

Recreation Programs

Winter 2016-17

CITY OF LAKE FOREST

December, January, February

Leisure Times



SnowFest!

Saturday, January 28, 2017 See page 3



LEISURE TIMES INDEX

PAGE NUMBER

City Special Events 1, 3

Winter 2016/17 Events At A Glance 2

Youth. 4

Teen Activities & Excursions 4-5

Sports Park & Recreation Center 6

Recreation Classes. 6-18

Special Needs 19-21

Etnies Skatepark of Lake Forest 21-24

Community Services 24-25

Senior Programs 25-30

Need to Know Numbers! 29

Excursions 31

Senior Emeritus Classes 31-34

How to Register. 35

Program Registration Form 36



Contact Information

City Hall 461-3400

- Community Services 461-3450
- Etnies Skatepark
of Lake Forest 916-5870
www.etniesskateparkoflakeforest.com
- Lake Forest Sports Park &
Recreation Center 273-6960
- Lake Forest Teens 273-6961
www.LFteens.com
- Lake Forest Seniors 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 . . . 461-3410
- Community
Policing Center 461-3548
- Economic
Development. 461-3567
- Employment Hotline 461-3418
- Fields Hotline 461-3595
- Graffiti Hotline 461-3583
- Public Works 461-3480

Front Cover Photo: John McGuire

Community Services Winter Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

City Hall will be closed on the following dates:
(No classes will be held on these dates.)

- December 2, 16, 26 (Day after Christmas), 30
- January 2 (New Year's Day observed), 13, 27
- January 16 (Martin Luther King Day)
- February 10, 20 (Presidents' Day), 24

Lake Forest Sports Park & Recreation Center Holiday Schedule

- December 24 (Christmas Eve) Open 10 am-5 pm
- December 25 (Christmas Day) Closed
- December 31 (New Year's Eve) Open 10 am-5 pm
- January 1 (New Year's Day) Open 12-8 pm

For general questions regarding Community Services Programs, visit www.lakeforestca.gov. You can also register for programs even on closed days. Visit our online registration at online.activecommunities.com/lfreconline.



CITY SPECIAL EVENTS

Bunco or Bust – Crazy Holiday Sweater Night

'Tis the Season to dust off your favorite holiday sweater and wear it to Bunco Night. A PRIZE will be given to the person who wears the most creative or craziest sweater! If you have never played Bunco, we'll teach you! No skill is involved – just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)



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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7365 Adults/Seniors Dec 2* Fri 7-9:30 pm
Barcode#: 7366 Adults/Seniors Jan 20 Fri 7-9:30 pm

*Sweater night only for Dec 2

35th Annual Victorian Christmas

Imagine you have been transported to the turn of the 20th Century, you hear the sound of carolers as you stroll through a historic village decorated in the holiday cheer of the era. Your children are making hand-dipped candles and the smell of vanilla cookies hangs in the air as Mrs. Claus tells stories about life at the North Pole. Docents will be on hand to lead families through the old buildings of Orange County's past, decorated to celebrate the holidays. Capture the magic of a Victorian era Christmas past!

Fee: \$5 Adults & Children (ages 3-12)
Free-Children under 3 years old

Location: Heritage Hill Historical Park
(25151 Serrano Rd)

To Register: Pay at the door

For more info call: Heritage Hill Historical Park at 923-2230 or 923-2232

Families Dec 3 Sat 11 am-3 pm

The City of Lake Forest is happy to accommodate individuals with special needs in any of our programs.

To request a specific accommodation, please call (949) 461-3450.

31st Annual Candlelight Walk

Enjoy the sights and sounds of an antique holiday celebration, as Heritage Hill Historical Park is transformed for the holidays. Hundreds of luminarias will light up the pathways to each of the four historic buildings, for park docent tours highlighting the history of old Orange County. Park visitors will be able to enjoy refreshments, carolers and storytellers in this family oriented annual event.

Fee: \$5 Adults & Children (ages 3-12) &
Free – Children under 3 years old.

Location: Heritage Hill Historical Park
(25151 Serrano Rd)

To Register: Pay at the door

For more info call: Heritage Hill Historical Park at 923-2230 or 923-2232

Families	Dec 10	Sat	5:30-8:30 pm
Families	Dec 11	Sun	5:30-8:30 pm

"Dog-a-Palooza" Pet Expo



Dog-a-Palooza is a unique and family oriented event centered around family pets. Please feel free to bring your well socialized, dog/people-friendly dog. This one day event offers a variety of informative groups, retailers, groomers, veterinarians and pet organizations – everything you need to know for a happier, healthier pet! There will be a Pack Walk around the Sports Park, informative booths, kids' activities and a K-9 demonstration. ***Please note: no flexible leashes are allowed for safety reasons. If your dog is not friendly, you may be asked to leave the event.**

Fee: FREE

Location: Lake Forest Sports Park Commons Area
(28000 Rancho Parkway)

For More Info Call: The City of Lake Forest at 461-3450

Families Feb 18 Sat 10 am-1 pm

North Pole Calling

As the holiday approaches, it signals the arrival of Santa Claus. What better way to celebrate than with a phone call from the jolly old man himself? If your little one would like to hear from Santa Claus, the City of Lake Forest will be happy to arrange it. Just fill out the North Pole Calling reservation form, available online at Lfsportspark.com by Wednesday, November 2. Turn it in by mail, fax, or walk-in to make sure you get that special holiday call.

Fee: Free for Lake Forest residents

Reservation Deadline Date: Wednesday, November 30 by 5 pm

Online Registration is not accepted for this program.

For more info or to receive a North Pole Calling reservation form call: The Recreation Center at 273-6960

Ages 3-8	Dec 6-8	Tue-Thu	6:30-8:30 pm
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(Ages 3-4 will be called on Tuesday, Ages 5-6 will be called on Wednesday, and Ages 7-8 will be called on Thursday)

WINTER 2016/17 EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
Sat., December 3	8:30-10:30 am, 11:30 am-1:30 pm	Breakfast and Brunch with Santa	Lake Forest Recreation Center	\$8 per person; children 3 and older must be registered
Sat., December 3	11 am-3 pm	35th Annual Victorian Christmas	Heritage Hill Historical Park	\$5 adults and children ages 3-12; children under 3 free
Tue., December 6- Thu., December 8	6:30-8:30 pm	North Pole Calling	Lake Forest Recreation Center	Free for Lake Forest residents (pre-registration required)
Sat., December 10 and Sun., December 11	5:30-8:30 pm	31st Annual Candlelight Walk	Heritage Hill Historical Park	\$5 adults & children ages 3-12; Children under 3 years old Free
Tues., December 13	7-9 pm	13th Anniversary Celebration-Etnies Skatepark	Etnies Skatepark of Lake Forest	Free to attend 
Sat., January 28, 2017	11am-4 pm	SnowFest 	Pittsford Park	\$7 per sledder (pre-registration required); additional activities available for nominal fee
Sat., February 18, 2017	10 am-1 pm	Dog-a-Palooza Pet Expo	Lake Forest Recreation Center Commons	Free to attend

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](https://www.facebook.com/LakeForestEvents) and follow us on twitter



Bunny Blast 🐰 An Egg Wonderland!

**SAVE
THE
DATE!**

Saturday, April 8, 2017

11 am-3 pm • El Toro Park (23701 Los Alisos Blvd)

More info in your Spring Leisure Times at the end of January!





Breakfast & Brunch with Santa

Santa invites you and your family to join him for a delicious home-style cooked breakfast and brunch complete with pancakes, scrambled eggs, sausage, juice, and milk. There will be holiday melodies, cookie decorating, and storytime with Santa. This event will sell out fast! Day of registration will not be accepted, so be sure to register early!

Fee: \$8 per person
(children ages 3 and older must be registered)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7262 Families Seating 1 Dec 3 Sat 8:30-10:30 am

Barcode#: 7263 Families Seating 2 Dec 3 Sat 11:30am-1:30 pm

Fourth of July Parade Committee

Would you like to try your hand at event planning? Have you ever wanted to be more involved in City events? The City of Lake Forest is looking for you! We're welcoming interested volunteers to help us plan the 26th Annual Lake Forest Fourth of July Parade by becoming a parade committee member!

Meeting Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

For more info on the 4th of July Parade Committee email: Danielle Borenstein at dborenstein@lakeforestca.gov

Adults Feb 6 Mon 6 pm

Fourth of July Parade Logo Design Contest



The City of Lake Forest is looking for creative and patriotic designs for its 26th Annual 4th of July Parade. This year's theme is "Let Freedom Ring!" If you think you have a good idea and logo design, send a Hi Res Jpeg to enter the contest to dborenstein@lakeforestca.gov. The winner of the logo contest will have their logo featured on all the 4th of July Parade advertising and will also be invited to be a VIP entry in the parade. Deadline for entries is February 1st by 5 pm.

For more info please contact Danielle Borenstein, Recreation Coordinator, at dborenstein@lakeforestca.gov.



SnowFest

Saturday, January 28, 2017

Come be a part of this annual winter event and hit the snow laden slopes at Pittsford Park! Grab the kids, the camera, and your friends and come play in the snow where sleds and saucers will be available to slide down Mount Pittsford. There will also be a free snow play area for kids 5 and under open during the entire event. Check out additional attractions at the event and bring your camera for guest appearances from a galaxy far away. Food and drinks are available for a nominal fee. **Pre-registration is mandatory. Tickets are sold out by the time of the event.** Everyone who sleds down the hill must have a pre-purchased wristband. Children under five are required to ride with an adult.

Fee: \$7 per Sledder – Cash only Presale at the Lake Forest Recreation Center

Each participant must have a signed waiver form on file with the City.

Online registration is not accepted for this program

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Purchase tickets at Lake Forest Recreation Center (28000 Rancho Parkway) – PRESALE AND CASH ONLY

For more info call: The Lake Forest Recreation Center at 273-6960

Lake Forest Resident Registration Dates (proof of residency is required i.e. Driver's License or Utility Bill):

Lake Forest Residents Only	Wed	Jan 11	12-7 pm
Lake Forest Residents Only	Thu	Jan 12	12-7 pm

Open Registration (based upon ticket availability)			
Non-Lake Forest Residents	Fri	Jan 13	12-7 pm

SnowFest Sessions

Session 1	Families	Sat	Jan 28	11 am-12:15 pm
Session 2	Families	Sat	Jan 28	12:45-2 pm
Session 3	Families	Sat	Jan 28	2:30-3:45 pm

* For wristband session availability and other information, log on to [facebook.com/LakeForestEvents](https://www.facebook.com/LakeForestEvents)

**Rain date for this event is February 4. Call the event hotline number at 949-461-3459 for rain date information.

YOUTH

Holiday Hoopla Full-Day Winter Break Camp

This annual holiday party just got bigger and better than ever with two weeks of winter fun! The camp consists of three days of onsite fun and two-days of field trips. Camp will be full of crafts, games, and other fun activities! Participants must bring a snack and a lunch. Some excursions may require additional money for your child to have lunch, play games, or buy souvenirs. Excursions are subject to change. Camp will have an 8 to 1 camper to counselor ratio. No transfers or refunds for missed days. *Parent letters, emergency forms, and weekly schedules are posted on <http://www.lakeforestca.gov/612/Youth-Camps>.*

Instructor: City Staff

Fee: \$129 per participant – Resident
\$134 per participant – Non-Resident
(5-day camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: On-line, Mail-in, Walk-in

For more info call: The Lake Forest Recreation Center at 273-6960

Barcode#: 7299 6-10 yrs Dec 19-23 Mon-Fri 7:30 am-6 pm
(must be in 1st grade) *No early drop-offs
Barcode#: 7300 6-10 yrs Dec 26-30 Mon-Fri 7:30 am-6 pm
(must be in 1st grade) *No early drop-offs

Kids' Factory – SVUSD

Kids' Factory is a drop-in recreation program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. All activities are held outdoors and are subject to cancellation due to unfavorable weather conditions. Check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11 am.

Instructor: SVUSD Staff

Fee: \$50/entire school year

Locations: Foothill, Gates, Lake Forest, La Madera,
Olivewood, Portola, Rancho Canada, Santiago

To Register: Please visit communityservices.svUSD.org or register on-site by check or credit card. Registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981, press 1

Grades K-6 Sep 6-Jun 2 Mon-Fri
Times vary depending on school dismissal.

TEEN ACTIVITIES & EXCURSIONS

THE Lounge

"Last Fridays" Lounge Nights

Join us at the end of every month and celebrate Last Fridays! Give your parents a night off and celebrate good times with friends at the Recreation Center and Teen Lounge! There will be video games, dinner and snacks, movie screenings, music, activities, cool raffle prizes and maybe even surprise guest entertainers! These will be Friday nights you won't want to miss! Discount is given to participants who pre-register.

Fee: \$5 per person per Friday – pre-registered
\$7 per person per Friday – at the door

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

For More Info Call: 273-6975 or email mvillasenor@lakeforestca.gov

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

Barcode#: 7198 Teens 11-14 Jan 27 Fri 6-9:30 pm
Barcode#: 7199 Teens 11-14 Feb 24 Fri 6-9:30 pm

Winter Break Adventure Camp

Take part in this ADVENTURE camp! The camp consists of three days of onsite games and crafts and a one-day field trip. Our fee includes activities, trips, snacks, supplies and transportation. Don't wait, sign up for this camp fast before you have to go back to school!

Instructor: City Staff

Fee: \$129 per participant – Resident
\$134 per participant – Non-Resident
(5-day camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: On-line, Mail-in, Walk-in

For more info call: The Lake Forest Recreation Center at 273-6960

Barcode#: 7201 11-14 yrs Dec 19-23 Mon-Fri 7:30 am-6 pm
Barcode#: 7202 11-14 yrs Dec 26-30 Mon-Fri 7:30 am-6 pm



Knott's Berry Farm

Come experience all the thrills of this southern California theme park at a discount price! Experience Ghost Rider the world's best wooden roller coaster, Supreme Scream, 30-stories up, 3 seconds down and the high-octane thrill of Xcelerator, rated the world's best launch coaster, sending riders 0-80 in 2.3 seconds. This chaperoned trip will include admission to theme park and transportation.

Fee: \$45 – Resident
\$50 – Non-Resident

Location: Lake Forest Community Center
(28000 Rancho Parkway)

For More Info Call: 273-6975 or email mvillasenor@lakeforestca.gov

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

Barcode#: 7311 12-16 yrs Feb 17 Fri 9 am-8 pm



A.C.T. (Advisory Committee for Teens)

Are you in middle school or high school and want to make a difference in your community? Then get ACTive in your community and make it happen by joining the A.C.T. Let your voice be heard! Help plan teen activities and excursions, volunteer for City events, and be a voice for your community. The committee meets twice a month and does service projects throughout the year. This prestigious group helps to give students real world experience and service hours for college applications. This is a year-long commitment volunteer group. Teens wishing to be a part of the group must attend a meeting and go through the application process that includes a registration packet and interview.

Location: The Lake Forest Recreation Center
(28000 Rancho Parkway)

For more info call: 273-6975 or email mvillasenor@lakeforestca.gov

Winter Committee Meeting nights:

Teens	Dec 1	Thu	6-7 pm
Teens	Dec 14	Wed	6-7 pm
Teens	Jan 5	Thu	6-7 pm
Teens	Jan 18	Wed	6-7 pm
Teens	Feb 2	Thu	6-7 pm
Teens	Feb 15	Wed	6-7 pm
Teens	Mar 2	Thu	6-7 pm



College Workshop: Finding the Right College



High school students can create their college options. This workshop will cover 25 ways NOT to choose a college, standardized test tips and how to avoid common mistakes. Financial Aid will be explained – Merit Aid vs Need-Based Aid, FAFSA, EFC and Profile. Find out what questions to ask a college. **Parents are free with paid student and are encouraged to attend.**

Instructor: David Gurr

Fee: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7306 14-18 yrs Jan 19 Thu 6-8:30 pm

College Workshop: Playing the Financial Aid Game



Learn how to save thousands of dollars on the cost of college. Free guide on completing the FAFSA and CSS Profile. Learn how to avoid common aid mistakes. Learn about Merit Aid vs Need-based Aid, EFC calculation and net price calculator. **Parents are free with paid student and are encouraged to attend.**

Instructor: David Gurr

Fee: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7309 14-18 yrs Feb 9 Thu 6-8:30 pm

College Workshop: Selective College Admissions



Learn the key factors desired by Elite colleges. Know what the Top 12 strengths and experiences colleges look for in students. Learn strategies in building your ideal balanced college list. Discussion on UNNWR ranking methodology, early decision and early action. Review case studies and targeted approaches to essay building. **Parents are free with paid student and are encouraged to attend.**

Instructor: David Gurr

Fee: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7310 14-18 yrs Mar 2 Thu 6-8:30 pm

LAKE FOREST SPORTS PARK & RECREATION CENTER

The Lake Forest Sports Park & Recreation Center Gymnasium spreads 27,000 square feet with two hardwood floored basketball courts and two volleyball courts.

Stop by Open Gym times for a game of basketball or volleyball! Free for Residents and Commercial Residents. Open Gym membership for non-residents is \$40 for the remainder of 2016, \$100 for the 2017 calendar year, and \$5 daily pass.



Basketball:

Monday-Friday: 10 am-1 pm

Monday: 6:30 pm-9:30 pm (30 & up)

Saturday: 2 pm-6 pm

Sunday: 2:30 pm-5:30 pm

Volleyball:

Wednesday 6:30 pm-9:30 pm

Thursday 6:30 pm-9:30 pm

Saturday 6:30 pm-9:30 pm

Sunday 10 am-2 pm

- All participants must be over the age of 14 or accompanied by a parent/guardian.
- A photo I.D. is required each time a participant attends Open Gym activities.
- No food or drink is allowed inside the gymnasium.
- Basketballs and volleyballs can be rented out for the exchange of an I.D.



Looking to connect with us? Follow us on these social media platforms:



facebook.com/lfsportspark



[lakeforest_sportspark](https://instagram.com/lakeforest_sportspark)

Use #Lakeforestsportspark when posting your pictures and your picture may be reposted on one of our social media platforms.

RECREATION CLASSES

Preschool Programs

Jolly Jammies & Flap Jacks Holiday Preschool Party



'Tis the season to rock your "holiday" jammies! Be sure to wear your favorite holiday pajamas and come enjoy a delicious snack of mini pancakes! The party will be full of holiday crafts, songs, games and story time! Be sure to come with your holiday cheer! Parent Participation is Required.

Instructor: City Staff

Fee: \$10 – Resident

\$15 – Non-Resident

(1 time workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7296 2-5 yrs Dec 9 Fri 10-11 am

Woodland Critters Preschool Class



Over the river and through the woods! Friends of the forest have come to play: bears, foxes, deer and more! Each class will feature story time, songs, crafts, games and a yummy snack based on all your favorite woodland critters! Come join us for some forest fun! Parent Participation Required.

Instructor: City Staff

Fee: \$30 – Resident

\$35 – Non-Resident

(1 time workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7297 2-5 yrs Jan 6-27 Fri 10-11 am

The City of Lake Forest is happy to accommodate individuals with special needs in any of our programs.

To request a specific accommodation, please call (949) 461-3450.

Puppy Love Valentine's Day Party



You can sit, stay, and play for a waggin' good time! Come to our Puppy Love Valentine Party! Enjoy puppy love themed games, crafts, songs, snacks and story time. It will be a dog-gone great party! We would "woof" you to come! Parent participation required.

Instructor: City Staff

Fee: \$10 – Resident
\$15 – Non-Resident
(1 time workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7298 2-5 yrs Feb 10 Fri 10-11 am

Youth

Holidays with Music Together

Here is your chance to experience a musical holiday celebration, the Music Together way! Children will have the opportunity to create and play in a fun, winter themed environment. These classes are an introduction to a lifetime of holiday musical enjoyment!

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$30 – Resident
\$35 – Non-Resident
(2 class sessions) Babies under the age of 8 months free with registered sibling.

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7203 9 mos-6 yrs Dec 5-12 Mon 9:15-10 am

Barcode#: 7204 9 mos-6 yrs Dec 9-16 Fri 10:30-11:15 am

Barcode#: 7205 9 mos-6 yrs Dec 10-17 Sat 9:15-10 pm

For your convenience, we now accept credit card payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park & Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 4 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: \$155 – Resident
\$160 – Non-Resident
(10-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$40 fee payable to instructor is required at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7216 Birth-4 yrs Jan 16-Mar 20* Mon 9:15-10 am

Barcode#: 7217 Birth-4 yrs Jan 16-Mar 20* Mon 10:15-11 am

Barcode#: 7218 Birth-4 yrs Jan 16-Mar 20* Mon 4:30-5:15 pm

Barcode#: 7219 Birth-4 yrs Jan 20-Mar 24 Fri 10:30-11:15 am

Barcode#: 7220 Birth-4 yrs Jan 21-Mar 25 Sat 9:15-10 am

***No class 2/20**

Do, Re, Mi Piano and Music

Music class encourages development of the whole child through music with instrument play, piano fingering and playing simple tunes, singing do, re, mi music notations and songs, rhythm and melodic patterns, props, puppets and creative movement. Parent participation required. Keyboards provided by the instructor.

Instructor: Sophi Albert

Fee: \$138 – Resident
\$143 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$15 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7221 2-5 yrs Jan 10-Feb 14 Tue 10:20-11 am



Pee Wee Gymnastics

This course teaches basic skills for floor exercise, bars, balance beam, and vault along with our 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. FREE open play when you are signed up in a gymnastics class.

Instructor: Us Too Center Staff

Fee: \$65 – Resident
\$70 – Non-Resident
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7226	1-3 yrs*	Dec 5-Jan 2	Mon	10-10:45 am
Barcode#: 7227	2.5-4 yrs**	Dec 5-Jan 2	Mon	11-11:45 am
Barcode#: 7228	1-3 yrs*	Dec 6-Jan 3	Tue	10-10:45 am
Barcode#: 7229	2.5-4 yrs**	Dec 6-Jan 3	Tue	11-11:45 am
Barcode#: 7230	3-4 yrs	Dec 7-Jan 4	Wed	2-2:45 pm
Barcode#: 7231	1-3 yrs*	Jan 9-30	Mon	10-10:45 am
Barcode#: 7232	2.5-4 yrs**	Jan 9-30	Mon	11-11:45 am
Barcode#: 7233	1-3 yrs*	Jan 10-31	Tue	10-10:45 am
Barcode#: 7234	2.5-4 yrs**	Jan 10-31	Tue	11-11:45 am
Barcode#: 7235	3-4 yrs	Jan 11-Feb 1	Wed	2-2:45 pm
Barcode#: 7236	1-3 yrs*	Feb 6-27	Mon	10-10:45 am
Barcode#: 7237	2.5-4 yrs**	Feb 6-27	Mon	11-11:45 am
Barcode#: 7238	1-3 yrs*	Feb 7-28	Tue	10-10:45 am
Barcode#: 7239	2.5-4 yrs**	Feb 7-28	Tue	11-11:45 am
Barcode#: 7240	3-4 yrs	Feb 8-Mar 1	Wed	2-2:45 pm

*No class 12/26, 12/27, 12/28

* Mommy & Me classes: parent participation required

** Transition class: Kids advanced enough to not need parent participation

Junior Flame Gymnastics

This program is designed for girls and boys preparing to move from preschool classes into our Academy classes. This transition class places the emphasis on developing specific gymnastics skills through progressive activities: tumbling, vaulting, bars, balance beam, rings, p-bars, and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$52.50 – Resident \$70 – Resident
\$57.50 – Non-Resident \$75 – Non-Resident
(3-week sessions) (4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7331	5-6 yrs	Dec 5-19	Mon	6:30-7:25 pm
Barcode#: 7332	5-6 yrs	Dec 7-28	Wed	2:30-3:25 pm
Barcode#: 7333	5-6 yrs	Jan 9-30	Mon	6:30-7:25 pm
Barcode#: 7334	5-6 yrs	Jan 4-25	Wed	2:30-3:25 pm
Barcode#: 7335	5-6 yrs	Feb 6-27	Mon	6:30-7:25 pm
Barcode#: 7336	5-6 yrs	Feb 1-22	Wed	2:30-3:25 pm

Gymnastics – Girls Fire Academy

This program is structured to follow the guidelines set by USA Gymnastics and is achievement oriented in a fun and positive environment. Basic skills, progressions, strength and flexibility are included in our program. Instruction included on vault, bars, balance beam, floor exercise, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$67.50 – Resident \$90 – Resident
\$72.50 – Non-Resident \$95 – Non-Resident
(3-week sessions) (4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7337	7-12 yrs	Dec 5-19	Mon	6:30-8 pm
Barcode#: 7338	7-12 yrs	Dec 7-28	Wed	2-3:30 pm
Barcode#: 7339	7-12 yrs	Jan 9-30	Mon	6:30-8 pm
Barcode#: 7340	7-12 yrs	Jan 4-25	Wed	2-3:30 pm
Barcode#: 7341	7-12 yrs	Feb 6-27	Mon	6:30-8 pm
Barcode#: 7342	7-12 yrs	Feb 1-22	Wed	2-3:30 pm

Gymnastics- Boys Fire Academy

This program is focused on three elements: a fun positive environment, fundamental skill development basic motor-muscular development in coordination, strength and flexibility. By emphasizing your child's success, athletic confidence will develop for gymnastics and any other sport your son may later pursue. Instruction included on tumbling, vault, P-bars, high bar, rings, pommel horse, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$67.50 – Resident \$90 – Resident
\$72.50 – Non-Resident \$95 – Non-Resident
(3-week sessions) (4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7343	7-12 yrs	Dec 5-19	Mon	6:30-8 pm
Barcode#: 7344	7-12 yrs	Dec 7-28	Wed	2-3:30 pm
Barcode#: 7345	7-12 yrs	Jan 9-30	Mon	6:30-8 pm
Barcode#: 7346	7-12 yrs	Jan 4-25	Wed	2-3:30 pm
Barcode#: 7347	7-12 yrs	Feb 6-27	Mon	6:30-8 pm
Barcode#: 7348	7-12 yrs	Feb 1-22	Wed	2-3:30 pm

*Recreation
classes make
great gifts!*



Beginning Tumbling

Tumbling classes are designed for boys and girls wanting to concentrate on the tumbling aspects of gymnastics. The class is great for aspiring cheerleaders and dancers wanting to learn acro skills or those who just like to flip! Students will use the trampoline, tumble tramp and spring floor. Strength and flexibility training are also incorporated into the classes. Beginning tumbling emphasizes fundamentals.

Instructor: Wildfire Gymnastics Staff

Fee: \$52.50 – Resident \$70 – Resident
 \$57.50 – Non-Resident \$75 – Non-Resident
 (3-week sessions) (4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7469 7-17 yrs Dec 3-17 Sat 11:30 am-12:30 pm

Barcode#: 7470 7-17 yrs Jan 7-28 Sat 11:30 am-12:30 pm

Barcode#: 7471 7-17 yrs Feb 4-25 Sat 11:30 am-12:30 pm

"Frozen" Parent & Me Princess Ballet

Enjoy all your favorite songs and stories in this special edition Princess Ballet class. Young dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and fantasy and lots of encouragement. Princess ballerinas will use props, bounce around 'snowballs', wear princess tutus, work on gross motor skills, hear stories from the 'Frozen' series and dance to songs from the movie and other princess favorites. Class also promotes listening skills, strength, coordination, balance and musicality. Visit ocdanceproductions.com for more information on classes and recommend attire. **Free trial class on January 9th at 10:45am.**

Instructor: OC Dance Productions Staff

Fee: \$65 – Resident
 \$70 – Non-Resident
 (5-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7245 1½-3 yrs Jan 23-Feb 27 Mon 10:45-11:35 am

***No class 2/20**

For your convenience, we now accept credit card payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park & Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.

"Frozen" Princess Ballet

Do you feel that winter chill? It's 'Frozen' Princess Ballet. Enjoy all your favorite songs and stories in this special edition Princess Ballet class this session. Young dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and fantasy and lots of encouragement. Princess ballerinas will use props, bounce around 'snowballs', wear princess tutus, hear stories from the 'Frozen' series and dance to songs from the movie and other princess favorites. Class also promotes listening skills, coordination, balance and musicality. Optional recital in June (must be enrolled in both winter and spring sessions) Nominal Costume fee applies. Visit ocdanceproductions.com for more information. **Free trial class on January 9th and January 14th at 9am.**

Instructor: OC Dance Productions staff

Fee: \$65 – Resident
 \$70 – Non-Resident
 (5-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7244 3-5 yrs Jan 23-Feb 27* Mon 9-9:45 am

Barcode#: 7250 3-5 yrs Jan 21-Feb 18 Sat 9-9:45 am

***No class 2/20**

Preschool Ballet and Tap

Our littlest dancers will be introduced to the world of beginning tap, jazz and ballet movements and terminology while incorporating kinder-ready skills such as color and number recognition. Class also includes developing spatial awareness, rhythm and listening skills. Ballet and tap shoes required. Optional recital in June must be enrolled in winter and spring. Nominal costume fee applies. Visit www.ocdanceproductions.com for more information on class and recital. **Free trial class on January 9th at 9:50am.**

Instructor: OC Dance Productions staff

Fees: \$65 – Resident
 \$70 – Non-Resident
 (5-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7252 3-5 yrs Jan 23-Feb 27* Mon 9:50-10:35 am

***No class 2/20**



Ballet, Jazz & Tap Combo

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. Optional recital in June must be enrolled in winter and spring). Nominal costume fee applies. Visit www.ocdanceproductions.com for more information on class and recital. **Free trial class on January 10th at 4:20pm and January 14th at 9:50am.**

Instructor: OC Dance Productions staff

Fee: \$65 – Resident
\$70 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7246 3-6 yrs Jan 17-Feb 21* Tue 4:20-5:05 pm
Barcode#: 7247 3-6 yrs Jan 21-Feb 18 Sat 9:50-10:35 am
***No class 2/14**

Classical Ballet Beginning

Class focuses on beginner ballet terminology, positions, and movements with an emphasis on self-discipline, alignment, grace and poise. Ballet shoes required. Performance for family and friends on the last day of class. (Optional recital in June -must be enrolled in winter and spring). Nominal costume fee applies. **Free trial class on January 10th at 3:30pm and January 14th at 10:45am.**

Instructor: OC Dance Productions staff

Fee: \$65 – Resident
\$70 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7367 4-6 yrs Jan 17-Feb 21* Tue 3:30-4:15 pm
Barcode#: 7368 4-6 yrs Jan 21-Feb 18 Sat 10:45-11:30 am
***No class 2/14**

All-in-One Dance

Dancers will learn the basic fundamentals in ballet, jazz, tumbling and hip hop. Class promotes balance, coordination, rhythm, listening skills, and imagination through creative movement. Suitable for boys and girls. Optional recital in June must be enrolled in winter and spring. Nominal costume fee applies. **Free trial class on January 14th at 11:40am.**

Instructor: OC Dance Productions staff

Fee: \$65 – Resident
\$70 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7425 4-7 yrs Jan 21-Feb 18 Sat 11:40 am-12:25 pm

All-Star Cheer and Pom

This fun introduction to cheerleading and dance builds a foundation of jumps, basic tumbling, stunting, simple cheers, and dance choreography. Optional recital in June must be enrolled in winter and spring. Nominal costume fee applies. **Free trial class on January 10th at 5:10pm.**

Instructor: OC Dance Productions staff

Fee: \$65 – Resident
\$70 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7472 4-7 yrs Jan 17-Feb 21* Tue 5:10-5:55 pm
***No class 2/14**

Singing Pre-Glee

Introduce your son/daughter to a world of music through our exciting singing class. Your son/daughter will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. Each class will finish with a "mini-show", where your little one can feel what it is like to sing on a stage. Parents are welcome to watch the entire class. If you want to extend your experience, just let us know you want to be in the next big show. For more info, visit www.GotGlee.com

Instructor: Glee Music Academy

Fee: \$49 – Resident
\$54 – Non-Resident
(4-week session)

Location: Glee Music Academy

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7473 4-6 yrs Dec 5-Jan 23 Mon 4-4:50 pm
Barcode#: 7474 4-6 yrs Jan 5-Jan 26 Thu 4-4:50 pm
Barcode#: 7475 4-6 yrs Feb 6-Mar 6 Mon 4-4:50 pm
Barcode#: 7476 4-6 yrs Feb 9-Mar 2 Thu 4-4:50 pm
***No class 12/19, 12/26, 1/2, 1/16, 2/20**

Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. For more info call (949) 461-3450.

Singing Glee Club

Glee Club sings in 2-part harmony with piano accompaniment. Teaching harmony will develop their ear and give them confidence in reading music. By using popular music as our repertoire, we make the Glee experience educational without participants even realizing how much they are learning. The most exciting aspect for the students is that we also use choreography to add simple dance moves to our singing. If you want to extend your experience, just let us know you want to be in the next big show. For more info, visit www.GotGlee.com

Instructor: Glee Music Academy

Fee: \$49 – Resident
\$54 – Non-Resident
(4-week session)

Location: Glee Music Academy

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7479	7-13 yrs	Dec 5-Jan 23*	Mon	5-5:50 pm
Barcode#: 7480	7-13 yrs	Jan 5-Jan 26	Thu	5-5:50 pm
Barcode#: 7481	7-13 yrs	Feb 6-Mar 6*	Mon	5-5:50 pm
Barcode#: 7482	7-13 yrs	Feb 9-Mar 2	Thu	5-5:50 pm

*No class 12/19, 12/26, 1/2, 1/16, 2/20

Parent and Tot CLAY Time

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired.

Instructor: My Art Studio – Lucia Henry

Fee: \$69 – Resident
\$74 – Non-Resident
(4-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7294 3-5 yrs Jan 23-Feb 13 Mon 2:30-3:15 pm

Clay Adventures

Have a blast learning how to turn clay into fun projects, such as castles, animals and wonderful creatures. We will hand-build the pieces as we learn techniques such as coiling, scoring, slab construction and decorate the pieces with under glazes. A new project each week. All pieces will be glazed and fired.

Instructor: My Art Studio – Lucia Henry

Fee: \$79 – Resident
\$84 – Non-Resident
(4-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7295 6-12 yrs Jan 23-Feb 13 Mon 3:30-4:45 pm

Bionerds Plants: Know Your Genes!

Come and join this fun and hands-on biology workshop for kids! Learn about amazing plants and trees on their photosynthesis ability, seed germination, anatomy and cell/DNA structures, and different types of plants from the desert to aquatic environment. Your child will perform cool biology experiments and activities. More info: admin@bionerdsllc.com or 949-288-1486.

Instructor: Bionerds

Fee: \$100 – Resident
\$105 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$30 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7468 5-12 yrs Dec 7-Jan 18 Wed 4-5 pm

Bionerds Human Body: We are Super!

Come and join this fun and hands-on biology workshop for kids! Learn about our amazing human body from your thumb, heart, eyes, lungs, to your sense of smell and many more. Your child will perform cool biology experiments and activities. Older children (8-12 yrs) will perform dissection, younger children (5-7yrs) will observe. More info: admin@bionerdsllc.com or 949-288-1486.

Instructor: Bionerds

Fee: \$100 – Resident
\$105 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$30 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7467 5-12 yrs Dec 7-Jan 18 Wed 5:15-6:15 pm

Bionerds Mix and Match Biology!

Come and join this fun and hands-on biology workshop for kids! These mix and match topics have never been unrelated, but still interesting to learn. Learn about food biology, digestion system, decomposers, and water creatures. Your child will perform cool biology experiments and activities. Older children (8-12 yrs) will perform dissection, younger children (5-7yrs) will observe. More info: admin@bionerdsllc.com or 949-288-1486.

Instructor: Bionerds

Fee: \$100 – Resident
\$105 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$30 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7466 5-12 yrs Jan 25-Feb 22 Wed 4-5 pm

Bionerds Marine Animals: Amazing Waterworld!

Come and join this fun and hands-on biology workshop for kids! Learn about many marine animals, from starfish, fish, clam, shrimp, and many more. Your child will perform cool biology experiments and activities. Older children (8-12 yrs) will perform dissection, younger children (5-7yrs) will observe.

Instructor: Bionerds

Fee: \$100 – Resident
\$105 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$30 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7465 5-12 yrs Jan 25-Feb 22 Wed 5:15-6:15 pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 – Resident
\$100 – Non-Resident
(8-week session)

Location: Monday classes – Pittsford Park (21701 Pittsford Dr)
Wednesday classes – Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7459 3-5 yrs Jan 9-Feb 27 Mon 3:30-4:30 pm
Barcode#: 7460 6-7 yrs Jan 9-Feb 27 Mon 4:30-5:30 pm
Barcode#: 7461 8-12 yrs Jan 9-Feb 27 Mon 5:30-6:30 pm
Barcode#: 7462 3-5 yrs Jan 11-Mar 1 Wed 3:30-4:30 pm
Barcode#: 7463 6-7 yrs Jan 11-Mar 1 Wed 4:30-5:30 pm
Barcode#: 7464 8-12 yrs Jan 11-Mar 1 Wed 5:30-6:30 pm

Sew Cool!

With an emphasis on fun, this children's textile and sewing workshop teaches skills from hand sewing to machine work while making fun fashions and gifts for you and your family.

Instructor: Elisabeth Clark

Fee: \$75 – Resident
\$80 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$25 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7485 7-12 yrs Jan 7-Feb 4 Sat 1:30-3 pm

Family Shotokan Karate



Learn self-defense and increase fitness and focus while having fun learning traditional Shotokan Karate Do, a Japanese martial art. Great for children, adults, and families. Competitions available at local, regional, national, and international levels through International Nihon Karate-Do Academy competition team.

Instructor: Tai Cigar

Fee: \$70 – Resident
\$75 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7456 5+ yrs Dec 5-28 Mon & Wed 4:30-5:30 pm
Barcode#: 7457 5+ yrs Jan 2- 25 Mon & Wed 4:30-5:30 pm
Barcode#: 7458 5+ yrs Jan 30-Feb 27* Mon & Wed 4:30-5:30 pm
***No class 2/20**

Aikido for Self Defense – Kids

Aikido is a modern yet traditional Japanese form of self-defense that advocates harmony over conflict. Aikido uses the attacker's energy against themselves and redirects it in a non-aggressive manner. Students of Aikido learn self-confidence, balance, awareness and mastery of their own bodies. Kids' classes include open hand techniques, drills and games related to Aikido. Wear comfortable clothing. Uniforms are available for purchase. \$40 uniform material fee.

Instructor: Dale Eisenberg

Fee: \$80 – Resident
\$85 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7436 5-17 yrs Nov 28-Dec 28* Mon,Wed & 5:30-6:30 pm
Sat 12-1 pm
Barcode#: 7437 5-17 yrs Jan 2- Jan 28 Mon,Wed & 5:30-6:30 pm
Sat 12-1 pm
Barcode#: 7438 5-17 yrs Jan 30- Feb 27* Mon,Wed & 5:30-6:30 pm
Sat 12-1 pm

***No class 12/10, 12/24, 12/31, 2/20**

**Did you know you can register
for classes and programs 24/7?**



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online.Activecommunities.Com/lfreconline and you'll be on your way!



Super Soccer Stars: Kick & Play: 12-24 Months

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers. Experienced instructors along with puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play-all while having a blast!

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7265 12-24 mos Jan 13-Feb 17 Fri 9:45-10:35 am
Barcode#: 7266 12-24 mos Feb 24-Mar 31 Fri 9:45-10:35 am
Barcode#: 7267 12-24 mos Jan 17-Feb 21 Tue 9:45-10:35 am
Barcode#: 7268 12-24 mos Feb 28-Apr 4 Tue 9:45-10:35 am

Super Soccer Stars: 2-3 Year Old

Super Soccer Stars combines soccer activities, language learning and introduces skills to 2-3 year olds teaching simple body helping to increase their coordination and stability. In addition, the curriculum incorporates fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer.

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7269 2-3 yrs Jan 13-Feb 17 Fri 9-9:40 am
Barcode#: 7270 2-3 yrs Feb 24-Mar 31 Fri 9-9:40 am
Barcode#: 7271 2-3 yrs Jan 14-Feb 18 Sat 9-9:40 am
Barcode#: 7272 2-3 yrs Feb 25-Apr 1 Sat 9-9:40 am
Barcode#: 7273 2-3 yrs Jan 17-Feb 21 Tue 9-9:40 am
Barcode#: 7274 2-3 yrs Feb 28-Apr 4 Tue 2:30-3:10 pm



Super Soccer Stars: 3-Young 4 Year Old

This class will include partner activities to promote sharing, listening, respect and cooperation. Physical activities include dynamic movements like running, skipping and jumping.

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7277 3-young 4 yrs Jan 14-Feb 18 Sat 9:45-10:30 am
Barcode#: 7278 3-young 4 yrs Feb 25-Apr 1 Sat 9:45-10:30 am
Barcode#: 7279 3-young 4 yrs Jan 17-Feb 21 Tue 10:40-11:25 am
Barcode#: 7280 3-young 4 yrs Feb 28-Apr 4 Tue 10:40-11:25 am
Barcode#: 7281 3-young 4 yrs Jan 17-Feb 21 Tue 3:15-4 pm
Barcode#: 7282 3-young 4 yrs Feb 28-Apr 4 Tue 3:15-4 pm

Super Soccer Stars: Older 4-5 Year Old

Super Soccer Stars Older 4-5 Year Old class incorporates dynamic activities which involve dribbling technique and moves to allow each child to gain more confidence on the ball. The primary focus of the class is body movement with the ball. The objectives for this age group are to continue development in basic dribbling, passing, receiving and shooting techniques and to introduce juggling skills.

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7283 Older 4-5 years Jan 14-Feb 18 Sat 9-9:50 am
Barcode#: 7284 Older 4-5 years Feb 25-Apr 1 Sat 9-9:50 am
Barcode#: 7285 Older 4-5 years Jan 17-Feb 21 Tue 4:05-4:55 pm
Barcode#: 7286 Older 4-5 years Feb 28-Apr 4 Tue 4:05-4:55 pm

Super Soccer Stars: Older 5-7 Year Old

The primary focus of this class is to increase familiarity of space to enable children to develop team skills. Awareness of teammates is constantly emphasized so that the children will be able to use skills when transferred to the soccer game setting.

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7287 Older 5-7 years Jan 14-Feb 18 Sat 9:55-10:55 am
Barcode#: 7288 Older 5-7 years Feb 25-Apr 1 Sat 9:55-10:55 am



TriFytt Sports: Biddy Soccer League

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt and medal. The 1st week will be practice and team assignments and the remainder of the weeks will be games!

Instructor: TriFytt Sports Staff

Fee: \$65 – Resident
\$70 – Non-Resident
(5-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7448 3-5 yrs Jan 21-Feb 25* Sat 12-12:45pm
Barcode#: 7449 2-3 yrs Jan 21-Feb 25* Sat 1-1:30 pm

*No class 2/18



TriFytt Sports: Parent and Me Multi-Sport

This is a great chance for beginning to advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while also concentrating on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$65 – Resident
\$70 – Non-Resident
(5-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7450 2-3 yrs Jan 21-Feb 25* Sat 10-10:30 am

*No class 2/18



TriFytt Sports: Parent and Me Soccer

Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand.

Instructor: TriFytt Sports Staff

Fee: \$75 – Resident
\$80 – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7451 2-3 yrs Jan 20- Feb 24 Fri 3:30-4 pm



TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning to advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$75 – Resident
\$80 – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7446 2-3 yrs Jan 17-Feb 21 Tue 3:30-4 pm
Barcode#: 7447 3-5 yrs Jan 17-Feb 21 Tue 4-4:45 pm



TriFytt Sports: Soccer Skillz Clinic

This is a great chance for beginning to advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$75 – Resident
\$80 – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7452 3-5 yrs Jan 20- Feb 24 Fri 4-4:45 pm



TriFytt Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning to advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$65 – Resident
\$70 – Non-Resident
(5-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7454 3-5 yrs Jan 21-Feb 25* Sat 9-9:45 am
Barcode#: 7455 5-7 yrs Jan 21-Feb 25* Sat 10:30-11:15 am

*No class 2/18

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: \$79 – Resident
\$84 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7312 10 yrs-Adult Feb 13-Mar 13* Mon 4-5 pm
***No class 2/20**

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: \$79 – Resident
\$84 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7313 10 yrs-Adult Feb 13-Mar 13* Mon 5-6 pm
***No class 2/20**

Basic First Aid

This American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please Note: EMSA stickers are no longer available for this class. (Pre-registration is required for this course and space is limited)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident
\$5 – Non-Resident

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7314 10-Adult Feb 11 Sat 3-5 pm

CPR/AED: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course is OSHA approved covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will also learn how to use an AED (Automatic External Defibrillator). Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope.** Please Note: This is not a Healthcare Provider level course. EMSA stickers are no longer available for this class. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Barcode#: 7316 10-Adult Feb 11 Sat 12:30-3 pm

Adult

Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these winter courses. All skill levels welcome!

Instructor: Devann Sheurman

Fee: \$72 – Resident
\$77 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7318 18 & up Nov 30-Jan 4 Wed 7-8 pm
Barcode#: 7319 18 & up Jan 11-Feb 15 Wed 7-8 pm

For your convenience, we now accept credit cards payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park & Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.

Power Flow Yoga

A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mindful flow. Students will build strength, flexibility and concentration while cleansing the body and calming the mind. You can expect a great cardiovascular and strength-building workout combined with breath work set to upbeat music. Bring a yoga mat and a small towel. Appropriate for beginning to intermediate levels.

Instructor: Inspire Yoga OC

Fee: \$110 – Resident
\$115 – Non-Resident
(10-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7322 18 & up Dec 3-Feb 25* Sat 8:15-9:15 am
Barcode#: 7323 18 & up Dec 5-Feb 27* Mon 11:30am-12:30 pm
***No class 12/24, 12/26, 12/31, 1/16, 2/18, 2/20**

Cardio Yoga Booty Ballet

Get your heart rate up with cardio dance moves at the barre and center floor and tone with resistance training for full body workout. This class combines cardio movements to burn calories with high powered yet low impact moves. Strengthens, lengthens, tones and burns by engaging the body and mind. Participants need to bring yoga mat, water and 1-2 lb. weights. For more information on Orange County Dance Productions, please visit www.OCDanceProductions.com.

Instructor: OC Dance Productions Staff

Fee: \$74 – Resident
\$79 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7251 18 & up Jan 9-Feb 27* Mon 6:30-7:30 pm
***No class 2/20**

Baby & Me Yoga

Bring balance to your new life as a parent, reduce anxiety and give yourself the gift of a restorative hour of yoga by practicing with your baby. You will be guided through poses for you and alternately for baby. This class is designed to deepen a connection to yourself as well as nourish and cultivate your bond with your child. Expect a very relaxing and playful atmosphere, incorporating some singing and chanting. Bring a yoga mat for yourself and a blanket for baby. Babies should be between 0 and 12 months.

Instructor: Inspire Yoga OC

Fee: \$66 – Resident
\$71 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7320 18 & up Dec 1-Jan 12 Thu 9:45-10:30 am
Barcode#: 7321 18 & up Jan 19-Feb 23 Thu 9:45-10:30 am

Yin Yoga

A series of long-held, passive floor poses that mainly work the lower part of the body – hips, pelvis, inner thighs, lower spine – areas especially rich in connective tissues. Benefits include increase in circulation, improved flexibility, calms and balances the mind and body, stress and anxiety reduction, facial release, deeper relaxation, greater joint mobility, and meridian stimulation to bring balance to the organs. Bring a yoga mat. This class is appropriate for all skill levels and body types.

Instructor: Inspire Yoga OC

Fee: \$84 – Resident
\$89 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7325 18 & up Dec 1-Jan 12 Thu 8:15-9:15 am
Barcode#: 7326 18 & up Dec 1-Jan 12 Thu 5:30-6:30 pm
Barcode#: 7327 18 & up Dec 6-Jan 17* Tue 7:45-8:45 pm
Barcode#: 7328 18 & up Jan 19-Feb 23 Thu 8:15-9:15 am
Barcode#: 7329 18 & up Jan 24-Feb 28 Tue 7:45-8:45 pm
***No class 12/27, 12/29**

Karma Yoga

Try a different path of yoga by participating in this special free one day class. Karma yoga is the yoga of action. Class participants will perform a selfless act of picking up trash at the park and then join in an easy asana yoga practice of sun salutations and stretching. This class is in celebration of 1 year of Inspire Yoga OC classes at the rec center!

Instructor: Inspire Yoga OC

Fee: Free – Resident
Free – Non-Resident
(1 time class)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7536 18 & up Dec 4 Sun 9-11 am

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7444 16 yrs & up Jan 14-Mar 11* Beg Sat 9-10 am
Barcode#: 7445 16 yrs & up Jan 14-Mar 11* Int Sat 10-11 am
***No class 2/11**

Mommies' Boot Camp - Postnatal Fitness



A class for moms who want their bodies back. Whether you just had your baby 6 days or 6 months or even 6 years ago, the results driven workouts are designed to strengthen and tone the body after all the changes it has gone through during pregnancy. Our combination of cardio and strength training will get your body back in no time. Classes will focus on postnatal core and pelvic strengthening exercises. Bring your own mat and water. For more info www.Endeavourpt.com

Instructor: Maryam Stevenson

Fee: \$60 per participant – Resident
\$65 per participant – Non-Resident
(4-class sessions)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7486 18 & up Jan 7-28 Sat 9-9:50 am
Barcode#: 7487 18 & up Feb 4-25 Sat 9-9:50 am

Get Off Your Booty Camp

Get in shape "Boot camp style". Experience full-body workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility and get you to a healthier and stronger YOU. 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 all fitness levels. Work at your own pace. Bring your own mat and water. For more info www.Endeavourpt.com

Instructor: Maryam Stevenson

Fee: \$100 per participant – Resident
\$105 per participant – Non-Resident
(8-class sessions)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7428 18 & up Dec 6-29 Tue & Thu 6:05-7 pm
Barcode#: 7429 18 & up Jan 3- 26 Tue & Thu 6:05-7 pm
Barcode#: 7430 18 & up Jan 31-Feb 23 Tue & Thu 6:05-7 pm



Winter Registration Dates:

Tuesday, November 15
(Lake Forest Residents)

Tuesday, November 22
(Non-Residents)

Zumba® Gold

If you have taken a Zumba class but couldn't keep up with the fast-moving pace, or handle the impact of the regular version, you have to come and try Zumba® Gold! It is an introductory class, low impact, easy to do and lots of fun. This version of Zumba is gentler on the body, but you still get the full effect and flavor Zumba. It is a total workout, combining all elements of fitness. **These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor.**

Instructor: Angie Velez

Barcode#: 7242 5-class package

Fee: \$35 – Resident
\$40 – Non-Resident

Barcode#: 7243 10-class package

Fee: \$60 – Resident
\$65 – Non-Resident

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Walk-In. Online registration is not available for this program.

For more info call: The Recreation Center at 273-6960

18 & up	Ongoing	Tue	5:45-6:45 pm
18 & up	Ongoing	Sat	10-11 am

Ballroom Dance Class

Take your dance partner in your arms and dance to the music that makes your feet want to move. You will learn a smooth dance like Fox Trot or Waltz, one Latin dance like Cha Cha or Rumba and that exciting Swing dance. A registered partner is required but no dance experience necessary. If you know those dances we will add material and styling to your dancing. Smooth soled shoes are best to wear.

Instructor: Carri Fox

Fee: \$70 – Resident
\$75 – Non-Resident
(10-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7292 18 & up Jan 6-Feb 24 Fri 7-8 pm

Country Two Step

Country Two Step, often called the Texas two-step or simply the two-step, is a country western dance that is danced to country music. You will learn the fundamentals of Country Two Step which includes promenade basics, progressive basics, wraps and sweetheart positions.

Instructor: Diana Krivosheya

Fee: \$55 – Resident
\$60 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7289 18 & up Jan 20-Feb 17 Fri 4-5 pm
Barcode#: 7290 18 & up Feb 24-Mar 24 Fri 4-5 pm

Dog Manners Crash Course

Accomplish your training goals and address your dog's behavior problems (destructive chewing, jumping, nipping, barking, etc.) in just 4 weeks! Exercises include: sit and down on command, stay in sit or down position with distractions, come when called and walking on a leash without pulling. For all breeds of dogs ages 5 months or older. Large breeds accepted at 4 months. Please bring current vaccination records. Dogs attend all meetings. Please pre-register, and then call Dog Services at 714-532-3647 with your dog's name, breed, and age and an email address so the instructor may brief you prior to the first lesson.

Instructor: Dog Services Unlimited

Fee: \$89 – Resident
\$94 – Non-Resident
(4-week session)

Material Fee: \$5 material fee due at first class session includes training manual

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7291 Families Jan 21-Feb 11 Sat 9:30-10:45 am

Aikido for Self Defense – Adults

Aikido is a modern yet traditional Japanese form of self-defense that advocates harmony over conflict. Aikido uses the attacker's energy against themselves and redirects it in a non-aggressive manner. Students of Aikido learn self-confidence, balance, awareness and mastery of their own bodies. Adult classes include open hand techniques and weapons practice.

Instructor: Dale Eisenberg

Fee: \$80 – Resident
\$85 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

**Barcode#: 7440 18 & up Nov 28- Dec 28* Mon,Wed & 6:30-7:30 pm
Sat 1-2 pm**
**Barcode#: 7441 18 & up Jan 2-Jan 28 Mon,Wed & 6:30-7:30 pm
Sat 1-2 pm**
**Barcode#: 7442 18 & up Jan 30-Feb 27* Mon,Wed & 6:30-7:30 pm
Sat 1-2 pm**

***No class 12/10, 12/24, 12/31, 2/20**



"Beanie" Knudsen

Kung Fu: Self-Defense

Focus on self-defense, fitness and self-knowledge. Kung Fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung Fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Wear comfortable, loose fitting clothing.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7434 18 & up Dec 12-Feb 1 Mon & Wed 7-8 pm
Barcode#: 7435 18 & up Dec 13-Feb 2 Tue & Thu 6-7 pm

Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of Tai Chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. . Tai Chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Wear comfortable, loose fitting clothing.

Instructor: Master Richard Tsim

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 7432 18 & up Dec 12-Feb 1 Mon & Wed 6-7 pm
Barcode#: 7433 18 & up Dec 13-Feb 2 Tue & Thu 7-8 pm

Done with this brochure?

Don't throw it away! Pass it on to your friends and family so they can sign up for our great Winter programs too!



SPECIAL NEEDS

Special Needs Dance for Teens and Adults ~ Holiday Fun!



Get into the holiday spirit with your friends at this winter dance! We will have music hosted by our favorite DJ, refreshments, and winter-themed prizes!

Fee: Free

Location: Lake Forest City Hall
(25550 Commercentre Dr)

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

For more info call: Marilyn Norment at 461-3447 or email mnorment@lakeforestca.gov

Barcode#: 7195 13 yrs-adult Dec 17 Sat 7-9 pm

Special Needs Yoga

Sparks Yoga is adapted for children with special needs. Yoga sessions are centered around building a regulated nervous system, body awareness, and an improved ability to focus and concentrate. Through use of creative and FUN interactive games, stories, visualizations, and breathing techniques, students can also gain balance, flexibility, strength and coordination in this safe, non-competitive environment.

Instructor: Kelly Sparks

Fee: \$100-Resident; \$105- Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7256 10-18 yrs Dec 6-27 Tue 4-4:45 pm

Barcode#: 7257 10-18 yrs Jan 3-24 Tue 4-4:45 pm

Barcode#: 7258 10-18 yrs Feb 7-28 Tue 4-4:45 pm

Music for Special Needs Children

Enjoyable music class for special needs children. The class is focused on nurturing children's innate musical abilities and enhancing important life skills, such as communication, cognitive and social skills, as well as introducing very basic concepts of music. Music activities include: singing, playing instruments, short musical stories, puppets and movement with props.

Instructor: Sophi Albert

Fee: \$110 – Resident
\$115 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7254 2-7 yrs Dec 6-27 Tue 9:30-10:10 am

2ND ANNUAL *Save the Date!* SPECIAL NEEDS RESOURCE FAIR!

SATURDAY, APRIL 29, 2017, 9 AM-12 PM

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

Details to follow in the Spring 2017 Leisure Times!

Fitness For You!

Fitness for You is a special needs fitness class. Modified exercises encourage health benefits to all levels. Using just your own body weight, we will perform exercises such as jumping jacks and sit ups. This class is a great way to connect with others, while having fun and being healthy together! Exercises can be done at home with the help of a caregiver.

Instructor: Aileen Rose

Fee: \$100 – Resident
\$105 – Non-Resident

Location: Lake Forest City Hall
(25550 Commercentre Dr)

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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7212 12 & up Dec 5-26 Mon 4-5 pm

Barcode#: 7213 12 & up Jan 2-23 Mon 4-5 pm

Barcode#: 7214 12 & up Jan 30-Feb 27* Mon 4-5 pm

***No class on Feb 20**

Let's P.L.A.N.

(Purposeful Life Activities Now)

Autism Behavior Services, Inc. is pleased to announce our occupational therapy groups which are focused on sensory based needs, executive functioning, and life skills for individuals of all ages.

Instructor: Licensed Occupational Therapist

Fee: \$75 per 90-minute session – Resident
\$80 per 90-minute session – Non-Resident

Location: Autism Behavior Services, Inc.
23701 Birtcher Dr.,
(949) 581-0100 or toll-free (855) 581-0100

To Register: Call to schedule an intake appointment. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7210 Ages 3-18 Ongoing Sat varies

The City of Lake Forest is happy to accommodate individuals with special needs in any of our programs. To request a specific accommodation, please call (949) 461-3450.

Social Group for Children on the Autism Spectrum

The L.A.F.F. social groups were developed by Rosa Patterson MS, BCBA to assist children on the autism spectrum: Learn About Friends and Feelings. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional & 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 Dr, (949) 581-0100 or toll-free (855) 581-0100

To Register: Call to set up an appointment. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7308 2-19 yrs ongoing Mon-Sat varies

Swim Lessons for Children and Adults with Special Needs



SwimLabs offers lessons to swimmers of all abilities and ages. Our adult swim instructors are experienced in teaching special needs swimmers. With SwimLabs, indoor facility, controlled environment, and world-class instructors we provide lessons catered to your swimmer's needs and desires. **Group lessons are available as well.**

Instructor: SwimLabs Staff

Fee: **Private Lessons**
30-min: \$50
4-pack: \$180
6-pack: \$255
10-pack: \$400

Location: SwimLabs, 20918 Bake Pkwy., Ste. 100

To Register and for more info call: The City of Lake Forest at 461-3450

Barcode#: 7211 Ages 1 to adult Ongoing varies

Gym Buddies



An exercise based social skills class for children and teens on the Autism spectrum and other disabilities. Your child/teen will participate in fun games, gymnastics, exercise circuits and a fun dance party at the end. Other activities include: sharing age appropriate conversation, sharing with the group, meeting new friends and offering support.

Instructor: Us Too Staff

Fee: \$100 per session – Resident;
\$105 per session – Non-Resident

Location: Us Too Center (25 Spectrum Pointe Dr., #405)

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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7303 6 yrs and older Dec 2-23 Fri 5-6 pm
Barcode#: 7304 6 yrs and older Jan 6-27 Fri 5-6 pm
Barcode#: 7305 6 yrs and older Feb 3-24 Fri 5-6 pm

Gymnastics for Kids with Special Needs

Our gymnastics classes are specifically designed for children and teens with special needs (Autism, Down Syndrome, Cerebral Palsy, etc.) Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our class is 3-6 students with 2 instructors. Please call to set up a free assessment and discuss placement and class dates and times. Make sure to mention the City to get our special price for Lake Forest residents only. **This special pricing is available to new members only.** This class also includes free open play for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$105/month (Four 45-minute sessions) – Resident
\$110/month (Four 45-minute sessions) – Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7259 10-18 yrs Ongoing Mon-Sat varies

Lake Forest Little League Challenger Baseball



Challenger Baseball is a Little League program for boys and girls with special needs. Children 6 to 18 years of age with any physical and/or developmental disability are welcome.

COST: There is NO registration fee for Challenger players! LFL will cover the cost of a great team uniform, team photo, practice and field expenses. Bats and batting helmets are provided or you can use your own. There may be some incidental expenses (team party!), usually not to exceed \$20 over the season.

PRACTICES: Friday afternoons at either Foothill Ranch Community Park field or the new Sports Park, beginning in February 2017. The focus is skill-building and teamwork.

GAMES: Saturday mornings, February to June 2017. Opening Day and Team Photos are February 25, 2017. Closing Day Festivities are in June. The last game is played on the field at Angel Stadium in Anaheim!

For more information or to sign up call:

Melinda Luttrell (949) 837-3189

Or email us at challengers@lfl.org

Register online at LFL.org



Shooting Stars Basketball

This program is designed for special needs athletes or anyone who for whatever reason cannot participate in the SVUSD Boys' and Girls' Basketball league. Players will be grouped by ability to create competitive teams and provide any needed support. League stresses fun and participation. Volunteer Coaches and Teen Volunteers are welcome.

Ages: 1st Grade – Adult

Location: Games take place in Rancho Santa Margarita, Mission Viejo, or Lake Forest.

For more information including start dates, please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com

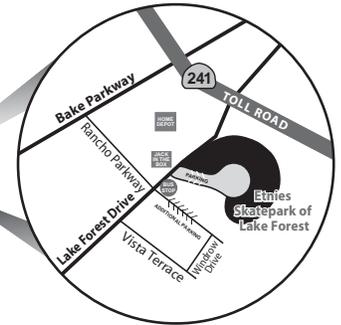
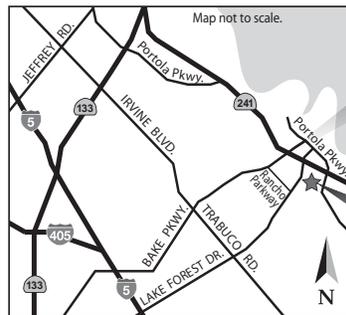
ETNIES SKATEPARK OF LAKE FOREST



**Voted "Best Skatepark 2013" – Best of OC Register
" #1 Family Friendly Reader's Choice 2013"**



Etnies Skatepark of Lake Forest
20228 Lake Forest Drive
Lake Forest, CA 92630
(949) 916-5870



Come visit Lake Forest's own award winning, world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non-residents of Lake Forest must pay a nominal fee of \$15 for their annual membership. The membership is based on a calendar year, so it is good from January 1 to December 31.

In the case of inclement weather, please call ahead to see if the Park is open.

Visit the Skatepark website at www.EtniesSkatepark.com. A Live HD Webcam link is available so you can check crowds and weather conditions. Make sure to follow the skatepark on Facebook, Twitter, Instagram, and YouTube for all the latest Skatepark news and events. Use #etnieskatepark on your photos and we might use them on the official Etnies Skatepark Social Media feeds.

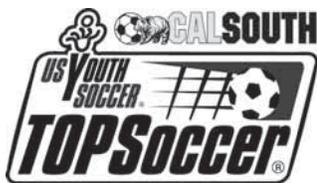
SKATE SESSIONS

Monday-Thursday	11 am – 9 pm
Friday	11 am – 10 pm
Saturday	10 am-10 pm
Sunday	10 am – 9 pm

WINTER HOLIDAY SCHEDULE

December 24, 2016 10 am-5 pm Christmas Eve
December 25, 2016 Closed Christmas Day
December 31, 2016 10 am-5 pm New Year's Eve
January 1, 2017 12-8 pm New Year's Day

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

Etnies Skatepark 13 Year Anniversary Party

Come celebrate 13 years of skateboarding at our anniversary party. Music, food, good times, and of course some fun skate contests to celebrate. Check out our website www.etnieskatepark.com for updated information.

Fee: Free • 7-9 pm • December 13, 2016

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

**For more information, please
call the Park at 916-5870**

Afterschool Skate Club

The afterschool skate club is a great way to improve skills and meet friends. The club is supervised by Skatepark staff. Club members work on skills, have fun, and learn. **Please keep in mind this is an afterschool program and not skateboard lessons.** Drinks and snacks are provided. Skate club is not held during scheduled school holidays.

Fee: \$20 per month

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Sign up at the Skatepark Office or online

For more info call: The Skatepark at 916-5870

Barcode#: 7493 5-17 yrs Dec 6-29 Tue, Thu 3:30-6:30 pm
Barcode#: 7494 5-17 yrs Jan 3-31 Tue, Thu 3:30-6:30 pm
Barcode#: 7495 5-17 yrs Feb 2-28 Tue, Thu 3:30-6:30 pm

Etnies Winter Skate Camp

Spend this Winter Break at one of the best skate camps around! We have been running camps since 2003 and have worked hard to make it an experience to remember. Campers will learn the basics of an ollie, kick-flips, how to grind, bowl riding, and skating transitions mixed with lots of camp fun led by experienced skatepark staff. All campers receive a Createas-kate.org board that they will sand down, paint, and stencil. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt and lunch, drinks and snacks are provided daily. Campers need to provide their own skateboard, helmet and pads.

Instructor: Skatepark Staff

Fee: \$195 per person Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7521 5-17 yrs Dec19-23 Mon - Fri 10 am-2 pm
Barcode#: 7509 5-17 yrs Dec26-30 Mon - Fri 10 am-2 pm

Beginning Skateboard Lessons

This class is designed for first time skateboarders to those just learning. We cover skateboard basics from stance, pushing, turning, and work our way to higher skills such as dropping in and ollies. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Full protective gear consisting of a helmet, elbow pads, and knee pads are required as well as a skateboard. Maximum is 10 participants to 1 instructor.

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7522	6 yrs and up	Dec 6-27	Tue	4-5 pm
Barcode#: 7523	6 yrs and up	Jan 3-24	Tue	4-5 pm
Barcode#: 7524	6 yrs and up	Feb 7-28	Tue	4-5 pm
Barcode#: 7525	6 yrs and up	Dec 3-24	Sat	9-10 am
Barcode#: 7527	6 yrs and up	Jan 7-28	Sat	9-10 am
Barcode#: 7526	6 yrs and up	Feb 4-25	Sat	9-10 am

Intermediate Skateboard Lessons

This class is designed for riders who know the basics and are ready to go to the next level. Skills covered in this class are the art of Ollies, flip tricks, ledges, pools, vert, overall park usage and even help with contest skating. Full protective gear consisting of a helmet, elbow pads, and knee pads are required as well as a skateboard. A rider should be comfortable riding around the entire Skatepark prior to signing up for this class. Maximum is 10 participants to 1 instructor.

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7528	6 yrs and up	Dec 6-27	Tue	5-6 pm
Barcode#: 7529	6 yrs and up	Jan 3-24	Tue	5-6 pm
Barcode#: 7530	6 yrs and up	Feb 7-28	Tue	5-6 pm
Barcode#: 7531	6 yrs and up	Dec 3-24	Sat	10-11 am
Barcode#: 7532	6 yrs and up	Jan 7-28	Sat	10-11 am
Barcode#: 7533	6 yrs and up	Feb 4-25	Sat	10-11 am



.....
 Please note that skate Class and lesson participants will need a waiver filled out prior to entering the skatepark. Waivers will be good for the duration of the camp hours only. If the participant wants to use the skatepark outside of class or lesson hours, the \$15 membership fee will need to be paid for non-residents.

Birthday Parties at the Skatepark



Make your next party an Etnies Skatepark Party! The Skatepark offers three very popular birthday party packages for the best, most affordable action sports party available in South Orange County! Please note that birthday party participants will need a waiver filled out prior to entering the Skatepark. If the participant wants to use the Skatepark outside of party hours, the \$15 membership fee will need to be paid for non-residents. Participants will need to provide their own skateboard, helmet, knee/elbow pads. Register online at etniesskatepark.com/165/Birthday-Parties

Party Package Details

- All packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block from 11 am-8 pm.
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The grass area of the Skatepark is decorated and reserved for your party goers. This area includes popup tents, folding tables, and chairs which can accommodate 20 individuals comfortably.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

McTwist – \$375 Our premier package includes a Skatepark t-shirt for each participant, cupcakes, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed toe shoes while filming inside the Skatepark. Each additional child will cost \$20 up to a maximum of 20 participants.

Kickflip – \$275 Our best value package includes cupcakes, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed-toe shoes while filming inside the Skatepark. Each additional child will cost \$10 up to a maximum of 20 participants.

Grind – \$175 Our most economical package includes, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed toed shoes while filming inside the Skatepark. This package is designed for Parents who want to bring their own food, cake, décor, etc. Alcohol is not permitted. Each additional child will cost \$5 up to a maximum of 20.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please visit etniesskatepark.com/165/Birthday-Parties. Parties are only confirmed when we receive the required security deposit. For more info call: The Skatepark at (949) 916-5870

Private Skateboard Lessons

If you are just learning or an advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff that specializes in teaching lessons catered to each individual. If you sign up for the 4 weeks of private lessons, our instructors will set goals for you to reach and help you obtain them!

Fee: \$40 – per forty-five minute session. Sign up for a month of classes at \$140 per 4-lesson package. Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

Private lessons will be offered:

December 1, 8, 15, 22, 29

January 5, 12, 19, 26

February 2, 9, 16, 23

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7534 5-17 yrs Thu varies

We also offer drop-in private lessons at the skatepark. These are available on a first-come, first-served basis. Give the Park a call at 916-5870 to see if we have instructors available, then come on down and sign up.

Skatepark Safety/Etiquette Class

We understand that the Skatepark can be intimidating to new users, and that is why we offer a free 15 minute Skatepark Safety/Etiquette class. This class teaches new users how to identify potential Skatepark hazards, general Skatepark etiquette, and how to have the most fun possible while riding the world famous Etnies Skatepark of Lake Forest! This class is available on a drop in basis, and is instructed by experienced Skatepark Staff.

Instructor: Skatepark Staff

Fee: Free Limited 4 per session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Walk-in

For more info call: The Skatepark at 916-5870

Ages: 4 and up

Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.

COMMUNITY SERVICES

Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall
(25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going

Mon-Thu

8 am-4 pm

Holiday Safety Tips from Police Services

During the Holiday season, crime tends to increase as criminals are trying to complete their holiday shopping lists at your cost! Stay alert and protect yourself from becoming a victim. Always secure your property and report any suspicious activity to law enforcement. The non-emergency number for dispatch is (949)770-6011. Follow our everyday Crime Prevention Techniques and remember –



DON'T MAKE IT EASY!

- Bring gifts into homes with you overnight instead of leaving them in your car.
- When visiting the mall, know exactly where you park your car to avoid wandering around.
- Always park your vehicle in a well lit area
- Don't park next to vans and large trucks that block people's view of your car.
- Do not carry large amounts of cash.
- Keep cash as concealed as possible.
- Keep an eye on your purse, wallet and shopping bags.
- Make sure your bags are zipped up/closed and close to you at all times.
- Use a credit card to avoid losing cash that cannot be replaced.
- Cover the keypad when entering your pin number.
- Be wary of online shopping sites. Only shop at sites you know are secure.

Get Safe Academy



The City and the Orange County Sheriff's Department has partnered with GET SAFE, an organization that teaches safety skills and awareness techniques to help kids keep their guard up. Next month, GET SAFE is coming to Lake Forest to offer a free hands-on interactive training to K-6 students!

The GET SAFE Academy curriculum focuses on the physical, mental, and emotional aspects designed to empower kids. Wearing their GET SAFE t-shirts and bracelets, students will hear some important safety and awareness information from experienced trainers, as well as engage in fun activities that help them learn and retain the information needed to avoid unsafe situations and protect themselves.

Fee: Free

Location: Lake Forest City Hall (25550 Commercentre Drive)

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

For more info call: The City of Lake Forest Police Services at 461-3548

Barcode#: 7439 5 yrs-Adult Jan 25-Feb 15 Wed 6-8 pm

SENIOR PROGRAMS



Senior Scene - Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories! You'll be able to enjoy a variety of activities including card playing, tile board games, game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program. Participants must be 50+ years of age.

Fee: Free!

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450 or contact Brenda Silvey via e-mail at bsilvey@lakeforestca.gov.

B-I-N-G-O & FREE Hot Lunch provided by The City of Lake Forest every Thursday!

Seniors On-going Mon -Thu 10 am - 2 pm

Senior Santa & Friends at the Senior Scene Clubhouse



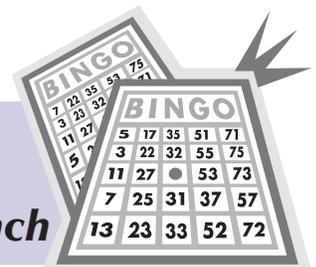
'Tis the season to make someone's holiday special! Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus Program. This "gift" giving program provides cheer to older adults with multiple physical problems and income only slightly above the federal poverty level. All donations are tax deductible.

***** ITEMS NEEDED *****

- Blankets
- Nutritional supplements (e.g. Ensure, Glucerna)
- New clothing
- Household appliances
- Gift cards (grocery stores, departments stores, and pharmacies)
- Medical equipment (walkers, canes, etc.).

Beginning November 1 through December 8, drop off your gift at the Senior Scene Clubhouse between 10am and 2pm, Monday-Thursday!

THURSDAYS
10:30 am: Bingo
12:00 pm: Hot Lunch



The Senior Scene Clubhouse will be closed Monday, December 26, January 2, January 16, and February 20.



Senior Box Lunch Program



The Senior Box Lunch Program is offered on Mondays, Tuesdays, and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, a drink and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program. **If you would like to take your box lunch home, you must bring an insulated cooler.**

Fee: \$4.50 suggested donation is requested per participant

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at (949) 461-3445

Seniors	On-going	Mon-Wed	11:30 am
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Senior Scene Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of 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 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



Want A Snippet?

What's a Snippet? It's a monthly email "reminder" of upcoming events, activities, and excursions that are related only to the Senior Scene Clubhouse.

If you would like to receive a "Snippet," send your email address to mnorment@lakeforestca.gov.

Ping Pong

Dust off your paddles and join us for a friendly game of Ping Pong!

Fee: FREE

Location: Lake Forest Senior Scene Clubhouse
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Seniors	Ongoing	Tue Wed	10 am-1 pm 2:30-4:30 pm
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Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call (949) 461-3408 the first Monday of the month and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!

Fee: Free!

Location: Lake Forest Community Center, Activities Room
(25550 Commercentre Dr)

Healthy Living with Diabetes



Healthy Living, presented in collaboration with the Office on Aging, is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. *Healthy Living* does NOT replace existing treatments from your doctor, but rather complements them. People who have taken the workshop show better health behaviors, a sense of confidence in managing diabetes; improvements in blood sugar levels; decrease in health distress and hypo/hyperglycemia; fewer doctor and emergency room visits and hospitalizations.

Fee: Free (6 weeks)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7535 Adults/Seniors Feb 8-Mar 15 Wed 9-11:30 am

Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency. **Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.**



Please note: There is no instructor on-site.

Fee: Free!

Location: Lake Forest Community Center, Computer Lab
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450

Seniors	On-going	Mon-Thu	10 am - 2 pm
<i>(On Wednesdays, the lab opens at 11 am)</i>			

Young At Heart ~ Lake Forest Seniors Reading Circle

The Young At Heart ~ Lake Forest Seniors Reading Circle meets monthly to discuss the choices listed below... your point-of-view as well as listen to others. The City provides snacks to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.



Book Discussion Location: Lake Forest Community Center
El Toro Room
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450

Dec 15	Thu	9:30 am	Meet to review book selection for 2017
Jan 19	Thu	9:30 am	<i>A Man Called Ove</i> by Fredrick Backman
Feb 16	Thu	9:30 am	<i>The Japanese Lover</i> by Isabel Allende

LEGAL AID SOCIETY OF ORANGE & COUNTY COMMUNITY LEGAL SERVICES OF SOUTHEAST LOS ANGELES COUNTY

Providing free and low-cost civil legal services to low-income persons, families, and seniors

Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues: Government Benefits, Health, Housing, Consumer Problems, and Elder Abuse.

To qualify for an appointment you must be:

- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.

Appointments are scheduled for 20 minutes – to receive the most out of your appointment, please write down questions for the attorney.

Fee: Free

Location: Lake Forest Community Center
25550 Commercentre Dr.

To make an appointment call (949) 461-3408 (Monday through Thursday) from 9 am to 1 pm. Please leave your name and phone number and staff will return your call.

Seniors Jan 19 Thu 10:30 am-2:30 pm



Annual Soundsation & Choralistics Holiday Performance

Senior Scene Clubhouse participants are invited to enjoy El Toro High School's outstanding vocal performance teams, Soundsation and Choralistics, for a very special holiday performance.

Fee: Free

For more info call: The City of Lake Forest at 461-3450

Seniors Dec 8 Thu 1 pm

Senior Transportation, Two Ways To Go!



1. Senior Scene Clubhouse Participants

The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at (949) 855-9766. It is "mandatory" that all reservations and cancellations be made **at least 24 hours** in advance. Cost is fifty cents per trip. For more information please call 461-3450.

2. Taxi Transportation



Do you need a ride to a doctor's appointment, grocery shopping, pick-up prescriptions, go to a movie, or visit a friend? We offer a transportation program 7-days a week/24 hours a day...including holidays.

How it works!

You must –

- Be a Lake Forest resident & 60 years of age or older
- Provide proof of residency and age upon purchase of vouchers (driver's license, utility bill, passport or birth certificate)
- Pre-Purchase Vouchers

Where to purchase taxi vouchers –

- City Hall – 25550 Commercentre Dr., Lake Forest (2nd Floor)
- Monday – Friday (closed alternating Fridays)
- 8 am – 5 pm
- *Cash or checks only – no credit cards*

Cost of vouchers to the Senior Scene Clubhouse Monday through Thursday (10 am–2 pm)

- \$1 one way

Cost of vouchers within Lake Forest City limits to non-emergency medical appointments, socializing, pick-up prescriptions, movies, etc.

- \$2.50 one way

Cost of vouchers to Non-Emergency Medical appointments to the following facilities only

- \$5 one way – Saddleback Memorial Hospital
- \$7 one way – South County Orthopedic Specialists (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), and Mission Viejo Hospital

Please note: Taxi vouchers are non-refundable, non-transferrable and valid one year from date of purchase.

For additional information call (949) 461-3450.

Holiday Caroling Concerts

Southern California's premiere caroling ensemble, *The Charles Dickens Carolers*, will be spreading holiday cheer at several locations throughout Lake Forest. Their international repertoire of novelty holiday arrangements is sure to get you in the holiday spirit.



Fee: Free

For more info call: The City of Lake Forest at 461-3450

All Ages Dec 15 Thu Times & Locations Listed Below

Location: Forest Gardens Mobile Home Community
(24001 Muirlands Blvd) – 10 am

Freedom Village-Main Lobby
(23442 El Toro Rd) – 11 am

Lake Forest Community Center
(25550 Commercentre) – 1 pm

Prothero Mobile Estates
(24701 Raymond Way) – 2:15 pm

Lake Forest Nursing Center
(25652 Old Trabuco Road) – 3 pm

White Elephant Exchange & Holiday Luncheon

You ask "What is a White Elephant Exchange?" First and foremost...no four-legged white elephants will be attending the luncheon...however, we want you to bring something that you may love to get rid of or shall we say "exchange." What makes this so fun is that you do not have to go shopping! Just go through your garage, closet or drawers and bring that "special" something to the luncheon all wrapped up in a brown paper bag. How much easier can it get? Be ready to play a great game with these one-of-a-kind gifts. We'll provide ham and yams for all to enjoy!



DUE TO LIMITED SEATING...RESERVATIONS ARE A MUST! Lake Forest residents can register for the White Elephant Luncheon beginning Tuesday, November 15, by calling 461-3450 or coming to the 2nd floor reception desk during normal business hours. (Non-residents can register beginning Tuesday, November 22.) *Each registrant will be limited to reserving two seats only. PLEASE DO NOT LEAVE YOUR RESERVATION ON THE VOICEMAIL. IT WILL NOT BE ACCEPTED.*

Fee: Free

Location: Senior Scene Clubhouse
(25550 Commercentre Dr)

Barcode#: 7537 Seniors Dec 15 Thu 10 am-2 pm

Please notify staff if you are unable to attend or if you are arriving late. The festivities and fun begin at 11 am! At 10:45 am, seating will be available to those on the waitlist.

Rock Around the Clock 50s Sock Hop Party

Grab your hoola hoops and bop on over to the Senior Scene Clubhouse. Talkin' about walking down memory lane...fashions of the fifties. Straight skirts vs poodle skirts, loafers, saddle shoes and bobby socks, scarves, and bouffant hairstyles were the look! And for you guys...white T-s, rolled-up levi's, saddle shoes, crew cut, flat-top and that fabulous duck tail with a little dab will do ya! Michael, the coolest of DJs, will be spinning some of those great tunes from Pat Boone, Elvis Presley (aka: Elvis the Pelvis), Bill Haley and His Comets, Jerry Lee Lewis, Connie Francis and Buddy Holly. You will have a blast of an evening with a catered dinner, dancing, prizes and just plain-o-funville! Space is limited, so make your reservation early!



Fee: \$10 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)

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

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7541 Seniors Feb 24 Fri 4-7 pm

Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior Residents – \$66
Non-residents – \$84

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at (949) 632-0300

TEE TIMES

Session 87 Seniors Jan 5-Feb 9 Tue or Thu only 7:45-8:15 am

Session 88 Seniors Feb 23-Mar 30 Tue or Thu only 7:45-8:15 am

Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!



Fee: \$9 per resident senior (plus \$3 shoe rental)
\$11 per non-resident senior (plus \$3 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at (949) 770-0055

Seniors On-Going Fri 1-3:30 pm

Call For Nominations

The City of Lake Forest is planning its Thirteenth Annual Excellence for Seniors Award Luncheon. The Excellence for Seniors Awards will honor those who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The City of Lake Forest is accepting nominations for the individual who has made the largest impact on the City of Lake Forest's senior programs and/or facilities during 2016, upholding our mission statement: **Recognizing outstanding contributions made on behalf of Lake Forest Seniors!** The Sax Award will honor the selected individual and will be given annually as we seek to recognize these outstanding efforts.

Eligibility is limited to Lake Forest residents only.

To make a nomination, fill out a nomination application of your nominee's accomplishments (i.e. donation of time or needed items, hands-on involvement, etc.) with **an emphasis on special efforts or achievements** of the individual you believe deserves to be recognized with the prestigious Sax Award.

Applications and statements are due by Thursday, February 23, 2017, by 5 PM. Please note, a nominee is not selected based on total number of votes. A recipient who has won cannot win in consecutive years but can be nominated and considered after three years of receiving the first Jim Sax Award. A panel of judges (Mayor, Mayor Pro-Tem, Planning Commissioners Chair and Co-Chair, and Parks & Recreation Commissioners Chair and Co-Chair) will review all nominations. Elected officials or staff members are not eligible.

Please call 461-3450 to request an application or additional information or download an application from the City's website at www.lakeforestca.gov/seniors/

Current Elected City Officials, Appointed City Officials and City Staff are not eligible for participation.



2015 Jim Sax Award Recipient Beverley Ford

Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

- AARP 888-687-2277
- ACCESS (Reservations/Information) 877-628-2232
- ACCESS (Eligibility) 714-560-5956
- Age Well Senior Services, Inc. 855-8033
(formerly South County Senior Services)
- City of Lake Forest City Hall 461-3400
- Council on Aging 714-479-0107
- Non-Disabled Housing Information 714-480-2864
- Elder/Disabled Adult Abuse 800-451-5155
- HiCap Services 800-434-0222
- Human Services Information 2-1-1
- Irvine Valley College/Emeritus 451-5555
- Meals on Wheels. 380-0155 ext.12
- Medicare Fraud Hotline. 800-447-8477
- OCTA (Transportation). 800-636-7433
- Office on Aging. 800-510-2020
- Orange Caregiver Resource Center 800-543-8312

AARP Tax Aide-Get Free Tax Help

The City of Lake Forest and AARP are excited to offer this free tax preparation program to middle and low-income taxpayers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! **Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, and Estates).**

Fee: Free

Location: Lake Forest Community Center
25550 Commercentre Drive, Lake Forest
(corner of Bake Parkway and Commercentre Drive)
in the Community Center's Activities Room.

For an appointment call Monday, January 23: The City of Lake Forest at 461-3408.

Mondays, 9:30 am-1 pm

- February 6, February 13, February 27
(closed Feb 20 for Presidents' Day)
- March 6, 13, 20 & 27
- April 3 & 10

What should you bring to your tax appointment?

- Copy of 2015 income tax returns
- 2016 W-2 forms from each employer
- 2016 Unemployment compensation statements
- 2016 SSA-1099 form if you were paid Social Security benefits
- 2016 All 1099 forms
(1099-INT, 1099-DIV, 1099-MISC, 1099R-Pension or annuity)
- All 2016 forms indicating federal income tax paid
- All 2016 receipts or cancelled checks if itemizing deductions

AARP Driver Safety Refresher Course

Would you like to be more confident behind the wheel? Then we have a class for you! ***This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last four years.*** You will learn better driving techniques and ways to spot and correct bad driving habits. You will save on auto insurance and help to maintain mobility and independence after completing this great course.

Fee: \$15 (AARP members; \$20 non-members)
1 Class session (check made payable to AARP)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In, Walk-In. No On-line Registration is available for this program.

For more info call: The City of Lake Forest at (949) 461-3450

Barcode#: 7426 Seniors Feb 17 Fri 8:30 am-1 pm



Medicare's Enrollment

Each year, you have a chance to make changes to your Medicare Advantage Plans (Part C) and Medicare Prescription Drug Coverage Plans (Part D) for the following year. The enrollment starts on Saturday, October 15 and ends Wednesday, December 7, 2016.

For additional information, visit the official Medicare website at www.medicare.gov or call 1-800-633-4227. Call 461-3408 and make an appointment with a HICAP counselor.

HICAP

Health Insurance Counseling and Advocacy Program

What is Medicare? When can I enroll? Am I eligible? How do I sign up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

- Your rights as a health care consumer
- Medicare benefits, including how to appeal Medicare and HMO denials
- Medicare and health insurance jargon
- Private Medicare supplemental health insurance policy benefits and exclusions
- HMOs and how they work including emergency assistance with denials
- Long-term care insurance

To Make an Appointment, Please Call (949) 461-3408 and Leave Your Name and Phone Number.

Appointments are available from 10 am-2 pm on the **second Tuesday** of the month: December 13, January 10 and February 14.

EXCURSIONS

The City of Lake Forest offers great excursions for all! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. Upon confirmation of your registration, departure details will be mailed to you. **Tickets that are purchased for City of Lake Forest Excursions are non-transferable.**

Excursion Refund Policy: In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee. In the case that the City is not able to fill the spot, no refund will be given.

2017 Pasadena Rose Parade

Kick off your New Year sitting in the official grandstand seats (located on Colorado Blvd) for the 128th Rose Parade! This year's Rose Parade theme is "Echoes of Success", celebrating people, organizations and institutions that play a part in the stories of the success of others.



Fee: \$110 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7431 Family/Adults/Seniors Jan 2 Mon 6 am-2 pm

Paramount Pictures Studio Tour & Lunch at Clifton's Cafeteria – Hollywood



Paramount's past and current achievements come together in this intimate, behind-the-scenes look at a true working studio. On this two hour tour, step into the world of the industry's top talent, producers, and crew as they create today's award-winning television and feature films. Led by a Studio Page, you'll discover Hollywood's first major movie studio, by visiting iconic locations like the Bronson Gate, New York Street Backlot, and the Prop Warehouse. Next stop...the infamous Clifton's Cafeteria! At its peak, the cafeteria, which opened in 1935 by Clifford Clinton, served 15,000 diners a day. After five years of renovations and \$10 million, the cafeteria has been restored to its original beauty. Dishes are priced from 35 cents to \$14. **(LUNCH IS NOT INCLUDED IN EXCURSION FEE.)**

Fee: \$75

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 7443 Adults/Seniors Feb 28 Tue 8 am-4 pm

SENIOR EMERITUS CLASSES through Saddleback College

Emeritus classes are offered for active seniors. The City of Lake Forest partners with Saddleback College's Emeritus Program to offer courses especially designed to meet the education and recreational interests of seniors.

Pre-registration is recommended for all classes.

All Senior Emeritus Classes through Saddleback College are FREE of charge.

Emeritus Main Office: 949-582-4835

Saddleback College Emeritus Institute Online

To view entire Registration Instructions, please visit saddleback.edu/uploads/emergitus/dponlineregistrations.pdf

- Log in to Mysite
 - Go to Saddleback.edu
 - Login and Password Box
- Go to Registration
 - Click My Classes and Register
- Update your information
 - Answer all questions with a red*
 - Important Social Security Number Information
- Register for Classes
 - Enter Class Ticket Number, then click: Add Class
- Finish
 - Registration Confirmation Screen: Lists all classes for which you registered.

Wearable Art (Saddleback College)

Design and construct a garment incorporating techniques such as applique, surface design, bobbin work, fabric manipulation, dimensional texture and collage. Designed for the older learner.

Instructor: M South

Location: CH-Lounge

**Tic#: 16735 – FASH 124x Seniors Jan 23-May 22 Mon 8:45-11:50 am
(No class Feb 20)**

Beginning Practical Spanish (Saddleback College)

Basic fundamentals of Spanish for the older adult. Includes reading, comprehension, speaking, and writing. Emphasis will be placed on development of conversational skills.

Instructor: M Duran DeMehranfard

Location: CH Activity Rm

Tic#: 17040 – SPAN 230x Seniors Jan 18-May 24 Tue 2-3:35 pm

Advanced Practical Spanish (Saddleback College)

Designed to develop fluency in Spanish. The emphasis is on expression and conversation in Spanish.

Instructor: M Duran DeMehranfard

Location: CH Activity Rm

Tic#: 17045 – SPAN 232x Seniors Jan 19-May 25 Thu 9-10:50 am

Current Issues in Government (Saddleback College)

Exploration of current issues and loads, environment, terrorism, and conflicts. Focuses on the impact of these events on the lives of older adults.

Instructor: Charles Willbourn

Location: CH Lounge

Tic#: 17070 – PS214x Seniors Jan 19-May 25 Thu 10:30 am-12:20 pm

Birds of the World (Saddleback College)

Includes bird ancestry, evolution, systematics, distribution, topography, behavior (song, territoriality, migration), and techniques of field identification of birds. Designed for older adults who wish to actively participate in a course outdoors. Includes field trips to local sites.

Instructor: Dr. V Leipzig

Location: Sports Park Mtg Rm 2

Tic#: 17090 – BIO 226x Seniors Jan 18-May 24 Wed 8:30-11 am

Beginning Chinese Brush Painting (Saddleback College)

Introduction to the techniques of Chinese Brush Painting including concepts in the design and composition of traditional subjects, mounting of completed paintings. Designed for the older learner.

Instructor: C Ho

Location: CH-CCB

Tic#: 17490 – ART 55xa Seniors Jan 23-May 22 Mon 8:45-11:50 am

Registration for all Senior Emeritus classes is done through Saddleback College and Irvine Valley College directly. City of Lake Forest registration methods DO NOT apply to Emeritus class registration.

SENIOR EMERITUS CLASSES through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

Registration For Senior Emeritus Classes Only

To register for the Emeritus Classes the following options are available.

On-Line Registration log onto www.123getsmart.com

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select "Class Category" (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order...click on the class you want.)
- Click on the "Class Course Number" for the section you want
- Click the "Add" button
 - **RETURNING STUDENTS ONLY:** Enter your "Account number and Pin Number"
 - **NEW STUDENTS ONLY:** Proceed to click on "Create New Account." (your previous IVC Student Number and Pin Number do not work on this system)
 - Fill in all your personal contact information. (At this time you may also add other members of your family/ household on this same account by clicking on the button "Add new family member" after you have completed the information for the primary contact.
 - The class will now be added. You can select under the "Client" column whom you would like registered in the course.
 - Choose the button to continue "Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

Phone Registration

Call 949-451-5555 Monday through Friday 9 am-5 pm

Mail form and payments to:

IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC: 949-451-5270

Tai Chi Ch'uan - (Intersession IVC)

Tai chi ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure, and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure, and the philosophy of tai chi ch'uan.

Instructor: Richard Caramagno

Fee: \$25

Location: Lake Forest City Hall (25550 Commercentre Dr)

Tic#: 80021 Seniors Wed Dec 7-Feb 1* 9-10 am

Advanced Tai Chi Ch'uan (Intersession IVC)

This class is an advanced tai chi class for students of Guang Ping Yang tai chi.

Tic#: 80022 Seniors Wed Dec 7-Feb 1* 10-11 am
*No class on 12/28

Computer Classes

Introduction to Social Media (IVC)

Facebook is a social networking site that makes it easy for you to connect and share with your family and friends online. This class will focus on the fundamentals which consist of creating an account, personalizing a profile, and adding friends to your network. Additional social Media sites will be discussed.

Instructor: Benjamin Schramm

Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80031 Seniors Tue Feb 7 12-1 pm
Tic#: 80032 Seniors Tue Mar 7 12-1 pm
Tic#: 80033 Seniors Tue Apr 4 12-1 pm
Tic#: 80034 Seniors Tue May 2 12-1 pm

Facebook in Greater Depth (IVC)

This class will focus on advanced aspects of Facebook, including uploading pictures and videos, communicating via Facebook Messenger and more. (Minimum enrollment must be met.)

Instructor: Benjamin Schramm

Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80035 Seniors Tue Feb 7 1-2 pm
Tic#: 80036 Seniors Tue Mar 7 1-2 pm
Tic#: 80037 Seniors Tue Apr 4 1-2 pm
Tic#: 80038 Seniors Tue May 2 1-2 pm

Email Basics (IVC)

This class will introduce students to email as a communication means for the new age. Students will familiarize themselves with Google's Email Platform called Gmail. Additionally, students will create a free email address, and learn the basics of sending and receiving emails, the benefits and drawbacks, and more.

Instructor: Benjamin Schramm

Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80039 Seniors Wed Feb 15 12-1 pm
Tic#: 80040 Seniors Tue Mar 14 12-1 pm
Tic#: 80041 Seniors Tue Apr 11 12-1 pm
Tic#: 80042 Seniors Tue May 9 12-1 pm

Android Smart Phones & Google Apps (IVC)

Students with "Android Smart Phones" and/or Android Tablets will be introduced to Popular "Apps" designed specifically for their devices. This class will look at Google Apps (Gmail, Photos, Calendars, Notes, and Music). Students must know their Gmail account Username and Password.

Instructor: Benjamin Schramm

Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80043 Seniors Wed Feb 15 1-2 pm
Tic#: 80044 Seniors Tue Mar 14 1-2 pm
Tic#: 80045 Seniors Tue Apr 11 1-2 pm
Tic#: 80046 Seniors Tue May 9 1-2 pm

Buying and Selling on Ebay (IVC)

Students will learn how to search, buy, sell, and navigate through Ebay, the world's largest auction website. Students will create an Ebay account, identify trusted sellers, and utilize reviews to ensure their Ebay experience is a fulfilling one.

Instructor: Benjamin Schramm

Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80047 Seniors Tue Feb 21 12-1 pm
Tic#: 80048 Seniors Tue Mar 21 12-1 pm
Tic#: 80049 Seniors Tue Apr 18 12-1 pm
Tic#: 80050 Seniors Tue May 16 12-1 pm

Online Shopping (IVC)

Students will learn how to purchase everyday items, at the best price, Online, by using Amazon.com, Jet.com, and others. Additionally, we will look at "Product Reviews" and how to determine which retailers are "Trusted."

Instructor: Benjamin Schramm

Fee: \$20 per ticket number

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 80051 Seniors Tue Feb 21 1-2 pm
Tic#: 80052 Seniors Tue Mar 21 1-2 pm
Tic#: 80053 Seniors Tue Apr 18 1-2 pm
Tic#: 80054 Seniors Tue May 16 1-2 pm

Art Classes

Bead Stringing (IVC)

Discussions on beads, tools, and reading patterns and designing will be done throughout the course to help you understand more about working with beads. Students will be encouraged to create their own style and bring any beading supplies they own. A list of supplies will be given at the first class.

Instructor: Tania Addington

Fee: \$40

Location: Meeting Rm 1

Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 69355 Seniors Thu Jan 12-May 4* 1-3 pm
*No class on April 13

Fitness

Chinese Fan Boxing (IVC)

Fan boxing is a Chinese Kung Fu routine using a bamboo and cloth fan, held in the right hand. Learn techniques for handling and use of the fan; including strikes, blocks, jabs and deflections, as well as a short choreographed movement set. Materials: Fans will be available to purchase from the instructor at \$15 each on the first day of instruction. Students already owning a fan may bring their own; however fans will be subject to inspection and approval by the instructor prior to use in the class.

Instructor: JoAnna Schoon

Fee: \$40

Location: Activity Rm 2

Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 69340 Seniors Tue Jan 17-Apr 4 11 am-12 pm

It's Never Too Late Fitness (IVC)

Low impact weight bearing aerobics, strength training, stretching and flexibility movements are the core of this health and fitness class suited to the needs of the individual. Students will need to bring a mat or towel and small hand weights.

Instructor: Eugenia Lane

Fee: \$30

Location: Lake Forest Recreation Center

(28000 Rancho Pkwy) – Activities Room 1

Tic#: 69175 Seniors Thu Feb 2-Apr 27* 10-11:30 am
*No class on April 13

Dyna - Band Workout (IVC)

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Instructor: Jada Robitaille

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 69470 Seniors Tue Jan 31-Apr 11 12:30-2 pm

Pilates (IVC)

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Wear comfortable clothing and bring a mat to class.

Instructor: Jada Robitaille

Fee: \$30

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

Tic#: 69515 Seniors Tue Jan 31-Apr 11* 10-11:30 am
*No class on March 21

Aquatic Fitness Training (IVC)

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Instructor: Barbara Stockler

Fee: \$20

Location: Lake Forest I Beach & Tennis Club (22921 Ridge Route)

Tic#: 69415 Seniors Tue Jan 24-Mar 28* 2-3:30 pm
Tic#: 69430 Seniors Thu Jan 26-Mar 30 2-3:30 pm**

Fee: \$10

Location: Lake Forest I Beach & Tennis Club (22921 Ridge Route)

Tic#: 80026 Seniors Tue Jan 24-Mar 28* 2-3:30 pm
Tic#: 80027 Seniors Thu Jan 26-Mar 30 2-3:30 pm**

*No class on March 21

**No class on March 23

Yoga (IVC)

Instruction and practice will include passive exercise especially adapted to seniors; stretching, relaxing, breathing and working together in rhythm as directed. Repetition of this course allows students to build skills and increase their fitness level.

Instructor: Eugenia Lane

Fee: \$36

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 69180 Seniors Wed Feb 1-Apr 19 1-2:30 pm

Tai Chi Ch'uan (IVC)

Tai Chi Ch'uan, an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure and the philosophy of tai chi ch'uan.

Instructor: Richard Caramagno

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 69550 Seniors Wed Feb 8-May 10 9-10:30 am

Advanced Tai Chi Ch'uan (IVC)

This class is an advanced tai chi class for students GuangPing Yang tai chi.

Instructor: Richard Caramagno

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 69365 Seniors Wed Feb 8-May 10 10:30 am-12 pm

HOW TO REGISTER

Winter 2016-17 Registration Dates
Lake Forest Residents: Tuesday, November 15
Non-Residents: Tuesday, November 22

City of Lake Forest • Community Services Division
Program Registration Form

PERSONAL CONTACT (responsible adult for registering persons into classes) Date of Birth: Gender:

First Name: _____ Last Name: _____ Email: _____
 Address: _____ City, State, Zip: _____
 Street Address: _____ Work Phone: (____) _____
 Home Phone: (____) _____ Emergency Phone: (____) _____
 Emergency Contact: _____
 City of Lake Forest • ACTIVITIES (mark with primary contact address, address, etc.)

Activity Name	Fee	Class	Days	Time	Age
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Customer's birthdates must be filled out completely in order to process registrations.

3 easy ways to register:

1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, November 15**.

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Classes or on the left hand side of the home page.



2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest, Attn: Program Registration,
 25550 Commercentre Drive, Suite 100
 Lake Forest, CA 92630



3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), or the Lake Forest Recreation Center (28000 Rancho Parkway), Lake Forest, CA 92630.



Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
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).

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.

Questions on Registration? Call 461-3450





City of Lake Forest • Community Services Division Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____ First Name _____ Male
 Female
 Birthday _____ (mm/dd/yy) Email _____
 Street Address _____ City, State, Zip _____
 Preferred Contact Phone Number () _____
 Emergency Contact _____ Emergency Phone () _____

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)
Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(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 prior to submitting Program Registration Form.

Barcode #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
				Total Activity Fees	

Please send a separate check for each activity

 **If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

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 be 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).

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. Yes No
 I further agree to pay any and all costs incurred as a result of said treatment.
 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 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.

 (Signature) Parent or Guardian must sign for those under 18 years of age Date _____

Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

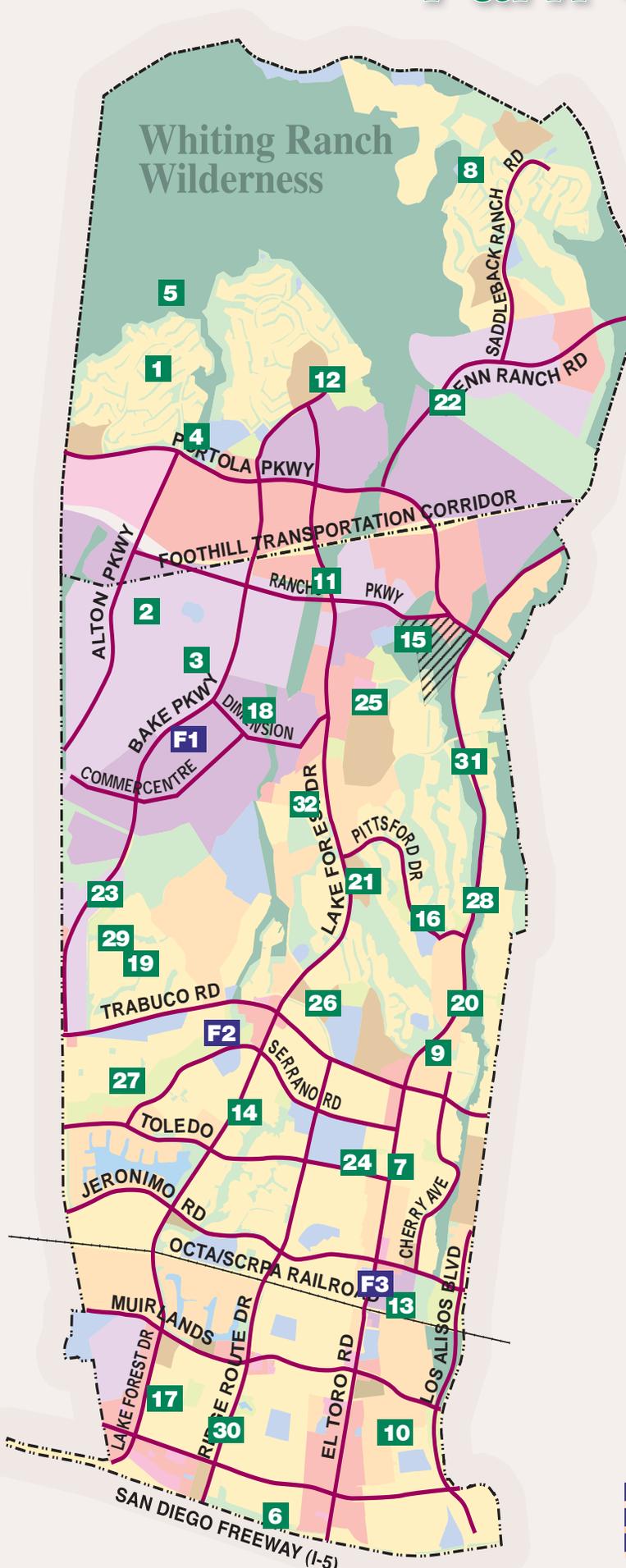
Questions on Registration?
 Call 461-3450



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 _____
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NOT FOR EMERITUS PROGRAM REGISTRATION



CITY PARKS

	Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic	Playground	Restrooms	Soccer	Tennis Court	Walking Path
1 Alton Park 18992 Alton Parkway	2.3	4	1 _{hc}				9 1 _s	1				
2 Baker Ranch Community Park	8	2	1	1	1		2	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 Mini Park 23782 Cavanaugh Road	0.2			1 _{hc}			1	1				
7 Cherry Park 22651 Cherry Avenue	4.5	3		1 _{hc}			9 1 _s	1				
8 Concourse Park	7	2		1 _{hc}			1 4 2 _s	2	1			1
9 Darrin Park 22461 Cherry Avenue	3.1	6		1 _{hc}			11 1 _s	1				
10 El Toro Park	10	2					1 1 1 _s	1	1		2 _L	
11 Etnies Skatepark of Lake Forest 20028 Lake Forest Drive	5.3						3	1				
12 Foothill Ranch Community Park	15.5		2	1 _{fc}			9	2	1	1	2	1
13 Heroes Park 25420 Jeronimo Road	12.4	1	4 _L	1 _L			2	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	8 s	2	2	5 L		1
16 Montbury Park 21962 Montbury Drive	3.5	1					2					
17 Mountain View Park	5.3	2	1	1 _{fc} 1 _{hc}		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 26441 Pebble Creek Road	1.9						1	1				
21 Pittsford Park	10	2					8 1 _s	2	1		2	1
22 Portola Hills Park	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}			11	1	1			
30 Village Pond Park 23102 Ridge Route Drive	4.7						3					
31 Vintage Park 21000 Vintage Street	4.8	5		1 _{fc} 1 _{hc}			11	1				
32 Whispering Hills Park (Future Site)												

park shelter available for reservation
 full court
 half court
 lights
 shelter
 under construction
 gymnasium
 roller rinks

OTHER FACILITIES

F1 City Hall /Community Center	25550 Commercentre #100	461-3400
F2 Heritage Hill Historical Park	25151 Serrano Road	923-2230
F3 Lake Forest Golf	23308 Cherry Avenue	859-1455

Two Awesome Winter Break Camps For Kids!



Holiday Hoopla "Rockin' Winter Camp"

- ❄ Monday, December 19–Friday, December 23
- ❄ Monday, December 26–Friday, December 30
- ❄ 7:30 am–6 pm
- ❄ Ages 6–10



Winter Break Adventure Camp

- ❄ Monday, December 19–Friday, December 23
- ❄ Monday, December 26–Friday, December 30
- ❄ 7:30 am–6 pm
- ❄ Ages 11–14

For more info, please see page 4 inside.