



OV PARKS
Activity
GUIDE

FALL 2024
September -December



Visit us online
WWW.OVPARKS.COM

SPECIAL EVENTS



If you're looking for bargains, you can find them here.

Saturday, September 21 | 7:00am-1:00pm

Location: Orangevale Community Center Parking Lot

Shoppers, get ready for a great sale!

Sellers, turn your unwanted household items into cash. Space consists of two regular sized parking spots. Event is heavily advertised so save money and join our rummage sale.

Fee: \$45 / \$48 NR

Register by August 30th for \$5 discount!

Aging Well

SYMPOSIUM & RESOURCE FAIR
OF NORTHERN CALIFORNIA

Saturday, October 5 | 9:00am-2:00pm

Sponsored by Luz Johnson LPL Financial and Orangevale Recreation & Park District

Join us for this valuable & informational event to learn about resources available for you, or an aging loved one, and how to navigate this journey we call LIFE!

Speakers will share information on how to stay in your home, how to navigate the need for care, and much more. You'll also have access to many resource professionals who can answer your questions about helping those we care for; and maintaining your own mental health during this season of life.

Check In: 8:30am

Event Time: 9:00am-2:00pm



For event registration and information contact OVparks District Office at 916-988-4373. For event and sponsorship information contact Luz Johnson at 916-860-7035 or email Luz@agingwellinc.com.

OVparks

FAMILY FRIGHT NIGHT

Dressed in their favorite costume, kids can participate in the Trunk or Treat and then head inside with the family for the PG-rated movie "The Nightmare Before Christmas". This family-friendly movie will be shown on a 16-foot screen in our auditorium.

Free

**Trunk or Treat
at 5:30pm**

Lower parking lot

**Movie starts
at 7:00pm**

Orangevale
Community
Center



**FRIDAY,
OCTOBER 11**

**CHECK OUT OVPARKS
BOOTH TO ENTER
TO WIN A PRIZE!**

Bring blankets, lawn chairs or pillows and make yourself cozy!

OVparks and local businesses/organizations have partnered together to provide this fun, family event. Reach out to info@ovparks.com to save your trunk-or-treat booth.



Free Admission

Friday, November 15 • 3:00-7:00pm

Saturday, November 16 • 9:00am-3:00pm

Free door prize drawings every half hour!

Handmade crafts, unique gifts, jewelry, clothing, and holiday crafts and decorations from over 35 local artisans will be on display for your shopping pleasure! Vendors this is a juried show, please submit your application before 9/27. The first selection will be by 10/4. Vendor information and applications are available online at OVparks.com.

Location: Orangevale Community Center

Connect with us @OVparks



WWW.OVPARKS.COM

EMAIL:
INFO@OVPARKS.COM

For your convenience, you can reach our office by e-mail.

No matter what time it is, you can e-mail us your questions, comments, concerns and suggestions. We'll respond to you the next business day.

BOARD OF DIRECTORS

Sharon Brunberg, Manuel Meraz, Lisa Montes, Arica Presinal, Mike Stickney
email: director@ovparks.com

Meets on the 3rd Thursday of every month, 6:30pm at the Orangevale Community Center

DISTRICT STAFF

Becky Herz,
District Administrator

Jennifer Von Aesch,
Finance / HR Superintendent

Melyssa Woodford,
Admin Services Supervisor

Kathy Harling,
Administrative Clerk

RECREATION STAFF

Jason Bain,
Recreation Supervisor

Andrew Gross,
Recreation Coordinator

Emi Rutkowski,
Preschool Director

Danny Rodriguez,
Custodian/Host II

PARK STAFF

Horacio Oropeza,
Park Superintendent

Doug Fuhlrodt,
Maintenance Foreman

Curtis Bryant, Bruce Edwards,
Nelson Kirk, Lucas Lilly
Maintenance Staff

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Orangevale Recreation & Park District Office

6826 Hazel Avenue
Orangevale, CA 95662

Office Hours:
Mon-Fri 8:30am-4:30pm

PHONE - 916-988- 4373

FAX - 916-988-3496

EMAIL - info@ovparks.com

POOL - 916-988-1285

MAINTENANCE SHOP - 916-987-1507

FIELD STATUS - 916-987-1507

Orangevale Community
Tree Lighting

**Friday, December 6
6:00-7:30pm**



**Entertainment • Refreshments
Train Rides • Children's Holiday
Activities • Visit Santa
Tree Lighting**

Everything is Free!

Join your Orangevale family to celebrate the joyous holiday season!

Bring a canned food item to donate to the Orangevale Food Bank, your camera for that special Santa photo and your holiday cheer!

Location: Orangevale Community Center

Sponsored by the Orangevale Recreation & Park District • Orange Vale Water Company • Orangevale Woman's Club • Orangevale Grange #354
• Orangevale Chamber of Commerce • EASY STUMPS • Other local community organizations

KIDZ KORNER



Register Now!

Registration for Fall 2024 session has been previously advertised and is now underway. Children currently enrolled in the program have priority to re-enroll in the Fall and Late Fall session. Late Fall session open registration begins October 14. Call for availability.

Parent Orientation & Open House

Students and parents are asked to join us for the Kids Korner Orientation and Open House. Visit the Kids Korner House to meet the instructor Emi Rutkowski and become familiar with program procedures and sign up for your participation days.

**Open House is
Thursday, September 5,
from 10:00 to 11:30am.**

Kidz Korner is a PARENT PARTICIPATION program

Parents or "parent helpers" must assist in the classroom three to four times each session. This allows children to share their "school" experience with their moms, dads, grandparents or other care providers.

A school year recreational program for preschoolers ages 3 to 5.

Orange Blossoms - Ages 3 to 5

Monday & Wednesday

Fall Session: Sept 9-Oct 30 9:00-11:30am

Late Fall Session: Nov 4-Jan 15 9:00-11:30am

Tuesday & Thursday

Fall Session: Sept 10-Oct 31 9:00-11:30am

Late Fall Session: Nov 5-Jan 16 9:00-11:30am

Session Fee: \$280 / \$285 NR

Location: Kidz Korner House, 6745 Hazel Avenue

The program, which runs from September through May, is offered in four, eight week sessions: Fall, Late Fall, Winter and Spring. The focus of the program is on developing the social and peer interaction skills of your young child. Children are encouraged to work together in small groups to learn the necessary skills of taking turns and sharing. In addition, Kidz Korner offers age appropriate arts & crafts, pre-math concepts, stories, poems, and music in an exciting "hands on" learning environment.

Children must be completely toilet trained to attend.

San Juan school holidays are observed.



Baby Ballet

Ages: walking-3

Ballet is the foundation of all dance so why not start early? Baby Ballet works the fundamentals for your young dancer through nursery rhymes your child might know.

Location: Activity Building
Instructor: Alison Lloyd

09FA M 9/9-9/30 9:00-9:30am
10FA M 10/7-11/4 9:00-9:30am
11FA M 11/18-12/16 9:00-9:30am
No class 10/14, 11/25

Fee: \$47 / \$50 NR, 4 weeks
\$5 material fee for December paid to instructor.
Recital 12/16.



Pre Ballet

Ages: 3-6

Learn proper ballet terms in a fun atmosphere. Girls please wear pink tights, a black leotard without a skirt and ballet shoes. Boys please wear a plain white t-shirt and black shorts. Bare feet for the first class.

Location: Activity Building
Instructor: Alison Lloyd

09FA M 9/9-9/30 9:30-10:15am
10FA M 10/7-11/4 9:30-10:15am
11FA M 11/18-12/16 9:30-10:15am
No class 10/14, 11/25

Fee: \$47 / \$50 NR, 4 weeks
\$5 material fee for December paid to instructor.
Recital 12/16.

Byers Gymnastics

Location: Byers Gymnastics Center,
7700 Sunrise Blvd Ste #2200, Citrus Heights
Instructor: Byers Gymnastics Staff

Parent Participation Gymnastics

Ages: walking-3

Designed for children from the time they begin walking till they turn 3. The focus is on gross motor skills such as climbing, rolling and jumping on our Tumble Track, low balance beams, incline mats, small bars and more. Parents help children through circuits and establishing sequencing patterns. Join us as we roll, bounce, climb and swing!

09FA W 9/4-9/25 9:30-10:20am 4 weeks
10FA W 10/2-10/23 9:30-10:20am 4 weeks
11FA W 11/6-11/27 9:30-10:20am 4 weeks
12FA W 12/4-12/18 9:30-10:20am 3 weeks

Fee: \$93 / \$96 NR, 3 weeks
\$123 / \$126 NR, 4 weeks

Tot Gymnastics

Ages: 3

In this first class without mom and dad, children learn how to listen to a teacher as they work on jumping, practice rolls, walking on the low balance beam and stepping over objects. Small bars are used to teach the 3-year olds hanging skills, as well as kickovers, and straddle up. We work with rhythms, pinwheels, donkey kicks and gymnastics tables.

09FA F 9/6-9/27 10:00-10:55am 4 weeks
10FA F 10/4-10/25 10:00-10:55am 4 weeks
11FA F 11/1-11/22 10:00-10:55am 4 weeks
12FA F 12/6-12/27 10:00-10:55am 4 weeks

Fee: \$123 / \$126 NR, 4 weeks

Zumbini®

Ages: 2 months-4 years

Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! This is a parent participation program.

Location: Activity Building
Instructor: Stephanie Tadlock

09FA W 9/4-9/25 10:00-10:45am
10AFA W 10/2-10/23 10:00-10:45am
10BFA W 10/30-11/20 10:00-10:45am
12FA W 12/4-12/18 10:00-10:45am
No class 11/22

Fee: \$33 / \$36 NR, 3 weeks
\$43 / \$46 NR, 4 weeks

KinderGym Gymnastics

Ages: 4-5

Learn basic gymnastics skills including proper stretching and conditioning. This class continues to develop body awareness while introducing Olympic events.

09FA M 9/9-9/30 10:30-11:25am 4 weeks
10FA M 10/7-10/28 10:30-11:25am 4 weeks
11FA M 11/4-11/25 10:30-11:25am 4 weeks
12FA M 12/2-12/23 10:30-11:25am 4 weeks

Fee: \$123 / \$126 NR, 4 weeks

YOUTH CLASSES



OVparks Adventure Crew

Ages: 5-12

Kids! Get ready for an exciting and fun-filled school break experience! The Adventure Crew camps give every camper a chance to explore, play, create, and have fun in an engaging and supportive environment. These camps are each themed with an exciting focus for the day, as well as providing a snackivity and crafts! Join us for a mysterious day of riddles and puzzles to solve at the Magical Mysteries camp. Learn about space and create out of this world crafts with Space Spectacular. Become royalty and build your castle at our Kings & Queens night. Learn about lots of different animals with our wild and zoo-themed crafts. Enjoy Thanksgiving break with us in a captivating 3-day camp that includes holiday themed games that will leave everyone feeling thankful for Adventure Crew!

Location: Building 2, 6930 Hazel Ave.
Instructor: OVparks Staff

10FA F 10/4 Space Spectacular 8:00am-4:00pm
11AFA M 11/11 Kings & Queens 8:00am-4:00pm
11BFA F 11/15 Animal Adventure 8:00am-4:00pm

Fee: \$53 / \$56 NR

11CFA M-W 11/25-11/27 Go Gobble Gobble
8:00am-4:00pm

Fee: \$159 / \$162 NR

Kids Cooking Series

Ages: 6+

With over fifteen years teaching cooking classes, Chef Terry Masten will share professional techniques and tips in hands-on and fast-paced classes. Young chefs will have fun while learning, guaranteed! Safety is always the #1 priority in each class. Each class consists of hands-on preparation and every chef goes home with recipes from the class. Dietary issues can be accommodated, and no nuts are used in the recipes. Please tie up your hair and wear closed toe shoes. *Substitutions of ingredients may be necessary due to supply shortages and no refunds will be granted

Location: Youth Center, 6745 Hazel Ave.

Instructor: Terry Masten

Fee: \$38 / \$41 NR per class

Paninis & More

A panini is easy, full of flavor and always fun as is Italian Garden Soup. Local ingredients will be used to guarantee success. Come hungry, know that guests will want your recipes and that these Master recipes are great tools in the kitchen. Bon appétit!

09FA F 9/13 4:00-6:00pm

Spooky Fun

Creepy Red Velvet Cupcakes and Dessert Nachos are recipes that guests will rave about at first bite. Recipe requests are guaranteed. These recipes will build your confidence and impress everyone at your tables. Come hungry and be ready to have fun! Bon appétit!

10FA F 10/25 4:00-6:00pm

Scones & More

Learn to master Anytime Scones, along with Seasonal Fruit Kabobs, so that you can show off your chef skills! These two recipes are perfect "tools" to prepare anytime, for any reason and in any season. Compliments are guaranteed as are requests for your recipes. Bon appétit!

11FA F 11/15 4:00-6:00pm

Give It Away

Holidays mean food gifts are often needed, so come learn how to make Holiday Bark and Gingerbread Cookies. Everyone who you give these recipes to will love, love, love your efforts. All packaging and ribbon is provided so that your food gifts stand out and impress. Bon appétit!

12FA F 12/20 4:00-6:00pm





TigerSharks Swim Team

Swimmer's Age Divisions:

Boys 6 & under	Boys 9-10 years	Boys 13-14 years
Girls 6 & under	Girls 9-10 years	Girls 13-14 years
Boys 7-8 years	Boys 11-12 years	Boys 15-18 years
Girls 7-8 years	Girls 11-12 years	Girls 15-18 years

Handbook / Registration materials are available online at OVparks.com and at the District Office as of 1/6.

Returning swimmer, that swam in the 2 dual meets in the 2024 season registration begins 1/6.

Open swimmer registration begins 2/3

Due at enrollment: A \$10 non-refundable swimmer fee will be charged, per swimmer at enrollment, that holds your spot until 4/7, when full registration fees are due. This is a non-refundable fee.

Fee: \$197 / \$202 NR per swimmer, due by 4/7

Family Discount: \$5 off for 2nd swimmer & \$10 discount for 3rd & 4th swimmer.

Swimmers in the 15-18 age group may qualify for a reduced fee of \$107 / \$112 NR if the swimmer volunteers to assist coaches during practices.

Other fees include: refundable Family Service deposit; optional split payment \$10; optional Meet of Champions post season training fee and Meet of Champions entry fee.

The Orangevale TigerSharks is a summer competitive swim team with the emphasis on fun. Swimmers with or without swim team experience who can swim one 25 yard length of the pool can join this District sponsored team. The program focus is on developing swimmers in a supportive and team oriented environment. Parents and families factor in on the fun, assisting with swim meets and team socials.

The season runs from May thru July each year. Practice is held afternoons in May/June and in the morning or afternoon in June/July. Meets are held in June and July. TigerSharks swim against the Cordova Blue Marlins, Placerville Dry Diggins Dolphins, Woodland Wreckers, Auburn Robelos, and Arden Manor Pirates. For complete details on the team visit OVparks.com. There is a limit of 25 swimmers per age / gender division for ages 7 and up and a limit of 15 swimmers for Boys 6 & under and Girls 6 & under.





Basic Horsemanship - Youth

Ages: 8-15

This is a four-week introductory class that teaches about horses and includes a **30-minute riding lesson with each class**. Students learn about major breeds of horses, horse care, grooming, saddling, handling horses and how to care for them. The Western lifestyle and ranch setting are emphasized. Anyone interested in learning more about horses and planning on pursuing riding will find the class fun, informative and helpful. Full COVID-19 precautions, as mandated by the CDC and local Public Health directions are observed through the facility. All students should wear long pants, closed-toed shoes, and bring a sweater or jacket if the weather is chilly. We ride in the rain, too!

Location: Shadow Glen Riding Stables,
4854 Main Ave, Fair Oaks

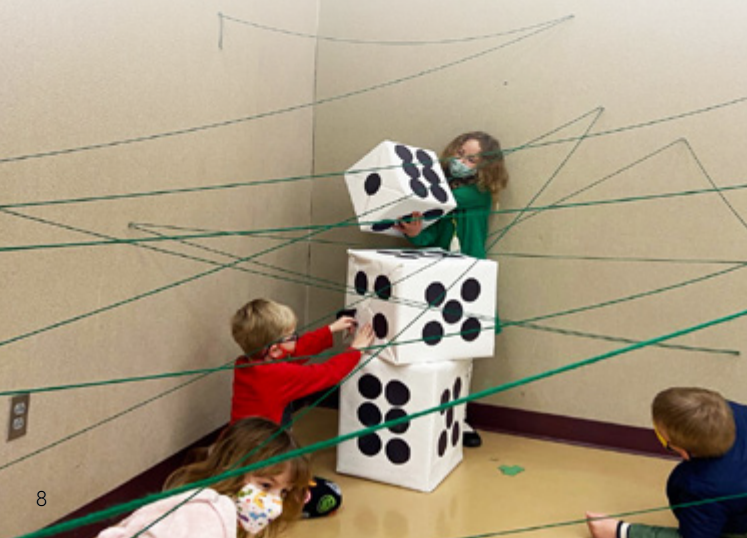
Instructor: Shadow Glen Staff

10FA F 10/4-10/25 4:00-5:15pm

11FA F 11/8-11/29 4:00-5:15pm

12FA F 12/6-12/27 4:00-5:15pm

Fee: \$195 / \$198 NR



Teen/Adult Aikido

Ages: 14+

Yoshinkan Aikido is a traditional Japanese martial art that develops and strengthens the body and mind through the repetitive practice of fundamental techniques with a partner. This leads to more advanced and self-defense techniques. It is also a great form of exercise and offers many other benefits.

Location: Youth Center, 6745 Hazel Ave

Instructor: Steven Miranda

09FA Tu/Th/Sa 9/3-11/30 Tu/Th 7:30-9:00pm & Sa 7:30-8:30am

10FA Tu/Th/Sa 10/1-12/21 Tu/Th 7:30-9:00pm & Sa 7:30-8:30am

11FA Tu/Th/Sa 11/2-1/30 Tu/Th 7:30-9:00pm & Sa 7:30-8:30am

12FA Tu/Th/Sa 12/3-12/27 Tu/Th 7:30-9:00pm & Sa 7:30-8:30am

No class 10/31, 11/28, 12/23-1/2

Fee: \$178 / \$181 NR for 3 months

New Students: \$153 / \$156 NR for the first 3 months

*New student and Family Training discount available by calling 916-988-4373.



Kids Night Out

Ages: 5-12

Parents, take the night out and leave your kiddos with OVparks! Everyone who comes out has a fun evening of games, activities, and crafts. Each night has an engaging and exciting theme, and comes with a yummy pizza dinner and lemonade! Come out to any or all of these amazing camps to play the night away! We will be celebrating the first day of fall together, come out in costume for an early Halloween night, and be thankful together with an exciting Thanksgiving party!

Location: Building 2, 6930 Hazel Avenue

Instructor: OVparks Staff

09FA F 9/20 Fall Fiesta

6:00-9:00pm

10FA F 10/18 Spooky Spectacular

6:00-9:00pm

11FA F 11/15 Turkey twist

6:00-9:00pm

Fee: \$33 / \$36 NR

Shotokan Karate

Ages: 6+

This Japanese style of karate provides students a healthy balance between physical exercise and mental discipline. The results are improved coordination, focus and self-confidence. These classes accommodate student levels from beginner to black belt. Each new student will be supplied with a Gi to wear in class. New Student discount is not offered online.

Grange Hall Karate

Ages: 6+

This class accommodates all student levels from beginner to black belt.

Location: Orangevale Grange Hall
5807 Walnut Avenue

Instructor: Sensei Adriaan Van Vuuren

Brown/Black 4:15-5:15pm
Beginner - Red 5:30-6:15pm

09FA	Tu/Th	9/3-11/26
10FA	Tu/Th	10/1-12/19
11FA	Tu/Th	11/5-1/30
12FA	Tu/Th	12/3-2/27

No class 11/28, 12/24-1/2

Fee: \$253 / \$256 NR

New students: \$143 / \$146 NR for first 3 months

Family Special: First person full price, each additional family member \$233 / \$236 NR 3 months

Youth Center Karate

Ages: 6+

This class accommodates student levels from beginner to red belt.

Location: Youth Center, 6745 Hazel Ave

Instructor: Sensei Adriaan Van Vuuren

Beginner/Yellow/Orange 5:00-5:45pm
Green/Blue/Purple/Red 6:00-6:45pm

09FA	M/W	9/4-11/25
10FA	M/W	10/2-12/18
11FA	M/W	11/4-1/29
12FA	M/W	12/2-2/26

No class 9/2, 10/14, 11/11, 11/27, 12/23-1/1, 1/20, 2/17

Fee: \$253 / \$256 NR

New students: \$143 / \$146 NR for first 3 months

Family Special: First person full price, each additional family member \$233 / \$236 NR 3 months

Preschool Karate

Ages: 4-6

Allows young students to gain agility, learn how to listen, follow instructions and focus. Children will develop their motor skills and learn fundamental karate movements in a fun, yet disciplined way. AAU sanctioned. Each new student is supplied with a Gi to wear in class. New Student discount is not offered online, call 916-988-4373 to enroll.

Location: Youth Center, 6745 Hazel Ave

Instructor: Sensei Adriaan Van Vuuren

09FA	M/W	9/4-11/25	4:15-4:45pm
10FA	M/W	10/2-12/18	4:15-4:45pm
11FA	M/W	11/4-1/29	4:15-4:45pm
12FA	M/W	12/2-2/26	4:15-4:45pm

No class 9/2, 10/14, 11/11, 11/27, 12/23-1/1, 1/20, 2/27

Fee: \$238 / \$241 NR

New students: \$143 / \$146 NR for the first 3 months



Youth Aikido

Ages: 7-13

Aikido is a non-competitive traditional Japanese martial art that focuses on self-development. Students will learn motor skills, leadership, and the importance of teamwork; and the importance of working with each other to meet common goals. Aikido allows each student to train at their own pace, without pressure, in a safe and fun environment. This class offers a Family Training option allowing parents/guardians to train with their youth members.

Location: Youth Center, 6745 Hazel Ave

Instructor: Steven Miranda

09FA	Tu/Th/Sa	9/3-11/30	Tu/Th 6:00-7:00pm & Sa 9:00-10:00am
10FA	Tu/Th/Sa	10/1-12/21	Tu/Th 6:00-7:00pm & Sa 9:00-10:00am
11FA	Tu/Th/Sa	11/2-1/30	Tu/Th 6:00-7:00pm & Sa 9:00-10:00am
12FA	Tu/Th/Sa	12/3-2/27	Tu/Th 6:00-7:00pm & Sa 9:00-10:00am

No class 10/31, 11/28, 12/23-1/2

Fee: \$98 / \$101 NR

New Student Fee: \$72 / \$75 NR for the first 3 months

Parent/Guardian: \$103 / \$106 NR

*New student and Family Training discount available by calling 916-988-4373

Thanksgiving Basketball Camps

Grades: 2nd-8th

During camp, staff will focus on all aspects of the game of basketball; ball handling, shooting, scoring, team concepts, defense, rebounding, passing, and conditioning. We will provide a fun environment where all players can work on their game.

Location: OCC Gym

Instructor: Top Notch Staff

Grades: 2nd-4th

11AFA M-W 11/25-11/27 9:00-11:00am

Grades: 5th-8th

11BFA M-W 11/25-11/27 11:00am-1:00pm

Fee: \$78 / \$81 NR

Top Notch Basketball League

Grades: K-8th

This mini league will help you improve your basketball skills, agility, balance and conditioning. Players sign up individually and go through our skills evaluations. Players are placed on teams and will play season games leading up to playoffs. Practice weekdays with games on Sundays. Players will be informed by the coach on their exact game times. \$25 for a new player's jersey due to the instructor at first practice. Coach will give out exact practice/game schedules after first practice.

Location: OCC Gym

Instructor: Top Notch Staff

Grades: K-2nd (8ft hoops)

Skill Evaluation & 1st practice: M 9/9 6:00-7:00pm

Practice: M 6:00-7:00pm

09AFA M/Su 9/9-10/27

Grades: 2nd-4th

Skill Evaluation & 1st practice: W 9/11 5:30-6:30pm

Practice: W 5:30-6:30pm

09BFA W/Su 9/11-10/27

Grades: 5th-6th

Skill Evaluation & 1st practice: Tu 9/10 5:30-6:30pm

Practice: Tu 5:30-6:30pm

09CFA Tu/Su 9/10-10/27

Grades: 7th-8th

Skill Evaluation & 1st practice: M 9/12 5:30-6:30pm

Practice: Th 5:30-6:30pm

09DFA Th/Su 9/12-10/27

First game: Sunday 9/22

No class 10/20

Fee: \$128 / \$131 NR



Winter Youth Basketball

Grades: 2nd-6th

This coed recreational basketball league helps players learn and practice fundamental basketball skills. Emphasis is on skill development, participation and teamwork. Skill development clinics are offered prior to league play to prepare players for the league. Teams are formed after the skill clinics at the first practice. Teams practice once per week and play 6 games. Teams are coached by parent volunteers with the aid of OVparks basketball staff. Parent orientation is held at each skills clinic and volunteers can sign-up to coach at orientation. Register for the league with OVparks office, online or at the skills clinic. League limited to 40 players per division with a maximum of 10 players per team. Children should attend both of the skills clinics if able. Program fee includes reversible jersey and a participation award.

SKILLS CLINIC & PARENT ORIENTATION:

Location: OCC Gym

Saturday 1/11 and 1/18

2nd/3rd Grades meet at 10:00am

4th/5th/6th Grades meet at 11:00am

2nd/3rd Grades Practice

(everyone attends 1st practice at 5:30pm)

Starting 1/21 Tuesdays at 5:30pm or 6:30pm

4th/5th/6th Grades Practice

(everyone attends 1st practice at 5:30pm)

Starting 1/23 Thursdays at 5:30pm or 6:30pm

Location: Pasteur Middle School

Divisions:

2nd/3rd Grades

01AWS Tu 1/21-3/15 5:30pm or 6:30pm

4th/5th/6th Grades

01BWS Th 1/23-3/15 5:30pm or 6:30pm

All Division Games:

Saturdays 11:00am, 12:00pm, 1:00pm, or 2:00pm

First game: 2/1

No class 2/17-2/22

Fee: \$128 / \$131 NR

Pee Wee Basketball

Grades: K-2nd

Youngsters learn the basics of basketball in this four-week program. Fundamental skills are taught and practiced in mini scrimmages. Scrimmages help increase learning and fun. Emphasis is on sportsmanship, skill development and teamwork at a non-competitive level.

Location: OCC Gym
Instructor: Top Notch Staff

09FA M 9/16-10/21 5:00-6:00pm
No class 10/14

Fee: \$78 / \$81 NR

SoccerTots

Ages: 2-5

SoccerTots is our flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Parent participation is required for ages 2-3.5 years.

Location: OCC Soccer Field
Instructor: Skyhawks Staff

Ages: 2-3.5 (with parent participation)

09AFA M 9/9-9/30 3:50-4:45pm
10AFA M 10/7-10/28 3:50-4:45pm
11AFA M 11/11-12/9 3:50-4:45pm

Ages: 3.5-5

09BFA M 9/9-9/30 3:50-4:45pm
10BFA M 10/7-10/28 3:50-4:45pm
11BFA M 11/11-12/9 3:50-4:45pm
No class 11/25

Fee: \$91 / \$94 NR

Soccer

Ages: 6-12

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

Location: OCC Soccer Field
Instructor: Skyhawks Staff

09FA M 9/9-9/30 4:50-5:45pm
10FA M 10/7-10/28 4:50-5:45pm
11FA M 11/11-12/9 4:50-5:45pm
No class 11/25

Fee: \$91 / \$94 NR

Pickleball Clinic

Ages: 6-12

This combines elements of tennis, badminton, and ping-pong into a fun new court game! Our curriculum is designed for first-time players, but also challenging enough for more competitive play. Participants will learn the rules of Pickleball, along with similar skills and games that they can use in multiple racquet sports. Participants may bring their own racquet if they choose, or one will be provided for them to use at the program

Location: Pecan Park Court, 5945 Pecan Ave
Instructor: Skyhawks Staff

09FA Tu 9/3-9/24 3:50-4:45pm
11FA Tu 10/8-10/29 3:50-4:45pm
11FA Tu 11/12-12/10 3:50-4:45pm
No class 11/26

Fee: \$91 / \$94 NR

Track and Field Clinic

Ages: 6-14

Skyhawks track and field combines technical development, fundamental techniques and safety with a major focus on fun! Using special equipment, boys and girls learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques. **This class is held on a grass field, not on a "track".**

Location: Orangevale Community Center Field
Instructor: Skyhawks Staff

Ages: 6-9

09AFA F 9/6-9/27 3:50-4:45pm
10AFA F 10/11-11/1 3:50-4:45pm
11AFA F 11/15-12/13 3:50-4:45pm

Ages: 9-14

09BFA F 9/6-9/27 4:50-5:45pm
10BFA F 10/11-11/1 4:50-5:45pm
11BFA F 11/15-12/13 4:50-5:45pm

Fee: \$91 / \$94 NR



NATIONAL ACADEMY OF ATHLETICS



TeeBall Club

Ages: 3-6

This club gives children a fun, active and educational experience tailored to the abilities of their age group. Our staff helps them learn how to catch without being scared of the ball, hit using our "Flex Hit", run the bases and field grounders. Featuring structured simple activities, individual and team-building challenges along with small, sided competitions to develop and engage small athletes.

Location: Youth Center Baseball Field, 6745 Hazel Ave
Instructor: National Academy of Athletics Staff

Ages: 3-4

09AFA Sa 9/7-9/28 9:00-9:50am
10AFA Sa 10/5-10/26 9:00-9:50am

Ages: 5-6

09BFA Sa 9/7-9/28 10:00-10:50am
10BFA Sa 10/5-10/26 10:00-10:50am

Fee: \$65 / \$68 NR

Flag Football Club

Ages: 7-13

Children will learn to throw and catch, cover and The NAofA Flag Football is packed with fun. Children will learn to throw and catch, cover and run without the worry of contact! Each day players are challenged to do their best while learning to fall in love with the game of football. Emphasis will be on proper conditioning and warm-ups, footwork drills, agility, passing, receiving, and game strategies. Featuring: Quarterback challenge, games, competitions, instruction, and tons of fun! After the skills clinics, players participate in challenges and games.

Includes: t shirt, flag set, instruction and games.

Location: OCC Soccer Field
Instructor: National Academy of Athletics Staff

09FA W 9/4-10/9 5:15-6:45pm
10FA W 10/16-11/20 5:15-6:45pm

Fee: \$125 / \$128 NR

All Sports Clubs

Ages: 4-13

Whether your child is a beginner or more experienced player, these multi-sport camps are a perfect place for kids to be introduced to the world of sports, teamwork and athletics. Games played may include basketball, dodgeball, soccer, kickball, flag football, capture the flag, ultimate Frisbee & obstacle races, plus a lot more. Your children will learn new skills while having a blast and making new friends.

Location: Youth Center Baseball Field, 6745 Hazel Ave
Instructor: National Academy of Athletics Staff

All Sports Jr. Academy Club

Ages: 4-6

11AFA Sa 11/2 -11/23 9:30-10:20am
11BFA Sa 11/30 -12/21 9:30-10:20am

Fee: \$65 / \$68 NR

All Sports Club

Ages: 7-11

11AFA Sa 11/2 -11/23 10:30-11:30am
11BFA Sa 11/30 -12/21 10:30-11:30am

Fee: \$65 / \$68 NR



MIDDLE SCHOOL SPORTS

The Middle School Sports program allows students to play recreational sports while improving their skills.

Register at OVparks.com, before attending practices. Must pre-register and teams fill fast!

Middle School Volleyball

Pasteur, Carnegie, Orangevale Open and Golden Valley Charter and Gold River schools can have fun while learning and improving their volleyball skills. This recreational league lets students compete against other middle school students. Everyone is placed on a team. Grades and schools may be combined, if necessary. Player must be registered with OVparks BEFORE attending any practice.

Enroll now at OVparks.com! Space is limited. Season starts at the end of August and schedule information will be emailed to enrollees.

School Divisions:

- Orangevale Open 6th, 7th & 8th
- Pasteur 6th & 7th
- Pasteur 8th Grade
- Carnegie 6th & 7th
- Carnegie 8th
- Golden Valley Charter 6th, 7th & 8th
- Gold River 6th, 7th & 8th

Fee: \$135

Coaches needed!
Apply at OVparks.com



YOUTH SPORTS & FITNESS

Beach Volleyball Clinic

Ages: 7-14

Skyhawks Beach Volleyball program takes the energy and excitement of the sport and puts it all together into one fun-filled program... on the beach! All aspects of the game are taught on a sand volleyball court through drills and exercises that focus on bumping, setting, spiking, hitting, and serving. This program is designed for the beginning to intermediate player.

Location: Almond Park Volleyball Court, 5901 Almond Ave.
Instructor: Skyhawks Staff

Ages 7-10

09AFA	W	9/4-9/25	3:50-4:45pm
10AFA	W	10/9-10/30	3:50-4:45pm
11AFA	W	11/13-12/11	3:50-4:45pm
No class 11/27			

Ages: 9-14

09BFA	W	9/4-9/25	4:50-5:45pm
10BFA	W	10/9-10/30	4:50-5:45pm
11BFA	W	11/13-12/11	4:50-5:45pm
No class 11/27			

Fee: \$91 / \$94 NR

Middle School Girls Basketball Season Starts Late January

Middle School Boys Basketball

Season starts late October.

Recreational leagues are offered for 6th, 7th and 8th grade boys at Pasteur, Carnegie, Gold River and Orangevale Open schools. Compete against other San Juan students. Students are evaluated during the workout period and then everyone is placed on a team. Grades and schools may be combined, if necessary.

School Divisions:

- Orangevale Open 6th, 7th & 8th
- Pasteur 6th & 7th
- Pasteur 8th
- Carnegie 6th & 7th
- Carnegie 8th
- Gold River 6th, 7th & 8th

Fee: \$160

INTERNET

Drivers Ed Online Course

Ages: 14-18

Driver Education is a California required course for teens to receive a driver's license. This program, run through the All Good Education Corp, includes parental involvement, fun and is interactive and educational. Work can be completed at any time of day or night from home or any computer with an internet connection. DMV accepted completion certificates issued upon successful completion of the course. This can be taken in lieu of the course that students can take in high school. Once you register, you'll be able to access the online course within 24 hours. Complete it at your pace. Currently not offered for online enrollment.

Fee: \$32

TEEN & ADULT CLASSES

Chen Tai-Chi Chuan

Ages: 17+

Learn and enjoy the benefits of Tai-Chi Chuan. The focus will be on learning to relax using deep breathing methods and meditation, as well as gentle movements to stretch and tone your muscles. These fundamentals will then be incorporated as you learn the Chen Style Tai-Chi form. Tai-Chi can help you achieve better health, greater peace of mind and focus in your life. Beginning and intermediate participants welcome.

Location: Activity Building
Instructor: Shauna LeMay

09FA Tu/Th 9/3-9/26 7:00-8:00pm
10FA Tu/Th 10/1-10/29 7:00-8:00pm
11FA Tu/Th 11/5-11/26 7:00-8:00pm

Fee: \$53 / \$56 NR

Jazzercise

Ages: 18+

Unlimited classes per month with no contract! Jazzercise is the world's largest dance-fitness program. Each instructor is professionally trained and certified by Jazzercise. Each 60 minute class includes: warm up, 30 minute aerobic workout, muscle toning and strengthening using light weights and a full body stretch. Fresh choreography to popular music makes this program anything but routine. Perfect for all fitness levels. To register or for additional information contact the instructor at 916-410-8651 or aileen.jazzercise@yahoo.com. Bring a mat or towel for floor work and light weights (optional).

Location: Orangevale Community Center
Instructor: Aileen Van Noland

M/W/F/Sa 9:00-10:00am
M/W 6:00-7:00pm
No class 9/2, 10/14, 11/11, 11/27pm, 11/29, 12/23-1/1

Fee: \$89 per month
(Unlimited Monthly Classes)



Orangevale Ukulele Fretters

Ages: 18+

Why not learn to play a fun and exciting new instrument, the ukulele. The Fretter's are a local group of beginner to intermediate ukulele students who practice regularly. This is meant to be a fun class of individuals challenging themselves to learn to play the ukulele. Students must have their own ukulele.

Location: Classroom
Instructor: Orangevale Fretters

09FA M 9/9-9/30 1:00-2:30pm
10FA M 10/7-10/28 1:00-2:30pm
11FA M 11/4-11/25 1:00-2:30pm
12FA M 12/2 & 12/9 1:00-2:30pm

No class 10/14, 11/11
Fee: \$1 room fee per class (pay at site)

Pickleball 101

Ages: 18+

Come learn how to play the fastest growing sport in America. Classes redesigned for the new and beginner Pickleball player with personalized instruction. We will cover the basic rules, scoring, serving and play. There will be lots of time for both instruction and PLAY! Participants must wear court shoes (tennis or volleyball shoes), and comfortable clothing. Please bring a water bottle. Equipment will be provided, or participants can bring their own paddles.

Instructor: Coach Gail Kenney

Pecan Park Court - 5945 Pecan Avenue

09AFA Tu 9/3 & 9/10 8:00-9:00am
09BFA Tu 9/3 & 9/10 9:15-10:15am
10AFA Tu 10/1 & 10/8 8:00-9:00am
10BFA Tu 10/1 & 10/8 9:15-10:15am
10CFA Tu 10/29 & 11/5 8:00-9:00am
10DFA Tu 10/29 & 11/5 9:15-10:15am
12AFA Tu 12/3 & 12/10 8:00-9:00am
12BFA Tu 12/3 & 12/10 9:15-10:15am

Orangevale Community Park Court - 7208 Hazel Ave

09FA Th 9/5 & 9/12 6:00-7:00pm
10AFA Th 10/3 & 10/10 6:00-7:00pm
10BFA Th 10/31 & 11/7 6:00-7:00pm
12FA Th 12/5 & 12/12 6:00-7:00pm

Fee: \$63 / \$66 NR

Pilates Reformer

Ages: 18+

On the Pilates Reformer machine, springs, leverage and body weight are used as resistance while performing movements targeting specific muscle groups. Workouts consist of controlled, flowing movements working your muscles through a full range of motion. The reformer adds increased resistance to the movement. You'll gain core strength, muscular endurance and overall better flexibility with this amazing class.

Pre-requisite: Prior to first class schedule an assessment by contacting bgibson@ymcasuperiorcal.org.

Location: Rollingwood YMCA, 9373 Winding Oak Dr, Fair Oaks

Instructor: Toni Mounts

09FA	M	9/2-9/30	10:30-11:30am	5 weeks
10FA	M	10/7-10/28	10:30-11:30am	4 weeks
11FA	M	11/4-11/25	10:30-11:30am	4 weeks
12FA	M	12/2-12/23	10:30-11:30am	4 weeks

Fee: \$69 / \$72 NR, 3 weeks
 \$91 / \$94 NR, 4 weeks
 \$113 / \$116 NR, 5 weeks

Instructor: Fernanda Lopez

09FA	Tu	9/3-9/24	5:30-6:30pm	4 weeks
10FA	Tu	10/1-10/29	5:30-6:30pm	5 weeks
11FA	Tu	11/5-11/26	5:30-6:30pm	4 weeks
12FA	Tu	12/3-12/31	5:30-6:30pm	4 weeks

09AFA	F	9/6-9/27	6:30-7:30am	4 weeks
10AFA	F	10/4-10/25	6:30-7:30am	4 weeks
11AFA	F	11/1-11/29	6:30-7:30am	5 weeks
12AFA	F	12/6-12/27	6:30-7:30am	4 weeks

No class 12/24

09FA	W	9/4-9/25	7:00-8:00am	4 weeks
10FA	W	10/2-10/30	7:00-8:00am	5 weeks
11FA	W	11/6-11/27	7:00-8:00am	4 weeks
12FA	W	12/4-12/18	7:00-8:00am	3 weeks

09BFA	F	9/6-9/27	10:30-11:30am	4 weeks
10BFA	F	10/4-10/25	10:30-11:30am	4 weeks
11BFA	F	11/1-11/29	10:30-11:30am	5 weeks
12BFA	F	12/6-12/27	10:30-11:30am	4 weeks



Learn to Kayak Lake & Calm Waters

Ages: 14+ (younger w/adult)

This small group class is the easiest way for anyone - really - ANYONE to try kayaking. Our stable kayaks and experienced instructors will show you how simple, safe and fun kayaking really is. Bring a friend or family and make a great day of it exploring the lake's hidden spots and learning the basics of how to be under your own power on the water. Beginners welcome, all equipment provided. You will receive an email or phone call three days prior to your program

date, with the exact meeting location. If you do not, please contact the District Office. Please see receipt for cancellation policy. No refunds granted 14 days prior to program date.

Location: Lake Natoma
 (Black Miners Bar)

Instructor: Current Adventures Staff

09AFA	Sa	9/21	11:00am-2:00pm
10AFA	Sa	10/5	11:00am-2:00pm
10BFA	Su	10/13	11:00am-2:00pm

Fee: \$92 / \$95 NR

Full Moon & Sunset Paddles

Ages: 14+ (younger w/adult)

We'll glide through basic skills before cutting our quiet paths across the water and into the hidden swamps and channels of the lake. All beneath the fascinating light and ghostly shadows of the setting sun and rising moon. We'll have the stillness of the lake to ourselves except for the sounds of animals and birds settling down at twilight. All equipment provided. You will receive an email or phone call three days prior to your program date, with the exact meeting location. If you do not, please contact the District Office. No refunds granted 14 days prior to program date.

Location: Lake Natoma
 (Black Miners Bar)

Instructor: Current Adventures Staff

09FA	M	9/16	5:00-8:00pm
10FA	M	10/14	4:00-7:00pm

Fee: \$92 / \$95 NR

TEEN & ADULT CLASSES



Artist Studio

Ages: 35+

Do you love to enjoy your artistic side, but can't find the time or energy to work on your own? Our group of amateur artists love to share their expertise and encouragement in a relaxed and friendly environment and is open to anyone interested in painting independently with any media. Videos by professional artists are presented during the session. There is no instructor for this class and no curriculum for beginning artists. Please bring your own supplies. A basic supply list will be provided upon request.

Location: Activity Building

09FA Th 9/5-12/12 11:30am-3:00pm

No class 11/28

Fee: \$60 / \$63 NR

Kayaking for Boomers

Ages: 50+

You may not have had this kind of fun since you were a kid.

Adventure and exploration is not just for teenagers. Here's an activity to rekindle your youthful enthusiasm for many years to come! Kayaking is great for fitness, escaping the hustle and bustle and it's easy on the joints and body. We use very stable, user friendly kayaks, making it easy for anyone to participate. Discover why kayaking is the new activity of choice for baby boomers and beyond! Beginners welcome, all equipment provided. You will receive an email or phone call three days prior to your program date with the exact meeting location. If you do not, please contact the District Office. No refunds granted 14 days prior to program date.

Location: Lake Natoma (Black Miners Bar)

Instructor: Current Adventures Staff

09AFA W 9/11 11:00am-2:00pm

09BFA Sa 9/28 3:00-6:00pm

10FA Su 10/20 11:00am-2:00pm

Fee: \$92 / \$95 NR

Social Dancing

Ages: 18+

Each class includes the basics for beginners and enhancements for experienced dancers, including patterns not previously taught. This is a great opportunity to add new, easy-to-learn moves that look great on the dance floor. Please bring smooth-soled shoes with good heel support. For more information contact Richard at 916-722-1382.

Location: Youth Center, 6745 Hazel Ave

Instructor: Richard Kowaleski

Foxtrot 4 weeks

09AFA M 9/9-9/30 7:00-8:00pm

Waltz 4 weeks

09BFA M 9/9-9/30 8:00-9:00pm

ChaCha 3 weeks

10AFA M 10/7-10/28 7:00-8:00pm

Salsa 3 weeks

10BFA M 10/7-10/28 8:00-9:00pm

West Coast Swing 3 weeks

11AFA M 11/4-11/25 7:00-8:00pm

East Coast Swing 3 weeks

11BFA M 11/4-11/25 8:00-9:00pm

Night Club Two Step 3 weeks

12AFA M 12/2-12/16 7:00-8:00pm

Tango 3 weeks

12BFA M 12/2-12/16 8:00-9:00pm

No class 10/14, 11/11

Fee: \$33 / \$36 NR, 3 weeks

\$43 / \$46 NR, 4 weeks

Mens 3 on 3 Hoops

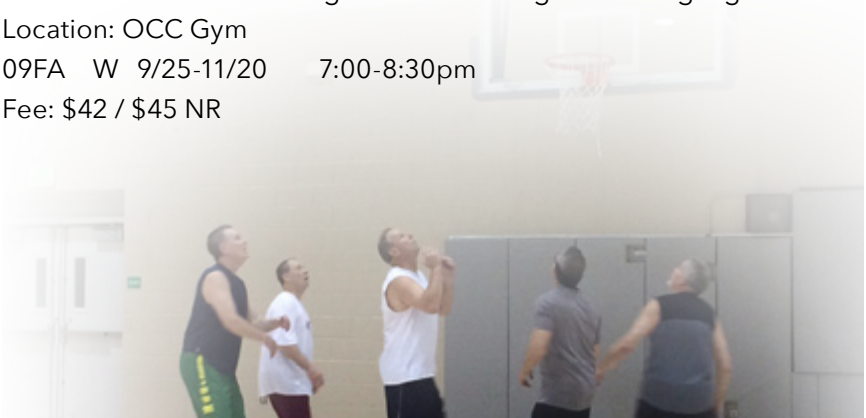
Ages: 35-49 & 50+

Looking for some fun, friendly competition and a great workout? These leagues are for men 35 years and older who are looking to get out and have some fun and competition on the basketball court. These leagues are draft leagues with eight games.

Location: OCC Gym

09FA W 9/25-11/20 7:00-8:30pm

Fee: \$42 / \$45 NR



Bingo

Ages: 50+

Rose Placement is hosting an afternoon of Bingo fun! Whether you are a beginner or an intermediate player, come out and enjoy a fun afternoon. Beverages and snacks will be provided. Pre-registration is required.

Location: Classroom

Hosted by Cyndi & Sandra with Rose Placement

09FA W 9/4 12:00-1:00pm

10FA W 10/2 12:00-1:00pm

11FA W 11/6 12:00-1:00pm

12FA W 12/4 12:00-1:00pm

Fee: Free



RESCUE TRAINING CPR & FIRST AID CLASSES

Location: Rescue Training Institute
169 Parkshore Dr. STE. #110, Folsom
Instructor: Rescue Training Staff

Child and Babysitting Safety

Ages: 11-15

A course for building a safe and successful babysitting business. Covers getting started, leadership, caregiving, safety & prevention, playtime and first aid tips. No CPR training in this class, see Babysitting CPR. No certification, participation card only. \$10 material fee due to instructor at first class, cash only.

11FA Tu/W 11/12 & 11/13 5:30-8:00pm
Fee: \$63 / \$66 NR

AVERT: Active Violence Emergency Response Training

Ages: 12+

Teaches early warning signs of a potential active violence event, Escape, Evade & Attack techniques, situational awareness, emergency bleeding control techniques and responding quickly and confidently in an emergency. No prerequisite training. The online portion of the class will be emailed to you upon payment of materials fee.

Pre-requisite: The online portion must be completed prior to in-person training. \$10 material fee due to RTI by phone, one week prior to class date enrolled in.

10FA M 10/7 6:00-9:00pm
12FA M 12/9 6:00-9:00pm

Fee: \$73 / \$76 NR

Mid-Day Movie

Ages: 50+

MOVE is hosting a FREE mid-day matinee. Coffee and popcorn provided. Bring a lunch or snack to enjoy during the movie.

Location: Meeting Room
09FA M 9/23 11:30am-1:30pm
10FA M 10/28 11:30am-1:30pm
11FA M 11/25 11:30am-1:30pm
12FA M 12/16 11:30am-1:30pm

Fee: Free

Pediatric CPR & First Aid

Ages: 16+

Infant, Child, & Adult CPR, A.E.D, and First Aid. This class is EMSA approved for daycare/preschool providers. We are required to affix approval stickers to your card. \$10 material fee due to instructor at class, cash only.

09FA Sa 9/14 8:00am-5:00pm
10FA Sa 10/12 8:00am-5:00pm
11FA Sa 11/9 8:00am-5:00pm
12FA Sa 12/14 8:00am-5:00pm
Fee: \$88 / \$91 NR

Babysitting CPR

Ages: 11-15

Teaches child & infant CPR. No certification, participation card only. \$5 material fee due to instructor at class, cash only.

11FA F 11/15 5:00-7:00pm
Fee: \$38 / \$41 NR

Basic Life Support CPR & AED

Ages: 16+

This is an American Heart Association class. Intended for present EMS, Medical, Dental & Allied Health professionals taking this course for the first time.

09FA Sa 9/21 8:00am-12:30pm
10FA Sa 10/19 8:00am-12:30pm
11FA Sa 11/16 8:00am-12:30pm
12FA Sa 12/21 8:00am-12:30pm
Fee: \$88 / \$91 NR

Wilderness First Aid

Ages: 16+

Teaches how to handle medical emergencies in remote locations such as: care of bleeding, wounds & burns; head, bone, joint & muscle injuries; circulatory, respiratory, neurological, abdominal & diabetic emergencies; allergic reactions; and poisons, toxins, bites & stings. A few chapters of reading are required prior to in-person training. A book will be mailed to the attendee. \$50 material fee due to RTI by phone one week prior to class date.

Pre-requisite: A current Adult/Child/Infant CPR, AED & First Aid certification emailed to info@rescuetraininginstitute.com prior to training.

09FA Sa/Su 9/21 & 9/22 8:00am-5:00pm
Fee: \$253 / \$256 NR



Mature Orange Vale Explorers

Bridge

INTERMEDIATE & ADVANCED PLAYERS

Ages: 50+

Are you serious about your bridge? Then this is the place for you! An excellent opportunity for fun, interaction and great cards for intermediate and advanced players. This program is hosted by senior volunteers who schedule the players for each day. To play, please call at least two days in advance to the District Office at 916-988-4373 to be put in contact with the appropriate volunteer. Advance notice is needed to play.

Location: Meeting Room

Thursdays 9/5-12/12, 10:00am-2:30pm

No class 11/28, 12/19, 12/26, 1/2

Fee: \$2 room fee per person (pay at site)

Carving Memories

Ages: 50+

It's back! Join OVparks to kick off the holiday season. Enjoy a fun filled time with lunch and refreshments. You can meet new people, mingle with friends you have met before and learn more about what's going on at OVparks. Come out by yourself or with your friends! You will need to pre-register to attend. Everyone who registers will receive a door prize ticket that enters you into a free drawing. Register by 10/20 and receive an extra door prize ticket, plus save \$3.

Location: Auditorium

11FA F 11/8 11:45am-1:00pm

Fee: \$9 (\$6 if registered by 10/21)

Medicare- Medi-Cal Workshop

ARE YOU READY FOR OPEN ENROLLMENT?

Ages: 60+

Do you know what is changing with Medicare next year? Is the Medicare Plan that I have right for me? What are my options? Why is it so confusing? Are you turning 65 in the next year? How do you sign up for Medicare? Do I qualify for Medi-Cal? We will dive into these questions, and many more, and help you get the answers you are looking for. Our goal is to educate you, and make the process of Open Enrollment, Medicare, and Medi-Cal easy to understand. We will also discuss government programs such as the Medicare Savings Program and review the qualifications for this special program. Bring a friend, we look forward to making this EASY!

Location: Classroom

Instructor: Brent Smedley

09FA Tu 9/10 1:30-3:00pm

10FA Tu 10/22 9:30-11:00am

Fee: Free

Do's and Dont's of Wealth Transfer

Ages: 18+

This workshop is to let moms know of the pitfalls and risks that come with not having your financial and legal documents correctly formatted. As moms, nothing is more important than our babies and we spend so much time, energy, effort and money making sure we do everything we can to help them. But we often don't take time to do the "not so fun or glamorous" things. In this workshop you will learn about the risks to avoid and the tools you need so that your wealth is transferred to your children the way you want. The platform will be ZOOM and the meeting information will be emailed prior.

Location: ZOOM

Instructor: Luz Johnson

11FA Th 11/14 6:00pm

Fee: Free



Spotlight on South Dakota August 2025

HIGHLIGHTS... Mount Rushmore, Oglala Lakota Living History Village, Badlands National Park, Wall Drug, Deadwood, Choice on Tour: Adams Museum or Story of the Bison Interpretive Center, High Plains Heritage Center, Off-Road Jeep Safari at Custer State Park, Crazy Horse Memorial, Devils Tower National Monument.

7 days, 9 meals

\$3,799, pp, single occupancy

\$2,999, pp, double occupancy

\$2,969, pp, triple occupancy

*Rates valid through February 2025

GET UP & GO!

Day Trips

Ages 21+

Trip times are estimates only. Participants will be called one week prior to trip date with final exact departure times and meal choices (if included). All participants will be required to follow current health and safety guidelines and mandates when traveling.

Olive Festival

Saturday, October 12

Join us for a day trip to "Olive City"(Corning, CA)! We will stop at Granzella's Restaurant and Deli for lunch before heading up to the 77th Annual Corning Olive Festival and Car Show! Explore food vendors, artisans, arts and crafts, live music, car show with vehicles ranging from classic to contemporary. There is something for everyone!

Trip Inclusions: Roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments to and from our destination.

Activity Level: Moderate - Lots of walking, go at your own pace.

Refund & Cancellation Deadline: September 20th

Fee: \$115 per person

Livermore Shopping

Sunday, November 3

Kick off the holiday season with a day of shopping & dining at the San Francisco Premium Outlets in Livermore. We will stop for a delicious lunch and then shop till we drop in Northern California's largest luxury outlet featuring more than 180 stores.

Trip Inclusions: Roundtrip motorcoach transportation, tour escort, driver gratuity, and refreshments to and from our destination.

Activity Level: Moderate - Wear comfortable shoes, be prepared to carry all your goodies!

Refund & Cancellation Deadline: October 11th

Fee: \$95 per person

Duarte Poinsettia Farms

Thursday, December 5

Start the holidays with a tour of Duarte's Poinsettia Farm outside of Modesto. Explore the family owned greenhouses in search of perfect plants to grace porches, hearths and to give as gifts. A delicious lunch buffet is included at a local favorite-The Fruit Yard Restaurant.

Trip Inclusions: Roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments to and from our destination.

Activity Level: Minimal / Moderate - Leisurely walking

Refund & Cancellation Deadline: November 8th

Fee: \$115 per person

The Great Dickens Christmas Fair

Sunday, Decemeber 15

Enter the winding lanes of Victorian London and immerse yourself in a world of music halls, theatres, pubs, dance parties and charming shops overflowing with hand-made holiday treasures. Discover holiday revelry in this lamp-lit city brimming with over 800 lively and colorful characters from the imagination of Charles Dickens.

Trip Inclusions: Roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments to and from our destination.

Activity Level: Moderate - Wear comfortable shoes, go at your own pace.

Refund & Cancellation Deadline: November 22nd

Fee: \$115 per person

Collette: Travel Presentation

Ages: 18+

Presenting information on a variety of upcoming trips. Rates include roundtrip air, air taxes & transportation to and from Sacramento airport.

Location: OCC Auditorium

Instructor: Jay Fehan

10FA M 10/21 11:00am-12:00pm

Collette Vacations

OVparks & Collette Vacations present trips for 2025

Niagara Falls to NYC

October 2025

HIGHLIGHTS... Niagara Falls, National Baseball Hall of Fame, West Point, Times Square, Greenwich Village.

8 days, 12 meals

\$5,899 pp, single occupancy

\$4,799, pp, double occupancy

\$4,749, pp, triple occupancy

*Rates valid through April 2025

Kingdoms of Southeast Asia

November 2025

HIGHLIGHTS... Hanoi, Walking Food Tour, Discussion with Vietnam War Veteran, Ha Long Bay, Hoi An, Ho Chi Minh City, Reunification Palace, Mekong Delta, Siem Reap, Angkor Wat, Luang Prabang, Choice on Tour: Night Market Visit or Evening at Leisure, Wat Xieng Thong, Pak Ou Buddha Cave, Monk Alms Offering, Bangkok.

19 days, 31 meals

\$7,799, pp, single occupancy

\$6,799, pp, double occupancy

*Rates valid through March 2025



The Place for YOUR next memorable event!



ORANGEVALE COMMUNITY CENTER

6826 Hazel Avenue

Auditorium/Gym-Banquet Seats: 300
 Theater Style Seats: 700
 Meeting Room-Banquet Seats: 100
 Theater Style Seats: 150
 Classroom Seats: 25

Commemorate your next milestone with friends and family at one of our facilities. From a formal ceremony to a business meeting our well-maintained facilities provide the ideal location to make a lasting impression. We offer personalized service including experienced on-site staff to assist you with furniture set-up and breakdown.

Facility amenities include tables and chairs. Some facilities offer whiteboards, audio equipment, projector, event layout assistance, kitchen facilities, private patio, and on-site staff. See our rental page online for more details!

Building 1

6930 Hazel Avenue
 Banquet Seats: 90
 Theater Style Seats: 200

Building 2

6930 Hazel Avenue
 Banquet Seats: 50
 Theater Style Seats: 100

Activity Building

6818 Hazel Avenue
 Banquet Seats: 80
 Theater Style Seats: 100

Youth Center

6745 Hazel Avenue
 Banquet Seats: 50



All rental availability will follow any COVID-19 guidelines in place.

Outdoor Rental Options:

Our outdoor rental options are a perfect place for birthday parties, baby showers, reunions, sport events, and other family events!

Family Picnic Areas

Located at Almond Park & Orangevale Community Park. These picnic areas are situated under a canopy with 4 tables and a BBQ grill. Located directly in front of the playground structure. These picnic areas hold up to 32 guests.

Group Picnic Area

Located at the Orangevale Community Park. This picnic area is situated under a canopy and with 12 tables and a BBQ grill. It is 20 feet from the playground structure. This picnic area holds up to 100 guests.

Orangevale Horse Arena

One of the very few arenas available for rent within the Sacramento Area. The arena has bleacher stands, warm-up corral, announcer's box, restrooms and a standard size arena.





REGISTRATION FORM

ORANGEVALE RECREATION & PARK DISTRICT

Phone: 916-988-4373 / Fax: 916-988-3496 / info@ovparks.com

Office Use Only:	
Rec #:	
Date:	Int:

Adult/Guardian Name:						
Address:				City:		Zip:
Cell Phone:		Text: Y / N		Home Phone:		
Email Address:						
Emergency Contact for Participant:			Relationship to Participant:		Email:	
					Phone:	
Participant Name	M/F	Birthdate	Program Name	Code	T-Shirt Size	Fee
1.						
2.						
3.						
						Total Fees:

ORANGEVALE RECREATION & PARK DISTRICT AGREEMENT, WAIVER, AND RELEASE

In consideration for being permitted by the District to participate in the above-referenced activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the District (including its officers, employees, volunteers, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of active or passive negligence or carelessness on the part of the persons or entities mentioned above. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs, administrators, executors, and assigns and that I shall indemnify and hold the District (including its officers, employees, volunteers, and agents) free and harmless from any loss, liability, damage, cost, or expense which may arise out of or connected in any way with my participation in said activity. Additionally, I fully understand that my participation in the above-referenced activity exposes me to the risk of personal injury, death, communicable diseases, illnesses, viruses, and/or property damage. I hereby acknowledge that I am voluntarily participating in this activity and agree to assume any such risks.

VIRTUAL CLASS RELEASE: I hereby warrant and agree, that the conditions of my environment are safe, free from obstructions, and are suitable for participation in the above-referenced activity. I further understand and agree that any material downloaded, viewed or otherwise obtained through my participation in said activity is done at my own risk and the District is not responsible for any loss, alteration, corruption or other damage to my personal property, including computers, networks and other property used as part of my participation.

PHOTO/VIDEO RELEASE: I understand that photographs/videos may be taken during this activity and hereby grant the District permission to use any such photo(s)/video(s) for advertising or in promotional materials.

PARENTAL CONSENT: (to be completed & signed by parent/guardian if Participant is under 18 years of age) I hereby consent that my son(s)/daughter(s), _____, participate in the above-referenced activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the District (including its officers, employees, volunteers, and agents) free and harmless from any loss, liability, damage, cost, or expense which may arise out of or connected in any way with said minor's participation in said activity.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY FREE WILL.

Participant / Guardian Name (Print)		Participant / Guardian Signature		Date
Payment Method	Credit Card Type:	Check #:	Amount Paid: \$	
Credit Card #:			CVC #:	Expires:
Name on Credit Card (Print):		Signature:		Date:

Community Organizations

Meals on Wheels by ACC
916-444-9533

Orangevale Chamber of Commerce
916-988-0175
www.orangevalechamber.com

Orangevale Grange #354
916-988-8871
www.orangevalegrange.org

Orangevale Womens Club
279-732-6029
www.orangevalegrange.org

Orangevale History Project
916-800-4711
www.orangevalehistorymuseum.org

Rotary Club of Orangevale
http://rotary5180.org

Orangevale Food Bank
916-304-FOOD (3663)
www.ovfofb.org

Community Sports

Orangevale Pony Ball
916-245-0810
www.ovpb.net

Orangevale Youth Soccer
916-988-1528
www.ovalesoccer.org

American River Girls Softball
www.argsa.org

Orangevale 4-H Club
www.orangevale4-H.weebly.com

Fair Oaks/Orangevale Little League
www.fovll.com

CASA Roble Jr. Rams Football & Cheer
www.CRJR.org

Fair Oaks Jr Broncos Football & Cheer
www.bellavistajrbroncos.com

HOLIDAY CLOSURES

The Orangevale Recreation & Park District Office, the Orangevale Community Center, Activity Building, Building 1 & 2, and the Youth Center will be closed on the holidays listed below. OVparks sponsored classes and programs will not meet during holiday closures:

9/2, 10/14, 11/11, 11/28, 11/29, 12/23 - 1/1

District Board Meetings

The Board of Directors of Orangevale Recreation & Park District meets on the third Thursday of each month. Meetings are held at the Orangevale Community Center, 6826 Hazel Avenue, beginning at 6:30pm. The public is welcome to attend. Virtual meetings will be available during COVID restrictions.

Emergency Reporting Dial 911

For emergencies in our parks, dial 9-1-1. If you need immediate law enforcement assistance or to report illegal or suspicious activities at any of our parks, please call the Sacramento County Sheriff's Department at 916-874-5115.

For non-emergencies regarding park security, vandalism, suspicious persons, or suspicious activities in our parks, call 311 and the District Office at 916-988-4373 Monday through Friday during business hours. For after business hours or on weekends, you may leave a voice message at 916-988-4373 and your call will be noted the next business day.

Americans with Disabilities

In accordance with the Americans With Disabilities Act of 1990, Orangevale Recreation & Park District will not discriminate against any qualified individual with a disability as far as employment with the District or the use of our services, programs, and activities. If you are interested in taking part in one of our programs and will need special arrangements (i.e. vision, hearing) please telephone the District office at 916-988-4373 one week prior to the start of the class.

Sacramento Metro Fire Community Emergency Response Team (CERT)

The Sacramento Metro Fire District offers free classes to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation. Following a major disaster, first responders who provide fire and medical services may not be able to meet the demand for these services. People will have to depend on each other for help. Prepare yourself to help by taking a CERT class. More information is available on our website at www.metrofire.ca.gov/index.php/cert. To register for an upcoming class, please contact Metro Fire CERT program at 916-859-3776, or send an email to: cert@metrofire.ca.gov. **October and February classes available.**

GENERAL INFORMATION - Orangevale Recreation & Park District

Program Cancellation: The District reserves the right to cancel or modify any program. Programs may be cancelled three (3) days prior to the start date if minimum enrollment is not met. Full Refunds are given when the District cancels a program.

Refund Policy: Full refunds, **minus \$3 administrative system fee**, will be given to cancellations received fourteen (14) days prior to the start of the program. EXCEPT for trips, kayaking AND when otherwise noted on your program receipt. An \$8 service charge is applied to all program refunds requested less than fourteen (14) days prior to the start of the program. No refunds are granted once the program has started. Trip refund requests must be made prior to each trip's registration/refund deadline. Refund credit is not given for uniforms, T-shirts, or other supplies that have already been given to the program participant or specially ordered for him/her.

Data Privacy: Your personal data is available to you but not to the public. The information which you provide will be made available to District staff persons, the District's insurer and attorney, and to the coach, supervisor, or instructor of the activity, who may be a District employee, volunteer, or independent contractor. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. The District does not retain credit card payment information and does not sell, rent, or share personal information with outside parties.

Youth Scholarship Program: Scholarships are available for District residents who are on a fixed income or lower income families. Contact the District for more information.

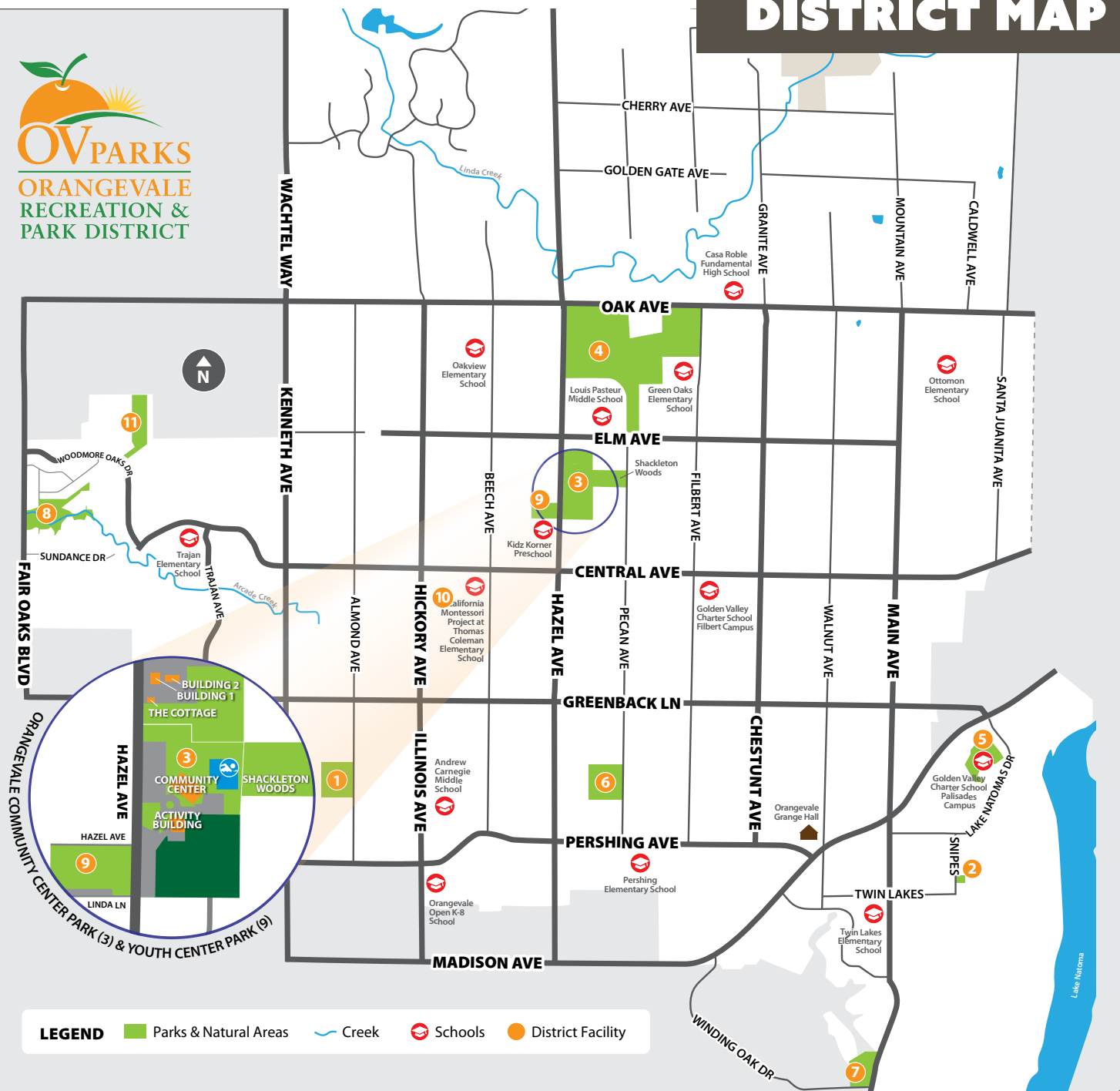
Resident/Non-resident (NR): Residents are those who live within the Orangevale Recreation & Park District boundaries, 95662. All others pay the non-resident fees (indicated by NR).

Returned check policy: A \$25 service charge is applied on all returned checks.

Photography / Video policy: Registration constitutes consent to use any program photographs / videos taken for District marketing. Commercial photography by any outside party at any District program is prohibited without the express written consent of the District.

Registration deadlines: Pre-registration is required. Register at least three (3) days in advance of first class date. Registration is accepted on a first-come, first-served basis with advance payment in full. If you are interested in registering and it is less than three (3) days before the class, please call 916-988-4373 to check on availability.

DISTRICT MAP



LEGEND ■ Parks & Natural Areas ~ Creek 🎓 Schools ● District Facility

Above map does not reflect OVparks owned and/or maintained property on school grounds.

OVPARKS AMENITIES

			Acres	Baseball/Softball Fields	Basketball Courts	Soccer Fields	Tennis Courts	Pickleball Courts	Sand Volleyball	18 Hole Disc Golf Course	Disc Golf Pro Shop	Swimming Pool	Playgrounds	Fitness Equipment	Picnic Tables	Shade Structures	Amphitheater	Walking Trails	Horse Arena	Dog Park	Rest Rooms	Parking Lots	Drinking Fountains	Paved Bike Trail
1	Almond Park	5901 Almond Ave	10.14			2		2				2	7	1							1	1	2	
2	Norma Hamlin Park	5624 Snipes Blvd	4.5									1	2										1	
3	Orangevale Community Center Park	6826 Hazel Ave	25.53	2	1						1	1										2	1	
4	Orangevale Community Park	7301 Filbert Ave	76.02		2	1	2		1	1		1		3	4	2		1			3	2	2	
5	Palisades Park	9601 Lake Natoma Dr	1.5			3	2							3										
6	Pecan Park	5945 Pecan Ave	9.56		1	3	1	2				1		3	1				1	1	1	1	3	
7	Rollingwood Natural Area	Main & Winding Oak Dr	6.92																					
8	Sundance Park	13120 Fair Oaks Blvd	14.18																					
9	Youth Center Park	6745 Hazel Ave	4.41	1	1																	1	1	
10	Coleman/CMP	8754 Central Ave	3		1	1																1		
11	Streng Park	8300 Streng Ave	6.4																					

Four Ways to REGISTER

OVparks presents

For more information on these events,
please call 916-988-4373.

1 REGISTER ONLINE - OVparks.com
Online Registration available. Log on to sign up for a program.

2 PHONE-IN OR FAX
Phone us at 916-988-4373 to register using your Visa or MasterCard or fax form to 916-988-3496. Confirmation receipt is e-mailed.

3 WALK-IN
Fill out a registration form (see page 21) at Orangevale Recreation & Park District Office 6826 Hazel Avenue, Orangevale, CA 95662 Monday through Friday 8:30am-4:30pm

4 MAIL-IN
Mail your form (page 21) with check or money order with DL or ID# to:
Orangevale Recreation & Park District
6826 Hazel Avenue, Orangevale, CA 95662
Confirmation receipt is e-mailed.

SEPT 21 Fall Rummage Sale
7:00am-1:00pm

NOV 15 Holiday Craft Fair
3:00-7:00pm

OCT 5 Aging Well Symposium
9:00am-2:00pm

NOV 16 Holiday Craft Fair
9:00am-3:00pm

OCT 11 Family Fright Night
Trunk or Treat
5:30pm
Movie - 7:00pm

DEC 6 Orangevale
Community Tree
Lighting
6:00-7:30pm

NOV 8 Carving Memories
11:45am-1:00pm

Polar Bear PLUNGE

Wednesday, January 1

Check-in begins at 12:30pm | Plunge: **1:00pm sharp**
Location: Orangevale Community Pool

Join us at 1:00pm sharp on New Year's Day for a fun and fast jump into the Orangevale Community Pool.

You'll shiver with delight at this unique refreshing experience! For the more adventurous, we'll even let you take the slide down into the crisp 48 degree water! After the jump, enjoy a complimentary cup of hot chocolate or a warm bowl of soup. Changing rooms and hot showers are available.

Bring your swim suit and towel. You should be in good health to participate.

Challenge your family, friends, and co-workers... are they BRAVE enough to take the PLUNGE? ARE YOU?

Advanced registration fee
until December 20: **\$2 per person**
After December 20 & day of fee: **\$5 per person**

Take the Plunge and receive your personal "I survived the Polar Bear Plunge" button to wear proudly!

PROCEEDS BENEFIT OVPARKS YOUTH SCHOLARSHIP FUND



6826 Hazel Avenue
Orangevale, CA 95662

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