Improv Class

*Ages 13-17*

Boost your confidence and creativity in our Teen Improv Class! Through fun theater exercises and games, teens will build team skills, think on their feet, and make new friends. The semester concludes with an exciting performance night where participants showcase their newfound talents and have a blast on stage with peers!

#### Albani Recreation Center, Swallowtail Rm

**\$72**

56073	Wed	9/3-11/5	5:30pm-6:30pm	
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## 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 4-11*

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

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

#### CUTE CRITTERS

56061 Thu 9/18 6:00pm-7:30pm

#### SWEET AND SPOOKY

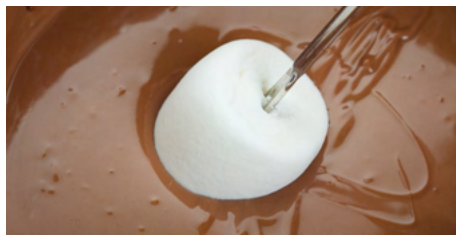
56063 Tue 10/14 6:00pm-7:30pm

#### FALL FUN

56065 Tue 11/18 6:00pm-7:30pm

#### GIFTS FROM THE KITCHEN

56068 Tue 12/16 6:00pm-7:30pm



### Kids Chocolate

*Ages 7-14*

Learn to make numerous delicious chocolate recipes including chocolate covered caramel pretzels, giant marshmallow s'mores and more. Learn candy making tips, storage, packing tricks and the best online and local places to purchase supplies.

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

#### CUTE CRITTERS

56060 Thu 9/11 6:00pm-8:00pm

#### SWEET AND SPOOKY

56062 Tue 10/7 6:00pm-8:00pm

#### FALL FUN

56064 Tue 11/4 6:00pm-8:00pm

#### GIFTS FROM THE KITCHEN

56067 Tue 12/9 6:00pm-8:00pm

## Adults Chocolate - Truffles and Gifts

*Ages 18+*

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

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

56066 Tue 12/2 6:00pm-8:00pm



## 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



### Introduction to Cooking

*Ages 7-17*

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.

**Wackford Complex, Kitchen**

#### AGES 7-11

56518 Mon 9/8-9/29 4:00pm-5:30pm **\$160**

56519\* Mon 10/6-10/27 4:00pm-5:30pm **\$120**

56520 Mon 11/3-11/24 4:00pm-5:30pm **\$160**

56521 Mon 12/1-12/15 4:00pm-5:30pm **\$120**

#### AGES 12-17

56522 Mon 9/8-9/29 6:00pm-7:30pm **\$160**

56523\* Mon 10/6-10/27 6:00pm-7:30pm **\$120**

56524 Mon 11/3-11/24 6:00pm-7:30pm **\$160**

56525 Mon 12/1-12/15 6:00pm-7:30pm **\$120**

\*No Class Dates: 10/13



## 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 12-16*

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**

56908 Wed 9/3-9/24 5:00pm-6:00pm **\$80**

56909 Wed 10/1-10/22 5:00pm-6:00pm **\$80**

56910 Wed 10/29-11/19 5:00pm-6:00pm **\$80**

56911 Wed 12/3-12/17 5:00pm-6:00pm **\$60**



## BRITTNEY TRAN

Brittney is passionate about textile crafts and fiber arts including crochet, sewing, knitting, and embroidery. She is excited to create a welcoming environment for students to practice new skills as they connect with their creativity.

## CROCHET

### Crochet Class

*Ages 13+*

In this class, you'll dive into the basics of crochet, starting from how to handle the equipment to creating your first project. Whether you're a complete beginner or looking to refresh your skills, we'll guide you through each step. All materials will be provided.

**Wackford Complex, Willow Rm**

#### AGES 13-17

56780 Tue 9/9-9/30 6:00pm-7:30pm **\$88**

56781 Tue 10/7-10/28 6:00pm-7:30pm **\$88**

56782\* Tue 11/4-11/25 6:00pm-7:30pm **\$66**

#### AGES 18+

56784 Thu 9/4-9/25 6:00pm-7:30pm **\$88**

56785 Thu 10/9-10/30 6:00pm-7:30pm **\$88**

56786 Thu 11/6-11/20 6:00pm-7:30pm **\$66**

\*No Class Dates: 11/11



## FROM OUR PARTNERS



CELEBRATING MULTI-CULTURAL  
DIVERSITY MONTH

## TOFA Craft and Dance Class

Ages 5+

Discover the vibrant art of Polynesian culture in this five-week class! Each week you will learn something new! Learn Tahitian dance basics, create your own island skirt, craft beautiful Kahoa and lei making, Maori Poi making, and finally bring it all together in a final showcase with dance and costume!

**Albani Recreation Center,  
Swallowtail Rm**

In Partnership with the City of Elk Grove

CLASS				
56819	Tue	9/2-9/30	6:00pm-7:00pm	\$50
SATURDAY WORKSHOP				
56947	Sat	9/6	9:00am-1:00pm	\$60



## May I Have This Dance

Ages 16+

Want to learn how to elegantly glide across a dance floor? Join the Strauss Festival Dancers to learn basic Waltz Steps and a short choreographed routine. This is for couples or singles looking for the chance to dance on Strauss Island, a beautiful outdoor setting in Elk Grove Park. Participants also receive a Strauss Festival T-Shirt to remember learning the granddaddy of all ballroom dances.

Elk Grove Park, Strauss Island					\$50
Instructor: Strauss Festival Dancers					
56486	M,W	9/8-9/10	6:00pm-7:30pm		
56487	M,W	9/22-9/24	6:00pm-7:30pm		

## Freedom K9 Paws Obedience

Ages 14+

Better behavior, stronger bond! Teach your pup to heel, sit, stay, and come using proven techniques and comfortable equipment. This class builds good manners and a great connection. Dogs must be 6+ months with current vaccinations; handlers must be 14 or older.

**Elk Grove Park, Picnic Area**

Instructor: Natalie Oliva

WEEK 1					
55215	Wed	9/3	5:30pm-7:15pm	\$100	
55220	Wed	10/1	5:30pm-7:15pm	\$125	
55225	Wed	11/5	5:30pm-7:15pm	\$100	
WEEK 2					
55216	Wed	9/10	5:30pm-7:15pm	\$100	
55221	Wed	10/8	5:30pm-7:15pm	\$125	
55226	Wed	11/12	5:30pm-7:15pm	\$100	
WEEK 3					
55217	Wed	9/17	5:30pm-7:15pm	\$100	
55222	Wed	10/15	5:30pm-7:15pm	\$125	
55227	Wed	11/19	5:30pm-7:15pm	\$100	
WEEK 4					
55218	Wed	9/24	5:30pm-7:15pm	\$100	
55223	Wed	10/22	5:30pm-7:15pm	\$125	
55228	Wed	11/26	5:30pm-7:15pm	\$100	
WEEK 5					
55224	Wed	10/29	5:30pm-7:15pm	\$125	



## Succulent Pumpkin Workshop

Ages 14+

Learn to make a decorative succulent pumpkin perfect for displaying this season and planting for future enjoyment. This class is taught by members of the Elk Grove Garden Club.

Wackford Complex, Poppy Rm					\$25
Instructor: Elk Grove Garden Club					
56489	Sat	10/18	10:00am-12:00pm		



## Fighting Game 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 tournament! Must be 12 or older to spectate and 16 or older to participate in the tournament!

**Albani Recreation Center, Lippincott Hall**

SPECTATOR (AGES 12+)				\$5
56812	Sat	12/13	1:00pm-6:00pm	
SINGLE TOURNAMENT PARTICIPANT (16+)				\$15
56811	Sat	12/13	1:00pm-6:00pm	
DUAL TOURNAMENT PARTICIPANT (16+)				\$25
56810	Sat	12/13	1:00pm-6:00pm	

## Jammin with Jack Jam Making Class

Ages 14+

Learn to make delicious homemade jam with Jack Edwards of the EG Lions Club. Sourcing the freshest ingredients, sweetening the flavor of your jam and preserving it for days to come.

**Albani Recreation Center,  
Lippincott Hall & Kitchen** **\$20**

Instructor: Jack Edwards				
56008	Thu	9/11	6:30pm-8:00pm	

## Learn to Paint a Mandala

Ages 12+

Learn to make a mandala by painting a decorative rock in this beginner class. All supplies included, participants will receive a tool kit to take home to make more mandalas! This class is taught by members of the Elk Grove Garden Club.

Wackford Complex, Poppy Rm					\$35
Instructor: Elk Grove Garden Club					
56490	Sat	11/8	10:00am-12:00pm		

## FROM OUR PARTNERS

**New****Celebrating Uniqueness***Ages 18+*

Storytelling helps us embrace our identities and honor diverse perspectives. In this 120-minute workshop, we'll come together in a safe, compassionate space to explore how our differences make us unique-and how they also connect us.

**Wackford Complex, Willow Rm \$30**

Instructor: Capital Storytelling

55287 Sat 10/18 9:00am-11:00am

**Meditation***Ages 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

56011 Tue 9/2-9/30 4:00pm-5:00pm

**Act! Sing! Dance!  
By Uplift Elk Grove***Ages 5-8*

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 \$25**

Instructor: By Uplift Elk Grove

**AGES 5-8**

56492 Thu 10/2-10/30 5:30pm-6:30pm

**AGES 9-12**

56493 Thu 10/2-10/30 6:30pm-7:30pm

**GYMNASTICS**  
*with Elevate Gymnastics***MARTIAL ARTS***with School of the Tiger  
and Shannon Newman***DANCE***with Encore! Studio  
of Performing Arts***ART***with Nancy Quiaoit*

To see complete class listings,  
**CosumnesCSD.gov/Register**



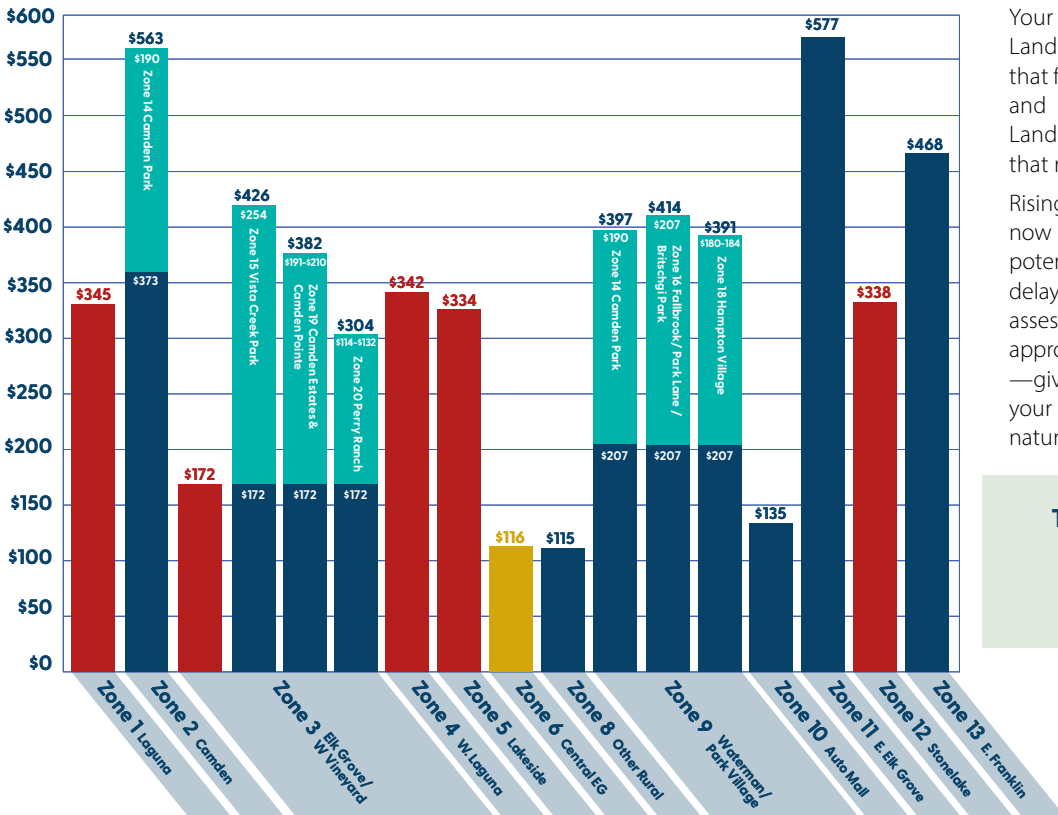


# YOUR PARKS, TRAILS & STREETSAPES

Residents of Elk Grove enjoy award-winning recreation facilities, including 107 parks, 785 acres of park and nature space, 362 acres of streetscapes and 18 miles of trails. These facilities are constructed and maintained by Cosumnes CSD.



## Keeping Them Beautiful, Accessible, and Funded



Your neighborhood is one of 13 Landscape and Lighting Benefit Zones that fund local parks, trails, streetscapes, and nature areas through annual Landscape and Lighting Assessments that range \$115 to \$577 per property.

Rising costs mean some zones now face budget shortfalls, risking potential reduced services and delayed improvements. Any increase in assessments requires property owner approval through a mail-in ballot process —giving you a direct say in maintaining your parks, trails, streetscapes, and nature areas.

**To find out more, contact:**  
**Steve Sims**  
*L & L Outreach Coordinator*  
[steve.sims@cosumnescsd.gov](mailto:steve.sims@cosumnescsd.gov)

### FUNDING ASSESSMENTS

- Stable
- At-Risk
- Stable
- Unstable

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

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

**Partner for Parks**  
 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.



## 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



**107**  
Parks

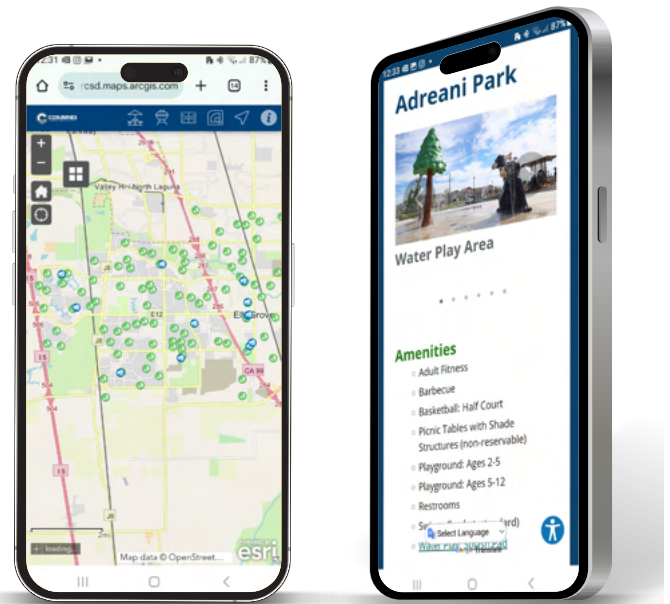
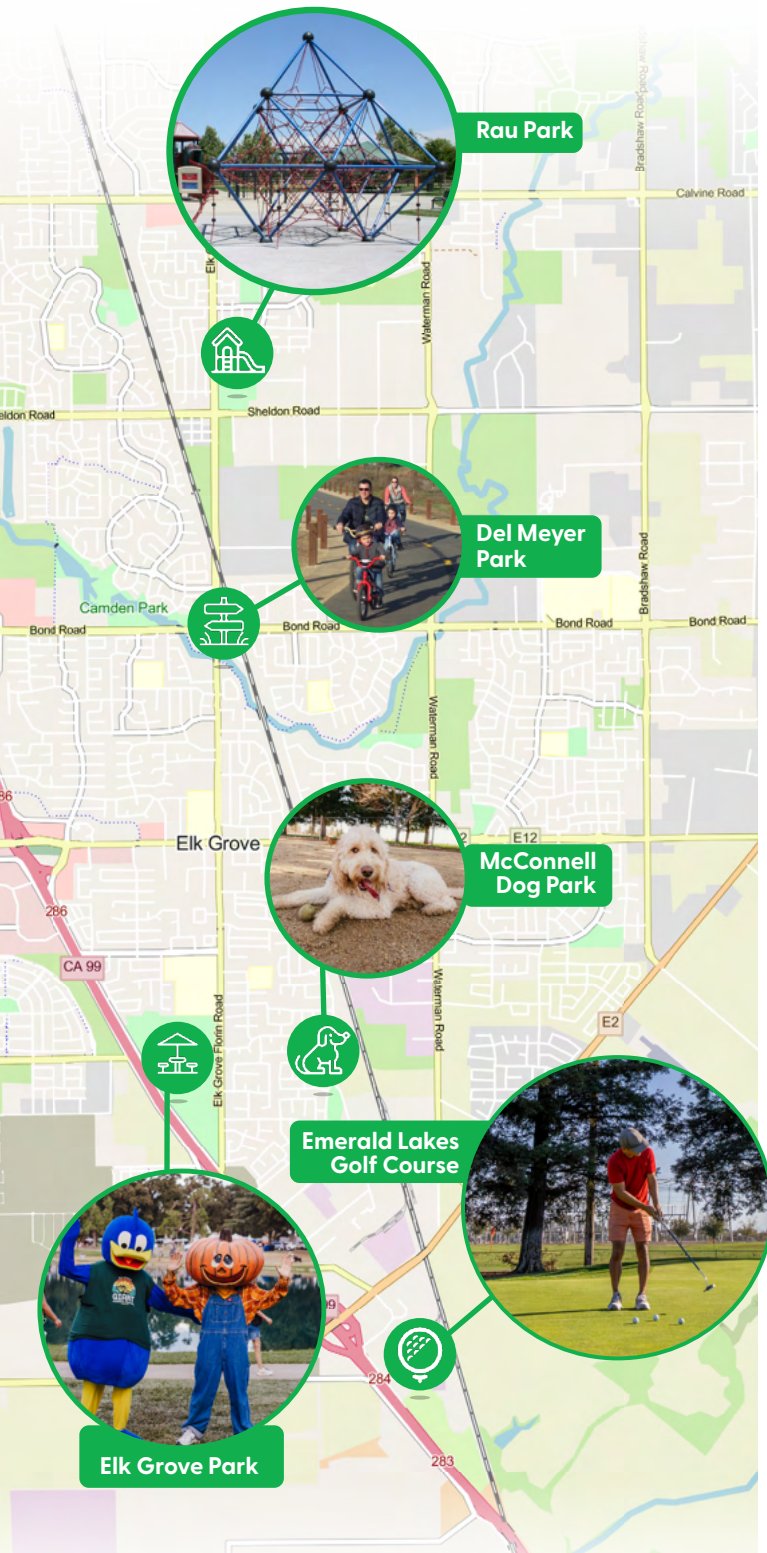
**12**  
Water Play  
Areas

**45,000**  
Trees

**785**  
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)**



**Strauss Island**



**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 August 13!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **August 20**.



## 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://egyfs.org">egyfs.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.

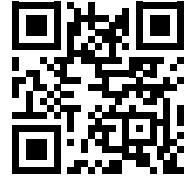
MORE INFORMATION: <https://bit.ly/3ISd1ay>



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## 40 Years of Service, A Lifetime of Impact



# COSUMNES

COMMUNITY SERVICES DISTRICT

*Every day, Cosumnes CSD helps make the community safer, healthier, and more connected. We respond when it matters most, provide places to gather and grow, and offer programs that support every stage of life. Our service continues to touch lives in meaningful ways – across moments, milestones, and generations.*