



**COSUMNES**  
COMMUNITY SERVICES DISTRICT

WINTER/SPRING 2026

# ACTIVITY GUIDE

## A BRIGHT BEGINNING

Watch your child  
spark a love of  
learning in Tiny Tot  
programs.



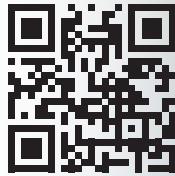


## COSUMNES COMMUNITY SERVICES DISTRICT

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](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

Register  
Now!



### OTHER WAYS TO REGISTER:



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



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

## Resident registration begins December 10!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **December 17**.



### Wackford Community & Aquatic Complex

9014 Bruceville Rd.  
Elk Grove, CA 95758  
(916) 405-5600  
Monday–Friday: 8am–8pm  
Saturday–Sunday: 8am–5pm



### Gil Albiani Recreation Center

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



### Cosumnes CSD Administrative Office

8820 Elk Grove Blvd.  
Elk Grove, CA 95624  
(916) 405-5600  
Monday–Thursday: 8am–5pm  
Friday: 8am–12pm



### Elk Grove Aquatics Center

9701 Big Horn Blvd.  
Elk Grove, CA 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



Welcome to another exciting activity guide! As we celebrate forty years of service to our residents, we are excited to offer a wide range of sports, recreation, enrichment, and inclusive activities designed to inspire learning, wellness, and connection for every age. Our mission is to provide the highest quality parks and recreation programs and events, and to address your Fire and EMS needs when they unfortunately happen. Thank you for supporting your local community services provider by signing up today for the program that best meets your needs and those of your family. We look forward to seeing you in our parks, facilities, and programs across the District.

*“Our mission is to provide the highest quality parks and recreation programs and events, and to address your Fire and EMS needs...”*

**Tim Ogden**  
General Manager  
Cosumnes Community Services District

**ELK GROVE GIANT PUMPKIN FESTIVAL**  
**GIANT THANKS**

**TO OUR 2025 SPONSORS**

**COSUMNES**  
COMMUNITY SERVICES DISTRICT

**City of Elk Grove**

**SPONSORS**

**Kids care** **SKY RIVER CASINO** **RCWilly.** **RIVERLAND HOMES, INC** **Dignity Health.** **SMUD** **MY58**

**Chick-fil-A** **amazon** **BELL BROS.** **Valley Scale Co.** **TOWNSEND** **amazon fresh** **ARDENT**

**KAIER PERMANENTE** **WKIDS.COM** **BMO** **CALIFORNIA NORTHEAST UNIVERSITY** **FUTURE ENERGY SAVERS** **Cane's** **Crown Digital Technology** **Elk Grove Lumber SHOPPER** **BRUCEVILLE PET HOSPITAL**

**RENEWAL BY VANDERSELEN** **enterprise** **FLEET MANAGEMENT** **REPUBLIC SERVICES** **Holiday Inn Express & Suites** **Rocida Landscape, Inc** **KOVAR'S MARTIAL ARTS & FITNESS** **Edward Jones** **AT&T** **the old spaghetti factory**

**sam's club** **Leaf Filter** **TopRank** **AYAHZ COFFEE** **AARP** **PRIMERICA** **HANDEL'S** **F&M BANK** **TownPlanner** **FRANKLIN RANCH** **Quality First HOME IMPROVEMENT, INC.**

**metro** **SP** **SYSTEM PAVERS** **RoseRemodeling** **New Songs** **Rhino CHIROPRACTIC** **VISTA VETERINARY SPECIALISTS** **T Mobile** **ELK GROVE**

# 2026 WINTER/SPRING ACTIVITY GUIDE

<b>COMMUNITY EVENTS CALENDAR</b>	<b>1</b>
<b>YOUTH DEVELOPMENT PROGRAM</b>	
Buddy Bunch & Toddler Time.....	5
Tiny Tot Preschools.....	6
Kid Central .....	7
The Grove Teen Center.....	9
Teen Pathways.....	10
<b>ADAPTIVE &amp; INCLUSIVE RECREATION</b>	
Recreation Adventures.....	11
RAD Games .....	13
<b>AQUATICS</b>	
Pool Rentals.....	14
Swim for Fitness.....	14
Swim Lessons.....	15
Water Fitness.....	17
Become A Lifeguard .....	19
Making Waves.....	20
<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>	
Santa & Sirens.....	33
Toy Drive .....	33
Free CPR Classes.....	33
<b>ENRICHMENT CLASSES</b> <b>34-35</b>	
Classes From Our Partners .....	36
<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>	
March for the Dream.....	2
Lunar New Year Festival .....	2
Butterfly Ball.....	2
Shamrockin' .....	2
Pumpkin Growers Spring Social.....	4
Dive-In Movie/Movies in the Park.....	4
Sammy's Spring Splash.....	8
Breakfast with the Bunny.....	8
Sammy's Fun Pop-Ups .....	8
Magnet Fishing Derby.....	8

# CALENDAR OF WINTER/SPRING EVENTS

## CosumnesCSD.gov/Events



### JANUARY

19 Every Second Saturday	<b>March for the Dream</b> Sacramento City College
	<b>Community Breakfast</b> In Partnership with Elk Grove Lions Albiani Recreation Center



### FEBRUARY

6 & 7 Every Second Saturday	<b>Butterfly Ball</b> Laguna Town Hall
14 & 15 Every Second Saturday	<b>Lunar New Year</b> Elk Grove Park



### MARCH

7 Every Second Saturday	<b>Shamrockin' Saturday Night Dance</b> Wackford Complex
20	<b>Teen Pathways-Spring Break Bash</b> Laguna Community Complex
21	<b>Water Fitness Demo Days</b> Elk Grove Aquatics Center
28	<b>Pumpkin Growers Spring Social</b> Elk Grove Pavilion
28	<b>Sammy's Spring Splash</b> Wackford Aquatic Complex
29 Every Second Saturday	<b>Water Fitness Demo Days</b> Elk Grove Aquatics Center
	<b>Community Breakfast</b> In Partnership with Elk Grove Lions Albiani Recreation Center



### MAY

2 Every Second Saturday	<b>Movies in the Park</b> Lichtenberger South Park
16	<b>Summer Camp Demo Day</b> Wackford Complex
	<b>Hmong American Day</b> Elk Grove Park
30	<b>Movies in the Park</b> Amundson Park



4 Every Second Saturday	<b>Breakfast with the Bunny</b> In Partnership with Pride of Laguna Creek Lions Albiani Recreation Center
18	<b>Magnet Fishing</b> Elk Grove Park
25 Every Second Saturday	<b>RAD Games</b> Wackford Complex

4 Every Second Saturday	<b>Community Breakfast</b> In Partnership with Elk Grove Lions Albiani Recreation Center
18	<b>Community Breakfast</b> In Partnership with Elk Grove Lions Albiani Recreation Center
25	<b>Community Breakfast</b> In Partnership with Elk Grove Lions Albiani Recreation Center
4 Every Second Saturday	<b>Community Breakfast</b> In Partnership with Elk Grove Lions Albiani Recreation Center
18	<b>Community Breakfast</b> In Partnership with Elk Grove Lions Albiani Recreation Center

### Save the Date

May 20	<b>Big Truck Day</b> District 56
June 6	<b>Regional Safety Day</b> Elk Grove Park
July 4	<b>Salute to the Red, White, &amp; Blue</b> Elk Grove Park
August 7	<b>Hot Summer Nights</b> Laguna Town Hall
August 14	<b>Sammy's Star Search</b> Laguna Town Hall

Join us...

# MARCH FOR THE DREAM

Honoring the Past, Impacting the Future

January 19, 2026  
Sacramento City College | 3835 Freeport Blvd

Program begins at 8:30am  
March Departs at 9:15am



City of Elk Grove | COSUMNES COMMUNITY SERVICES DISTRICT  
[mlk365.org](http://mlk365.org)

PROUDLY HOSTED BY:



# 2026 LUNAR NEW YEAR *Tết* FESTIVAL

FEBRUARY 14-15, 2026  
[ElkGroveLunarNewYear.com](http://ElkGroveLunarNewYear.com)



Introducing *Mardi Gras* & Asian Cajun Village!



**Butterfly ball**

Ages 4+

Laguna Town Hall  
\$35 Per Person  
Pre-Registration Required.

**Friday, Feb. 6th** | **Saturday, Feb. 7th**

6:00pm-9:00pm #57514 | 5:00pm-8:00pm #57515

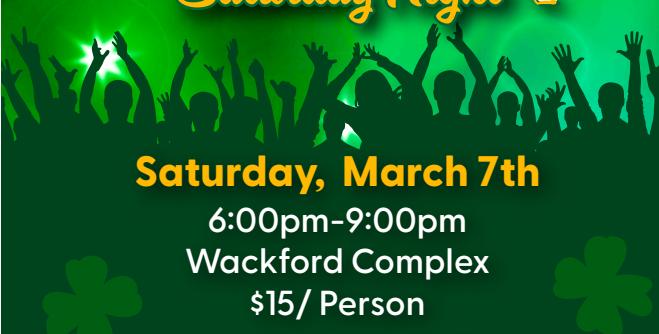
Dance the night away with your little on this enchanted evening. Featuring: DJ, dinner, dessert, face painting, balloon animals, and professional photographer available to capture the magic.

**CosumnesCSD.gov/Dance**

COSUMNES PARKS & RECREATION PRESENTS

# shamROCKin' Saturday Night

Saturday, March 7th  
6:00pm-9:00pm  
Wackford Complex  
\$15/ Person



Embrace the green vibes at our Saturday Night Family Dance Party! Sport your neon best, sprinkle on some shamrock charm, and light up the dance floor with your dazzling footwork! Plus, enjoy dessert, face painting and balloon animals for extra fun the whole family will love!

**(#57516) Pre-Registration Required!**

**CosumnesCSD.gov/FamilyDance**



# JOIN THE TEAM!

Are you looking for a flexible summer job that  
will help you advance your future skills?

Look no further than Cosumnes Parks & Recreation!



## SPORTS

## DAY CAMPS

## FACILITIES

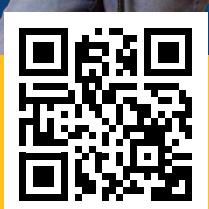
## CUSTOMER CARE

## AQUATICS



**CosumnesCSD.gov/SummerJobs**  
**(916) 405-5600**

CHECK OUT  
OUR WEBSITE  
FOR UPCOMING  
JOB FAIRS



COSUMNES PARKS &amp; RECREATION



# PUMPKIN GROWERS SPRING SOCIAL

Saturday, March 28

10:00am-3:00pm

Elk Grove Park, Pavilion

## Gather and grow with us!

At this Annual Social you can learn the art of growing giant pumpkins and other giant produce!

### MEET THE PUMPKIN PROS!



- Special Guest Speaker, Cindy Tobeck, GPC President



- Catered Lunch by the Pride of Laguna Creek Lions



- Seed Giveaway
- Pumpkin themed raffle prizes provided by the Optimist Club
- Future Farmers FREE to Register (with paid adult admission)



FEE: \$50/person  
#57619

**REGISTER  
NOW!**

For more information:  
Elizabeth Rhoan 916-995-6235

Honoring Ron Root, who grew community and friendship through giant pumpkins.

COSUMNES PARKS & RECREATION PRESENTS

# FREE MOVIES IN THE PARK



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

May 2: **The Wild Robot**  
Lichtenberger South Park

May 30: **Zootopia**  
Amundson Park

Movies start at sunset. Fun activities and games start at 6pm.

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



# 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 Months - 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.

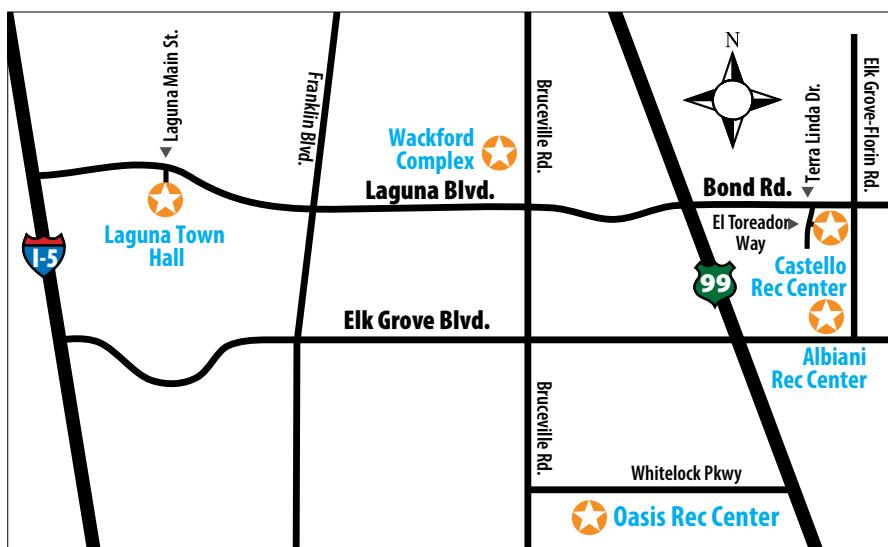
### TODDLER TIME

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. This is not a parent participation class.



PRESCHOOL READINESS  
SCAN FOR PRICING OR  
TO REGISTER NOW!



### TINY TOT LOCATIONS

#### BUDDY BUNCH/TODDLER TIME

Albiani 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:  
[CusumnesCSD.gov/Preschool](http://CusumnesCSD.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 YEARS	3 & 4 YEARS	4 YEARS
2 DAYS (T,TH)	Castello (AM) Oasis (AM) Wackford (AM)	Wackford (PM)	
3 DAYS (M,W,F)		Wackford (PM)	Oasis (AM) Wackford (AM)
4 DAYS (M-TH)		Oasis (PM) LTH (AM)	

SCHEDULE AN OBSERVATION: (916) 405-5600

## PRESCHOOL CAMP WACKFORD COMPLEX



## SPRING CAMP

Ages 3-5

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

**Wackford Complex, Preschool** **\$149**  
 58066 M-F 3/30-4/3 8:30am-11:30am



## DISCOVER THE JOY OF LEARNING THROUGH PLAY

Explore Zumbini, Let's Play and Grow, and Reader's Theater that ignite your child's creativity and promote their development. Our experienced educators provide a safe and nurturing learning environment with engaging early childhood programs for ages 0-5!

**REGISTER TODAY!**  
[CusumnesCSD.gov/Preschool](http://CusumnesCSD.gov/Preschool)





# KID CENTRAL

Cosumnes Parks & Recreation offers unique weekly day camps and After-School Clubs that focus on special interests, providing fun and engaging activities for kids ages 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: 1/19, 2/9, 2/16, 5/25

## OFF-TRACK SPECIALTY CAMPS

Our Off-Track Specialty Camps offer a variety of themed programs that keep kids who are off-track or on traditional breaks from school 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
1/5-9	GAMES
1/12-16	COOKING
1/20-23	ART
1/26-30	SPY
2/2-6	SCIENCE
2/10-13	COOKING
2/17-20	ART
2/23-27	SPY
3/2-6	SCIENCE
3/9-13	COOKING

CAMP WEEK	THEME
3/16-20	ART
3/23-27	SPY
3/30-4/3	SCIENCE
4/6-10	SCIENCE
4/13-17	GAMES
4/20-24	COOKING
4/27-5/1	ART
5/4-8	GAMES
5/11-15	COOKING
5/18-22	ART
5/26-29	SPY

**ExL**  
Expanded Learning | EGUSD

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

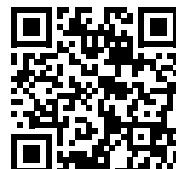
- Arlene Hein
- Florence Markofer
- John Ehrhardt
- Ellen Feickert
- Edna Batey
- Helen Carr Castello

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

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.



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



**SAMMY'S SPRING SPLASH**

Spring is here! To celebrate, Sammy the mascot has hidden eggs all around the pool! Help us find the eggs and enjoy swimming and other fun springtime activities.

**MARCH 28, 2026**  
**1:00pm - 4:00pm**  
**Wackford Aquatic Complex**  
**Age 5+: \$8**  
**Ages 2-4: \$5**  
**under 2 years: FREE**

Proceeds will benefit the **Cosumnes CSD Making Waves** swim scholarship fund.



**\$50 PER TABLE**

**Breakfast with the Bunny**  
**SATURDAY, APRIL 4**  
**GIL ALBIANI RECREATION CENTER**

**LIONS CLUB** **COSUMNES**  
**COSUMNES COMMUNITY SERVICES DISTRICT**

Join the **Pride of Laguna Creek Lions Club** and the **Cosumnes CSD** as we celebrate the season with a Breakfast with the Bunny and friends. Breakfast includes pancakes, sausage and fruit. Each child will have the opportunity to visit the Bunny.

Pre-registration is appreciated.  
Same Day Registration: **\$10/person\***  
\*Subject to availability

**PER TABLE (8 Seats) \$50**  
**#57496** 8:00am - 8:45am  
**#57498** 9:00am - 9:45am  
**#57495** 10:00am - 10:45am

**INDIVIDUAL (1 Seat)**  
**Adult: \$8 | Child \$5**  
**#57501** 8:00am - 8:45am  
**#57502** 9:00am - 9:45am  
**#57499** 10:00am - 10:45am

**CosumnesCSD.gov/Bunny**



**FUN POP-UPS**

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

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

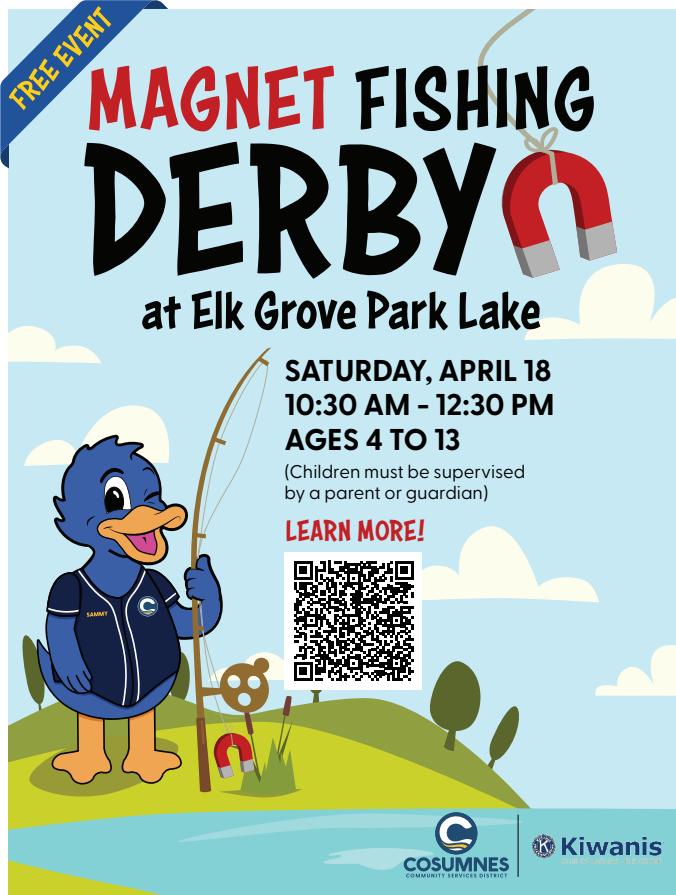
**FREE EVENT**

**MAGNET FISHING DERBY**  
at Elk Grove Park Lake

**SATURDAY, APRIL 18**  
**10:30 AM - 12:30 PM**  
**AGES 4 TO 13**  
(Children must be supervised by a parent or guardian)

**LEARN MORE!**

**COSUMNES**  
COMMUNITY SERVICES DISTRICT



**FREE EVENT**

**MAGNET FISHING DERBY**  
at Elk Grove Park Lake

**SATURDAY, APRIL 18**  
**10:30 AM - 12:30 PM**  
**AGES 4 TO 13**  
(Children must be supervised by a parent or guardian)

**LEARN MORE!**

**QR CODE**

**COSUMNES**  
COMMUNITY SERVICES DISTRICT

**Kiwanis**



# 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.*



**NEW!**

**ENRICHMENT CLASSES** See pg. 34





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



## TEEN PATHWAYS

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

This winter and spring, Teen Pathways offers a variety of exciting field trips. From college tours, Redwood zipline tours, horseback riding, caving and more. These are drop-off events. Guardian will not be allowed to attend. Teen Pathways is Funded by Measure E.



### Field Trip

**FEE: \$10**

#### AEROSPACE MUSEUM OF CALIFORNIA

57827 Sat 1/24 9:00am-3:00pm

#### SONOMA ZIPLINE ADVENTURES

58037 Sat 2/28 9:00am-3:00pm

#### CSU SACRAMENTO TOUR & PLANETARIUM

57828 Mon 3/16 9:00am-3:00pm

#### SOIL BORN FARMS

58038 Tue 3/17 9:00am-3:00pm

#### QUARRY ADVENTURE PARK

57829 Sat 3/18 9:00am-3:00pm

#### HORSEBACK RIDING

57830 Sat 4/11 9:00am-3:00pm

#### CALIFORNIA CAVERN

57831 Sat 5/9 9:00am-3:00pm



**FREE**

### Spring Break Bash

Ages 12-17

Join Teen Pathways as we celebrate spring break! Come to The Laguna Community Park nearby The Grove Teen Center to play games, eat food and celebrate with friends!

**Laguna Community Park,  
Soccer Field**

**FREE**

57892 Fri 3/20

6:30pm-8:30pm

## NEW PROGRAMS

**FREE**

### Teen Takeover

Ages 12-17

On Saturday nights, enjoy open recreation and gym activities at Wackford Community Complex during Teen Takeover. It's a great opportunity to hang out with friends and have fun in a lively environment.

#### Wackford Complex, Gym

**FREE**

57585	Sat	1/17	6:30pm-8:30pm
57586	Sat	2/28	6:30pm-8:30pm
57587	Sat	3/14	6:30pm-8:30pm
57588	Sat	4/18	6:30pm-8:30pm
57589	Sat	5/9	6:30pm-8:30pm

**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. Bring your squad and vibe out—this night is all about fun, friends, and good energy.

#### Wackford Complex, Gym

**FREE**

57591	Sat	1/31	6:30pm-8:30pm
57592	Sat	3/28	6:30pm-8:30pm
57593	Sat	5/23	6:30pm-8:30pm

**FREE**

### Teen Wellness Group

Ages 13-17

Join Teen Pathways for a monthly teen enrichment and support group. Every First and Third 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.

#### Teen Center

**FREE**

58036 Tue 1/13-5/12 6:00pm-7:00pm



# RECREATION ADVENTURES

## RECREATION WITHOUT LIMITS

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



### RAD Dance

Age 18+

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

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

#### FLANNEL FRENZY

57503 Fri 1/9 6:30pm-8:30pm

#### SWEETHEART

57504 Fri 2/20 6:30pm-8:30pm

#### LUCKY LEPRECHAUNS

57505 Fri 3/20 6:30pm-8:30pm

#### SPRING FLING

57506 Fri 4/10 6:30pm-8:30pm

### RAD Open Gym

Age 18+

Explore a variety of sports and group games at RAD Open Gym. Enjoy activities like basketball, soccer, and volleyball in an inclusive and adaptive setting.

#### Wackford Complex, Gym

57525*	Mon	1/5-1/26	9:30am-10:30am	<b>\$15</b>
57526*	Mon	2/2-2/23	9:30am-10:30am	<b>\$15</b>
57527*	Mon	3/2-3/30	9:30am-10:30am	<b>\$20</b>
57528	Mon	4/6-4/27	9:30am-10:30am	<b>\$20</b>
57529	Mon	5/4-5/18	9:30am-10:30am	<b>\$15</b>

\*No Class Dates: 1/19, 2/16, 3/16



### RAD Zumba

Age 18+

Get moving with RAD Zumba! Learn dance movements and choreography in a high-energy class that combines structured and free movement exercises.

#### Albiani Recreation Center, Lippincott Hall

57539	Wed	1/7-1/28	9:30am-10:30am	<b>\$20</b>
57540	Wed	2/4-2/25	9:30am-10:30am	<b>\$20</b>
57541*	Wed	3/4-3/25	9:30am-10:30am	<b>\$15</b>
57542	Wed	4/1-4/29	9:30am-10:30am	<b>\$25</b>
57543	Wed	5/6-5/20	9:30am-10:30am	<b>\$15</b>

\*No Class Dates: 3/11

### RAD Fitness Club

Age 18+

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

#### Albiani Recreation Center, Lippincott Hall

57509	Thu	1/8-1/22	9:30am-10:30am	<b>\$15</b>
57510	Thu	2/5-2/26	9:30am-10:30am	<b>\$20</b>
57511	Thu	3/5-3/26	9:30am-10:30am	<b>\$20</b>
57512	Thu	4/2-4/30	9:30am-10:30am	<b>\$25</b>
57513	Thu	5/7-5/21	9:30am-10:30am	<b>\$15</b>

### 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 Yoga

Age 18+

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

#### Albiani Recreation Center, Lippincott Hall

57533	Tue	1/6-1/27	9:30am-10:30am	<b>\$20</b>
57534	Tue	2/3-2/24	9:30am-10:30am	<b>\$20</b>
57535	Tue	3/3-3/31	9:30am-10:30am	<b>\$25</b>
57536	Tue	4/7-4/28	9:30am-10:30am	<b>\$20</b>
57537	Tue	5/5-5/19	9:30am-10:30am	<b>\$15</b>



## RAD Fun Fridays

Age 13+

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

### Wackford Complex, Teen Center \$12

57517	Fri	1/23	6:30pm-8:00pm
57518	Fri	3/6	6:30pm-8:00pm
57519	Fri	5/1	6:30pm-8:00pm



**FREE**

## RAD Striders (Walking Group)

Age 18+

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

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

57530	Fri	1/16-5/15	11:00am-12:00pm
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## RAD Dance Team

Age 18+

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

### Wackford Complex, Willow Room \$40

57507*	Mon	1/26-4/6	4:30pm-5:30pm
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\*No Class Dates: 2/9, 2/16, 3/16



## RAD Pickleball

Age 10+

Join us twice a month for Pickleball lessons at Wackman Park! The Cosumnes CSD RAD Program is partnering with Jolle Pickleball to teach you the basics and build on your Pickleball skills.

### Wackman Park, Tennis Court 2

**\$5**

57683	Sat	3/14	10:30am-11:30am
57684	Sat	3/28	10:30am-11:30am
57685	Sat	4/11	10:30am-11:30am
57687	Sat	5/9	10:30am-11:30am
57688	Sat	5/23	10:30am-11:30am



## RAD Swim

Age 18+

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

### Wackford Aquatic Complex

**\$60**

57531	Thu	4/16-5/14	4:00pm-4:45pm
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**NEW**

## RAD Performing Arts

Age 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.

### Albiani Recreation Center,

#### Swallowtail Room

**\$40**

57544	Thu	1/22-3/19	4:30pm-5:30pm
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**New**

## RAD Parent/Guardian Resource Group

Age 18+

Join our monthly RAD Parent/Guardian Resource Group for families raising children and adults with disabilities. Connect with other parents/guardians and learn about helpful resources in a supportive, understanding environment. Group meets second Wednesdays of the month!

### Albiani Recreation Center,

#### Lippincott Hall

**FREE**

58080*	Wed	1/14-12/9	5:30pm-6:30pm
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\*No Meeting Dates: 4/8, 11/11

## RAD PRIVATE SWIM LESSONS

For any Age

Learn more on pg. 16



**NEW**

## RAD Cooking Class - Beginner

Age 18+

Learn kitchen safety while making simple, tasty recipes! This cooking class is designed for individuals with disabilities to explore beginner-friendly no-heat recipes and build confidence with basic kitchen skills in a fun, supportive setting.

### Wackford Complex, Kitchen

**\$210**

58067	Fri	1/2-2/6	9:30am-10:30am
58068	Fri	3/6-4/10	9:30am-10:30am



NEW

## RAD Kids Dance Movement

Ages 3-7

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. Designed for kids ages 3-7, this class blends playful dance games, basic movements, and imaginative storytelling to help children build coordination, confidence, and a love for dance. \*Parent/Guardian participation is required

**Albiani Recreation Center,****Swallowtail Room****\$32**

57551	Fri	1/9-1/30	9:30am-10:15am
57552	Fri	2/6-2/27	9:30am-10:15am
57553	Fri	3/6-3/27	9:30am-10:15am
57554	Fri	4/3-4/24	9:30am-10:15am
57555	Fri	5/1-5/22	9:30am-10:15am



NEW

## RAD-Zone: Arcade, Art, Action

Age 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 \$10**

57545	Fri	1/16	10:00am-11:30am
57546	Fri	2/27	10:00am-11:30am
57547	Fri	3/27	10:00am-11:30am
57548	Fri	4/17	10:00am-11:30am
57549	Fri	5/15	10:00am-11:30am

New

## RAD Kids Builders Club

Ages 8-13

Join the RAD builders Club and create amazing projects using colorful snap together bricks that click into place! This hands-on building class for youth with disabilities ages 8-13 encourages creativity, problem-solving, and teamwork allow while designing unique projects. Perfect for all skill levels, just bring your imagination!

**Elk Grove Park, Youth Center**

58074	Mon	1/5-1/26	6:00pm-7:00pm	\$80
58075	Mon	2/2-2/23	6:00pm-7:00pm	\$80
58076	Mon	3/2-3/30	6:00pm-7:00pm	\$100
58077	Mon	4/6-4/27	6:00pm-7:00pm	\$80
58078	Mon	5/4-5/25	6:00pm-7:00pm	\$80

**SIGN UP TODAY!**

Submit a Volunteer Form

**CosumnesCSD.gov/RAD**

## NEEDS ASSESSMENTS AND ACCOMMODATION FORMS

**CosumnesCSD.gov/RAD**

# RAD GAMES

ADAPTIVE AND INCLUSIVE RECREATION

WITHOUT LIMITS

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

**YOUTH 5-12****57523 10:00am-1:00pm****TEENS 13-17****57522 11:00am-2:00pm****ADULTS 18+****57521 12:00pm-3:00pm****Pre-Registration Encouraged****CosumnesCSD.gov/RAD**In Partnership with: **SPECIAL OLYMPICS** Northern California

# POOL RENTALS

Plan your unforgettable summer event at the Wackford Aquatic Complex, Elk Grove Aquatics Center, or Jerry Fox Swim Center! Applications to rent these beautiful facilities for your special occasion will be accepted starting Monday, February 2, 2026.

Rentals offer exclusive use of the pool(s), surrounding grass area, and deck space, perfect for creating lasting memories. Reservations are available for a minimum of 2 hours on Saturday and Sunday evenings from June 6th through September 6th. Remember to factor in set-up and clean-up time when booking your rental.

Download an Aquatic Facility Rental Application form our website at [CosumnesCSD.gov/PoolRentals](http://CosumnesCSD.gov/PoolRentals) or pick one up in person at either the Wackford Community & Aquatic Complex or Elk Grove Aquatics Center.

*\*All potential rental dates are subject to availability, please call for available dates.*



Celebrate  
at the POOL!



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

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

## 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 Winter and Spring months.

### WACKFORD AQUATIC COMPLEX\*

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

### ELK GROVE AQUATICS CENTER\*

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

### WINTER/SPRING SCHEDULE (JANUARY 2 - MAY 9)

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

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

\*All Facilities Closed: 1/1, 1/19, 2/16

EGAC Closed: 2/21, 3/5-7, 4/18, 4/23-24, 5/6-9

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

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

# SPRING 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.*

### Cuddlefish (Guardian & Infant)

*Ages 6 months – 3 Years*

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

### Teen Level 1 & 2: Barracuda Ages 11-15

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

### 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+

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

## 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
- 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 class of the session..
- Refunds or credits will not be granted due to failure to attend a program.
- If registered incorrectly, participants may be asked to leave the class without a refund, credit or transfer.

## LESSON TIMES

### ELK GROVE AQUATICS CENTER

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

### SESSION DATES

PRIVATE			GROUP CLASSES		
SESSION	DATE RANGE		SESSION	DATE RANGE	
Session 1	3/23	4/1	Session 1	3/23	4/1
Session 2	4/6	4/15	Session 2	4/6	4/15
Session 3	4/20	4/29	Session 3	4/20	4/29

### SESSION RATES

LESSON	SESSION 1-3 (4 DAYS)
Group	\$48
Semi-Private	\$120
Private	\$160

### WACKFORD AQUATIC COMPLEX

	TUE/THU				
	AFTERNOON				
	4:30	5:00	5:30	6:00	6:30
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

PRIVATE		GROUP CLASSES			
SESSION	DATE RANGE	SESSION	DATE RANGE		
Session 1	3/24	4/2	Session 1	3/24	4/2
Session 2	4/7	4/16	Session 2	4/7	4/16
Session 3	4/21	4/30	Session 3	4/21	4/30
Session 4*	5/4	5/7			

\*Monday-Thursday, 1 week only

### SESSION RATES

LESSON	SESSION 1-4 (4 DAYS)
Group	\$48
Semi-Private	\$120
Private	\$160



**PRIVATE LESSONS** available during off season, February to March. Learn more:

**CosumnesCSD.gov/SwimLessons**

**SUMMER SWIM LESSON REGISTRATION BEGINS:**

Resident: **Wednesday April 8, 2026**

Non-Resident: **Wednesday April 15, 2026**



# WINTER/SPRING 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	9:00AM	10:00AM	11:00AM	5:30PM	6:30PM
Aqua Walking	T/Th			●		
Aqua Walking	M/W			●		
Aqua Walking	Fri			●		
Aqua HIIT: Session 1-5	T/Th	●			●	
H2O Strength: Session 1-5	M/W	●			●	
Aqua Jog: Session 6-9	M/W	●			●	
Aqua Jog: Session 6-9	T/Th	●			●	
Aqua Stretch & Tone	Sat		●			
Aqua Stretch & Tone	Fri		●			
Shallow Water Fitness	M/W		●			●
Shallow Water Fitness	T/Th		●			●
Shallow Water Fitness	Sat	●				

SESSION	DATE RANGE	
Session 1*	1/12	1/24
Session 2	1/26	2/7
Session 3 *	2/9	2/22
Session 4*	2/23	3/7
Session 5	3/9	3/21
Session 6	3/23	4/5
Session 7 *	4/6	4/18
Session 8 *	4/20	5/2
Session 9*	5/4	5/16

\*No Class Dates:

**All Facilities:** 1/19, 2/16

**EGAC:** 2/21, 3/5-7, 4/18, 4/23-24

(only AM closed), 5/6-5/9 (only AM closed)

Prices may change based on location due to facility closures.

## WACKFORD AQUATIC COMPLEX

PROGRAM	DAYS	9:00 AM	10:00 AM	7:00PM
Deep Water Fitness	M/W	●		●
Deep Water Fitness	T/Th	●		●
Deep Water Fitness	Fri	●		
Deep Water Fitness	Sat	●		
Piloga: Session 6-9	Fri		●	



**Free**  
**WATER**  
**FITNESS**  
**DEMO DAYS**

**March 21 & 29, 2026**

Age 16+

This is a FREE event showcasing the various Water Fitness classes being offered at the Elk Grove Aquatics Center. Various classes featured include: Deep Water Aerobics, Shallow Water Aerobics, Aqua Jogging, H2O Strength, Aqua Stretch, and more! Participants should arrive ready to get in the water, and will rotate from class to class.

**Pre-Registration is required.**

**Elk Grove Aquatics Center**

57251	Sat	3/21	1:00pm-3:00pm
57252	Sun	3/29	1:00pm-3:00pm



## 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 from late Spring to early Fall; during 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**



## 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**

## 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**



## 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**



**LIFELONG LEARNING**

## 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**



**LIFELONG LEARNING**

## Shallow Water Fitness

Ages 16+

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

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



**LIFELONG LEARNING**

## Deep Water Fitness

Ages 16+

Participants must be able to swim 25-yards unassisted without equipment. This 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**

## Piloga

Ages 16+

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

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

Prices and hours of operation subject to change. Visit our website for updates: [CosumnesCSD.gov/WaterFitness](http://CosumnesCSD.gov/WaterFitness)



# BECOME A LIFEGUARD

Eager to join the team and become a lifeguard at Cosumnes CSD? Applications open in January! Head over to [www.cosumnescsd.gov](http://www.cosumnescsd.gov) to view the lifeguard job description and application process. To qualify, you must be at least 15 years old and have either enrolled in or completed one of the American Red Cross Lifeguard Training classes. Don't wait – enroll today and get your application ready for January!

**FREE**

## Lifeguard Start Academy

Age 15+

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

### Wackford Aquatic Complex **FREE**

57797	Sat	1/17	10:00am-1:00pm
57798	Sat	2/7	10:00am-1:00pm
57799	Sat	2/28	12:00pm-4:00pm
57800	Sat	3/7-3/14	12:00pm-4:00pm
57801	Sat	4/4	12:00pm-2:00pm
58335	Sat	4/25	12:00pm-2:00pm
57796	Sun	4/26	10:00am-12:00pm



## American Red Cross Lifeguard Training w/Title 22

Age 15+

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

### Wackford Aquatic Complex

**\$200**

57811	Sa,Su	1/24-2/7	8:00am-5:30pm
57812	Sa,Su	2/15-3/1	8:00am-5:30pm
57813	Sa,Su	3/7-3/21	8:00am-5:30pm
57809	M-F	3/16-3/20	8:00am-5:30pm
57814	Sa,Su	4/11-4/25	8:00am-5:30pm
57815	Sa,Su	5/2-5/16	8:00am-5:30pm

### THINKING OF WORKING AT THE COSUMNES CSD?

All future staff members will be able to register for **FREE** upon receiving a conditional job offer.

## Water Safety Instructor Class

Age 16+

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

### Elk Grove Aquatics Center **\$225**

57818	Sat,Sun	12/13-12/20	7:00am-5:30pm
		Sunday 12/14	- 7 am - 5:30 pm
		Saturday 12/20	- 7 am - 5:30 pm
		Saturday 12/27	- 7 am - 11:00am
57819	Sat,Sun	1/11-1/18	7:00am-5:30pm
		Saturday 1/10	- 7 am - 5:30 pm
		Saturday 1/17	- 7 am - 5:30 pm
		Saturday 1/24	- 7 am - 11:00am

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

Age 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 Aquatic Complex, Blue Heron Room

**\$90**

57703	Sat	1/24	8:00am-1:00pm
57704	Sat	2/21	8:00am-1:00pm
57705	Sat	3/21	8:00am-1:00pm
57706	Sat	4/11	8:00am-1:00pm

# 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 DECEMBER 2025**

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

**APPLY FOR A SCHOLARSHIP! 916-405-5600**

*Special Thanks to our 2026 Making Waves partners Measure E, City of Elk Grove, Cosumnes Legacy Foundation and the American Red Cross Centennial program.*

**APPLY FOR A SCHOLARSHIP!  
[CosumnesCSD.gov/Scholarships](http://CosumnesCSD.gov/Scholarships)**



### ONE DAY LESSON FUNDRAISER

**FEE: \$2 PER LESSON  
THURSDAY, MAY 21, 2026  
4:30PM–6:30PM**

**ELK GROVE  
AQUATICS CENTER**  
9701 Big Horn Blvd., Elk Grove

**WACKFORD  
AQUATIC COMPLEX**  
9014 Bruceville Rd., Elk Grove

This program will provide your child with a single swim lesson from an instructor-in-training. This event is to help us train our new instructors in our swim lesson program and helps fund our Making Waves Swim Scholarship.

### LEVELS OFFERED:

• Cuddlefish	• Pre-School 3: Stingray
• Pre-School 1: Starfish	• Level 1 & 2: Pike
• Pre-School 2: Seahorse	• Level 4: Minnow
	• Level 5: Otter





# YOUR COMMUNITY HUB IS HERE



## The Next Chapter Begins

Something special happens when people come together with a shared purpose. At CORE, that purpose has always been about more than workouts. It's about growth, community, and becoming who you're meant to be.

As our community finds its rhythm, new possibilities are emerging — opportunities to play, to train, and to push beyond what you thought possible.



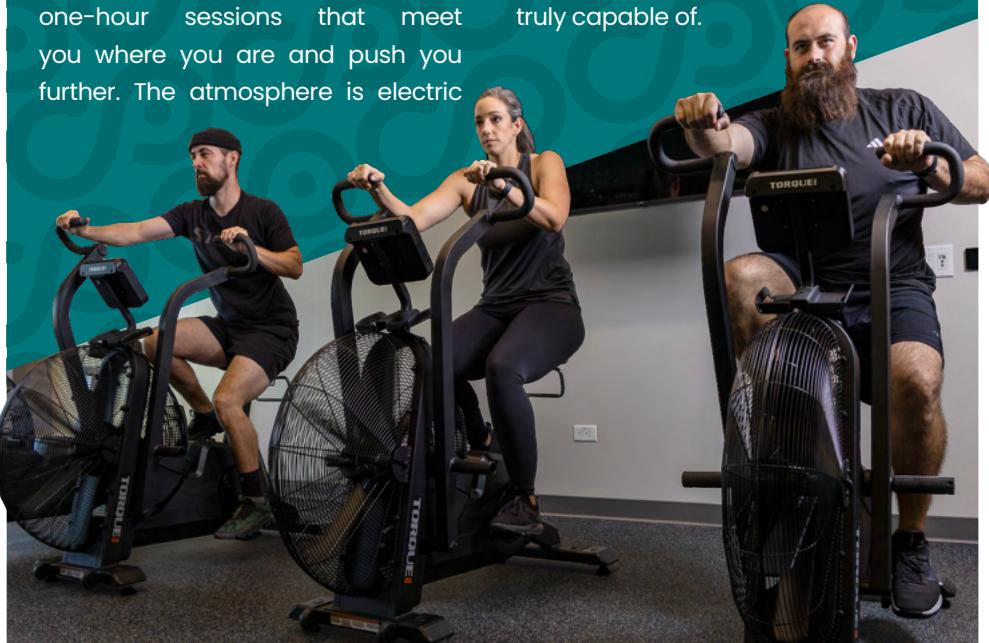
## Introducing ZTX

Launching January 2026, ZTX: Zone Training Experience is built for those ready to step into their next level. It blends personalized coaching with the energy of community to create a small group training experience that helps you move with intention and train with purpose.

Each week, in groups of up to twelve, you'll take part in focused one-hour sessions that meet you where you are and push you further. The atmosphere is electric

— a mix of camaraderie and friendly competition that keeps everyone motivated. Coaches understand your goals and provide precise feedback and encouragement to help you unlock new strength and confidence.

ZTX isn't just about physical progress. It's about showing up, pushing your limits, and discovering what you're truly capable of.

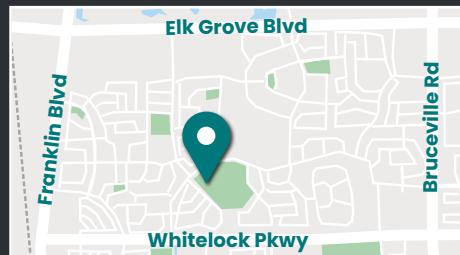


# NOW OPEN!

Tour today or sign up online!

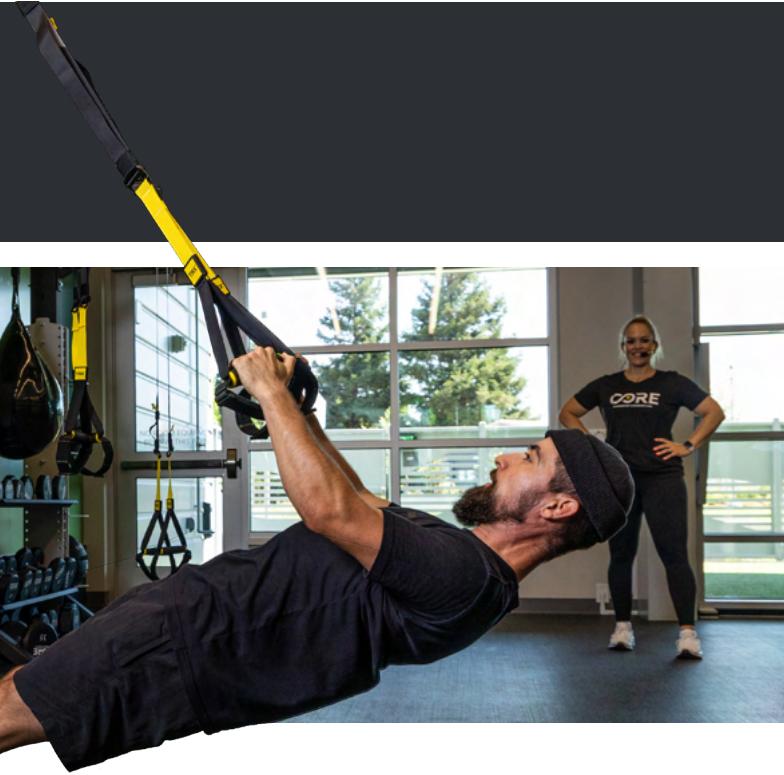
**COREfit.org**

@COREfiteg



**CORE Recreation Center**

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



## HERE'S WHAT PEOPLE ARE SAYING



*"I'm more motivated to hit the gym, the new equipment gets me pumped, and the staff always make you feel welcome. There's just something about CORE that makes me actually look forward to working out."*

- Christine N.



*"I'm here 3-4 times a week, I've gained so much strength, and even my volleyball serves have improved. I drive 20 minutes just to come here. CORE has everything in one place, and it's worth every mile."*

- Clarissa A.

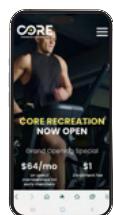


*"COREKids is so fun! I get to play balance games and dodgeball. It's the best—JOIN IT NOW!"*

- Kingston P.

## PERSONAL TRAINING

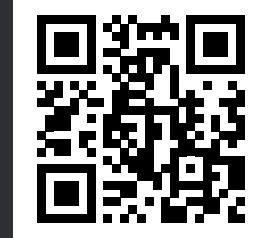
For those seeking an elevated fitness experience, Personal Training offers more than a workout — it's a true partnership. Every session is tailored around you: your goals, your pace, your potential. With personalized programming and undivided attention from expert trainers, you'll experience coaching that meets you exactly where you are and moves you further than you imagined.



**Follow along on social media and visit [COREfit.org](http://COREfit.org) for updates on ZTX and Personal Training. Your next level starts here.**

## WHY CORE?

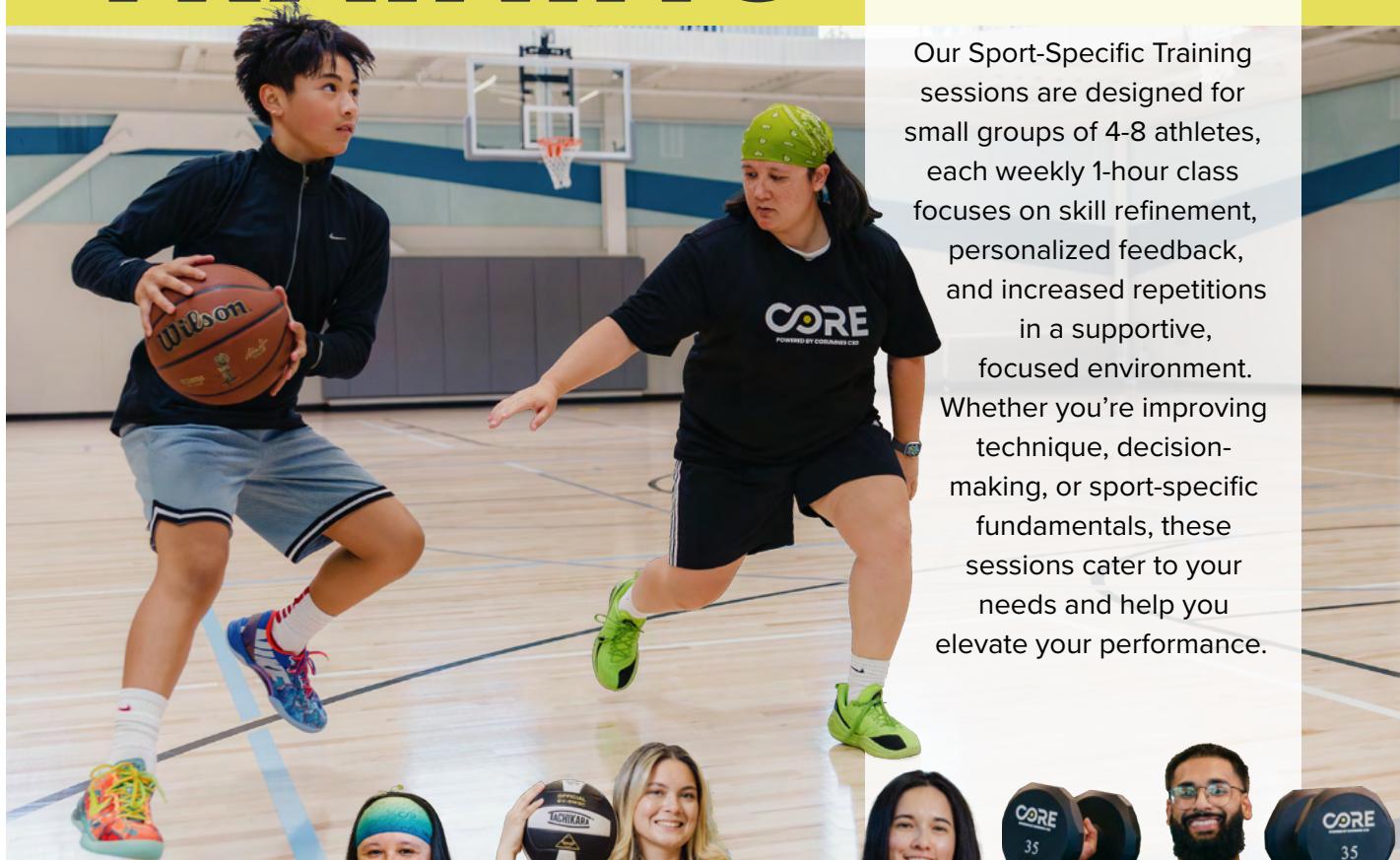
- Friendly, supportive environment
- Classes for your fitness level
- Premium equipment and boutique studios
- Activities your child will love while you work out
- Court sports, outdoor turf, walking track, and more!



## JOIN NOW!

AGES 10-14

# SPORT SPECIFIC TRAINING



## SESSIONS OFFERED:



**COREfit.org | @corefiteg**

Offered exclusively at



POWERED BY COSUMNES CSD

Membership not required  
to participate

## ELEVATE YOUR SKILLS

Our Sport-Specific Training sessions are designed for small groups of 4-8 athletes, each weekly 1-hour class focuses on skill refinement, personalized feedback, and increased repetitions in a supportive, focused environment. Whether you're improving technique, decision-making, or sport-specific fundamentals, these sessions cater to your needs and help you elevate your performance.

# 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 drills and scrimmage-style games! Our staff ensures a safe, fair and fun environment, following all local youth sports safety guidelines. All sessions are held outdoors. Don't miss your chance to score big on 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					
	DAY	4:30pm	5:00pm	5:40pm	
<b>WACKFORD COMPLEX</b>					
Basketball	M/W	●			●
Volleyball	T/TH	●			●
<b>LAGUNA COMMUNITY PARK</b>					
Flag Football	W/F			●	
Soccer	T/TH			●	

SESSION SCHEDULE*	
7 CLASSES PER SESSION	
<b>Session A</b>	1/6-1/31
<b>Session B</b>	2/1-2/28
<b>Session C</b>	3/1-3/31
<b>Session D</b>	4/1-4/30
<b>Session E</b>	5/1-5/31
<b>FEES<sup>†</sup></b>	<b>\$89</b>

\* No Class Dates:  
1/19, 2/16, 4/5, 5/25



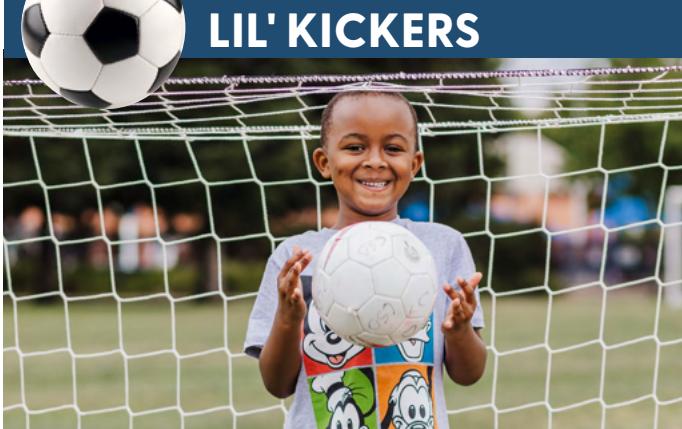


# PEEWEE SPORTS

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.



## LIL' KICKERS



### LAGUNA COMMUNITY PARK

	DAYS	4:00pm	4:50pm	5:45pm
<b>Level 1</b>	<b>TUE</b>			●
<b>Level 2</b>	<b>TUE</b>	●		
<b>Level 3</b>	<b>TUE</b>		●	

### LEVEL 1: INTRODUCTORY<sup>†</sup> \$49

Ages 3-6

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

### LEVEL 2: BEGINNER<sup>†</sup> \$49

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.

## LIL' BALLERS



### WACKFORD COMPLEX

	DAYS	4:00pm	4:35pm	5:10pm
<b>Level 1</b>	<b>FRI</b>	●		●
<b>Level 2</b>	<b>FRI</b>		●	
<b>Level 3</b>	<b>FRI</b>	●		

### LEVEL 3: INTERMEDIATE<sup>†</sup> \$64

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.

### SESSION SCHEDULE

<b>Session A*</b>	1/1-1/31
<b>Session B*</b>	2/1-2/28
<b>Session C</b>	3/1-3/31
<b>Session D*</b>	4/1-4/30
<b>Session E*</b>	5/1-5/31

\*No Class Dates:

1/1, 1/19, 2/16, 4/5, 5/10, 5/25

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



## Lil' Ballers Basketball League

Ages 5-6

An introductory level league designed to teach the fundamentals of basketball in a recreational environment. Participants will be placed onto teams and have Sports Staff as their coaches. In this league, all players receive a T-shirt and an award. This league will include 6 practices and

games that take place on Sunday mornings. Games will consist of 6 periods that last 5 minutes each period.

**Wackford Complex, Gym**  
57905 Sun 1/25-3/8

**\$144**  
8:15am-11:15am



# 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.

## Youth Basketball Leagues

Ages 7-14

Designed to teach children the fundamentals of basketball, good sportsmanship and teamwork in a fun, recreational environment. This league will run for a 12-week period and will include a coach's meeting, parent meeting, one practice per week, 2 scrimmages, 6 regular season games, a picture, and an end of season event. All players will receive a jersey, team picture and an award.

### WACKFORD COMPLEX, GYM \$164

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

56673 Sat 1/10-4/18 9:00am-5:00pm

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

58894 Sat 1/10-4/18 9:00am-5:00pm

### HARRIET EDDY MIDDLE SCHOOL \$164

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

56671 Sat 1/10-4/18 9:00am-5:00pm

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

58895 Sat 1/10-4/18 9:00am-5:00pm

### PINKERTON MIDDLE SCHOOL \$164

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

56669 Sat 1/10-4/18 9:00am-5:00pm

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

56670 Sat 1/10-4/18 9:00am-5:00pm



## BECOME A YOUTH SPORTS COACH!

Age 18+

### BASKETBALL (#58893)

Season runs January 10-April 18

### T-BALL (#56545)

Season runs February 24 - May 16

### SOCCER (#58345)

Season runs May 3-August 8



## Youth Soccer League

Ages 3-9

Every child is welcome! Our program introduces young players to soccer through fun games, skill-building activities, and teamwork that builds love for the sport. We ensure that every child feels valued, regardless of background or ability, using diverse volunteer coaches who celebrate each child's strengths. We welcome volunteer coaching applications at any time, regardless of prior experience. Let's kick off an unforgettable experience together!

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

#### AGES 3-4 (COED)

58348	Mondays	58349	Mondays
58352	Tuesdays	58353	Tuesdays
58354	Wednesdays	58355	Wednesdays
58350	Thursday	58351	Thursdays
58346	Fridays	58347	Fridays

### Lutting Park, Multi Purpose Field \$164

#### AGES 7-9

#### Boys

58356	Tuesdays	58357	Tuesdays
58358	Wednesdays	58359	Wednesdays

#### Girls

58356	Tuesdays	58357	Tuesdays
58358	Wednesdays	58359	Wednesdays

#### SCHEDULE:\*

**Mondays-Fridays:** Practice is offered one day a week on the day registered. Practice time is determined by coaches (between 5pm-8pm).

#### Saturdays - GAME DAY

\*No Practice Dates: 6/30-7/4

This is a volunteer-based coaching league. Coaches will set practice times. Games are held Saturday mornings and afternoons. We'll do our best to honor coach and player requests for the 3-4 and 5-6 age divisions, but accommodations are not guaranteed. No coach or player requests are accepted for the 7-9 division.





# 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-round recreational 5-on-5 basketball league compete in a fun 7-8 game season, with the top teams participating in the playoffs. Teams are required to have matching jerseys with numbers. 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)**

58632\* Sun 2/22-4/26 11:30am-4:30pm

**DIVISION 2 (RECREATION)**

58633\* Sun 2/22-4/26 4:30pm-9:30pm

**ALUMNI LEAGUE (30+)**

58634\* Wed 2/18-4/15 7:00pm-10:00pm

\*No Game: 4/5

## 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. This league is perfect for teams seeking recreational play. All players must be 18 years old or older and register individually for their respective team through ActiveNet.

**Wackford Complex, Gym** **\$439**

58636\* Fri 1/9-3/13 7:00pm-10:00pm

58637\* Fri 3/20-5/22 7:00pm-10:00pm

\*No Class Dates: 2/16



## Adult Softball

Age 18+

We offer the following divisions: D-2 and D-3. Teams will play a 7-game league season and playoffs for the top Teams in each division. Registration has a separate \$35 required membership fee for the Greater Sacramento Softball Association. Teams may be moved up or down divisions at Coordinator's discretion depending on skill level.

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

**D2**

Teams looking for a semi-competitive game with their own equipment.

**COED**

58639 Mon 3/30-6/1\* 6:30pm-9:30pm

58641 Wed 4/1-5/27 6:30pm-9:30pm

58645 Fri 4/3-6/5\* 6:30pm-9:30pm

**MENS**

58640 Wed 4/1-5/27 6:30pm-9:30pm

58642 Thu 4/2-5/28 6:30pm-9:30pm

58644 Fri 4/3-6/5 6:30pm-9:30pm

**D3**

Teams looking for a recreational game with their own equipment.

**MENS**

58643 Thu 4/2-5/28 6:30pm-9:30pm

\*No Class Dates: 5/22, 5/26

## 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.*

**CosumnesCSD.gov/AdultSports**



### VOLLEYBALL

MONDAYS | 7PM-10PM

**REGISTRATION FEE: \$10**

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



# 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

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

### INTRO TO ACES

Ages 6-10

### LITTLE ACES

Ages 6-9

### JUNIOR ACES

Ages 10-12

### TEEN ACES

Ages 13-17

		MORNING			AFTERNOON				
		DAY	9:00	10:00	11:00	12:00	4:00	5:00	6:00
<b>Little Aces</b>	FRI						●		
	SUN	●							
<b>Junior Aces</b>	WED							●	
	FRI						●		
<b>Teen Aces</b>	SUN		●				●		
	FRI							●	
<b>Experienced Aces</b>	SUN				●				

## 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 11-18

## Adult

Age 18+

This class is designed for players of all skill levels, from beginners learning proper grips, stroke development, and tennis fundamentals to advanced players refining their singles and doubles strategy, court positioning, and shot selection. Students will progress at their own pace, developing the skills needed for match play and competitive strategies. Participants must provide their own tennis rackets and non-marking tennis shoes.

SESSION SCHEDULE	
<b>Session A*</b>	1/1-1/31
<b>Session B*</b>	2/1-2/28
<b>Session C</b>	3/1-3/31
<b>Session D*</b>	4/1-4/30
<b>Session E*</b>	5/1-5/31
<b>FEES<sup>†</sup></b>	<b>\$54-\$94</b>

\*No Class Dates:  
1/1, 1/19, 2/16, 4/5,  
5/10, 5/25

<sup>†</sup>Fee is based upon  
amount of classes  
per session.

		MORNING				AFTERNOON		
		DAY	9:00	10:00	11:00	11:30	6:00	7:00
<b>Intro to Aces</b>	SAT			●				
<b>Little Aces</b>	SAT	●						
	THU						●	
<b>Junior Aces</b>	SAT		●					
	WED						●	
<b>Teen Aces</b>	THU							●
<b>Adult</b>	WED				●			



New  
Instructor!

## SOTERO ARCE

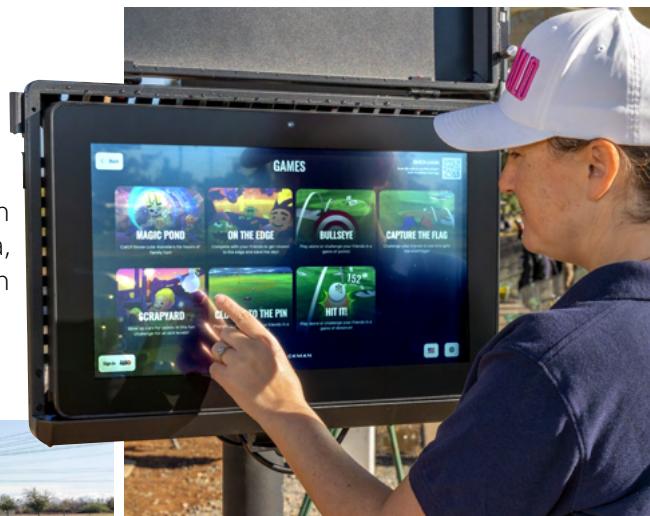
Coach Sotero brings energy and expertise to every court, helping players of all ages strengthen their fundamentals and passion for tennis. Emphasizing skill development, sportsmanship, and fun, he creates a positive environment where every player can grow.



**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 technology included with purchase of renting range balls.



 **TRACKMAN**



SCAN HERE TO  
LEARN MORE

**NOW SERVING BEER  
AT EMERALD LAKES!**

Enjoy a cold beer during or after your round of golf or sit under the patio to socialize with friends and family.



10651 E. Stockton Blvd.,  
Elk Grove, CA 95624

#### **DRIVING RANGE HOURS**

<u>November-April</u>	<u>May-October</u>
Mon, Thu-Sun 6 am - 9 pm	Mon, Thu-Sun 5:30 am - 10 pm
Tuesday 6 am - 8 pm	Tuesday 5:30 am - 8:30 pm
Wednesday 8 am - 9 pm	Wednesday 8 am - 10 pm

**GolfEmeraldLakes.com | (916) 685-GOLF (4653) | @emeraldlakesgolf**

# EMERALD LAKES GOLF ACADEMY

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

GOLF

	MORNINGS						EVENINGS										
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	4:30	5:35	4:30	5:35	4:00	4:30	5:15	4:30	5:35	9:00	10:00
<b>ADULT (AGE 18+)</b>				●		●											
<b>TEENS (Ages 12-17)</b>				●													
<b>JUNIORS (Ages 6-12)</b>	●	●	●					●		●	●	●					
<b>DROP-IN (Ages 6-12)</b>														●			
<b>TOTS (Ages 3-5)</b>							●		●								



## Adult Age 18+

**\$120**

Four (4) 1-hour classes and access to Operation 36 mobile app. Students can sign up for 9-hole play dates with a coach \$15 per play day on Saturdays! Course covers all areas of the game in a fun environment through Operation 36 curriculum. All levels welcome and grouped according to skill level.



## Teens Ages 12-17 | Juniors Ages 6-12

**\$120**

Four (4) 1-hour classes, access to Operation 36 mobile app, and rostering to First Tee to receive Youth On Course Membership. Students can sign up for 9-hole play dates with a coach \$10 per play day on Saturdays! Course covers all areas of the game in a fun environment through Operation 36 curriculum and First Tee values. All levels welcome and grouped according to skill level.

## SESSION SCHEDULE

### JANUARY

1/5-1/29

### FEBRUARY

2/2-2/26

MARCH

3/2-3/28

APRIL

4/6-5/2

MAY

5/4-5/30

## 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!



## Drop-In Ages 6-12

**\$120**

Want to try something new? Try our 1-hour class to see if your junior is interested in the game of golf! Course covers fundamentals of the game in a fun environment through Operation 36 curriculum and First Tee values. All levels welcome and grouped according to skill level.

## Tots Ages 3-5

**\$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.

## CLUB REPAIR AND SNACK SHACK



Check out the grip shack at our driving range! You can also purchase a snack while you wait for your repair services.

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

What are common items in the home that contain lithium-ion batteries?

**Toys**

**Tools**

**Electronics**

**Vehicles**

**Bikes & Scooters**

Lithium-ion batteries are **everywhere** in our homes. It's important to know how to **use, charge, and recycle** them properly and to recognize which household products contain them.

Info & images reproduced with permission from NFPA.

**Charge into Fire Safety™**  
Charge your devices like smart phones, laptops, and tablets on a hard surface like a desk, table, or counter.



Buy only listed products.



Charge devices safely. Unplug when fully charged.



Don't trash batteries. Recycle responsibly



[nfp.org/lithiumionsafety](http://nfp.org/lithiumionsafety)



## We're Officially Accredited!



The Cosumnes Fire Department has officially achieved Accredited Agency status from the Commission on Fire Accreditation International (CFAI) and the Center for Public Safety Excellence (CPSE). This prestigious recognition places Cosumnes Fire among only 327 fire and emergency service agencies worldwide, just 22 in California, to reach this milestone.

The four-year accreditation process required extensive documentation, including a Strategic Plan, a Community Risk Assessment and Standards of Cover, and a Self-Assessment Manual. A peer review team of experienced fire service professionals conducted an on-site evaluation to verify the department's performance across nearly 250 national best-practice indicators.

The final accreditation decision was made on August 5, 2025, in Denver, Colorado, when a panel of 11 commissioners voted to grant official status to Cosumnes Fire.

***"This prestigious recognition places Cosumnes Fire among only 327 fire and emergency service agencies worldwide..."***

"This achievement reflects our department's dedication to excellence, transparency, and continuous improvement," said Fire Chief Felipe Rodriguez. "It strengthens our organization, enhances public trust, and ensures we continue delivering the highest level of service to our community."

The accreditation process underscores the Department's commitment to accountability, sustainability, and long-term planning—core values that will guide the Cosumnes Fire Department as it continues to serve the residents of Elk Grove and Galt. The community's trust in Cosumnes Fire is both our greatest honor and our greatest responsibility.

## New Program Delivers Care Beyond the 911 Call

The Cosumnes Fire Department launched a Mobile Integrated Health pilot program to deliver in-home medical care and reduce unnecessary 911 calls and hospital visits. A physician assistant and paramedic visit patients to provide treatment, prescribe medications, and connect them with necessary services.

Funded by Sacramento County pandemic relief funds, the program aims to improve health outcomes, reduce hospital crowding, and get emergency units back in service faster – reflecting Cosumnes Fire's commitment to innovation and community-centered care.

**FREE** Hands-Only CPR Classes see pg. 33

# 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](http://CosumnesCSD.gov/Fire)  
or follow us





**Santa & Sirens PARADE**

**DECEMBER 2, 3 & 4**

The Cosumnes Fire Department and Elk Grove Police Department will drive Santa and his elves through three Elk Grove neighborhoods with lights, sirens, and lots of holiday spirit.

Visit [CosumnesCSD.gov](http://CosumnesCSD.gov) for more information

# TOY DRIVE

Drop off at any Cosumnes Fire Station during the month of December

Follow us on social media for details  
**@CosumnesFire**





**LEARN CPR. SAVE A LIFE.**



## Free Hands-Only CPR Classes

The Last Saturday of the Month

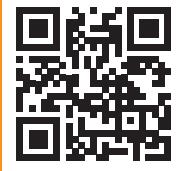
This free, all-ages class is offered on the last Saturday of every month at different fire stations throughout the District. Drop in between 10 am and 12 pm for a 20-minute session with direct instruction and guided practice. Don't miss this opportunity to empower yourself and potentially save a life!

*Find out where the next class will be held at  
[CosumnesCSD.gov/CPR](http://CosumnesCSD.gov/CPR)*





# 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](http://CosumnesCSD.gov/Register)



## 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 sautéing, stir-frying, boiling, simmering, steaming, roasting, and grilling. Supplies and recipes included.

#### Wackford Complex, Kitchen

##### AGES 7-11

58700*	Mon	1/5-1/26	4:00pm-5:30pm	<b>\$120</b>
58701*	Mon	2/2-2/23	4:00pm-5:30pm	<b>\$120</b>
58702	Mon	3/9-3/30	4:00pm-5:30pm	<b>\$160</b>
58703	Mon	4/6-4/27	4:00pm-5:30pm	<b>\$160</b>
58704	Mon	5/11-5/25	4:00pm-5:30pm	<b>\$120</b>

##### AGES 12-17

58706*	Mon	1/5-1/26	6:00pm-7:30pm	<b>\$120</b>
58707*	Mon	2/2-2/23	6:00pm-7:30pm	<b>\$120</b>
58708	Mon	3/9-3/30	6:00pm-7:30pm	<b>\$160</b>
58709	Mon	4/6-4/27	6:00pm-7:30pm	<b>\$160</b>
58710	Mon	5/11-5/25	6:00pm-7:30pm	<b>\$120</b>

\*No Class Dates: 1/19, 2/16



## 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 - Beginner

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, so just bring your enthusiasm, and readiness to learn!

#### TEEN (AGES 13-17)

#### Wackford Complex, Teen Center **\$88**

57595	Tue	2/3-2/24	6:00pm-7:30pm
57596	Tue	3/10-3/31	6:00pm-7:30pm
57597	Tue	4/7-4/28	6:00pm-7:30pm

#### ADULT (AGE 18+)

#### Wackford Complex, Willow Room **\$88**

57599	Thu	2/5-2/26	6:00pm-7:30pm
57600	Thu	3/5-3/26	6:00pm-7:30pm
57601	Thu	4/9-4/30	6:00pm-7:30pm



## DESIREE KANEMOTO

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

## DIY PROJECTS



### DIY with Des

Ages 12-17

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

#### Wackford Complex, Teen Center **\$80**

57603	Wed	2/4-2/25	5:00pm-6:00pm
57604	Wed	3/4-3/25	5:00pm-6:00pm
57605	Wed	4/8-4/29	5:00pm-6:00pm



APPLY TODAY!





**New Instructor!**

### DEMETRIA BERRY

For more than 26 years, Demetria has shared her passion for teaching with students of all ages. She loves creating classrooms that are inclusive, engaging, and full of curiosity and creativity.

## MIND & GAMES



### 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 Room \$68

58049	Fri	1/2-1/23	5:45pm-7:15pm
58050	Fri	2/6-2/27	5:45pm-7:15pm
58051	Fri	3/6-3/27	5:45pm-7:15pm
58052	Fri	4/3-4/24	5:45pm-7:15pm
58053	Fri	5/1-5/29	5:45pm-7:15pm

### Dominoes Toppler Club

Ages 7-11

Do you love watching those dominoes fall in fast-motion dominoes toppling shows? 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. Join us as we make and topple domino empires, together!

#### Wackford Complex, Willow Room \$68

58056	Fri	1/2-1/23	4:00pm-5:30pm
58057	Fri	2/6-2/27	4:00pm-5:30pm
58058	Fri	3/6-3/27	4:00pm-5:30pm
58059	Fri	4/3-4/24	4:00pm-5:30pm
58060	Fri	5/1-5/29	4:00pm-5:30pm



### 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



### Chess

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, Classroom 2 \$56

57784	Tue	1/6-1/27	4:30pm-5:30pm
57785	Tue	2/3-2/24	4:30pm-5:30pm
57786	Tue	3/10-3/31	4:30pm-5:30pm
57787	Tue	4/7-4/28	4:30pm-5:30pm
58048	Tue	5/5-5/26	4:30pm-5:30pm

### Dungeons and Dragons Club

#### Laguna Town Hall, Classroom 2

##### YOUTH (AGES 7-11)

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

57777	Thu	1/8-1/29	4:30pm-5:30pm	<b>\$68</b>
57778	Thu	2/5-2/26	4:30pm-5:30pm	<b>\$68</b>
57779	Thu	3/5-3/26	4:30pm-5:30pm	<b>\$68</b>
57780	Thu	4/9-4/30	4:30pm-5:30pm	<b>\$68</b>
57782	Thu	5/7-5/28	4:30pm-5:30pm	<b>\$68</b>

##### TEEN (AGES 12-17)

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

57772	Wed	1/7-1/28	4:30pm-6:00pm	<b>\$72</b>
57773	Wed	2/4-2/25	4:30pm-6:00pm	<b>\$72</b>
57774	Wed	3/4-3/25	4:30pm-6:00pm	<b>\$72</b>
57775	Wed	4/8-4/29	4:30pm-6:00pm	<b>\$72</b>
57781	Wed	5/6-5/27	4:30pm-6:00pm	<b>\$72</b>



### SHARISSA DELGADO

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

## PIANO



### Piano for Kids

Ages 7-12

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.

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

##### LEVEL 1

58711	M	2/2-3/30	3:30pm-4:20pm
58712	M	2/2-3/30	4:30pm-5:20pm

##### LEVEL 2

58713	M	2/2-3/30	5:30pm-6:20pm
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### Piano for Teens/Adults

Age 13+

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

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

##### LEVEL 1

58714	M	2/2-3/30	6:30pm-7:20pm
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# FROM OUR PARTNERS



## Meditation

Age 16+

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

**Albani Recreation Center,  
Monarch Room**

**\$18**

Instructor: Richard Teran

58084 Tue 1/6-2/10 7:00pm-8:00pm

## Tamale Making Class



Age 18+

**Albani Recreation Center,  
Lippincott Hall & Kitchen**

**\$90**

Instructor: Our Father's House

### PORK

Learn to make authentic pork tamales from scratch with all-natural ingredients! Slow-cooked pork, flavorful masa made from gluten-free corn meal, and tender corn husks come together in this hands-on class. Best of all, you'll be able to take home the delicious tamales you make!

58343 Sat 3/14 12:30pm-4:30pm

### VEGETARIAN

Learn to make authentic vegetarian tamales from scratch with all-natural ingredients! You'll craft masa from gluten-free corn meal and homemade chile verde, then fill tender corn husks with zesty pepper jack cheese. Best of all, you'll be able to take home the delicious tamales you make!

58344 Sat 3/21 12:00pm-4:00pm



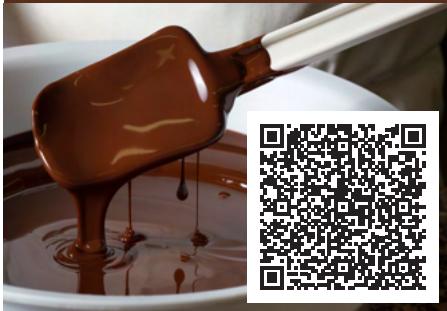
**Interested in  
partnering with  
Cosumnes CSD?**



**ART**  
with Nancy Quiaoit



**CHOCOLATE**  
with Heather Saldivar



**GYMNASTICS**  
with Elevate Gymnastics



**DANCE**  
with Encore! Studio  
of Performing Arts



**MARTIAL ARTS**  
with School of the Tiger and  
Shannon Newman



**LINE DANCING**  
with Rhonda Hurles





Cosumnes Parks & Recreation

# SUMMER CAMPS 2026

JUNE - AUGUST

Ages 3-16



Cosumnes Parks & Recreation offers summer camps that both busy parents and adventurous kids will love! Choose your own summer adventure with the all-inclusive Sammy's Summer Camp or specialty camps that feature special interests like swimming, science, sports, art, nature and more!

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

Registration Starts March 4

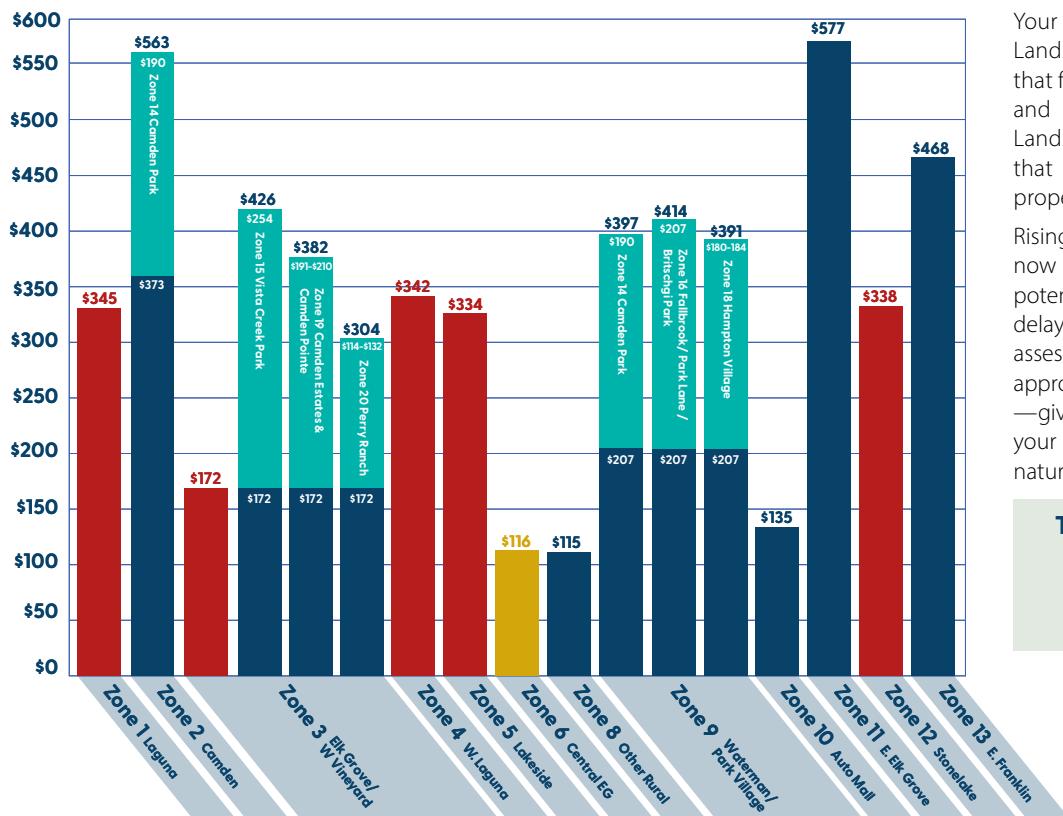


# YOUR PARKS, TRAILS & STREETSCAPES

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 from \$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

### FUNDING ASSESSMENTS

- Stable
- At-Risk
- Stable
- Unstable

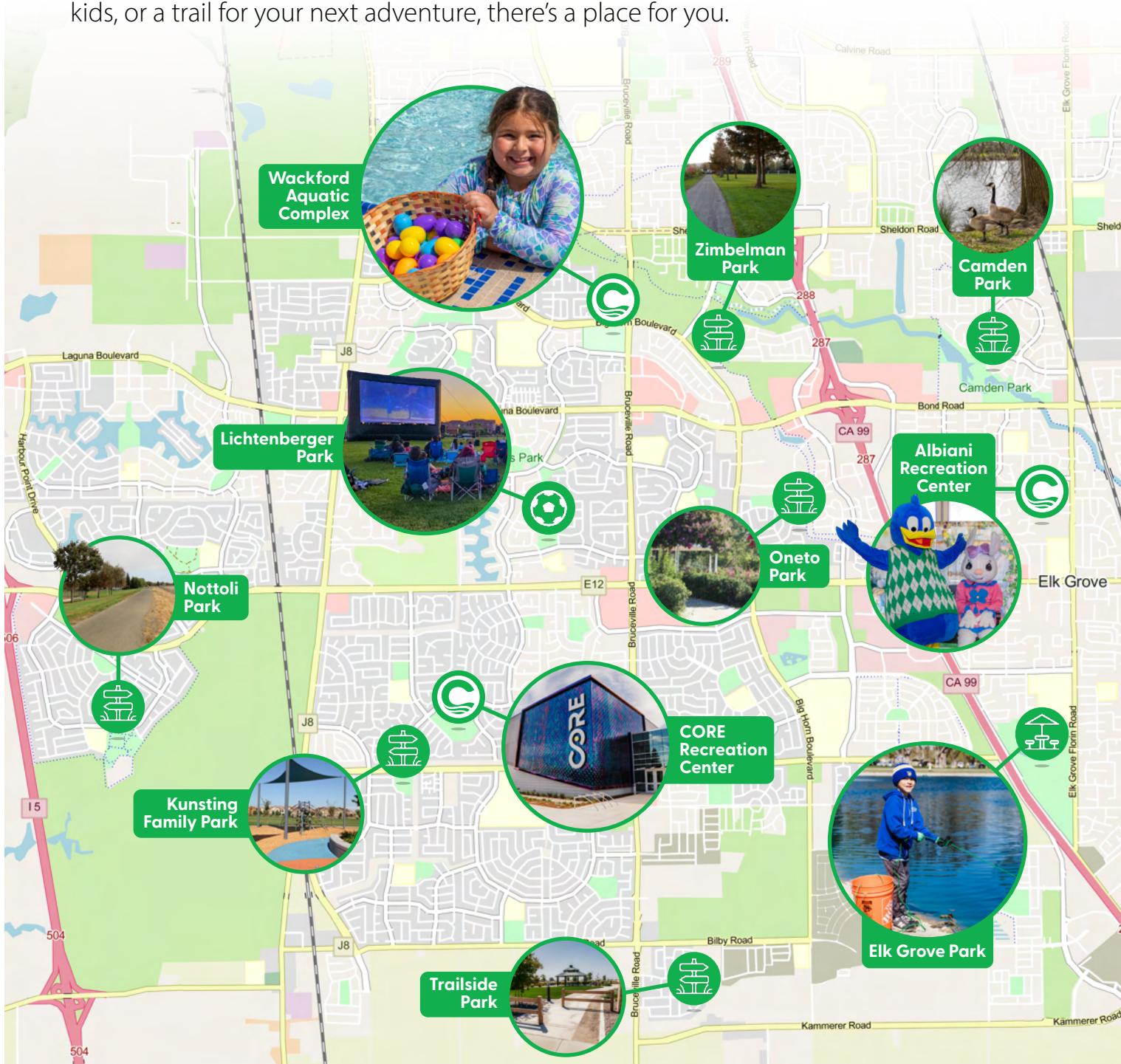
**Park Maintenance funding video:**  
[CosumnesCSD.gov/ParkFunding](http://CosumnesCSD.gov/ParkFunding)

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

**Partner for Parks**  
Volunteer to monitor a park or trail.  
[CosumnesCSD.gov/P4P](http://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

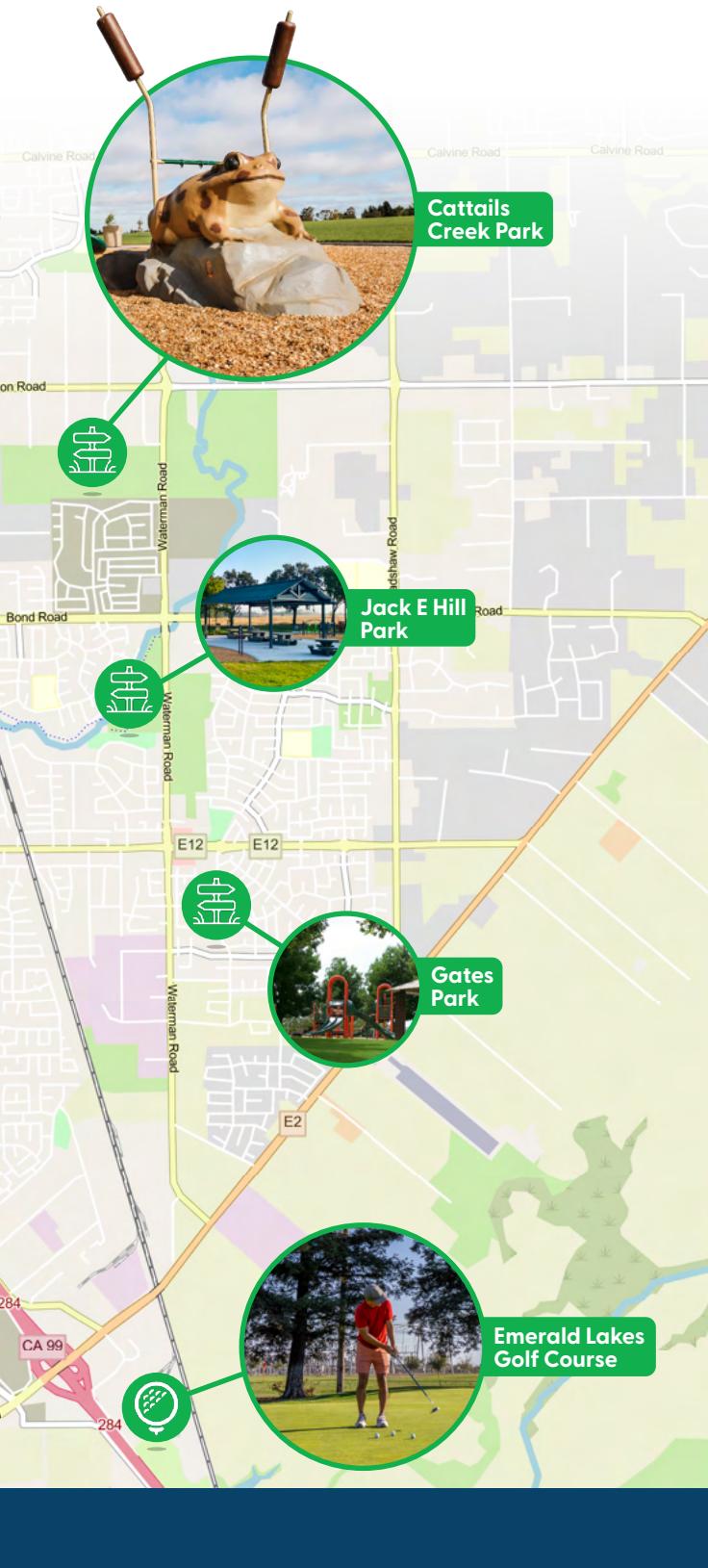
**107**  
Parks

**12**  
Water Play  
Areas

**45,000**  
Trees

**785**  
Acres of Park &  
Open Space

**12**  
Recreation  
Centers



## Discover the Outdoors!

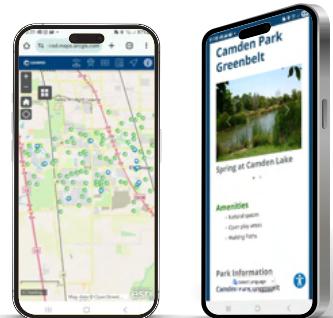


With more than 43 miles of scenic trails connecting over 100 beautiful parks, the Cosumnes Community Services District and City of Elk Grove make it easy to get outside and explore. Whether you're walking, running, or cycling, you'll enjoy winding routes through lush green spaces, peaceful wildlife habitats, and welcoming neighborhoods. Every trail is an opportunity to recharge, connect, and experience the best of Elk Grove.

Check out our newly opened 107th park, Cattails Creek Park. This beautiful new space features a creek-inspired design and offers direct access to both a bike trail and an equestrian trail.



*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](http://CosumnesCSD.gov/Parks)



**COSUMNES**  
COMMUNITY SERVICES DISTRICT

# Event Rentals



**We have 5 facilities and 4 picnic site locations, 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 make your next special occasion even more memorable!

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

To submit Rental Application, go to

**CosumnesCSD.gov/Venues**



**Parks of Elk Grove**



**Elk Grove Picnic Areas**



**Gil Albiani Recreation Center**



**Laguna Town Hall**



**Wackford Complex**



**Oasis Recreation Center**



## Reception Halls

### Valley Oak Ballroom

*in Wackford Complex*

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

**DINING:** 200 guests

**THEATER:** 250 guests



## 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



## Picnic Sites

### Elk Grove Park

*9950 Elk Grove Florin Rd.*

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

### Morse Park

*5540 Bellaterra Dr.*

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

### Derr-Okamoto Park

*9550 Mainline Dr.*

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

### Oasis Park

*8015 Poppy Ridge Rd.*

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

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



#### Monarch Room

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

**CAPACITY:** 34 guests

### Oasis Recreation Center

*8015 Poppy Ridge Rd.*

#### Multi-Purpose Room

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

**CAPACITY:** 50 guests



# Resident registration begins December 10!

at 8am for residents in the 95624, 95757, 95758 zip codes. **Non-resident** registration begins **December 17**.



## 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

See **REGISTRATION LOCATIONS** at the beginning of this Activity Guide



# Register Now!

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**

Cosumnes CSD accepts the first 50 approved applications for each calendar year. Applications for 2026 will open December 3, 2025. Funding is limited to \$300 per qualified family and can be used for many programs and activities in the Activity Guide.



# COSUMNES LEGACY FOUNDATION



## 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.

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](http://CosumnesLegacyFoundation.org)

### UNDERSTANDING PYRETHROIDS:

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>

## COMMUNITY ORGANIZATIONS

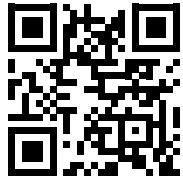
4-H Sacramento Clubs.....	<a href="http://sac4h.ucanr.edu">sac4h.ucanr.edu</a>
American Legion .....	<a href="http://americanlegionelkgrove.com">americanlegionelkgrove.com</a>
American Red Cross - Sacramento .....	<a href="http://redcross.org">redcross.org</a>
California Urban Forests Council, Sacramento 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://cffsacramento.org">cffsacramento.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://cosumneslegacyfoundation.org">cosumneslegacyfoundation.org</a>
Cosumnes Oaks Jr. Wolfpack .....	<a href="http://cosumnesoaksjrwolfpack.com/home">cosumnesoaksjrwolfpack.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://elkgrovefineartscenter.org">elkgrovefineartscenter.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://elkgroepiranhas.com">elkgroepiranhas.com</a>
Elk Grove Regional Scholarship Foundation.....	<a href="http://elkgroversf.org">elkgroversf.org</a>
Elk Grove Rugby .....	<a href="http://elkgrovetherby.com">elkgrovetherby.com</a>
Elk Grove Soccer League .....	<a href="http://elkgrovesoccer.com">elkgrovesoccer.com</a>
Elk Grove Wrestling Academy .....	<a href="http://elkgrovewrestlingacademy.com">elkgrovewrestlingacademy.com</a>
Elk Grove Youth Baseball .....	<a href="http://elkgroveyouthbaseball.com">elkgroveyouthbaseball.com</a>
Elk Grove Youth Lacrosse.....	<a href="http://elkgrovelacrosse.com">elkgrovelacrosse.com</a>
Elk Grove Youth Sports Foundation .....	<a href="http://egysf.org">egysf.org</a>
Franklin Jr. Wildcats.....	<a href="http://franklinjrwildcats.com">franklinjrwildcats.com</a>
Freedom K9 Paws .....	<a href="http://freedomk9.net">freedomk9.net</a>
Friends of Stone Lakes National Wildlife Refuge .....	<a href="http://friendsofstonelakes.org">friendsofstonelakes.org</a>
Girl Scouts - Heart of Central California .....	<a href="http://girlscoutshcc.org">girlscoutshcc.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 and elkgroverotary.org">portal.clubrunner.ca/9112 and elkgroverotary.org</a>
Sacramento City Unified School District .....	<a href="http://scusd.edu">scusd.edu</a>
Sacramento County .....	<a href="http://sacounty.gov">sacounty.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://sysba.net">sysba.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://tfaifinc.org">tfaifinc.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>



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