

THE Leaflet



CITY NEWS AND RECREATION GUIDE

WINTER 2021



**LAKE FOREST
TURNS 30**

PG. 3

**CAMERAS
HELP CATCH
CAR THIEVES**

PG. 5

**SPRING
RECREATION
GUIDE**

PG. 9





A Message From City Manager
DEBRA ROSE

Happy Birthday, Lake Forest.

On March 5, 1991, voters were asked to decide the "Greater El Toro Area Incorporation." Cityhood was approved by more than 2 to 1 and on December 20, 1991, Lake Forest became a City.

Our first City offices were rented in a strip center on Mercury Road. Now, we have just completed our first year in our first permanent City Hall, part of the Civic Center campus that is also home to our Senior Clubhouse, Performing Arts Center and Community Center.

We call the Civic Center the Community's 100 Year Home, and while it is the City's latest significant accomplishment, it is not only the only one. Other notable accomplishments over the past 30 years include:

- The City and other South County agencies in 1997 defeated plans for an international airport at the former El Toro Marine Corps Air Station
- Foothill Ranch and Portola Hills became part of Lake Forest in 2000
- New energy was injected into the El Toro Road shopping corridor in 2006 with completion of the El Toro Road Traffic and Landscape Improvement Project

That, of course, is just a short list of the important things that have happened in Lake Forest since incorporation. And we are not done. We continue to renovate parks through the Neighborhood Park Improvement Project, plans to revamp The Arbors were approved by the City Council in January, and 2021 will see the launch of our Lake Forest television channel on Cox Communications and a low-power AM radio station. Lake Forest TV and radio will increase transparency and the City's ability to communicate with residents during emergencies.

So, as they say, Happy Birthday, Lake Forest – and many more.

Debra Rose



MEETINGS AT A GLANCE

CITY COUNCIL MEETINGS

Meetings are held on the first and third Tuesday of each month*

COMMUNITY SERVICES COMMISSION MEETINGS

Meetings are held on the Wednesday after the first Tuesday of each month*

PLANNING COMMISSION MEETINGS

Meetings are held on the Thursday after the first Tuesday of each month*

TRAFFIC AND PARKING COMMISSION MEETINGS

Meetings are held on the Monday before the first Tuesday of each month*

All meetings will start at 6:30 pm

*Subject to change; visit all agendas at:

www.LakeForestCA.gov/agendas

The Leaflet is an official publication of the City of Lake Forest and is distributed as a public service to Lake Forest homes and businesses. The City welcomes your comments and questions regarding The Leaflet.

Cover Photo: The historic school house today at Heritage Hill Historical Park. Photo by Nick Gates, City of Lake Forest

LAKE FOREST TURNS 30



30 YEARS OF CITYHOOD: LOCAL CONTROL DRIVES INCORPORATION EFFORT

Cries of “local control” echoed through South Orange County in the 1980s. Mission Viejo incorporated in 1987, followed by Dana Point and Laguna Niguel in 1989. The first effort in El Toro failed, but in 1991, residents approved cityhood for Laguna Hills and El Toro – changing the name to “Lake Forest” in the same election.

The population then was about 58,000, and residents grumbled about traffic on El Toro and other issues they felt County Supervisors in Santa Ana just didn’t understand – or care about. The first City Hall was in a shopping strip mall on Mercury Road – near what is today Boot Barn. Helen Wilson, a leader in the incorporation effort, was the City’s first Mayor, and Richard Dixon, Tim Link, Marcia Rudolph, and Ann Van Haun rounded out the City Council.

As the new City got to work, it wasn’t long before Lake Forest faced its greatest challenge, one no one saw coming when they voted for incorporation: the announcement that the Marine Corps Air Station El Toro would close – and the subsequent battle over a proposed international airport at the site.

Lake Forest and Irvine were the first members of the El Toro Reuse Planning Authority, a joint-powers agency that ultimately included nine South County cities advocating against the airport. The issue went before voters county-wide three times before the airport was finally defeated.



The victory not only protected the City from noise, pollution, traffic, and other impacts of neighboring an international airport, it forever changed Lake Forest. When the airport plan was abandoned, landowners whose property had been zoned industrial or commercial because of aircraft noise asked Lake Forest to allow them to build housing. The City held countless community meetings and launched a multi-year study dubbed the *Opportunities Study*. The goal was to reduce the impacts of industrial and commercial development while increasing open space and providing community wide benefits for all Lake Forest residents. Allowing landowners to build homes in exchange for fees that ultimately led to the construction of the City’s Sports Park and Recreation Center, as well as the Civic Center and community-wide traffic improvements. All were built without the City issuing any debt.

Along the way, Portola Hills and Foothill Ranch were annexed into the City in 2000.

Today, the last of the homes approved under the OSA are being built. Lake Forest’s population is about 86,000 and control is more local than ever – the 2020 election completed the City’s transition to electing Council members by district.

What are your memories of Lake Forest? Share them, and see more about the City and its history, at www.lakeforestca.gov/30thAnniversary.

Photos courtesy of Saddleback Area Historical Society



THE CITY OF LAKE FOREST MILESTONES

1990s

December 20, 1991

Lake Forest became Orange County's 31st City



July 1, 1992

Lake Forest City Hall on Mercury Road opens for business.

July 4, 1992

Time Capsule buried at Heritage Hill Historical Park, to be opened on December 20, 2041

First 4th of July Parade held

1992 - 1993

City Council dedicated

4 new parks:

- Montbury Park
- Pittsford Park
- Rimgate Park
- Rancho Serrano Park

December 1997

Assembly Bill 1502, sponsored by the City, is signed by the Governor, transferring the **El Toro (Redevelopment) Project Area to City control**, finally putting an end to the battle over a potential airport.

September 1996

Lake Forest **City Hall** moves to building on Lake Center Drive

1994-1995

Lake Forest is a founding member of El Toro Reuse Planning Authority (**ETRPA**) and the Restoration Advisory Board (**RAB**) for the **former MCAS EL Toro**

December 6, 1994

City Council approved **Expand the Forest** program. 1st tree sponsored by Council Member Tim Link

- Crepe Myrtle tree planted on median at Ridge Route & Rockfield

2000s

November 1999

Ridge Route Pedestrian Tunnel built

May 2000

Foothill Ranch and Portola Hills are annexed to the City of Lake Forest

November 2001

Park Play Equipment Upgrade Project to replace play equipment in all city parks was completed

December 2003

Lake Forest City Hall moves to Commercentre Drive to accommodate community activities, the Senior Scene Clubhouse, and Teen Lounge

2010s

June 2012

The **extension of Alton Parkway** to Portola opens

September 30, 2006

Celebration for completion of the City's largest capital improvement project to date: **El Toro Road Traffic and Landscape Improvement Project**

June 19, 2004

Lake Forest **Nature Park Grand Opening**, for the 4.5 acre park off Dimension Drive, adjacent to Serrano Creek trail

December 13, 2003

Etnies Skatepark of Lake Forest Grand Opening

December 2012

The extension of Rancho Parkway to Portola Parkway opens.

November 2014

The 86-acre **Sports Park and Recreation Center** opens, as one of the largest sports park in Orange County

November 2015

The City's **first dog park, Barker Ranch**, opens

June 2018

The City Council approves its annual budget, which includes paying off the last of the City's debt, making Lake Forest one of the largest debt-free cities in the country.

2020s

December 2020

The City **opens Portola Hills Park**, which includes a dog park, pickleball courts, volleyball court and more

December 2019

Civic Center opens, with Clubhouse Senior Center, Community Center, Performing Arts/Council Chambers and City Hall/Police Services Building

November 2018

Veterans Park opens after the City rebuilds Village Pond Park

HOMETOWN HERO BANNERS AVAILABLE

The Hometown Hero Banner Program is for residents wishing to honor their own Hometown Hero, currently serving, retired or deceased from all branches of the armed forces with a connection to the City of Lake Forest. The banners will be flown on Civic Center Drive leading up to the Civic Center campus. Twenty banners will be available to purchase for the 2021 Hometown Heroes Banner Program.

The program includes:

- The purchase of a banner (\$300) including the honoree's name, a formal military photo and their armed forces branch.
- The banner will be displayed on a street pole on Civic Center Drive for a period of one year.
- The banner is removed after one year and given to the sponsor.

To qualify, a honoree must be able to verify duty status and be able to verify a connection to the City of Lake Forest (i.e. current City of Lake Forest resident and immediate family member of a current resident, such as wife/husband, son/daughter, grandson/granddaughter, son-in-law/daughter-in-law).

For more information on the City of Lake Forest's Hometown Heroes Military Banner Program, or if you or your business is interested in sponsoring a banner, contact Recreation Manager Vicky Blethen at vblethen@lakeforestca.gov.



NEW TECHNOLOGY BRINGS ARRESTS

Orange County Sheriff's Deputies based in Lake Forest have recovered at least five stolen vehicles and made several arrests as a result of a City partnership with a company that created affordable license-plate reading cameras.

As part of the "Stay Safe Lake Forest" campaign, several license-plate readers by Flock Safety were installed around the City. The cameras automatically and quickly alert

deputies when they capture a photo of a license plate reported stolen or wanted for another reason.

In December, the cameras identified a vehicle taken during a carjacking. Deputies stopped the car and took the suspect into custody. Several other suspects were taken into custody after cars reported stolen in Tustin, Southgate, and other cities were spotted by the Lake Forest cameras.

The City pays about \$2,000 annually for each camera. Flock also offers systems that businesses, neighborhoods, and Homeowners Associations can lease.

ETNIES SKATEPARK VOTED BEST IN OC

The Etnies Skatepark of Lake Forest was voted 2020 Reader's Choice winner for the **"Best Skatepark in OC,"** by the readers of Parenting Orange County.

As a winner in the 18th Annual Reader's Choice awards, the skatepark is featured in the January 2021 Reader's Choice Award Issue and will be listed as a winner on www.parentingoc.com.

The skatepark, at 20028 Lake Forest Dr., remains open during the pandemic by instituting policies and guidelines to operate safely within state guidelines. Current requirements can be found at <https://www.etniesskatepark.com/251/Skate-Sessions>. Face masks must be worn while skateboarding, along with social distancing, having a current waiver on file, and scheduling online each skateboard session.

For more information, see www.etniesskatepark.com or call **(949) 916-5870**.



CHERRY PARK RENOVATIONS COMPLETE



Renovations to Cherry Park were completed in December as part of the Neighborhood Park Improvement Plan. Part of the project included a universally accessible surface, making the play equipment more accessible to those who use wheelchairs, walkers, and other mobility aids.

As part of the City's 2019-2021 Capital Improvement Program, the City Council approved the 2nd phase of the neighborhood park renovations to ensure Our livable City is well planned, attractive, and safe.

This program focuses on investing into the existing Lake Forest park network to provide residents with attractive, renewed amenities. The \$7 million program includes renovations at Peachwood, Borrego Overlook, Cherry, Montbury, Pebble Creek, Regency, Rancho Serrano, Darrin, Sundowner, and Vintage parks. The improvements range from replacement of trash cans, benches, tables, and other park amenities to full rehabilitation and redesign of playgrounds.

Peachwood's renovations were completed in December 2019. After a few months delay due to COVID in early 2020, the renovations at Cherry Park were completed in December 2020. Darrin, Montbury, and Pebble Creek opened bids in December 2020 with the award of contract anticipated to go to City Council in February 2021. The remaining parks are under review by City staff, which anticipates having them ready to bid by then end of June 2021.

Cherry Park is at 22651 Cherry Ave. For more information about Lake Forest parks, see <https://www.lakeforestca.gov/571/Parks-Fields>.

EXPAND THE FOREST DEDICATIONS

Since incorporation in December 1991, the City Council has supported "Expand the Forest," a program that encourages resident participation in tree planting and provides an opportunity to expand the City's urban forest. The cost is \$90. For more information, see www.lakeforestca.gov/expandtheforest.

SPONSOR	TREE SPECIES	LOCATION	DEDICATION
John T. & Wanda O'Brien	Sycamore	Foothill Ranch Comm. Park	In memory of Mac Fraser, loving husband, father, grandfather and great grandfather of the Fraser family.
Family of Jim Eklund	Liquidambar	Peachwood Park	Jim Eklund
Friends from Fitness First Gym	Sycamore	Tamarisk Park	In memory of Rochee D. Swendseid. Always in our hearts.
Braden and Shaina Hyatt	Sycamore	Peachwood Park	In memory of our daddy, Daniel James Hyatt II
Gary and Darla Clark	Sycamore	Foothill Ranch Comm. Park	In memory of Jeff Volpe
The Porter Family	Liquidambar	Alton Park	Eileen McCready
Watson-Marlow Inc.	Magnolia	Foothill Ranch Comm. Park	Watson-Marlow Inc.
Prashant Kulkarni	Liquidambar	Alton Park	In honor of Pratibha Niketan 1980 - PN80 Friends
The Kubota Family	Magnolia	Rimgate Park	In loving memory of Timo Kubota, a devoted father, husband, son, brother, and friend
The Thistlewaite Family	Sycamore	Foothill Ranch Comm. Park	Ed Thistlewaite - loving dad and grand dad
The Thistlewaite Family	Magnolia	Foothill Ranch Comm. Park	Sandy Thistlewaite - loving mom and nana
Dick & Pat Fenton	Magnolia	Tamarisk Park	In memory of Patti Westerman, our friend and neighbor

COUNTY UPDATES LAKE FOREST EVACUATION MAP

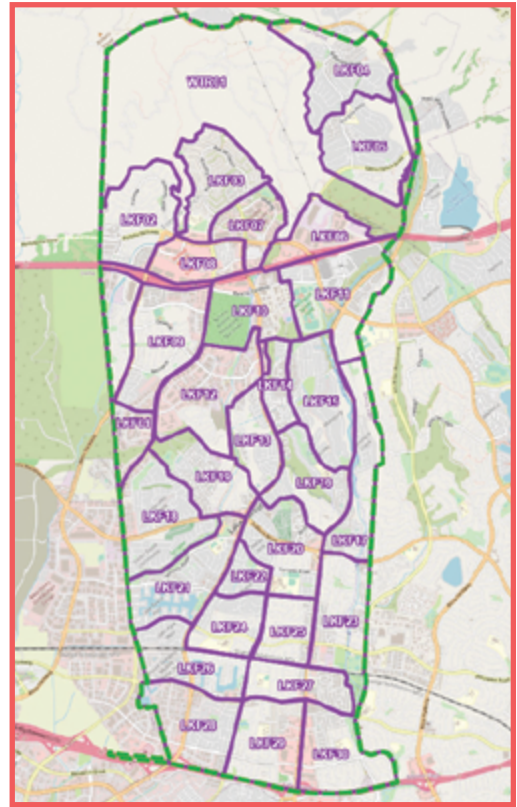
Following lessons learned on the Bond and Silverado fires that forced evacuations in Lake Forest, Orange County officials have updated the City's evacuation map. The new maps include all neighborhoods in Lake Forest.

The City now has 14 evacuation zones. Residents can determine what zone they are in by typing their address into the interactive map at www.lakeforestca.gov/wildfires.

In the event of a wildfire or other emergency that requires an evacuation, the Orange County Sheriff's Department and City will identify the areas by zone number.

Residents should sign up for Alert OC at www.alertoc.org for emergency notifications. The City also uses Nixle for emergency notifications and important news update. Sign up for that service at www.nixle.com or by texting LAKEFOREST to 888777.

The City also posts emergency notifications and updates on its website at www.lakeforestca.gov. During an emergency, recorded updates are available on the City's emergency hotline, at (949) 461-3536.



OC STEPS UP CORONAVIRUS BATTLE

Orange County is ramping up its efforts to ensure as many residents as possible receive the COVID-19 vaccine through "Operation Independence."

Although the situation is rapidly evolving, County officials announced in January:

- Five "Super Pods" would be established to provide vaccines to residents. The first opened at Disneyland, and a second opened January 22 at Soka University in Aliso Viejo. Three others were expected elsewhere in the County.
- Residents 65 and older can receive the vaccination first.
- All residents are encouraged to register to be notified when the County of Orange's vaccine and testing management app, Othena, has appointments available and is ready for their use by visiting www.Othena.com and filling out the online form.
- Volunteers are being sought for the vaccination Super Pods. Those interested should register at <https://oneoc.org>

Those interested in receiving the COVID-19 vaccine can view the phased tiers of eligibility and other important vaccination information at OC Health Care Agency's website, www.COVIDVaccineFacts.com. County officials stressed the success of the vaccination distribution plan and the Super POD sites is dependent on everyone understanding where they fall in the phased, tiered plan. Individuals attempting to receive a vaccine ahead of schedule will overload the system, making it even more challenging to meet this urgent need.

The County, through its "Operation Independence," established a goal of completing all county vaccinations

by July 4, 2021. An Incident Management Team (IMT) was established on December 31, 2020, for Operation Independence. The Operation Independence IMT is a unified command with representatives from the Orange County Health Care Agency, the Orange County Fire Authority, the County of Orange County Executive Office (CEO) and other County agencies.

The County set up a hotline at (714) 834-2000. The City is also posting updates and information, including updates about City facilities and programs impacted by coronavirus health orders, at www.lakeforestca.gov/coronavirus.

Spring 2021

Recreation Program Guide

March, April, May



SPRING 2021 REGISTRATION DATES

RESIDENT: Begins at 8 am, Tuesday, February 16, 2021

NON-RESIDENT: Begins at 8 am, Tuesday, February 23, 2021



PARK PROFILE: HERITAGE HILL HISTORICAL PARK

El Toro's history lives at Heritage Hill Park.

Heritage Hill Historical Park and Museum is home to some of the oldest buildings in Orange County, including the Jose Serrano Adobe, an original adobe home and settlement built in 1863; El Toro's first school, the old El Toro School House; El Toro's first church, St. Georges Episcopal Church; and the Harvey Bennett Ranch House, built in 1908, from which the Bennett Ranch development in Lake Forest derives its name.

Absent health restrictions, guided tours through the buildings are provided for the public Wednesday through Sunday. The tours offer an interpretation of Saddleback area history through the artifacts, events and people associated with each building. Landscaping of the park is in keeping with the historic nature of the buildings. The grounds are also available

for weddings and special events, by appointment. Park staff and associated community interest groups offer special events each year including the annual Victorian Christmas held on the first Saturday of December.

There are no fees for entrance or public tours of Heritage Hill Historical Park for groups of seven or less. Groups of eight or more must make advance public tour reservations and the fee is \$2 per person. The Amigos de la Colinas volunteer docent group assists the park staff by conducting tours and special programs.

Please call in advance to verify current open status due to Covid 19 restrictions.

Heritage Hill Park: 25151 Serrano Road, Lake Forest, Ca 92630 | 949-923-2230 | HeritageHill@OcParks.com



Community Services Spring Quarter Holiday Schedule

The Civic Center Complex will be closed on the following Spring Quarter Holiday. Please visit the City website www.lakeforestca.gov to confirm the days and times the Lake Forest Sports Park & Recreation Center and the Etnies Skatepark of Lake Forest are open over the Spring Quarter .

- **Monday, May 31, 2021 (Memorial Day)**

For general questions regarding Community Services Programs, visit www.lfcommunityservices.com. You can still register for programs when the Community Services offices are closed on holidays or after hours. Visit www.lfparksandrecca.com for 24/7 online registration.

WINTER PROGRAMS INDEX

Preschool Programs	12
School-Aged Programs	15
Adult Programs	20
Special Needs Programs	23
Adult 50 Years & Better Programs	26
Emeritus Programs	28
How to Register	29
Registration Form	30

CONTACT INFORMATION

City Hall	461-3400
Community Services	461-3450
www.lfcommunityservices.com	
Etnies Skatepark of Lake Forest	916-5870
www.etnieskatepark.com	
Lake Forest Sports Park & Recreation Center	273-6960
www.lakeforestsportspark.com	
The Clubhouse (Senior Center)	461-3408
www.LakeForestCA.gov/seniors	
Saddleback Emeritus Registration	582-4835
IVC Emeritus Registration	451-5555
SVUSD Recreation	768-0981, press 3
Building Inspection	461-3470
City Clerk	461-3420
City Council	461-3420
City Manager's Office	461-3412
Economic Development	461-3567
Employment Hot-line	461-3566
Fields Hot-line	461-3595
Graffiti Hot-line	461-3583
Police Services	461-3548
Public Works	461-3480

even virtual
Parks
Make
Life
Better! SM

Covid 19 Safety Measures

The Lake Forest Sports Park and Recreation Center has implemented the following Covid 19 safety measures:

- Face coverings are required for all individuals entering the Sports Park & Recreation Center and are to be worn during all onsite programs.
- Signage is posted at the main entrance stating that anyone with a fever or symptoms of COVID-19 will not be permitted to enter the building or any other City facilities.
- Floor decals have been placed throughout the building to remind individuals to maintain at least six feet of separation.
- Congregating in waiting areas will not be permitted.
- Contactless hand sanitizing stations have been installed as well as visible signage reminding individuals to maintain social distancing.
- Implement controlled public access to public service counters to ensure at least six feet of separation between individuals.
- Temporary physical partitions (e.g. Plexiglass barriers) have been installed at public service counter.
- Signs indicating the entrance and exit to and from restrooms have been installed to mitigate overcrowding and proximity in public areas.
- The location of your class (inside or outside the building) is dependent on regulations set by the state and county.

Preschool Programs

Skyhawks: Multi-SportTots



Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development.

Parent participation required for 2-3 age group.

- Instructor: Skyhawks Staff
- Fee:

\$145 Resident	\$150 Non-Resident
(9-Week Sessions)	
- Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9478

2-3.5 yrs Mar 13-May 8 Sat 9-9:40 am

Act#: 9479

3.5-5 yrs Mar 13-May 8 Sat 9:50-10:30 am

SPRING 2021 REGISTRATION DATES

RESIDENTS

Tuesday, Feb 16, 2021 @ 8 am

NON-RESIDENTS

Tuesday, Feb 23, 2021 @ 8 am

SAVE TIME!

**Register Online at:
www.lfparksandrecca.com**

Skyhawks: SoccerTots



SoccerTots is our flagship program! Playable on almost any surface, 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: Skyhawks Staff
- Fee:
\$99 Resident \$104 Non-Resident
(5-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9487			
2-3.5 yrs	Mar 12-Apr 9	Fri	4-4:40 pm
Act#: 9488			
3.5-5 yrs	Mar 12-Apr 9	Fri	4:50-5:30 pm
Act#: 9490			
2-3.5 yrs	Apr 30-May 28	Fri	4-4:40 pm
Act#: 9491			
3.5-5 yrs	Apr 30-May 28	Fri	4:50-5:30 pm

Skyhawks: HoopsterTots Class



Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

- Instructor: Skyhawks Staff
- Fee:
\$99 Resident \$104 Non-Resident
(5-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9483			
3.5-4.5 yrs	Mar 11-Apr 8	Thu	4-4:45 pm
Act#: 9484			
4.5-6 yrs	Mar 11-Apr 8	Thu	5-5:45 pm
Act#: 9485			
3.5-4.5 yrs	Apr 29-May 27	Thu	4-4:45 pm
Act#: 9486			
4.5-6 yrs	Apr 29-May 27	Thu	5-5:45 pm

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to four years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities, and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all; it is fun!

- Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher
- Fee: \$180 Resident \$185 Non-Resident
(10-Week Session) Babies under the age of 8 months free with registered sibling
- Materials Fee: A \$42 program fee payable to instructor is required at first class meeting
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9447			
Birth-4 yrs	Mar 29-May 31	Mon	9-9:45 am
Act#: 9448			
Birth-4 yrs	Mar 30-Jun 1	Tue	4:30-5:15 pm
Act#: 9449			
Birth-4 yrs	Mar 31-Jun 2	Wed	9-9:45 am
Act#: 9450			
Birth-4 yrs	Apr 2-Jun 4	Fri	9:15-10 am
Act#: 9451			
Birth-4 yrs	Apr 2-Jun 4	Fri	10:15-11 am
Act#: 9452			
Birth-4 yrs	Apr 3-Jun 5	Sat	9-9:45 am

Rhythm Kids

Rhythm Kids is an exciting comprehensive music program. Through singing, djembe drumming, creative movement, and pre-literacy games, Rhythm Kids by Music Together helps children become confident music lovers. Children will gain a deeper level of musical understanding, preparing them for formal music introduction.

- Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher
- Fee: \$180 Resident \$185 Non-Resident
(10-Week Session) Babies under the age of 8 months free with registered sibling
- Materials Fee: A \$42 program fee payable to instructor is required at first class meeting
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9453			
4-5 yrs	Mar 31-Jun 2	Wed	4-4:45 pm



Soccer Stars @HOME: Parent & Me: 1-3 Years Old

Our Soccer Stars @HOME Virtual Classes will take learning to the next level, with fully interactive sessions using Zoom screen share. We literally bring our physical location classes straight to your computer or smart device! Classes will follow our normal class structure, including warmups, stretching exercises, skill intro and progression and are designed with small spaces in mind – a 5x5ft area is all you need. No equipment, no problem! Coaches suggest items to use that are easily found around the house.

- Instructor: Super Soccer Stars Staff
- Fee: \$90 Resident (6-Week Sessions)
- Location: Virtual Class - Zoom

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9405				
1-3 yrs	Mar 7-Apr 11	Sun	2:45-3:15 pm	
Act#: 9406				
1-3 yrs	Apr 18-May 23	Sun	2:45-3:15 pm	



Soccer Stars @HOME: Young 3-4 Years Old

Our Soccer Stars @HOME Virtual Classes will take learning to the next level, with fully interactive sessions using Zoom screen share. We literally bring our physical location classes straight to your computer or smart device! Classes will follow our normal class structure, including warmups, stretching exercises, skill intro and progression and are designed with small spaces in mind – a 5x5ft area is all you need. No equipment, no problem! Coaches suggest items to use that are easily found around the house.

- Instructor: Super Soccer Stars Staff
- Fee: \$90 Resident (6-Week Sessions)
- Location: Virtual Class - Zoom

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9407				
3-4 yrs	Mar 7-Apr 11	Sun	3:20-3:50 pm	
Act#: 9408				
3-4 yrs	Apr 18-May 23	Sun	3:20-3:50 pm	



Soccer Stars @HOME: Older 4-5 Years Old

Our Soccer Stars @HOME Virtual Classes will take learning to the next level, with fully interactive sessions using Zoom screen share. We literally bring our physical location classes straight to your computer or smart device! Classes will follow our normal class structure, including warmups, stretching exercises, skill intro and progression and are designed with small spaces in mind – a 5x5ft area is all you need. No equipment, no problem! Coaches suggest items to use that are easily found around the house.

- Instructor: Super Soccer Stars Staff
- Fee: \$90 Resident (6-Week Sessions)
- Location: Virtual Class - Zoom

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9409				
4-5 yrs	Mar 7-Apr 11	Sun	4-4:40 pm	
Act#: 9410				
4-5 yrs	Apr 18-May 23	Sun	4-4:40 pm	

SAVE TIME!

Register Online at:

www.lfparksandrecca.com

COVID 19 IMPACT AND SAFETY

Due to the uncertainty of the Covid-19 Virus at the time of print, all programs in the Spring 2021 publication are subject to change. All programs provided in the Recreation Guide will be evaluated to ensure the proper health and safety precautions are taken for participants of the City of Lake Forest Community Services Programs. Please continue to call 461-3450 and visit: <https://lakeforestca.gov/159/Community-Services> for more information and updates.



Super Soccer Stars: Young 3-4 Years Old

Includes physical activities such as running, skipping, and jumping. Soccer Ball required.

- Instructor: Super Soccer Stars Staff
- Fee:
\$120 Resident \$125 Non-Resident
(6-Week Sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9415				
3-4 yrs	Mar 6-Apr 10	Sat	9-9:45 am	
Act#: 9416				
3-4 yrs	Mar 6-Apr 10	Sat	11:05-11:50 am	
Act#: 9417				
3-4 yrs	Apr 17-May 22	Sat	9-9:45 am	
Act#: 9418				
3-4 yrs	Apr 17-May 22	Sat	11:05-11:50 am	



Super Soccer Stars: Older 4-5 Years Old

The primary focus of this class is body movement with the ball. The objectives are to continue development in basic dribbling, passing, receiving, and shooting techniques and to introduce juggling skills. Soccer Ball required.

- Instructor: Super Soccer Stars Staff
- Fee:
\$120 Resident \$125 Non-Resident
(6-Week Sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9419				
4-5 yrs	Mar 6-Apr 10	Sat	10-10:50 am	
Act#: 9420				
4-5 yrs	Mar 6-Apr 10	Sat	11:30 am-12:20 pm	
Act#: 9421				
4-5 yrs	Apr 17-May 22	Sat	10-10:50 am	
Act#: 9422				
4-5 yrs	Apr 17-May 22	Sat	11:30 am-12:20 pm	

School-Aged Programs

Skyhawks: Multi-Sport

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of soccer, baseball, and basketball, along with vital life lessons such as sportsmanship and teamwork.

- Instructor: Skyhawks Staff
- Fee:
\$155 Resident \$160 Non-Resident
(9-Week Sessions)
- Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9480				
6-8 yrs	Mar 13-May 8	Sat	10:45-11:45 am	

Skyhawks: Basketball

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, staff focuses on the whole player, teaching respect, teamwork, and responsibility. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs.

- Instructor: Skyhawks Staff
- Fee:
\$109 Resident \$114 Non-Resident
(5-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9481				
7-10 yrs	Mar 11-Apr 8	Thu	6-7 pm	
Act#: 9482				
7-10 yrs	Apr 29-May 27	Thu	6-7 pm	

COVID 19 IMPACT AND SAFETY

Due to the uncertainty of the Covid-19 Virus at the time of print, all programs in the Spring 2021 publication are subject to change. All programs provided in the Recreation Guide will be evaluated to ensure the proper health and safety precautions are taken for participants of the City of Lake Forest Community Services Programs. Please continue to call 461-3450 and visit: <https://lakeforestca.gov/159/Community-Services> for more information and updates.

PDP Jaguars Youth Track/ Running Club

This program is led by USA Track & Field certified and 2017 OC Register's Cross-Country Coach of the Year. All coaches are SVUSD certified. The Club's goal is to build confidence and fitness through physical activities to enjoy for the rest of your life. For a youth runner, it may be to prepare for high school Cross Country and/or Track & Field or just to get off the couch. We've coached anyone from those wishing to be in shape, to Intermediate/High School Record Holders, to CIF Champions.

- Instructor: Coach Ken Chai
- Fee: \$95 Resident \$100 Non-Resident
(monthly rate: Mar, Apr, May)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9493				
8-18 yrs	Mar 1-31	Mon/Wed/Thu	5:30-6:30 pm	
Act#: 9494				
8-18 yrs	Apr 1-29	Mon/Wed/Thu	5:30-6:30 pm	
Act#: 9496				
8-18 yrs	May 3-27	Mon/Wed/Thu	5:30-6:30 pm	



Bionerds: Bioengineering

Come and join this fun and hands-on biology workshop for kids! Learn how to design and create something to improve life itself, such as prosthetics, medical equipment, genetic modification, bioenergy, and more! Your child will be exposed to engineering concept related to biology and perform cool biology activities.

- Instructor: Bionerds Staff
- Fee: \$84 Resident \$89 Non-Resident
(4-Class Sessions)
- Lab Fee: \$32
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9473	5-12 yrs	Mar 5-26	Fri	4-5 pm
-------------------	-----------------	-----------------	------------	---------------

Bionerds: Animal Kingdom

Come and join this fun and hands-on biology workshop for kids! Learn about the amazing animal kingdom, from frog, lizard, birds, and more. Your child will be up close with fresh/preserved organisms, perform many dissections, and engage in cool biology activities using lab equipment/tools.

- Instructor: Bionerds Staff
- Fee: \$84 Resident \$89 Non-Resident
(4-Class Sessions)
- Lab Fee: \$32
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9474	5-12 yrs	Apr 9-30	Fri	4-5 pm
-------------------	-----------------	-----------------	------------	---------------

Bionerds: Human Body II

Come and join this fun and hands-on biology workshop for kids! Learn about our amazing human body from your brain, muscles, skin, bones, and more. Your child will be up close with fresh/preserved animal organs, perform many dissections, and engage in cool biology activities using lab equipment/tools. No need to take Human Body Part I to take this class.

- Instructor: Bionerds Staff
- Fee: \$84 Resident \$89 Non-Resident
(4-Class Sessions)
- Lab Fee: \$32
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9475	5-12 yrs	May 7-28	Fri	4-5 pm
-------------------	-----------------	-----------------	------------	---------------





Princess Ballet

This is a perfect introduction to the fundamentals of ballet and creative movements with elements of fun, fantasy, and lots of encouragement. Class also works on listening skills, coordination, balance, and musicality. Class includes story time and one craft per half session. \$5 material fee per half session due on first day of class. Ballet shoes required.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee: \$74 Resident \$79 Non-Resident (5-Week Session)
\$89 Resident \$94 Non-Resident (6-Week Session)
\$149 Resident \$154 Non-Resident (11-Week Sessions)
- Materials Fee: \$5 per half session
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9461 3-6 yrs Mar 6-Apr 3 Sat 9-9:45 am

Act#: 9462 3-6 yrs Apr 17-May 22 Sat 9-9:45 am

Act#: 9463 3-6 yrs Mar 6-May 22 Sat 9-9:45 am (Full)

***NO CLASS 4/10**

SPRING 2021 REGISTRATION DATES

RESIDENTS

Tuesday, Feb 16, 2021 @ 8 am

NON-RESIDENTS

Tuesday, Feb 23, 2021 @ 8 am

Ballet, Jazz, & Tap Combo Level I

Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping, and beginning jazz dance. Class also promotes musicality, coordination, balance, and grace. Ballet and tap shoes required.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee: \$74 Resident \$79 Non-Resident (5-Week Session)
\$89 Resident \$94 Non-Resident (6-Week Session)
\$149 Resident \$154 Non-Resident (11-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9464 3-5 yrs Mar 6-Apr 3 Sat 10-10:45 am

Act#: 9465 3-5 yrs Apr 17-May 22 Sat 10-10:45 am

Act#: 9466 3-5 yrs Mar 6-May 22 Sat 10-10:45 am

Ballet, Jazz, & Tap Combo Level II

Dancers improve and expand upon technique learned in Level 1, but those new to dance are welcome! Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping, and beginning jazz dance. Class also promotes musicality, coordination, balance, and grace. Ballet and tap shoes required.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee: \$74 Resident \$79 Non-Resident (5-Week Session)
\$89 Resident \$94 Non-Resident (6-Week Session)
\$149 Resident \$154 Non-Resident (11-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9467 5-8 yrs Mar 6-Apr 3 Sat 11-11:45 am

Act#: 9468 5-8 yrs Apr 17-May 22 Sat 11-11:45 am

Act#: 9469 5-8 yrs Mar 6-May 22 Sat 11-11:45 am

Beginning Ukulele

Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature, and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.

- Instructor: Ron Gorman
- Fee: \$109 Resident \$114 Non-Resident
(5-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9476
10 yrs-Adult Apr 21-May 19 Wed 6:30-7:30 pm

Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

- Instructor: Ron Gorman
- Fee: \$109 Resident \$114 Non-Resident
(5-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9477
10 yrs-Adult Apr 21-May 19 Wed 7:30-8:30 pm

Beginners Tennis 101 for Kids

This is a beginner class for juniors who are interested in learning the fundamentals of tennis. It is an introductory class with emphasis on strokes, footwork, placement of shots, consistency, and positioning.

- Instructor: Play Tennis
- Fee: \$199 Resident \$204 Non-Resident
(8-Week Sessions)
- Location: Pittsford Park Tennis Courts (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9432 5-11 yrs Mar 2-Apr 20 Tue 4-5 pm



Soccer Stars @HOME: Older 5-7 Years Old

Our Soccer Stars @HOME Virtual Classes will take learning to the next level, with fully interactive sessions using Zoom screen share. We literally bring our physical location classes straight to your computer or smart device! Classes will follow our normal class structure, including warmups, stretching exercises, skill intro and progression and are designed with small spaces in mind – a 5x5ft area is all you need. No equipment, no problem! Coaches suggest items to use that are easily found around the house.

- Instructor: Super Soccer Stars Staff
- Fee: \$90 Resident
(6-Week Sessions)
- Location: Virtual Class - Zoom

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9411
5-7 yrs Mar 7-Apr 11 Sun 3-3:40 pm

Act#: 9412
5-7 yrs Apr 18-May 23 Sun 3-3:40 pm



Soccer Stars @HOME: Advanced Class (Ages 5-9)

Our Soccer Stars @HOME Virtual Classes will take learning to the next level, with fully interactive sessions using Zoom screen share. We literally bring our physical location classes straight to your computer or smart device! Classes will follow our normal class structure, including warmups, stretching exercises, skill intro and progression and are designed with small spaces in mind – a 5x5ft area is all you need. No equipment, no problem! Coaches suggest items to use that are easily found around the house.

- Instructor: Super Soccer Stars Staff
- Fee: \$108 Resident
(6-Week Sessions)
- Location: Virtual Class - Zoom

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9413
5-9 yrs Mar 7-Apr 11 Sun 3:45-4:25 pm

Act#: 9414
5-9 yrs Apr 18-May 23 Sun 3:45-4:25 pm



Super Soccer Stars: 5-7 Years Old

Our unique curricula use positive reinforcement and a low child-to-coach ratio to make sure each child feels supported and confident in his or her own abilities, allowing kids to improve at their own rate. Soccer Ball required.

- Instructor: Super Soccer Stars Staff
- Fee:
\$120 Resident \$125 Non-Resident
(6-Week Sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9423			
5-7 yrs	Mar 6-Apr 10	Sat	10:15-11:15 am
Act#: 9424			
5-7 yrs	Apr 17-May 22	Sat	10:15-11:15 am



Soccer Stars United: Advanced Class (Ages 5-9)

This program is designed for players who are poised for a higher level of soccer instruction. Licensed and experienced coaches use specially developed curriculum to introduce sophisticated skills, provide technical improvement, and foster social development in a fun, non-competitive environment. Players should have previous soccer experience. Soccer Ball required.

- Instructor: Super Soccer Stars Staff
- Fee:
\$120 Resident \$125 Non-Resident
(6-Week Sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9425			
5-9 yrs	Mar 6-Apr 10	Sat	9-10 am
Act#: 9426			
5-9 yrs	Apr 17-May 22	Sat	9-10 am



Super Soccer Stars Spring Camps

Each day's camp theme will guide participants through engaging activities that will teach soccer skills, build self-confidence, and promote cooperation. Bring water, healthy snack, lunch, sunscreen, sneakers/cleats, soccer ball and shin guards.

Super Soccer Stars Five-Day Camp

- Instructor: Super Soccer Stars Staff
- Fee:
\$257 Resident \$262 Non-Resident
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9427			
3-5 yrs	Apr 5-9	Mon-Fri	9 am-12 pm
Act#: 9428			
6-10 yrs	Apr 5-9	Mon-Fri	9 am-12 pm

Super Soccer Stars Five- Day United Advanced Camp

- Instructor: Super Soccer Stars Staff
- Fee:
\$309 Resident \$314 Non-Resident
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9429			
5-9 yrs	Apr 5-9	Mon-Fri	9 am-12 pm

Adult Programs

Yin Yoga

A series of long held (2-4 minutes), passive, floor poses that focus on the spine and other areas rich in connective tissue. Huge therapeutic benefits include increased circulation, improved flexibility, stress and anxiety reduction, rehabilitation from injury, and much more. Appropriate for all skill levels and body types. Bring yoga mat. **Blocks, blankets, and a bolster are strongly recommended, and orders are taken at first meeting.**

For more info: www.inspireyogaoc.com

- Instructor: Andrea Thorlakson
- Fee: \$84 Resident \$89 Non-Resident
(6-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9454			
18 yrs & up	Mar 2-Apr 6	Tue	7:45-8:45 pm
Act#: 9455			
18 yrs & up	Apr 13-May 18	Tue	7:45-8:45 pm

Rise N' Shine Yoga

Start your day with all the benefits of a well-rounded yoga practice. No experience or flexibility needed! Begin with a mindful breath, learning to let go of stress and tension that create pain and irritation in the body. Strengthen your body as well as your mind with time-tested techniques. Stretch and unwind through supported postures and guided movements. Class will be customized to all registered students for a safe, enjoyable, inspiring experience. Bring your yoga mat and yoga blocks if you have them.

For more info: www.inspireyogaoc.com

- Instructor: Andrea Thorlakson
- Fee: \$84 Resident \$89 Non-Resident
(6-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9459			
18 yrs & up	Mar 3-Apr 7	Wed	8:45-9:45 am
Act#: 9460			
18 yrs & up	Apr 14-May 19	Wed	8:45-9:45 am

Get Off Your Booty Camp

Get in shape "Boot camp style." Experience full-body high intensity workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility, and get you to a healthier and stronger YOU. Our class is a results-driven conditioning program that focuses on developing lean, toned, and healthy bodies, using your own body weight and a variety of exercise equipment. This class is designed for most fitness levels. Work at your own pace and push yourself to the next level. This will be a fun and effective workout in positive atmosphere with great upbeat music your typical boot camp. Bring your own mat, towel, and water.

For more info visit www.Endeavourpt.com

- Instructor: Maryam Stevenson
- Fee:
\$108 Resident \$114 Resident
(8-Class Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9470			
18 yrs & up	Mar 2-25	Tue & Thu	6-6:45 pm
Act#: 9471			
18 yrs & up	Apr 1-27	Tue & Thu	6-6:45 pm
Act#: 9472			
18 yrs & up	May 4-27	Tue & Thu	6-6:45 pm

15-minute Stretch into the Day



Rise & Shine as we stretch in a gentle flow. Join Kasia Andrzejuk with commit2b.fit for morning 15-minute gentle stretch flow on Zoom. Let us stay disciplined and committed to our health. This is a 10 week stretch series open for all levels and no equipment is needed.

For more info: www.commit2b.fit

- Instructor: Kasia Andrzejuk
- Fee: \$75 Resident \$80 Non-Resident
(10-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9443			
18 yrs & up	Mar 1-May 14	Mon/Fri	6:15-6:30 am

***NO CLASS ON 3/22 AND 3/26**



Zumba® Gold + Toning for Beginners

The Zumba® Gold + Toning program fuses hypnotic Latin Rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that is effective and easy to do. The routines feature interval training where fast and slow rhythms and light weights** are combined to tone and sculpt your body, improve muscle strength, flexibility, balance, and coordination while burning calories. The class is designed for beginners, active older adults or anyone interested in an easy to follow fitness program. Zumba Gold® creates a party like atmosphere. It is fun, different, easy, and effective. It is great for the mind, body and soul! Walk in ready to have a blast and tone up—leave exhilarated and empowered!

These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor. Bring receipt to first class.

**** PARTICIPANTS MUST BRING THEIR OWN 1-2 POUND WEIGHTS TO CLASS**

- Instructor: Angie Velez
- Fee:
 - Act#: 9434** (5-class package)
\$30 Resident \$35 Non-Resident
 - Act#: 9435** (10-class package)
\$50 Resident \$55 Non-Resident
 - Act#: 9436** (15-class package)
\$70 Resident \$75 Non-Resident
 - Act#: 9437** (15-class package)
\$90 Resident \$95 Non-Resident

• Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Walk-In Registration Only

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

18 yrs & up	Ongoing	Tue	6-7 pm
18 yrs & up	Ongoing	Sat	10-11 am

Virtual Pilates on Zoom



Join Kasia Andrzejuk with commit2b.fit for a fun fitness class with a combination of stretching and strengthening where you will get a full body workout utilizing Pilates principles. In this uplifting and energetic class, you will be inspired to Dream Big and discover what moves you. All skill levels welcome.

For more info: www.commit2b.fit

- Instructor: Kasia Andrzejuk
- Fee: \$100 Resident \$105 Non-Resident
(10-Week Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9441	18 yrs & up	Mar 2-May 11	Tue	1-1:45 pm
Act#: 9442	18 yrs & up	Mar 6-May 15	Tue	1-1:45 pm

***NO CLASS ON 3/23 AND 3/27**

Mobility Workshop & Pilates Class



Discover what Pilates can do for you during this workshop & Pilates class led by Kasia Andrzejuk. You will learn how to improve posture, core strength, and balance. Let us commit2b.fit and stay strong together. No Pilates experience required. Please bring a yoga mat, towel, and small pillow.

For more info: www.commit2b.fit

- Instructor: Kasia Andrzejuk
- Fee: \$29 Resident \$34 Non-Resident
(1-Class)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9444	18 yrs & up	Mar 5	Fri	9-10:30 am
Act#: 9445	18 yrs & up	Apr 2	Fri	9-10:30 am
Act#: 9446	18 yrs & up	May 7	Fri	9-10:30 am

Introduction to Singing



4-7 years old! A class to start learning how to sing in a fun way with beginner songs and fun music games.

- Instructor: Katrina Murphy
- Fee: \$60 Resident \$65 Non-Resident
(6-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9438	4-7 yrs	Mar 4-Apr 8	Thu	3:30-4:30 pm
-------------------	----------------	--------------------	------------	---------------------

Singing and Voice Lessons



Improve your voice with this class which includes breathing technique, vocal beauty and strength, harmony, musicianship and how to perform all styles of music in a fun lesson!

- Instructor: Katrina Murphy
- Fee: \$60 Resident \$65 Non-Resident
(6-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9439 7-12 yrs Mar 4-Apr 8 Thu 4:30-5:30 pm

Singing Lessons Teenage to Adult



Katrina graduated from the Royal College of music in London and has been a singing & vocal coach for 20 years. She teaches all levels, all ages, and all styles in a fun and relaxing way to get the best out of your singing voice as well as performance, vocal beauty, strength, and breathing and confidence.

- Instructor: Katrina Murphy
- Fee: \$60 Resident \$65 Non-Resident
(6-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9440 13 yrs & up Mar 4-Apr 8 Thu 5:30-6:30 pm

Pickleball 101

Learn how to play pickleball! This beginner classes meets indoors. Learn all the fundamentals of pickleball including, strokes, rules, and strategy. All levels welcome.

- Instructor: Hai Nguyen
- Fee: \$150 Resident \$155 Non-Resident
(6-Week Sessions)
- Location: Portola Park (1004 Portola Oaks Drive)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9433 18 yrs & up Mar 3-Apr 7 Wed 11:00 am-12:00 pm



Award Winning World Class Skateboard Facility

“Best Skatepark in OC” Readers’ Choice 2018, 2019, 2020—Parenting OC Magazine

“Best Skatepark in OC” Editor’s Choice 2017—Parenting OC Magazine

“#1 Family Friendly Skatepark” Reader’s Choice 2016—Parenting OC Magazine

- Location: 20028 Lake Forest Dr. Lake Forest, CA 92630
- Phone: (949) 916-5870

NOW OPEN!!

Call the Skatepark, visit the skatepark website at www.Etniesskatepark.com or follow us on social media to find out about new park hours, and Covid 19 safety measures.

Follow us on Instagram, Facebook, and Twitter



Special Needs

The City of Lake Forest provides a comprehensive special needs program. We work closely with local Lake Forest businesses to offer the special needs community fulfilling classes and socialization opportunities. The City hosts quarterly dances, networking events for special needs professionals, and a yearly resource fair for caregivers and special needs recipients. Our inclusive efforts ensure that accommodations are made for all special needs individuals to enjoy participating in any program the City offers.

COVID 19 SAFETY MEASURES FOR SPECIAL NEEDS PROGRAMS

As the Covid-19 Pandemic presents new challenges, our Special Needs community does an amazing job of evolving along with it. On top of the many programs listed within this brochure, we will also be featuring numerous lectures, events, and courses designed to meet the ever-changing needs of our population. For up-to-date info on these programs and many more, we invite you sign up for our email newsletter by contacting Recreation Supervisor Kevin Fernandez at kfernandez@lakeforestca.gov. You can also connect with us and participate in virtual programming via Instagram @lakeforestspecialneeds. We look forward to creating a healthy, happy, and fulfilled community for everyone to enjoy!



Down Syndrome Achievement Centers
educate. inspire. believe.

GiGi's Playhouse: At Home Classes



The City of Lake Forest and GiGi's Playhouse have partnered up to offer an assortment of recreation classes available from the safety of your own home! Among the many virtual programs offered are courses that include yoga, cooking, art, music, and even exercise (which is VERY important during these times). Several of these programs also place an emphasis on socialization, communication, and team-building exercises. All classes are taught by professionals and are 100% free, so there's nothing to lose by signing up! Click on the link below to register today or contact Recreation Supervisor Kevin Fernandez if you have any questions.

- Fee: **Free**
- Location: All virtual programs are located at:
<https://gigisplayhouse.org/gigisathome/calenar/>

**For more Info and To Register Call: 273-6978
or email kfernandez@lakeforestca.gov**

Special Needs Basketball Classes



Join 5-Eleven Hoops for an upbeat and positive basketball experience for individuals on the Autism Spectrum and other intellectual, physical disabilities. Our program is designed to empower our athletes not only with athletic training, but the basic social skills needed to thrive at home, at school, and on the court.

Class Objectives: Basketball fundamentals, gross motor and cognitive development, and peer interaction. Each participant will also receive a 5-Eleven shirt!

- Instructor: 5-Eleven Hoops Staff
- Fee:
\$295 Resident \$300 Non-Resident
(4-Week Course)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

**For more Info and To Register Call: 273-6978
or email kfernandez@lakeforestca.gov**

***Mandatory aide must be provided if needed.**

***NO CLASS 4/22**

Social Group for Children on the Autism Spectrum

The Learn About Friends and Feelings (L.A.F.F.) social groups were developed by Rosa Patterson Psy.D, BCBA to assist children on the autism spectrum. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional and behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

- Instructor: Natalie Taguchi-Solorio, M. Ed, PPS, BCBA
- Fee:
\$75 per session - Resident
\$80 per session - Non-Resident
- Location: Autism Behavior Services, Inc.
(23701 Birtcher Drive, Lake Forest)

For more Info and To Register call: 273-6978 or email kfernandez@lakeforestca.gov

For More Info Call: Autism Behavior Services at (949) 581-0100

2-19 yrs Ongoing Mon-Sat Varies



Martial Arts for All: A Martial Arts Program for Children and Adults with Special Needs

United Studios of Self Defense prides itself on being able to work with students of all ages with different needs and goals. Our program is designed to use individualized martial arts curriculum that is tailored to each persons' learning style, needs, and learning pace. The program will consist of a single 30-minute private session each week (1-4 students per scheduled session), allowing a student the dedicated time and attention to detail needed to refine their skills. Students will also be given the option to participate in group classes, which are determined by age. All classes are held at our location that provides a distraction free environment to maximize learning and student development. We look forward to helping to reach you and your families goals!

- Instructor: United Studios of Self Defense Accredited Instructor
- Fee:
\$75 (per private session)
\$275 (4-week program)
\$705 (12-week program)
- Location: United Studios of Self Defense (26756 Portola Parkway Ste. 2D)

For more Info and To Register Call: 273-6978 or email kfernandez@lakeforestca.gov

Gymnastics for Kids with Special Needs

Us Too Gym's gymnastics classes are specifically designed for children and teens with different abilities. (Autism, ADHD, Down Syndrome, etc.) Students will learn basic gymnastics skills such as forward rolls, handstands and cartwheels that will help improve muscle strength, balance and coordination. Other benefits include: small group classes, socialization, taking turns, sharing equipment, and, more importantly, having fun.

Please call to set a free assessment and discuss class placement.

This special pricing is available to new members only.

- Instructor: Us Too Gym Staff
- Fee:
\$90 per month (four 45 min. sessions) - Resident
\$95 per month (four 45 min. sessions) - Non-Resident
- Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

For more Info and To Register Call: 273-6978 or email kfernandez@lakeforestca.gov

5 yrs and Older Ongoing Varies



WHAT IS "TOPSOCCER"?

TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes ages 4 to 30 with physical and mental disabilities. TOPSoccer emphasizes development, training, and meaningful participation rather than competition.

IT'S ALL ABOUT FUN!

**For more info, please contact: Rick Trevers
Laguna Niguel Youth Soccer Association
Rick.Trevers@LNYSA.org
Sandy Castillo:
scastillo@calsouth.com
or visit:
calsouth.com/topsoccer**



Shining Soccer Stars Special Needs

The Shining Stars Program at Super Soccer Stars uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. Our philosophy is one of re-identification from that of an individual with “special needs,” to that of a soccer player. Using a developmentally appropriate curriculum designed by licensed educators and therapists, we work on promoting the complete growth of each individual while encouraging players to improve at their own pace. By providing a safe space to learn through this curriculum, we’re able to enhance social interactions between players and empower them to confidently play the beautiful game.

- Instructor: Super Soccer Stars Staff
- Fee:

\$120 Resident	\$125 Non-Resident
(6-Week Sessions)	(6-Week Sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 9430
10-17 yrs Mar 6-Apr 10 Sat 12:05-1:05 pm

Act#: 9431
10-17 yrs Apr 17-May 22 Sat 12:05-1:05 pm

**Parks
Make
Life
Better!**



LAKE FOREST SPORTS PARK AND RECREATION CENTER

The 86-acre Sports Park and Recreation Center opened in November 2014, and is one of the largest sports park in Orange County with 57 acres devoted to sports fields and a multi-functional recreational center.

SPRING 2021 REGISTRATION DATES

RESIDENTS

Tuesday, Feb 16, 2021 @ 8 am

NON-RESIDENTS

Tuesday, Feb 23, 2021 @ 8 am

**WE WANT TO
HEAR FROM YOU!**

Please contact us at:
LFReconline@LakeForestCA.gov
 with thoughts on our online registration system. Your feedback is very important to us.



Take
Me **H**OME
PROGRAM

The Take Me Home Program provides law enforcement crucial information through an online registry about a differently abled loved one who may be displaced from their home.

The program assists law enforcement personnel by providing information about your loved one such as emergency contact information, detailed physical descriptions, photographs, communication abilities, routines, and behaviors. Individuals with Autism, Dementia, Alzheimer's Disease, and Down Syndrome are examples of members of our community who might benefit from this registry.

Take Me Home is available to residents who live in the Sheriff's Department 13 contract cities and unincorporated Orange County.

To register your loved one, please visit the following website: <https://apps.ocsd.org/Info/TakeMeHome>.

50 and Better Programs

Don't Miss Out on The Clubhouse Calendar



The calendar is a great way to view all the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar (or no longer want the calendar), please call 461-3408 and leave your name, email address, home address and phone number (spell your last name, email address, and street address slowly please).

A virtual copy of the Clubhouse Calendar can be sent to you email inbox too!

Fee: Free

For More Info: Call The Clubhouse at 461-3408 or contact Senior Recreation Supervisor, Courtney Wysocki via email at cwysocki@lakeforestca.gov.



Transportation

The City of Lake Forest offers door-to-door transportation to Lake Forest senior residents through CA Yellow Cab.

To qualify for CA Yellow Cab,

- You must be a Lake Forest resident, 60 years of age or better, and do not drive or own a vehicle.
- Fill out a Taxi Program User application
- Have your picture taken for a Taxi Program User card

CA Yellow Cab

Cost: \$3.00 One Way (\$6.00 Round Trip)

Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.

Cost: \$7.00 One Way (\$14.00 Round Trip)

To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).

NEED ASSISTANCE WITH REGISTERING?

The Clubhouse staff have created a step-by-step tutorial to simplify your registration process.

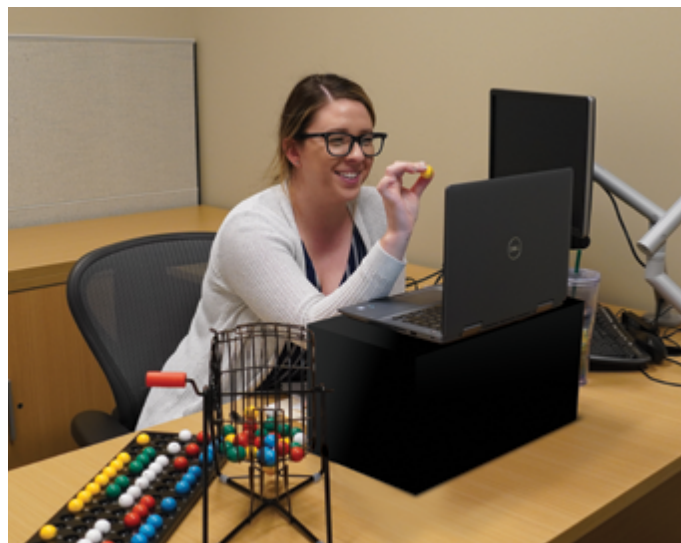
Visit:

www.lakeforestca.gov/seniors
to access the tutorial.

Email:

lfreconline@lakeforestca.gov,
or call: (949) 461-3408
for additional support.

Virtual Senior Programs



Virtual Bingo Wednesdays



Feeling lucky? Join us for virtual games of bingo! Webcam access is preferred, but not required.

To Register: Online

Act#: 9401

Seniors Mar 3-May 26 Wed 10 am-12 pm

Virtual Coffee with The Clubhouse

Grab your favorite morning drink and chat with your Clubhouse friends! Webcam access is preferred, but not required.

To Register: Online

Act#: 9402

Seniors Mar 23, Apr 27, May 25 Tue 10-11 am

Virtual Garden Club

Dig into this virtual program! The Virtual Garden Club provides education, inspiration, and a sense of joy. Webcam access is preferred, but not required.

To Register: Online

For more info call: The Clubhouse at 461-3408

Act#: 9403

Seniors Apr 6 Tue 10-11 am

Virtual Clubhouse Karaoke

Join *The Clubhouse* as we sing our hearts out virtually! Webcam and microphone access is required. Space is limited. Don't forget to dress up in theme!

To Register: Online

For more info call: The Clubhouse at 461-3408

Act#: 9404

Lucky Leprechauns and Four-Leaf Clovers

Seniors	Mar 9	Tue	10-11 am
---------	-------	-----	----------

Spring Has Sprung

Seniors	Apr 13	Tue	10-11 am
---------	--------	-----	----------

Aloha, Let's Luau!

Seniors	May 11	Tue	10-11 am
---------	--------	-----	----------

Crafty Crafters: Take Home Craft Kits

Feeling artsy? Join the Crafty Crafters program and receive your own take home craft kit!

To Register: Online

For more info call: The Clubhouse at 461-3408

Act#: 9664	Seniors	Mar 16	Tue	11-11:30 am
------------	---------	--------	-----	-------------

Act#: 9665	Seniors	Apr 20	Tue	11-11:30 am
------------	---------	--------	-----	-------------

Act#: 9666	Seniors	May 25	Tue	11-11:30 am
------------	---------	--------	-----	-------------

Young at Heart: Lake Forest Book Club

Love to read? The Book Club is for you! Join your Clubhouse friends and discuss assigned books at a monthly virtual meeting.

For more info call: The Clubhouse at 461-3408

Seniors	Mar 18	Thu	10-11 am
---------	--------	-----	----------

Seniors	Apr 15	Thu	10-11 am
---------	--------	-----	----------

Seniors	May 20	Thu	10-11 am
---------	--------	-----	----------

Register Online at:
www.lfparksandrecca.com

Senior Emeritus Classes

EMERITUS CLASSES are offered for active seniors through partnerships between the City and Irvine Valley and Saddleback College.

The courses offered are especially designed to meet the educational and recreational interests of the 50+ population. During the current Spring semester, each college offers courses in an **ONLINE-ONLY** format.

Registration is required for all Emeritus Classes through Irvine Valley College and Saddleback College directly.

For more information regarding Irvine Valley College's Emeritus offerings, visit <http://academics.ivc.edu/emmeritus>.

For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emmeritus>.

The next session of Emeritus Classes will begin in **Summer 2021**. The next edition of the Leaflet will detail each class offering and how to enroll.

Please contact Courtney Wysocki, Senior Recreation Supervisor with The Clubhouse, (949) 461-3439, or cwysocki@lakeforestca.gov, with any questions regarding the Emeritus program.



How to Register for Programs

Spring 2021 Registration Dates:

Lake Forest Residents: Tuesday, February 16, 2021, Beginning @ 8 am | **Non-Residents:** Tuesday, February 23, 2021, Beginning @ 8 am

The City charges a 3% credit fee per credit card transaction receipt for online and counter registrations.

3 Easy Ways to Register

1 Online Registration



To set up a family account in our user-friendly registration software, please go online to: www.lfparksandrecca.com

- ▶ You must provide an email address to build a family account.
- ▶ You will receive an auto-generated confirmation email with your new account login info.

We highly recommend you set up your account before registration begins.

2 Mail-In Registration



Complete the registration form and enclose your check payable to “City of Lake Forest.” Please complete a registration form with a separate check for each program.

City of Lake Forest - Attn: Community Services Division - 100 Civic Center Dr Lake Forest, CA 92630

3 Walk-In Registration



Bring the program registration form, your check, cash or credit card to:

- ▶ Lake Forest Sports Park and Recreation Center, 28000 Rancho Parkway

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
6. Returned check policy: If your check is returned to us, you will be charged a \$25 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.

Refund Policy

1. A full refund will be given for an activity cancelled by the City of Lake Forest.
2. Credit Card Fees are Non-Refundable
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).
7. All Camp cancellations requesting refunds (for Little Pioneers, Lake Forest Rocks and Lake Forest Unplugged camps) must be submitted by 5 pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee. All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee. All refund requests for Little Pioneers, Lake Forest Rocks and Lake Forest Unplugged Camps must call the Recreation Supervisor at (949) 273-6975.

For more information or assistance, please contact us at (949) 273-6960

City of Lake Forest • Community Services Program Registration Form

Photocopy if more than one registration form is needed



Primary Contact (Responsible adult for registering persons into courses)

Last Name: _____ First Name: _____ Male female

Birthdate (Required) _____ Email (Required) _____

Street Address: _____ City, State, Zip: _____

Preferred Contact Phone Number: () _____ Emergency Phone: () _____

Emergency Contact Name: _____ Emergency Contact Phone: () _____

Other Family Members (Living with primary contact: spouse, children, etc.)

Children's birthdate must be filled out completely in order to process registrations.

Last Name	First Name	Birthdate	Gender
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment before sending program registration form

Bar-code #	Participant Name	Birthdate	Gender	Activity Name	Fees
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		

Please send a separate check for each activity

Total Activity Fees

Participant and/or Parent Release Form

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

I further agree to pay any and all costs incurred as a result of said treatment _____ YES NO

I permit the use of activity/event photography and/or video of my child or myself for media promotion _____ YES NO

Please contact me via email regarding upcoming city events and news at: _____ YES NO

I fully understand that my participation in the City's programs exposes me to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge that I am voluntarily participating in this program and agree to assume any such risks.

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

DATE: _____

Signature (Parent or guardian must sign for those under 18 years of age)

Mail this form with payment to: City of Lake Forest Attn: Community Services
100 Civic Center Dr Lake Forest, CA 92639



Question or Comments on Registration?
Please Call: (949) 273-6960

Receipt of This Signed Form and Your Payment Confirms Your Registration Based Upon Availability Until The Activity is Full.

Office Use Only

Receipt #: _____ Paid by Check #: _____ Paid by Cash Amount: _____ Credit Card Type: _____ Initial/Date: _____

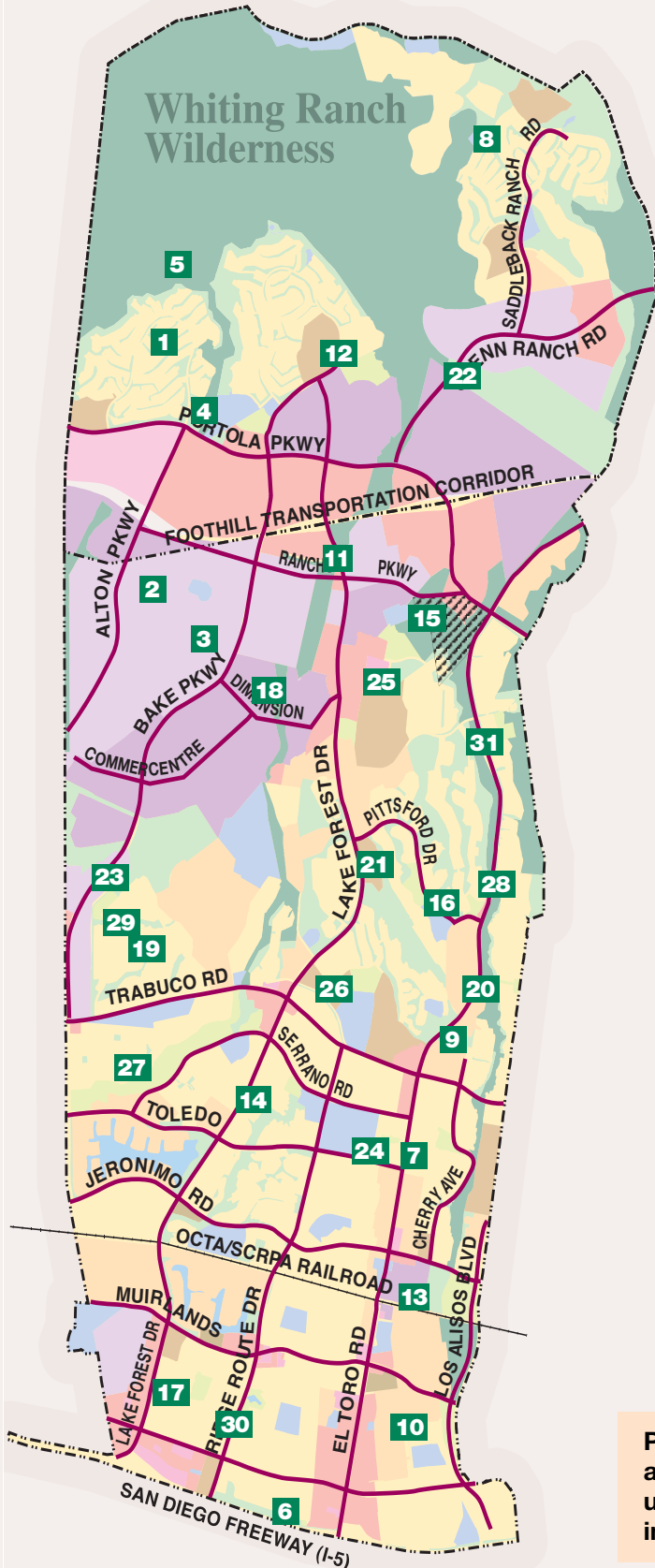
If You Need Special Assistance With Any Program, Please Call the Recreation Division @ (949) 273-6960













REFUND POLICY: In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction). Credit Card Fees are Non-Refundable.





NOT FOR EMERITUS PROGRAM REGISTRATION



CITY OF LAKE FOREST PARK GUIDE



	Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic Tables	Playground	Restrooms	Soccer	Tennis Court	Walking Path
1 Alton Park 18992 Alton Parkway	2.3	4	1 ^{hc}				9 1 ^s					
2 Baker Ranch Community Park 	8	2	1	1	1		10	1	1	1		
3 Barker Ranch Dog Park 26500 Baffin Bay Drive	0.5											
4 Borrego Park 26982 Cabriole	11	5	1 ^{fc}				11	1	1	1	1	
5 Borrego Overlook Park 21 Viaggio Lane	1.6	3					5	1				
6 Cavanaugh Park 23782 Cavanaugh Road	6.27		1 ^{hc}				1	1				
7 Cherry Park 22651 Cherry Avenue	4.5	3	1 ^{hc}				8 1 ^s	1				
8 Concourse Park 18931 Saddleback Ranch Road	7	2	1 ^{hc}				1	4 2 ^s	2	1		1
9 Darrin Park 	3.1	6	1 ^{hc}				11 1 ^s	1				
10 El Toro Park 	10	2					1	7 1 ^s	1	1	2 ^L	
11 Etnies Skatepark of Lake Forest Park 	5.3						4		1			
12 Foothill Ranch Community Park 19422 Rue De Valore	15.5	2	1 ^{fc}				10	2	1	1	2	1
13 Heroes Park 25420 Jeronimo Road	12.4	1	4 ^L	1 ^L			5		1			
14 Lake Forest Park 24000 Serrano Road	2.3							1				
15 Lake Forest Sports Park/Recreation Center  	86	8	5 L	2 L	3 L	1	36 S	2	2	5 L		1
16 Montbury Park 	3.5	1					2					
17 Mountain View Park 	5.3	2	1 1 ^{hc}	1 ^{fc}			1	9 1 ^s	2	1	2 ^L	
18 Nature Park 26215 Dimension Drive	4.5						7 1 ^s					1
19 Peachwood Park 21132 Peachwood	2.7						5 1 ^s	1				
20 Pebble Creek Park 	1.9						1	1				
21 Pittsford Park 	10	2					8 1 ^s	2	1		2	1
22 Portola Park 28040 Glenn Ranch Road	5											
23 Rancho Serrano Park 20842 Paseo Sombra	5.1	3					7			1		
24 Ranchwood Park 22500 Killy Street	1.9		1 ^{hc}				1					
25 Regency Park Regency Lane & Osterman Road	5									1		
26 Ringgate Park 	5	1	1 ^{fc}				7 1 ^s	3	1		1	
27 Serrano Creek Park 	44	3					13 1 ^s	1	1			1
28 Sundowner Park 22041 Sundowners Lane	0.8	1					2	1				
29 Tamarisk Park 22001 Tamarisk	11.2		1	1 ^{fc}			6	1	1			
30 Veterans Park 23102 Ridge Route Drive	4.7						3					
31 Vintage Park 21000 Vintage Street	4.8	5	1 ^{fc} 1 ^{hc}				11	1				

-  park shelter available for reservation
-  under construction
-  gymnasium
-  roller rinks
- fc full court
- hc half court
- L lights
- s shelter

Park hours are dawn to dusk. Lighted athletic fields or tennis courts are open until 10 p.m. Park rules are posted in each park.





City of Lake Forest
100 Civic Center Drive
Lake Forest, CA 92630

PRSR STD
U.S. POSTAGE PAID
PERMIT NO. 104
LAKE FOREST, CA

POSTAL CUSTOMER

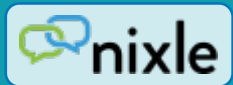
ECRWSS

CITY NEWS & UPDATES



ALERT OC

In a life-threatening emergency, the Orange County Sheriff's Department and Orange County Fire Authority will use Alert OC to share critical information via text, email, and voice calls. Be sure you and your loved ones are registered for Alert OC at www.alertoc.org. Also ensure your information is updated if you have moved since registering, as the system is geographically based.



The City uses Nixle to share important news with residents. You can receive the information via text, email, or voice calls. Text LakeForest or your ZIP code to 888777 to register, or sign up at www.nixle.com.



CITY OF LAKE FOREST APP

The City of Lake Forest smart-phone app is available in the **App Store** and **Play Store**. Not only does it provide important City information, it also allows users to report issues such as potholes or graffiti directly to City staff. For important updates, the app allows push messages to users as well.



ALEXA SKILL

The City is on Alexa! Enable the Alexa skill on your Echo device to get commonly asked questions answered.



NEXTDOR

The City of Lake Forest is on Nextdoor. In addition to regular news postings, the City can push out urgent news through the app.



SOCIAL MEDIA

The City shares important information on Instagram, Facebook, and Twitter.



CITY WEBSITE

Important information and updates during an emergency will be posted on the City's website, www.lakeforestca.gov.

CITY TELEPHONE NUMBERS

Building Division	461-3470	Graffiti Hotline	461-3583
Building Inspection	461-3468	Housing	461-3569
City Clerk	461-3420	OC Animal Care	249-5160
City Council	461-3420	Passport & Notary	461-3420
City Manager's Office	461-3410	Planning	461-3491
Community Policing Center	461-3530	Public Works	461-3480
Community Preservation	461-3474	Recreation	461-3450
Economic Development	461-3567	Sports Park & Recreation Center	273-6960
Etnies Skatepark	916-5870		

FIND US ONLINE

City	LakeForestCA.gov
Economic Development	lakeforestbusiness.com facebook.com/LakeForestBusiness
Etnies Skatepark of Lake Forest	etniesskatepark.com
LinkedIn	linkedin.com/company/city-of-lake-forest-ca
Sports Park & Recreation Center	lfsportspark.com

For more info call 461-3450, 273-6960 or visit our website at www.lakeforestca.gov. For up-to-date info on City special events, check out facebook.com/LakeForestEvents and follow us on Twitter [@LakeForestCA](https://twitter.com/LakeForestCA).

