Autumn Harvest Festival

on Saturday, October 10! See page 1 for more info
The Community Services Department will be closed on the following holidays: (No classes will be held on these dates.)

- September 7 (Labor Day)
- November 11 (Veterans’ Day)
- November 26, 27 (Thanksgiving Holiday)

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of September, October, and November, City Hall is closed on the following Fridays:

- September 11, 25
- October 9, 23
- November 6, 20

For general questions regarding Community Services Programs on these days, visit the City website at www.lakeforestca.gov. You can also register for programs even on closed days. Visit our on-line registration at online.activecommunities.com/lfreconline.
Haunt at Heritage Hill
Dare to be a part of the 8th annual Haunt at Heritage Hill, with a double dose of fright! The park will once again transform into a Haunted Adventure. This Halloween teen/adult friendly event will include: The Haunted School House Fright Maze, and the scream zones including The Joker’s Side Show Maze, the return of “La Carnivora,” and Riding Hood’s Revenge, featuring more monsters than ever. Be sure to hit the dance floor with ghouls and goblins for our extreme DJ and light show. There will also be screenings of classic horror films and guest appearances. Feel free to join in the fun and come dressed as your favorite character or in costume, but no masks please. Be the first in the know and get the inside scoop at facebook.com/LFhaunt. There will be special announcements and chances to win prizes. Be ready to have fun, be ready to be scared, be ready to laugh, be ready to scream, but please be ready...

Fee: $8 per person
Location: Heritage Hill Historical Park (25151 Serrano Rd)
To Register: Pay at the door day of the event.

Autumn Harvest Festival
The Halloween adventure arrives early this year! The park will once again be transformed into an adventure-filled festival. Some of the attractions will include The Indiana Jones Trick-or-Treat Stations, The Under The Sea Adventure Maze, “The Wick-ed” School House, and storytelling Adventures. There will be games, face painting, balloon artist, costume parade on stage, the ever popular “Lake Forest All Stars Glow Party”, Princess Pumpkin Patch, and a movie screening of “The Great Pumpkin Charlie Brown.” Don’t forget to stop by and see Nectar and all his friends in their stage show. So come ready in costume with trick-or-treat bag in hand as the adventure will take you places beyond your imagination.

Fee: $5/Adults & Children
Fees for activities and games range from $.25 to $1.00
Location: Heritage Hill Historical Park (25151 Serrano Rd)
To Register: Pay at the door day of the event.
For More Info call: The Recreation Center at 273-6960

We Now Have Public Wi-Fi at City Hall, the Lake Forest Sports Park & Recreation Center, and the Skatepark!

Fall Registration Dates:
Tuesday, August 11
(Lake Forest Residents)
Tuesday, August 18
(Non-Residents)
Happy Birthday, Lake Forest!

The City of Lake Forest will soon turn 25! Our Anniversary Committee is planning several events and special activities to make our 25th year extra special. Keep an eye out for special anniversary activities in the next issue of the Leisure Times.
## Fall Events at a Glance

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, August 28 and</td>
<td>10pm-9 am</td>
<td><strong>End of Summer Skatepark Campout</strong></td>
<td>Etnies Skatepark of Lake Forest</td>
<td>$40 per person</td>
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<tr>
<td>Saturday, August 29</td>
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<tr>
<td>Saturday, September 12</td>
<td>6-10 pm</td>
<td><strong>Live Music Showcase</strong></td>
<td>Etnies Skatepark of Lake Forest</td>
<td>$5 per person</td>
</tr>
<tr>
<td>Wednesday, September 16</td>
<td>10am-12 pm</td>
<td><strong>Senior Resource Fair &amp; Vaccination Clinic</strong></td>
<td>Lake Forest Community Center</td>
<td>Free</td>
</tr>
<tr>
<td>Saturday, October 3</td>
<td>6-10 pm</td>
<td><strong>Live Music Showcase</strong></td>
<td>Etnies Skatepark of Lake Forest</td>
<td>$5 per person</td>
</tr>
<tr>
<td>Saturday, October 10</td>
<td>4-9 pm</td>
<td><strong>Autumn Harvest Festival</strong></td>
<td>Heritage Hill Historical Park</td>
<td>$5 per person (additional fees for games)</td>
</tr>
<tr>
<td>Friday, October 16 and</td>
<td>6-10:30 pm</td>
<td><strong>Haunt at Heritage Hill</strong></td>
<td>Heritage Hill Historical Park</td>
<td>$8 per person (ages 12 and older please)</td>
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<tr>
<td>Saturday, October 17</td>
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<tr>
<td>Saturday, October 24</td>
<td>5-10 pm</td>
<td><strong>Hallow’s Eve Bowl Jam</strong></td>
<td>Etnies Skatepark of Lake Forest</td>
<td>$20 entry fee</td>
</tr>
<tr>
<td>Saturday, November 14</td>
<td>10am-6 pm</td>
<td><strong>Skate Street Contest</strong></td>
<td>Etnies Skatepark of Lake Forest</td>
<td>$20 entry fee</td>
</tr>
</tbody>
</table>

For more info call 461-3450, 273-6960, or visit our website at [www.lakeforestca.gov](http://www.lakeforestca.gov)

For up-to-date info on City special events, check out [facebook.com/LakeForestEvents](http://facebook.com/LakeForestEvents) and follow us on [Twitter](http://twitter.com).

## Save These Winter Dates!

- **Northpole Calling**  
  December 8-10

- **Breakfast and Brunch with Santa**  
  Saturday, December 5

- **Holiday Hoopla “Rockin’ Winter Camp”**  
  Week 1: December 21-24  
  Week 2: December 28-31

- **Winter Adventure Camp**  
  Week 1: December 21-24  
  Week 2: December 28-31

- **SnowFest**  
  Saturday, January 23, 2016
**Bunco or Bust**
Calling all Bunco players! We’re having some-kind-of-fun at Bunco or Bust! You don’t need to know how to play 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
Act#: 5772  Adults/Seniors  Oct 16  Fri  7:00-9:30 pm

**Geocaching Fun!**
Discover the world of geocaching in this fun activity with the City of Lake Forest! You will search for weekly cache located in different Lake Forest parks. Set out on your own or make it a family adventure! A weekly prize winner will be randomly chosen from those geocachers who locate hidden cache and send us a photo with the find. All participants need to register with the City of Lake Forest. (Your email address is mandatory.) Weekly clues will be sent to the email address you provide. Clues will also be posted on our Facebook page.

Fee: Free to participate (10-week activity)
Materials needed: Smartphone with geocaching application.
To Register: Online, Mail-In, Walk-In
For more info call: The City of Lake Forest at 461-3450
Act#: 5636  Families  Sep 4-Nov 6
http://www.geocaching.com/mobile/default.aspx

**Kids’ Factory- SVUSD**
Kids’ Factory is a drop-in program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. All activities include crafts, sports, and games, which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, you can check on the status of Kids’ Factory sites by calling the Weather Hotline, 460-2735, after 11 am.

Instructor: SVUSD Staff
Fee: $25 per semester
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 7- Jun 10  Mon-Fri
Times vary depending on school dismissal.

**Kids’ Night Out!**
Kids need a break from your parents? Parents need a break from your kids? This event is just for you! We have a fun night planned for the kids while parents can go out and enjoy their night! Activities will include games, dinner, popcorn and a movie! Kids can bring a blanket and a pillow to relax on during the movie. Parents must register in advance. Participants must be potty trained.

Instructor: Lake Forest Recreation Staff
Fee: $15 per person – Resident  $20 per person – 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
Act#: 5826  3-11 yrs  Nov 13  Fri  5:30-9:30 pm
Preschool Programs

**STAY N’ PLAY Drop-off Preschool Class**
Play, imagine, and create at “Stay N’ Play” Preschool! Children will grow and develop in a caring, fun, and positive atmosphere. Join us for days of fun-filled activities from music, arts and crafts, games, circle time, and outside exploring. This program is packed full of playtime to initiate creativity, stimulate the imagination, and encourage making new friends. Your preschooler will develop fine and gross motor skills in a positive environment. A nutritious snack will be provided in each class. Preschoolers must be potty trained.

Instructor: City Staff

Fee: $50 per person – Resident
$55 per person – Non-Resident
(3 classes a 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

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**Giddy Up! Cowboys & Cowgirls Party!**
Yee-haw! Howdy partners! Saddle up, put on your cowboy boots and mosy on down to the best party in town! Join us as we celebrate this Cowboy and Cowgirl themed party! There will be games, songs, crafts, storytelling and a snack! Come on y’all don’t miss the fun! Parent participation is required for this program.

Instructor: City Staff

Fee: $10 per person – Resident
$15 per person – 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

Act#: 5827  2-5 yrs  Oct 9  Fri  10:00-11:00 am

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**It’s the Great Pumpkin, Charlie Brown Party!**
Will this be the year the Great Pumpkin comes? Come join us as we wait for the Great Pumpkin’s arrival! We will sing songs, play games, make crafts, and have a snack! Good grief, you can’t help but have fun at this Halloween bash! Don’t forget to dress up in your favorite costume! Parent participation is required for this program.

Instructor: City Staff

Fee: $10 per person – Resident
$15 per person – 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

Act#: 5828  2-5 yrs  Oct 30  Fri  10:00-11:00 am

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**Big Hero 6 Superhero Party!**
Have no fear! Big Hero 6 is here! It’s time to power up with Baymax and all his super hero friends! Come join us on our superhero adventure where we will sing songs, dance, play games, and make a craft! And we’ll also enjoy a tasty snack. This party will be sure to increase feelings of joy and happiness! Parent participation is required for this program.

Instructor: City Staff

Fee: $10 per person – Resident
$15 per person – 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

Act#: 5829  2-5 yrs  Nov 20  Fri  10:00-11:00 am
**Youth**

**Zumbini™**
Designed to let mom, dad or caregiver and your little one(s) 0 to 3 years old wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meet the magic of Zumba® in the ultimate bonding experience! Please RSVP to Raelyn@oczumbafitness.com if you would like to attend a FREE demo class on Tuesday, September 22 at 10am!

Instructor: Raelyn Brachmann

**Materials Fee:** A required $35 fee includes a brand new Zumbini™ Bundle containing a songbook and two copies of the class music on CD, so you can take the class experience wherever you go! This is due to the instructor during the 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

**Act#: 5712** 6 mos-3 yrs Sep 29-Nov 17 Tue 10:00-10:45 am

**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.

**RSVP for Free DEMO class on August 31 at 9:15am and 4:30pm to 949-350-0985**

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

**Fee:** $150 – Resident
$155 – 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

**Act#: 5812** 4-6 yrs Sep 24-Oct 15 Thu 2:00-2:45 pm
**Act#: 5811** 3-4 yrs Sep 23-Oct 14 Wed 2:00-2:45 pm
**Act#: 5810** 1-3 yrs* Sep 23-Oct 14 Wed 10:00-10:45 am
**Act#: 5809** 2.5-4 yrs** Sep 22-Oct 13 Tue 11:00-11:45 am
**Act#: 5808** 1-3 yrs* Sep 22-Oct 13 Tue 10:00-10:45 am
**Act#: 5807** 5-7 yrs Aug 27-Sep 17 Thu 3:00-3:45 pm
**Act#: 5806** 2.5-4 yrs** Aug 23-Sep 14 Mon 11:00-11:45 am
**Act#: 5805** 1-3 yrs* Aug 23-Sep 14 Mon 10:00-10:45 am

**Pee Wee Gymnastics**
This is an introduction to gymnastics for 1 to 7 year olds! 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. Most importantly, everyone will have fun! FREE open play when you are signed up in a gymnastics class. Open play is every Thursday 1:00-2:00 pm.

**Instructor:** Us Too Center Staff

**Fee:** $45 – Resident
$50 – 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

**Act#: 5802** 3-4 yrs Aug 26-Sep 16 Wed 2:00-2:45 pm
**Act#: 5801** 1-3 yrs* Aug 26-Sep 16 Wed 10:00-10:45 am
**Act#: 5800** 2.5-4 yrs Aug 25-Sep 19 Mon 11:00-11:45 am
**Act#: 5809** 2.5-4 yrs** Sep 22-Oct 13 Tue 11:00-11:45 am
**Act#: 5798** 5-7 yrs Aug 24-Sep 21 Mon 5:00-5:45 pm
**Act#: 5797** 2.5-4 yrs** Aug 24-Sep 21 Mon 11:00-11:45 am
**Act#: 5796** 1-3 yrs Aug 24-Sep 21 Mon 10:00-10:45 am
**Act#: 5795** 4-6 yrs Aug 24-Sep 21 Mon 9:00-9:45 am

**Parent & Tot Swim Lessons at SwimLabs**
Parent and child will work together in the pool under the direction of a SwimLabs instructor to develop the skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and go under the water. Parents will learn how to interact with their children in the pool.

**Instructor:** SwimLabs Staff

**Fee:** $80 – Resident
$85 – Non-Resident

**Additional one-time $30 registration fee per family payable at first class**

**Location:** SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register:** Online, Mail-In, Walk-In
**For more info call:** The Recreation Center at 273-6960

**Act#: 5801** 1-3 yrs* Sep 23-Oct 14 Mon 10:00-10:45 am
**Act#: 5800** 2.5-4 yrs Aug 25-Sep 15 Tue 11:00-11:45 am
**Act#: 5799** 1-3 yrs* Aug 25-Sep 15 Tue 10:00-10:45 am
**Act#: 5798** 5-7 yrs Aug 24-Sep 21 Mon 5:00-5:45 pm
**Act#: 5797** 2.5-4 yrs** Aug 24-Sep 21 Mon 11:00-11:45 am

**Pee Wee Gymnastics**
This is an introduction to gymnastics for 1 to 7 year olds! 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. Most importantly, everyone will have fun! FREE open play when you are signed up in a gymnastics class. Open play is every Thursday 1:00-2:00 pm.

**Instructor:** Us Too Center Staff

**Fee:** $45 – Resident
$50 – 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

**Act#: 5802** 3-4 yrs Aug 26-Sep 16 Wed 2:00-2:45 pm
**Act#: 5801** 1-3 yrs* Aug 26-Sep 16 Wed 10:00-10:45 am
**Act#: 5800** 2.5-4 yrs Aug 25-Sep 15 Mon 11:00-11:45 am
**Act#: 5799** 1-3 yrs* Aug 25-Sep 15 Tue 10:00-10:45 am
**Act#: 5798** 5-7 yrs Aug 24-Sep 21 Mon 5:00-5:45 pm
**Act#: 5797** 2.5-4 yrs** Aug 24-Sep 21 Mon 11:00-11:45 am

**Parent & Tot Swim Lessons at SwimLabs**
Parent and child will work together in the pool under the direction of a SwimLabs instructor to develop the skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and go under the water. Parents will learn how to interact with their children in the pool.

**Instructor:** SwimLabs Staff

**Fee:** $80 – Resident
$85 – Non-Resident

**Additional one-time $30 registration fee per family payable at first class**

**Location:** SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register:** Online, Mail-In, Walk-In
**For more info call:** The Recreation Center at 273-6960
Parent & Me Princess Ballet
This is a perfect introduction to the fundamentals of ballet and creative movement with an element of fun, fantasy and lots of encouragement. Princess ballerinas use props, wear princess tutus, use their “magic wand”, have story time and learn beginning ballet movements to fairytale music. Instructor provides tutus, crafts, wands and props. Visit www.ocdanceproductions.com for recommended attire and more info.
Instructor: OC Dance Productions Staff
Fee: $74 per Parent and Child Couple – Resident
 $79 per Parent and Child Couple – Non-Resident
(6-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
Act#: 5647 1½-3 yrs Sep 14-Oct 19 Mon 11:00-11:45 am
Act#: 5648 1½-3 yrs Oct 26-Dec 7 Mon 11:00-11:45 am
*No Class 11/23

Princess Ballet
Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info. Optional Holiday Recital in December. Nominal costume fee applies. Must be enrolled in both sessions to participate.
Instructor: OC Dance Productions staff
Fee: $74 per participant – Resident
 $79 per participant – Non-Resident
(6-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
Act#: 5642 3-5 yrs Sep 19-Oct 24 Sat 9:50-10:35 am
Act#: 5643 3-5 yrs Oct 31-Dec 5 Sat 9:50-10:35 am
*No Class 11/23

Princess Ballet Level II
Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info. Optional Holiday Recital in December. Nominal costume fee applies. Must be enrolled in both sessions to participate.
Instructor: OC Dance Productions staff
Fee: $74 per participant – Resident
 $79 per participant – Non-Resident
(6-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
Act#: 5645 3-5 yrs Sep 14-Oct 19 Mon 10:00-10:45 am
Act#: 5646 3-5 yrs Oct 26-Dec 7 Mon 10:00-10:45 am
*No Class 11/23

Ballet & Tap Combo
Dancers will dive into the world of beginning classical ballet and rhythmic tapping with the basic fundamentals of both dance forms. Class also promotes musicality, coordination, balance and grace. Ballet and tap shoes required. www.ocdanceproductions.com for more info.
Instructor: OC Dance Productions staff. Optional Holiday Recital in December. Nominal costume fee applies. Must be enrolled in both sessions to participate.
Instructor: OC Dance Productions staff
Fee: $74 per participant – Resident
 $79 per participant – 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
Act#: 5658 3-6 yrs Sep 19-Oct 24 Sat 9:50-10:35 am
Act#: 5659 3-6 yrs Oct 31-Dec 5 Sat 9:50-10:35 am
*No Class 11/23

We now have Public Wi-Fi at Lake Forest Sports Park & Recreation Center!
Ballet, Jazz & Tap Combo
Dancers will be introduced to the world of beginning tap, jazz and ballet movements and terminology. Class also includes developing spatial awareness, rhythm and listening skills. Suitable for those new to dance or continuing. Ballet and tap shoes required. Visit www.ocdanceproductions.com for recommended attire and more info. Optional Holiday Recital in December. Nominal costume fee applies. Must be enrolled in both sessions to participate.

Instructor: OC Dance Productions staff
Fee: $74 per participant
$79 per participant
(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
Act#: 5652 3-6 yrs Sep 15-Oct 20 Tue 4:20-5:05 pm
Act#: 5653 3-6 yrs Oct 27-Dec 8 Tue 4:20-5:05 pm
*No class 11/24

Princess Academy
Congratulations! You’ve been accepted into OC Dance’s Princess Academy! In this class, princesses in training will spend an equal amount of time learning the grace, poise and discipline of ballet technique while also becoming well-versed in princess etiquette and kindness. Our kindest princess will have fun learning basic ballet dance, playing games and learning the most important part of being a princess – tea party manners, etiquette and how to be kind. All Royal Princesses are welcome to wear their favorite princess dress for final day performance and gala for Mom & Dad. Optional Holiday Recital in December. Nominal costume fee applies. Must be enrolled in both sessions to participate. Visit www.ocdanceproductions.com for more info.

Instructor: OC Dance Productions staff
Fee: $74 per participant
$79 per participant
(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
Act#: 5651 4-6 yrs Oct 27-Dec 8 Tue 4:20-5:05 pm
Act#: 5650 4-6 yrs Sep 19-Oct 20 Tue 3:30-4:15 pm
*No class 11/24

Classical Ballet Beginning
This class is suitable for those wanting to explore the dance form of classical ballet. Class focuses on beginner ballet terminology, positions, and movements with an emphasis on self-discipline, alignment, grace and poise. Ballet shoes required. Optional Holiday Recital in December. Nominal costume fee applies. Must be enrolled in both sessions to participate. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff
Fee: $74 per participant
$79 per participant
(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
Act#: 5656 5-9 yrs Oct 27-Dec 8 Tue 5:10-5:55 pm
Act#: 5655 5-9 yrs Sep 19-Oct 20 Tue 5:10-5:55 pm
*No class 11/24

Pop Star Hip Hop
Shake, sing and let your inner pop star shine! Dancers learn song lyrics to their favorite music artists like Taylor Swift, Selena Gomez, Justin Bieber and One Direction while incorporating beginner hip hop and jazz dance choreography. Suitable for beginners or those continuing. Sneakers are required. Optional Holiday Recital in December. Nominal costume fee applies. Must be enrolled in both sessions to participate. Visit www.ocdanceproductions.com for more info.

Instructor: OC Dance Productions staff
Fee: $74 per participant
$79 per participant
(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
Act#: 5661 3-6 yrs Oct 31-Dec 5 Sat 9:00-9:45 am
Act#: 5662 3-6 yrs Sep 19-Oct 24 Sat 9:00-9:45 am

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. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.
Father Daughter Recital Prep & Performance
Spend some quality time with your dancer! Dads will learn a simple dance routine right alongside their daughters to perform in OC Dance's Winter Recital on December 13th. Come ready to dance, learn choreography and rehearse with non-constrictive clothing and closed-toed shoes. Class will not meet each week; please see class dates below. Visit www.ocdanceproductions.com for important information on performance details and nominal costume fee for your child.

Instructor: OC Dance Productions staff

Fee: $74 per participant
$79 per participant
(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
Act#: 5663  4-7 yrs   Sep 26-Dec 5   Sat  10:40-11:20 am
*No class 10/10, 10/24, 11/14 & 11/28

Do, Re, Mi Piano & Music
This music and piano class encourages child development through the beauty of music. Children will experience the sounds and rhythms of music through instrument play, piano/keyboard fingering, playing simple tunes, singing do, re, mi music notation and songs, rhythm and melodic patterns, props, puppets and creative movement. Keyboards will be provided in class. Parent participation required.

Instructor: Sophi Albert

Fee: $135 – Resident
$140 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of $15 due to instructor on 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
Act#: 5678  2-5 yrs   Oct 6-Nov 10   Tue  10:00-10:40 am

Musical Theater: The Little Red Hen
Musical Theatre for young children! Join the Tom Thumb Players Staff for this adorable musical. Learn and rehearse an age appropriate musical. Then perform it with costumes and sets for your friends and family! Kids come away from our programs having had a fun, accomplishment filled experience. Costume, CD and cast t-shirt is included in the price. The final performance will be held the morning of our last class day, on October 17th at 11:15am.

Instructor: Creative Kid's Playhouse Theatre of OC Tom Thumb Players

Fee: $134 – Resident
$139 – Non-Resident
(8-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In
For more info call: The Lake Forest Recreation Center at 273-6960
Act#: 5830  3-7 yrs   Aug 29-Oct 17   Sat  10:30-11:15 am

Musical Theater Workshop
For students who want more theater education, this course will dig deeper into many aspects of musical theater – improve, responding to other actors, character development and more. Students will contribute to writing the script of the show that they will perform on the last night of class, stringing together scenes from popular Broadway musicals. Everyone will perform as a lead in their scene.

Instructor: Creative Kid's Playhouse Tom Thumb Players

Fee: $148 – Resident
$153 – Non-Resident
(8-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In
For more info call: The Lake Forest Recreation Center at 273-6960
Act#: 5831  9-14 yrs   Sep 10-Oct 29   Thu  3:45-5:45 pm

3 ways to register!
Online, Mail-In, Walk-In
Childz Play
Learning to balance the social skills of sharing space with the elements of props. A creative movement class that motivates children to take time to create, express, and share through the art of movement. Expressing feelings through movement with props (scarfs, medium size balls, favorite “stuffed animal” for dancing with friends).

Instructor: Valerie Harvey
Fee: $60 – Resident
$65 – Non-Resident
(4-week session)
Materials 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
Act#: 5719 4-6 yrs Sep 5-26 Sat 9:00-9:45 am
Act#: 5720 4-6 yrs Sep 6-27 Sun 12:45-1:25 pm
Act#: 5721 4-6 yrs Oct 3-24 Sat 9:00-9:45 am
Act#: 5722 4-6 yrs Oct 4-25 Sun 12:45-1:25 pm
Act#: 5723 4-6 yrs Nov 7-28 Sat 9:00-9:45 am
Act#: 5724 4-6 yrs Nov 8-29 Sun 12:45-1:25 pm

Learn to Swim at SwimLabs
SwimLabs is an indoor swim school, which is perfect for classes all year long no matter what the weather is. These weekly group swim lessons are designed to get your child swim ready!
Instructor: SwimLabs Staff
Fee: $80 – Resident
$85 – Non-Resident
Additional one-time $30 family registration fee payable at first class
(30-minute lesson)
Location: SwimLabs (20918 Bake Pkwy., Suite 100)
To Register: Online, Mail In, Walk-In
For more info call: The Recreation Center at 273-6960
Act#: 5731 3-5 yrs Sep 1-10 Tue/Thu 10:30-11:00 am
Act#: 5732 3-5 yrs Sep 15-24 Tue/Thu 10:30-11:00 am
Act#: 5733 3-5 yrs Sep 29-Oct 8 Tue & Thu 10:30-11:00 am
Act#: 5734 3-5 yrs Oct 13-22 Tue & Thu 10:30-11:00 am
Act#: 5735 3-5 yrs Oct 27-Nov 5 Tue & Thu 10:30-11:00 am

Pre-Glee
Introduce your child to a world of music through our exciting singing class. Your child will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. This four-week singing class will finish with a mini-recital, where your little one can feel what it is like to sing on a stage. Visit GotGlee.com for more info.
Instructor: Glee Music Academy Staff
Fee: $49 – Resident
$54 – Non-Resident
(4-week sessions)
Location: Glee Music Academy
(25 Spectrum Pointe Dr, Ste 406)
To Register: Online, Mail In, Walk-In
For more info call: The Recreation Center at 273-6960
Act#: 5725 4-6 yrs Aug 31-Sep 28 Mon 3:30-4:15 pm
Act#: 5726 4-6 yrs Sep 3-24 Thu 3:30-4:15 pm
Act#: 5727 4-6 yrs Oct 5-26 Mon 3:30-4:15 pm
Act#: 5728 4-6 yrs Oct 1-22 Thu 3:30-4:15 pm
Act#: 5729 4-6 yrs Nov 2-30 Mon 3:30-4:15 pm
Act#: 5730 4-6 yrs Oct 29-Nov 19 Thu 3:30-4:15 pm
*No class 9/7 & 11/26

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 per participant – Resident
$100 per participant – 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
Act#: 5737 3-5 yrs Sep 21-Nov 16 Mon 3:30-4:30 pm
Act#: 5738 6-7 yrs Sep 21-Nov 16 Mon 4:30-5:30 pm
Act#: 5739 8-12 yrs Sep 21-Nov 16 Mon 5:30-6:30 pm
Act#: 5740 3-5 yrs Sep 23-Nov 18 Wed 3:30-4:30 pm
Act#: 5741 6-7 yrs Sep 23-Nov 18 Wed 4:30-5:30 pm
Act#: 5742 8-12 yrs Sep 23-Nov 18 Wed 5:30-6:30 pm
*No class on 10/12 & 11/11
Art Explorations
In this beginning art class, students will combine fun drawing exercises and creative painting projects to build skills in young artists. The different elements of art will be introduced through a variety of media. Emphasis is placed on techniques as students explore the work of famous artists and create their own. All materials and aprons will be provided.
Instructor: My Art Studio – Lucia Henry
Fee: $75 – Resident
     $80 – Non-Resident
     (5-week session)
Materials Fee: An additional material fee of $20 due to instructor on 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
Act#: 5665  6-11 yrs  Sep 16-Oct 14  Wed 4:45-6:00 pm

Clay Adventures
Have a blast learning how to turn clay into fun holiday projects. 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
     (5-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
Act#: 5666  6-11 yrs  Oct 21-Dec 2  Wed 4:45-6:00 pm
*No class 11/11 & 11/25

Saturday Arts, Crafts and Sewing Club
Amaze your family and friends with beautiful handmade gifts for the holidays. Learn to knit, stitch and sew on the sewing machine. Each week make and take a gift home to wrap. Sewing and craft projects may include making accessories, clothing, candles, soap and more. Parents are welcome.
Instructor: My Art Studio – Elisabeth Clark
Fee: $70 – Resident
     $75 – Non-Resident
     (5-week session)
Materials Fee: An additional material fee of $25 due to instructor on 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
Act#: 5701  7-14 yrs  Sep 12-Oct 10  Sat 1:30-3:00 pm
Act#: 5743  7-14 yrs  Oct 24-Nov 21  Sat 1:30-3:00 pm

Glee Club
Join Glee Club and learn to sing in one and two-part harmony. Teaching harmony at this young age will develop your ear and give yourself 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! At Glee Music Academy our primary goal is to help you build confidence, become a talented musician, improve your voice, and offer leadership opportunities. Visit GotGlee.com for more info.
Instructor: Glee Music Academy Staff
Fee: $49 – Resident
     $54 – Non-Resident
     (4-week sessions)
Location: Glee Music Academy
           (25 Spectrum Pointe Dr, Ste 406)
To Register: Online, Mail In, Walk-In
For more info call: The Recreation Center at 273-6960
Act#: 5784  7-12 yrs  Aug 31-Sep 28  Mon 4:30-5:15 pm
Act#: 5785  7-12 yrs  Sep 3-24  Thu 4:30-5:15 pm
Act#: 5786  7-12 yrs  Oct 5-26  Mon 4:30-5:15 pm
Act#: 5787  7-12 yrs  Oct 1-22  Thu 4:30-5:15 pm
Act#: 5788  7-12 yrs  Nov 2-30  Mon 4:30-5:15 pm
Act#: 5789  7-12 yrs  Oct 29-Nov 19  Thu 4:30-5:15 pm
*No class 9/7, 11/23

Glee Team
Join Glee Team and perform in quarterly concerts on a beautiful stage. Our last few concerts have been at the 700-seater Nechita Center in the City of Orange. You will rehearse and perform as long as your songs are passed off. We find that this requires quite a bit of work at home since you only rehearse once at the studio during the week, but we promise it will be well worth the effort. Second and fourth Saturdays of each session are included. Visit GotGlee.com for more info.
Instructor: Glee Music Academy Staff
Fee: $99 – Resident
     $104 – Non-Resident
     (4-week sessions)
Location: Glee Music Academy
           (25 Spectrum Pointe Dr, Ste 406)
To Register: Online, Mail In, Walk-In
For more info call: The Recreation Center at 273-6960
Act#: 5790  9-17 yrs  Sep 3-24  Thu 5:30-7:30 pm
Act#: 5791  9-17 yrs  Oct 1-22  Thu 5:30-7:30 pm
Act#: 5792  9-17 yrs  Oct 29-Nov 19  Thu 5:30-7:30 pm
**Shotokan Karate Do - Youth**

Learn manners, respect, discipline, self-defense and increase fitness while having fun learning traditional Shotokan Karate Do, a Japanese martial art. Competition available at local, regional, national and international levels.

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

**Act#: 5698**  
5-16 yrs  
Sep 2-30  
Mon/Wed 4:30-5:30 pm

**Act#: 5699**  
5-16 yrs  
Oct 5-Oct 28  
Mon/Wed 4:30-5:30 pm

*No class 9/7

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**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. Kid's 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

**Act#: 5707**  
5-17 yrs  
Sep 2 - 30  
Mon/Wed 5:30-6:30 pm  
Sat 12:00-1:00 pm

**Act#: 5708**  
5-17 yrs  
Oct 5 - 31  
Mon/Wed 5:30-6:30 pm  
Sat 12:00-1:00 pm

**Act#: 5709**  
5-17 yrs  
Nov 2 - Dec 2  
Mon/Wed 5:30-6:30 pm  
Sat 12:00-1:00 pm

*No class 9/7, 11/11 & 11/25

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**Super Soccer Stars: Kick & Play**

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers. Our experienced instructors along with our 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: $98 per participant – Resident  
$103 per participant – 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

**Act#: 5888**  
12-24 mos  
Sep 18-Oct 23  
Fri 9:45-10:25 am

**Act#: 5889**  
12-24 mos  
Oct 30-Dec 11*  
Fri 9:45-10:25 am

*No Class 11/27

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**Super Soccer Stars: 2-3 Year Old**

Consists of soccer activities, language learning and introducing skills for simple body movements including coordination and stability building activities. 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: $130 per participant – Resident  
$135 per participant – Non-Resident  
(8 week sessions)

$65 per participant – Resident  
$70 per participant – Non-Resident  
(4 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

**Act#: 5878**  
2-3 years  
Sep 12-Oct 31  
Sat 9:00-9:40 am

**Act#: 5879**  
2-3 years  
Nov 14-Dec 12*  
Sat 9:00-9:40 am

*No Class 11/28
Super Soccer Stars: 3-Young 4 Year Old
This class will include partner activities to promote sharing, listening, respect and cooperating. Physical activities include dynamic movements like running, skipping and jumping.
Instructor: Super Soccer Stars Staff
Fee: $130 per participant – Resident
$135 per participant – Non-Resident
(8-week sessions)
$65 per participant-Resident
$70 per participant-Non-Resident
(4 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
Act#: 5880 3-young 4 years  Sep 12-Oct 31 Sat 9:45-10:30 am
Act#: 5881 3-young 4 years  Nov 14-Dec 12* Sat 9:45-10:30 am
*No Class 11/28

Super Soccer Stars: Older 4-5 Year Old
This class will include dynamic activities which involve dribbling technique and moves to allow each child to gain more confidence on the ball. The primary focus 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: $130 per participant – Resident
$135 per participant – Non-Resident
(8-week sessions)
$65 per participant-Resident
$70 per participant-Non-Resident
(4 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
Act#: 5882 Older 4-5 years  Sep 12-Oct 31 Sat 10:35-11:25 am
Act#: 5883 Older 4-5 years  Nov 14-Dec 12* Sat 10:35-11:25 am
*No Class 11/28

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 these skills can be easily transferred to the soccer game.
Instructor: Super Soccer Stars Staff
Fee: $130 per participant – Resident
$135 per participant – Non-Resident
(8-week sessions)
$65 per participant – Resident
$70 per participant – Non-Resident
(4-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
Act#: 5885 Older 5-7 years  Sep 12-Oct 31 Sat 11:30 am-12:30 pm
Act#: 5886 Older 5-7 years  Nov 14-Dec 12* Sat 11:30 am-12:30 pm
*No Class 11/28

10 Million Kids Outdoors
The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation’s 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this fall…we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!
**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 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: $79 per participant – Resident  
$84 per participant – 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  
Act#: 5747 2-3 yrs Sep 18- Oct 23 Fri 3:30-4:00 pm

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**TriFytt Sports: Parent and Me Multi-Sport**

This is a great chance for beginning and 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: $89 per participant – Resident  
$94 per participant – Non-Resident  
(8-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  
Act#: 5746 2-3 yrs Sep 19-Nov 7 Sat 10:00-10:30 am

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**TriFytt Sports: Parent and Me Soccer**

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. 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. Don’t miss out on this special opportunity! It’s a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff  
Fee: $69 per Parent and Child couple – Resident  
$74 per Parent and Child couple – 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  
Act#: 5749 3-5 yrs Sep 22-Oct 27 Tue 5:00-5:45 pm

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**TriFytt Sports: Tee-Ball Skillz Clinic**

This is a great chance for beginning and 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: $69 per participant – Resident  
$74 per participant – 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  
Act#: 5748 2-3 yrs Sep 22-Oct 27 Tue 4:30-5:00 pm  
Act#: 5749 3-5 yrs Sep 22-Oct 27 Tue 5:00-5:45 pm

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**TriFytt Sports: Soccer Skillz Clinic**

This is a great chance for beginning and 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: $69 per participant – Resident  
$74 per participant – 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  
Act#: 5750 3-4 yrs Sep 18-Oct 23 Fri 4:00-4:45 pm  
Act#: 5751 4-6 yrs Sep 18-Oct 23 Fri 5:00-5:45 pm

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**TriFytt Sports: Multi-Sport Skillz Clinic**

This is a great chance for beginning and 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: $89 per participant – Resident  
$94 per participant – Non-Resident  
(8-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  
Act#: 5752 3-5 yrs Sep 19-Nov 7 Sat 9:00-9:45 am  
Act#: 5753 5-7 yrs Sep 19-Nov 7 Sat 10:30-11:15 am
Beginning Ukulele
Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.
Instructor: Ron Gorman
Fee: $60 – Resident
$65 – Non-Resident
(3-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
Act#: 5696 10 yrs-Adult Dec 2-16 Wed 6:00-7:00 pm

Beginning Guitar
Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.
Instructor: Ron Gorman
Fee: $60 – Resident
$65 – Non-Resident
(3-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
Act#: 5697 10 yrs-Adult Dec 2-16 Wed 7:00-8:00 pm

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
Act#: 5692 10-Adult Oct 24 Sat 3:00-5:00 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
Act#: 5690 10-Adult Oct 24 Sat 12:30-3:00 pm

Seriously Awesome Sitters
Here’s the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you’ll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you’ll be recognized as an awesome sitter who will be asked back again and again! An additional $40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc. Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.
Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES
Fee: $28 – Resident
$33 – Non-Resident
(one-time workshop)
Material Fee: An additional $40 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
Act#: 5694 10-Adult Oct 24 Sat 10:00am-5:00 pm

Save time!
Register for our programs online at
www.online.activecommunities.com/lfreconline
Private Swim Lessons
These lessons include the use of video cameras and poolside TVs for instant video feedback.
Instructor: SwimLabs staff
Fee: $50 – Resident
$55 – Non-Resident
(4 thirty-minute lessons)
($30 one-time family registration fee applies in addition to cost of class. Payable at first class meeting.)
Location: SwimLabs (20918 Bake Pkwy., Suite 100)
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
Act#: 5821 Ages 1 to adult ongoing varies

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 and Yoga Booty Ballet please visit www.OCDanceProductions.com.
Instructor: OC Dance Productions Staff
Fee: $119 – Resident
$124 – 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
Act#: 5664 18 & up Sep 14-Nov 16 Mon 6:30-7:30 pm

Traditional Social Dances of Europe and America
Instruction in the traditional social dances of the many countries of Europe and regions of the United States, including Early California. Dances will include Waltz, Fox Trot and more. Instruction will focus on dance technique, partnering, dance history and improvisation.
Instructor: Richard Duree
Fee: $20 – Resident
$25 – 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
Act#: 5684 15 -Adult Sep 4-25 Fri 2:30-4:30 pm
Act#: 5685 15 -Adult Oct 2-23 Fri 2:30-4:30 pm
Act#: 5686 15 -Adult Nov 6-Dec 11 Fri 2:30-4:30 pm
*No class 11/20 & 11/27

Prenatal Yoga
In this prenatal yoga class you will be exploring and celebrating a new and softer side of your yoga practice with your baby to be! Learn how to safely modify through all 3 trimesters, while still maintaining a well-rounded practice. This class will prepare you for birth through safely modified poses, breathwork, plus relaxing and meditation techniques. Prenatal yoga will help you stay centered and grounded through this exciting time as you prepare for your little bundle of joy! Bring yoga mat, water, towel and snacks to keep mommies-to-be comfortable and safe. Props are recommended: yoga blocks, blankets, bolsters. Note: ALL trimesters welcome.
Instructor: Devann Sheuerman
Fee: $85 – Resident
$90 – Non-Resident
(6-week session)
Materials 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
Act#: 5675 18 & up Oct 14-Dec 2 Wed 10:00-11:00 am
*No class 11/11, 11/25

Candlelight Yoga Flow
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 Sheuerman
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
Act#: 5671 18 & up Aug 31-Oct 12 Mon 7:30-8:30 pm
Act#: 5672 18 & up Sep 9-Oct 14 Wed 7:00-8:00 pm
Act#: 5673 18 & up Oct 19-Nov 23 Mon 7:30-8:30 pm
Act#: 5674 18 & up Oct 21-Dec 9 Wed 7:00-8:00 pm
*No class 9/7, 11/11, 11/25

Adult

Want more info on how to register for programs online?
Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.
www.activecommunities.com/lfreconline
Tennis For Everyone ~ Adult
The beginning class will work on the basics. 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
Act#: 5815 16 & up Sep 26-Nov 14 Beg Sat 9:00-10:00 am
Act#: 5816 16 & up Sep 26-Nov 14 Int Sat 10:00-11:00 am

Get Golf Ready
Whether you’re a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Call (949) 859-1455 to make appointments for class sessions after you register.

Instructor: Lake Forest Golf and Practice Center staff
Fee: $129 – Resident
     $134 – Non-Resident
     (4 sessions)
Location: Lake Forest Golf and Practice Center
          (23308 Cherry Ave)
To Register: Mail-In, Walk-In. Online registration is not available for this program.
For more info call: The Recreation Center at 273-6960
Act#: 5822 Adult ongoing varies

The Ultimate Boot Camp Class
Our class is a results-driven conditioning program that focuses on developing lean, toned and healthy bodies, with the use of your own body weight, dumbbells, exercise bands, kettlebells, jump ropes and much more. This class is designed for all fitness levels. Work at your own pace while you push yourself to the next level. This will be a fun and effective workout in a positive atmosphere with great upbeat music. Not your typical boot camp.

Instructor: Maryam Stevenson
Fee: $162 per participant – Resident
     $167 per participant – 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
Act#: 5702 18 & up Sep 1-Oct 8 Tue/Thu 6:45-7:40 pm
Act#: 5703 18 & up Oct 13-Nov 19 Tue/Thu 6:45-7:40 pm

DANCERcise with Janet
Let us help you unleash the dancer within! Think Dancing with the Stars or back up dancing for J. Lo! Performance dance is fun. Featuring choreographed dance routines to wonderful music that makes you want to move. Stress releasing, endurance building, calorie burning, body toning moves. Learn to dance and move your body correctly. All levels welcome.

Instructor: Janet Nagurski
Fee: $70 per participant – Resident
     $75 per participant – Non-Resident
     (7-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
Act#: 5774 18 & up Sep 9-Oct 21 Wed 6:00-6:50 pm

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 brings into the work-out. It is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and serious dose of awesomeness each time you leave class. These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor.

Instructor: Angie Velez
Fee: Act#: 5680 5-class package $35 – Resident
     $40 – Non-Resident
     Act#: 5681 10-class package $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 10:00-11:00 am

Fall Registration Dates:
Tuesday, August 11
(Lake Forest Residents)
Tuesday, August 18
(Non-Residents)
**Swing Dance Class**

Don’t you love the energy of that great Swing music? Grab a dance partner and come learn to dance to that music - fast and slow. After you learn the basics you’ll be doing turns, tucks, kicks and loops! No dance experience needed. A registered partner is required so you and you partner both register and put on your dancing shoes!

Instructor: Carri Fox

Fee: $46 – Resident  
$51 – 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
Act#: 5667  18 & up Sep 4-Oct 9  Fri  6:45-7:30 pm  
Act#: 5668  18 & up Oct 16-Nov 20  Fri  6:45-7:30 pm

**Ballroom Dance Class**

This class will teach you a smooth dance like Waltz or Fox Trot and a rhythm dance like Cha Cha or Rumba, maybe even Tango. No dance experience required. A registered partner is required.

Instructor: Carri Fox

Fee: $46 – Resident  
$51 – 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
Act#: 5669  18 & up Sep 4-Oct 9  Fri  7:30-8:15 pm  
Act#: 5670  18 & up Oct 16-Nov 20  Fri  7:30-8:15 pm

**Third Friday**

**Ballroom Dance Practice**

Come join us for Ballroom dance practice! Work on the material you learned in any class. Ask questions on steps you are practicing. We will play a mix of ballroom dance music on the THIRD Friday of most months. Partner optional.

Instructor: Carri Fox

Fee: $5 – Resident per night  
$10 – Non-Resident per night

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
Act#: 5775  Sep 18  Fri  8:30-10:00 pm  
Act#: 5776  Oct 16  Fri  8:30-10:00 pm  
Act#: 5777  Nov 20  Fri  8:30-10:00 pm

**Belly Dance Level 1**

Earthly, ethereal and elegant, this total-body dance form develops core control, powerful hip work, breath, fluidity and grace in a fun and supportive atmosphere!

Instructor: Tina Elkins

Fee: $55 – Resident  
$60 – 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
Act#: 5778  18 & up Sep 12-Oct 3  Sat  11:30 am-12:45 pm  
Act#: 5779  18 & up Oct 10-31  Sat  11:30 am-12:45 pm  
Act#: 5780  18 & up Nov 7-28  Sat  11:30 am-12:45 pm

**Belly Dance Level 2**

Learn to put it all together in belly dance combinations, layering, choreography and improvisation! Pre-requisite: Completion and comfort with Level 1

Instructor: Tina Elkins

Fee: $55 – Resident  
$60 – 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
Act#: 5781  18 & up Sep 12-Oct 3  Sat  1:00-2:15 pm  
Act#: 5782  18 & up Oct 10-31  Sat  1:00-2:15 pm  
Act#: 5783  18 & up Nov 7-28  Sat  1:00-2:15 pm
**Dog Obedience**
For dogs at least 4 months old, this class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. **Do not bring dog to first class.** Owner must provide proof of vaccinations, training collar, and leash. (Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. Online registration is not available for discount program.)

Instructor: Mari Quillman

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

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In
For more info call: The Recreation Center at 273-6960

**Act#: 5754**  
Families  
Sep 2-Oct 21  
Wed 6:30-7:30 pm

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**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

**Act#: 5704**  
18 & up  
Sep 2- 30  
Mon/Wed 6:30-7:30 pm  
Sat 1:00- 2:00 pm

**Act#: 5705**  
18 & up  
Oct 5- 31  
Mon/Wed 6:30-7:30 pm  
Sat 1:00- 2:00 pm

**Act#: 5706**  
18 & up  
Nov 2- Dec 2  
Mon/Wed 6:30-7:30 pm  
Sat 1:00- 2:00 pm

*No class 9/7, 11/11 & 11/25

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**Kung Fu: Self-Defense**
Over the course of 16 classes, we will 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. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a 15-student limit for this class.

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 Aspa St, #207)

To Register: Online, Mail In, Walk-In
For more info call: The Recreation Center at 273-6960

**Act#: 5874**  
18 & up  
Aug 31-Oct 21  
Mon/Wed 7:00-8:00 pm

**Act#: 5875**  
18 & up  
Sep 1-Oct 22  
Tue/Thu 6:00-7:00 pm

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**Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction**
Over the course of 16 structured classes, you will 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. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai Chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

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

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

To Register: Online, Mail In, Walk-In
For more info call: The Recreation Center at 273-6960

**Act#: 5876**  
18 & up  
Aug 31-Oct 21  
Mon/Wed 6:00-7:00 pm

**Act#: 5877**  
18 & up  
Sep 1-Oct 22  
Tue/Thu 7:00-8:00 pm

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**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 Fall programs too!
Special Needs Dance for Teens and Adults ~ Costume Party!
Join us for a fun Halloween party! Dress in costume to be entered into our prize drawings—best costume wins a grand prize! We will have music with live DJ and refreshments, so come and join the party!
Pre-registration is requested.
Fee: FREE
Location: Lake Forest City Hall (25550 Commercentre Dr)
For more info call: Marilyn Norment at 461-3447 or email mnorment@lakeforestcagov.
Act#: 5637 13 yrs – Adult Oct 23 Fri 7:00-9:00 pm

Swim Lessons for Children and Adults with Special Needs
Our adult instructors are experienced in teaching special needs swimmers, and our small, indoor facility is ideal for focused lessons. Moreover, with the use of pool-side TV monitors and video cameras, our ability to give students instant visual feedback during their lesson is invaluable.
Instructor: SwimLabs staff
Fee: $48 per lesson – Resident $53 per lesson – Non-Resident
($30 one-time family registration fee applies in addition to cost of class. Payable at first class meeting.)
Location: SwimLabs (20918 Bake Pkwy., Suite 100)
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
Act#: 5838 Ages 1 to adult ongoing varies

Us Too Gymnastics for Kids with Special Needs
Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, 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 3-5 students with 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the City to get our special price for Lake Forest residents. This class also includes free open play for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes. Please call to set up individual dates and times.
Instructors: Us Too Center Staff
Fee: $75 per month – Resident $80 per month – 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
Act#: 5841 3-19 yrs Ongoing Mon-Sat varies

Social Play Class for Kids With Special Needs
Enjoy a social based class where your child will participate in fun games, gymnastics, yoga, exercise circuits and a fun dance party at the end.
Instructor: US Too Center Staff
Fee: $75 per 4-week session – Resident $80 per 4-week session – Non-Resident
Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)
To Register: Online, Mail-In, Walk-In
For more info call: The City of Lake Forest at 461-3450
Act#: 5842 10-18 yrs Aug 28-Sep 18 Tue 6:30-7:30 pm
Act#: 5843 10-18 yrs Sep 25-Oct 16 Tue 6:30-7:30 pm
Act#: 5844 10-18 yrs Oct 23-Nov 13 Tue 6:30-7:30 pm

Exercise and Social Skills for Teens
An exercise based social skills class for teens on the Autism spectrum. Activities include sharing age appropriate conversation, sharing with the group, playing basketball, volleyball, exposure to other sports and basic exercises.
Fee: $125 per 4-week session – Resident $130 per 4-week session – Non-Resident
Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)
To Register: Online, Mail-In, Walk-In
For more info call: The City of Lake Forest at 461-3450
Act#: 5845 12-18 yrs Aug 25-Sep 15 Tue 6:30-7:30 pm
Act#: 5846 12-18 yrs Sep 22-Oct 13 Tue 6:30-7:30 pm
Act#: 5847 12-18 yrs Oct 20-Nov 10 Tue 6:30-7:30 pm
**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!

Instructors: Rosa Patterson MS, BCBA and Intervention Staff

Fee: $75 per session – Resident
     $80 per session – Non-Resident

Location: 23701 Birtcher Dr (949) 581-0100
or toll-free (855) 581-0100

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
Act#: 5840  2-19 yrs  ongoing  Mon-Sat  varies

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**What Is “TOPSoccer”?**

TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes with physical and mental disabilities.

- TOPSoccer provides a safe and fun environment for athletes with special needs to participate in organized sports.
- Athletes between ages 4 and 30 compete in the program, which 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@LNYSAs.org

Sandy Castillo: scastillo@calsouth.com or visit calsouth.com/topsoccer

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**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
20028 Lake Forest Drive
Lake Forest, CA 92630

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 must pay a nominal fee of $5 for the printing of their ID card. Sessions are still free thanks to the City of Lake Forest.

Location: 20028 Lake Forest Dr.  Phone: 949-916-5870

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

Make sure to visit us on the web at www.EtniesSkatepark.com. Also follow us on Facebook and Twitter for up-to-date news and weather conditions. The website features interactive tours of the park, up to date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content so stop by and check it out!

**SKATE SESSIONS**

<table>
<thead>
<tr>
<th>Monday-Thursday</th>
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<tr>
<td>Friday</td>
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<td>Saturday</td>
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<td>Sunday</td>
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**FALL HOLIDAY SCHEDULE**

The park will be closed Thanksgiving Day, Thursday, November 26, 2015.
2015 Fall Classic Skate Contest Series
The Fall Classic contest series is going on its 12th year and this year promises to be the best yet. The Hallow’s Eve Bowl Bash is a crowd favorite, great for skaters and spectators. It is the premiere bowl contest held at the Skatepark. The Fall Classic Street Contest is our annual street contest with a new obstacle this year. Details will be available closer to the date of each contest at the Skatepark office or check EtniesSkatepark.com for more information. Registration will take place the morning of each day at the park beginning at 9:00 am (3:00 pm for Bowl Event).

Fee: $20 day of entry fee per event – includes a contest t shirt
Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870
All Ages Hallow’s Eve Bowl Jam Oct 24 Sat 5:00-10:00 pm
All Ages Skate Street Contest Nov 14 Sat 10:00 am-6:00 pm

Interested vendors wishing to have a booth at any event or sponsorship opportunities, please email etniesskatepark@lakeforestca.gov or call 916-5870

Live Music Showcase Fall 2015
The Etnies Skatepark of Lake Forest is proud to be the only all-ages venue for live music in South Orange County. Skate or enjoy the tunes in a safe environment. Bands like JFA, The Stitches, and many others have donated their time and energy to help raise money to keep our park free to ride. Support your local Skatepark and enjoy a night of great tunes! Do you have a band interested in playing at the park? Drop off a demo CD or email etniesskatepark@lakeforestca.gov at the Skatepark office with your contact information and we will review it for a future show!

Fee: $5 entry fee per person
Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

For more info and specific bands playing, call: The Skatepark at 916-5870
All Ages Sep 12 Sat 6:00-10:00 pm
All Ages Oct 3 Sat 6:00-10:00 pm

End of Summer Skatepark Campout
Come celebrate the end of summer with this annual Summer Skate Park Campout. This event is for all ages and will be supervised. Skateboard, camp, and watch movies. Snacks and breakfast will be served for the campers. You’ll need to bring a sleeping bag, even though you most likely will skate all night! Midnight madness contest as well as many other fun activities will be held during the evening. The gates will be locked at 10:00 pm and campers will not be permitted to leave until 9:00 am the following morning.

Fee: $40 per person
Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Pre-register at the Skatepark or online.
For more info call: The Skatepark at 916-5870
Act#: 5550 All Ages Aug 28/29 Fri/Sat 10:00 pm Fri-9:00 am Sat

Veterans Day Camp
Choose this Veterans Day to spend at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. The day will include lunch and a t shirt for the campers. Skateboard Instruction, games, and a day of fun.
Instructor: Skatepark Staff
Fee: $40 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 Skatepark at 916-5870
Act#: 5852 5-17 yrs Nov 11 Wed 10:00 am-2:00 pm

Etnies Fall Skate Camp
Choose this Fall break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Our staff barbeques lunch for all campers on a daily basis. Specific clinics covered during camp lesson times include, the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. All camp activities will be held by experienced Skatepark staff that has a proven successful track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County’s only cradle, and world class street areas. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and a lunch/drink each day. All proceeds go directly to keeping the park free.
Instructor: Skatepark Staff
Fee: $120 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 Skatepark at 916-5870
Act#: 5863 5-17 yrs Nov 23-25 M-W 10:00 am-2:00 pm
Make your next party an Etnies Skatepark Skate Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!

**Party Package Details**

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 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.
- Optional Piñata in Cradle $65 - Includes large size piñata, stuffed with candies and grab bags. Skatepark Staff will operate piñata during party.
- The picnic bench area is decorated and reserved for your party goers.

**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.

**Gold Package – $350**

Our best package includes a Skatepark t-shirt for each participant, birthday cake, 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. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost $20 up to a maximum of 20 participants.

**Silver Package – $250**

Our most economic package includes birthday cake, 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. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost $10 up to a maximum of 20 participants.

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

To reserve your birthday party, please email etniesskatepark@lakeforestca.gov or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.
Beginning Skateboard Lessons
Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one on one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff
Fee: $65 – 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
Act#: 5861 6 yrs and up Sep 1-22 Tue 4:00-5:00 pm
Act#: 5862 6 yrs and up Oct 6-27 Tue 4:00-5:00 pm
Act#: 5863 6 yrs and up Nov 3-24 Tue 4:00-5:00 pm
Act#: 5864 6 yrs and up Sep 5-26 Sat 9:00-10:00 am
Act#: 5865 6 yrs and up Oct 3-24 Sat 9:00-10:00 am
Act#: 5866 6 yrs and up Nov 7-28 Sat 9:00-10:00 am

Intermediate Skateboard Lessons
This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff
Fee: $65 – 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
Act#: 5867 6 yrs and up Sep 1-22 Tue 5:00-6:00 pm
Act#: 5868 6 yrs and up Oct 6-27 Tue 5:00-6:00 pm
Act#: 5869 6 yrs and up Nov 3-24 Tue 5:00-6:00 pm
Act#: 5870 6 yrs and up Sep 5-26 Sat 10:00-11:00 am
Act#: 5871 6 yrs and up Oct 3-24 Sat 10:00-11:00 am
Act#: 5872 6 yrs and up Nov 7-28 Sat 10:00-11:00 am

Private Skateboard Lessons
One-on-one instruction from the basics to advanced techniques. 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. Whatever you may want to learn, we have some of the best teachers as well as the best Skatepark around to meet all of your learning needs.

Instructor: Skatepark Staff
Fee: $40 – per forty five minute session. Sign up for a month of classes at $140 per 4-lesson package (a $160 value). Choose the time that works best with your busy schedules.
Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)
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
Act#: 5873 Sep -A 6 yrs and up Sep 3 Thu 3:00 pm
Act#: 5873 Sep -B 6 yrs and up Sep 3 Thu 4:00 pm
Act#: 5873 Sep -C 6 yrs and up Sep 3 Thu 5:00 pm
Act#: 5873 Sep -D 6 yrs and up Sep 3 Thu 6:00 pm
Act#: 5873 Sep -E 6 yrs and up Sep 10 Thu 3:00 pm
Act#: 5873 Sep -F 6 yrs and up Sep 10 Thu 4:00 pm
Act#: 5873 Sep -G 6 yrs and up Sep 10 Thu 5:00 pm
Act#: 5873 Sep -H 6 yrs and up Sep 10 Thu 6:00 pm
Act#: 5873 Sep -I 6 yrs and up Sep 17 Thu 3:00 pm
Act#: 5873 Sep -J 6 yrs and up Sep 17 Thu 4:00 pm
Act#: 5873 Sep -K 6 yrs and up Sep 17 Thu 5:00 pm
Act#: 5873 Sep -L 6 yrs and up Sep 17 Thu 6:00 pm
Act#: 5873 Sep -M 6 yrs and up Sep 24 Thu 3:00 pm
Act#: 5873 Sep -N 6 yrs and up Sep 24 Thu 4:00 pm
Act#: 5873 Sep -O 6 yrs and up Sep 24 Thu 5:00 pm
Act#: 5873 Sep -P 6 yrs and up Sep 24 Thu 6:00 pm

We Now Have Public Wi-Fi At Etnies Skatepark of Lake Forest!
RECREATION ACTIVITIES

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.

| Act#: 5873 Oct-A | 6 yrs and up | Oct 1 | Thu | 3:00 pm |
| Act#: 5873 Oct -B | 6 yrs and up | Oct 1 | Thu | 4:00 pm |
| Act#: 5873 Oct -C | 6 yrs and up | Oct 1 | Thu | 5:00 pm |
| Act#: 5873 Oct -D | 6 yrs and up | Oct 1 | Thu | 6:00 pm |
| Act#: 5873 Oct -E | 8 yrs and up | Oct 8 | Thu | 3:00 pm |
| Act#: 5873 Oct -F | 6 yrs and up | Oct 8 | Thu | 4:00 pm |
| Act#: 5873 Oct-G | 6 yrs and up | Oct 8 | Thu | 5:00 pm |
| Act#: 5873 Oct-H | 6 yrs and up | Oct 8 | Thu | 6:00 pm |
| Act#: 5873 Oct-I | 6 yrs and up | Oct 15 | Thu | 3:00 pm |
| Act#: 5873 Oct-J | 6 yrs and up | Oct 15 | Thu | 4:00 pm |
| Act#: 5873 Oct-K | 6 yrs and up | Oct 15 | Thu | 5:00 pm |
| Act#: 5873 Oct-L | 6 yrs and up | Oct 15 | Thu | 6:00 pm |
| Act#: 5873 Oct-M | 6 yrs and up | Oct 22 | Thu | 3:00 pm |
| Act#: 5873 Oct-N | 6 yrs and up | Oct 22 | Thu | 4:00 pm |
| Act#: 5873 Oct-O | 6 yrs and up | Oct 22 | Thu | 5:00 pm |
| Act#: 5873 Oct-P | 6 yrs and up | Oct 22 | Thu | 6:00 pm |
| Act#: 5873 Oct-Q | 6 yrs and up | Oct 29 | Thu | 3:00 pm |
| Act#: 5873 Oct-R | 6 yrs and up | Oct 29 | Thu | 4:00 pm |
| Act#: 5873 Oct-S | 6 yrs and up | Oct 29 | Thu | 5:00 pm |
| Act#: 5873 Oct-T | 6 yrs and up | Oct 29 | Thu | 6:00 pm |

NOVEMBER
*No lessons offered on Thursday, Nov 26 due to Thanksgiving Day

| Act#: 5873 Nov-A | 6 yrs and up | Nov 5 | Thu | 3:00 pm |
| Act#: 5873 Nov-B | 6 yrs and up | Nov 5 | Thu | 4:00 pm |
| Act#: 5873 Nov-C | 6 yrs and up | Nov 5 | Thu | 5:00 pm |
| Act#: 5873 Nov-D | 6 yrs and up | Nov 5 | Thu | 6:00 pm |
| Act#: 5873 Nov-E | 6 yrs and up | Nov 12 | Thu | 3:00 pm |
| Act#: 5873 Nov-F | 6 yrs and up | Nov 12 | Thu | 4:00 pm |
| Act#: 5873 Nov-G | 6 yrs and up | Nov 12 | Thu | 5:00 pm |
| Act#: 5873 Nov-H | 6 yrs and up | Nov 12 | Thu | 6:00 pm |
| Act#: 5873 Nov-I | 6 yrs and up | Nov 19 | Thu | 3:00 pm |
| Act#: 5873 Nov-J | 6 yrs and up | Nov 19 | Thu | 4:00 pm |
| Act#: 5873 Nov-K | 6 yrs and up | Nov 19 | Thu | 5:00 pm |
| Act#: 5873 Nov-L | 6 yrs and up | Nov 19 | Thu | 6:00 pm |

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! Shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Friday for the entire school year. Pre-registration is required for this program.

Fee: $50 per school year
Location: The Teen Lounge at the Lake Forest Recreation Center (28000 Rancho Parkway)
For more info call: 273-6975 or email mvillasenor@lakeforestca.gov
To Register: In person at the Lake Forest Recreation Center. Teens 2015-2016 School Year Mon-Fri (excluding school holidays)

“Last Fridays” Teen 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 and maybe even surprise guest entertainers! Cool prizes will also be raffled away! 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 Community Center (28000 Rancho Parkway)
For more info call: 273-6975 or email mvillasenor@lakeforestca.gov
To Register: Online, Mail-In, Walk-In

Act#: 5817 Teens 11-14 Sep 25 – Glow Night Fri 6:00-9:30 pm
Act#: 5818 Teens 11-14 Oct 30 – Costume Night Fri 6:00-9:30 pm
Act#: 5819 Teens 11-14 Nov 20 – Video Game Palooza Fri 6:00-9:30 pm
Knott’s Scary Farm “Halloween Haunt”
Join us this year at “Knott’s Scary Farm” for another year of the world’s first, biggest and most famous theme park Halloween event! This is the original, in-your-face LIVE Halloween experience – a 160-acre living scary movie filled with 12 chilling mazes, 6 hair-raising shows, 4 horrific scare zones and 1,000 monsters roaming the park. Trip includes a pizza party and transportation and admission to the amusement park. Spaces are limited and spots fill quickly, so sign up for this fun frightening experience today!
Fee: $49 per resident
$54 per non-resident
Location: Knott’s Berry Farm, Buena Park
Departure Location: Lake Forest Recreation Center (28000 Rancho Parkway)
To Register: Mail-In, Walk-In, On-line
For more info call: 273-6975 or email mvillasenor@lakeforestca.gov
Act#: 5820 11-16 yrs  Oct 2  Fri  5:00 pm-12:00 am

A.C.T. (Advisory Committee for Teens)
Are you in middle school or high school and want to make a difference in your community? Do you wish there were more things to do in Lake Forest? 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, be a part of the LFteens.com webpage design group, 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 school year volunteer group. Students wishing to join for the 2015/2016 school year must attend the Registration Meeting on Thursday, September 10th, 2015 at the Lake Forest Recreation Center at 6 pm. Teens wishing to be a part of the group must go through the application process that includes a registration packet and interview.
Location: Lake Forest Recreation Center (28000 Rancho Parkway)
For more info call: 273-6975 or email mvillasenor@lakeforestca.gov
2015/2016 School Year Registration Night: September 10, 2015 at 6:00 pm

Fall Committee Meetings nights:

<table>
<thead>
<tr>
<th>Teens</th>
<th>11-16 yrs</th>
<th>Oct 2</th>
<th>Fri</th>
<th>5:00 pm-12:00 am</th>
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<tbody>
<tr>
<td>Act#: 5820</td>
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National Night Out
Tuesday, August 4 • 4-8 pm
Lake Forest Sports Park (28000 Rancho Parkway)
For more info, please call Vanessa Barker at 461-3546 or via email at vbarker@ocsd.org.

Looking For A Unique Opportunity?
Police Explorers Program in Lake Forest
Explorers will broaden their understanding of the challenges their community’s police services face, as well as the job opportunities offered by the Orange County Sheriff’s Department. In addition to gaining a working knowledge of police work, Explorers have numerous opportunities to provide community service.
For more info call: Vanessa Barker at 461-3546 or via email at vbarker@ocsd.org.

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 8:00 am-4:00 pm
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, monthly 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.
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 10:00 am- 2:00 pm

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

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 at the Senior Scene Clubhouse every Tuesday from 11:00 AM – 1:00 PM.

Foot Peddlers Walking Club
Mondays – 10:30 am
We meet in front of the Rec Center building and take a one-mile walk around our beautiful new Sports Park. No four-legged friends allowed.
For more info and to register call 461-3408

Let’s Get MOVING!

HEAT WATCH
During the months of August and September the Senior Scene Clubhouse will remain open until 4:00 pm on days of extreme heat (over 90 degrees). Decision to extend clubhouse hours will be made by 1:00 pm on the particular affected day.
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 thru Thursday) from 9:00 am to 1:00 pm
Seniors Oct 1 Thu 10:00 am-2:30 pm

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)

Young At Heart ~ Lake Forest Seniors Reading Circle

The Young At Heart~Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below...it’s a time to share your point-of-view as well as listen to others’ interpretations. The City provides snacks for you 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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Book</th>
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<tbody>
<tr>
<td>Sep 17</td>
<td>Thu 9:30 am</td>
<td><em>September</em> by Rosamunde Pilcher</td>
</tr>
<tr>
<td>Oct 15</td>
<td>Thu 9:30 am</td>
<td><em>Girl in Translation</em> by Jean Kwok</td>
</tr>
<tr>
<td>Nov 19</td>
<td>Thu 9:30 am</td>
<td><em>Brown Girl, Brownstones</em> by Paula Marshall</td>
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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

We Now Have Public Wi-Fi At City Hall!
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.

NEW!
• If you are a resident at El Toro Mobile Home Park, Forest Gardens Mobile Home Park, or Prothero Mobile Estates check with your HOA for dates when taxi vouchers are sold at your mobile home park.

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)
• 8:00 AM – 5:00 PM
• Cash or checks only – no credit cards

Cost of vouchers to the Senior Scene Clubhouse Monday through Thursday (10:00 AM – 2:00 PM)
• $1.00 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
• $5.00 one way – Saddleback Memorial Hospital
• $7.00 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.
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

Eleventh Annual Senior Resource Fair & Vaccination Clinic

You don’t want to miss the 11th Annual Senior Resource Fair! This is a fantastic opportunity for seniors, caregivers, and adults with parents living at home to get information on many of the health and wellness resources that are available. You will be able to get information on a wide array of products and services provided by the City, county, and other partnering agencies; some benefits are free and/or low cost. A host of vendors will provide helpful tips and information on their programs and how they can benefit you. Vendors will pass out free samples and all participants will be entered to win door prizes. FREE screenings will include thyroid, stroke, bone density, and blood pressure.

The City of Lake Forest and Walgreens are partnering to offer free flu vaccinations to Medicare recipients and a minimal fee for non-recipients. Please bring your Medicare/Medical card.

Admission: FREE

Location: Lake Forest Community Center (25550 Commercentre Dr)

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

Senior Bowling League at Forest Lanes

Thanksgiving Feast

Gobble – Gobble! What's that sound? It's that time of year to talk turkey! Better yet...let's eat some! Staff will serve you a “turkeylicious” meal with all the trimmings. Create and wear a pilgrim hat or Indian headdress! If you wear/create a hat you will receive an opportunity ticket! And you may want to save a little room for the “Pumpkin Pie Eating Contest!” Bingo...are we playing Bingo? You bet your gizzards!

NOTE: Due to the popularity of the Thanksgiving luncheon, you may reserve two seats only. Reservations are mandatory. If you are unable to attend, please call and cancel your reservation. Lunch will be served at noon. At 11:45 am participants who have not arrived for the luncheon will lose their seat to the first person on the waitlist.

Fee: Free

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

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

AARP Driver Safety- Refresher Course

Need a little refresher course so you can 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 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. On-line Registration is not available for this program.

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

Act#: 5890 Seniors Nov 6 Fri 8:30 am-1:00 pm

Rock Around the Clock 50s Sock Hop

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! DJ “Elvis” 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-funsville! Space is limited, so make your reservation early!

Fee: $10 per person

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

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

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

Act#: 5793 Seniors Oct 2 Fri 4:00-7:00 pm
Medicare 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 Thursday, October 15 and ends Monday, December 7, 2015.

For additional information, visit the official Medicare website at www.medicare.gov or call 1-800-633-4228 or 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. 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 10:00 am-2:00 pm on the second Tuesday of the month: September 8, October 13, and November 10, 2015.

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
Disabled Housing Information... 800-510-2020
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

Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. The cell phones can only be used to call 911.

You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call (949) 461-3408, leave your name and phone number, and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.
Lake Forest Senior Advisory Board

In November 2015, two seats will become available to serve on the Senior Advisory Board. The City of Lake Forest Parks & Recreation Commission is looking for qualified candidates who are interested and passionate about future senior programs and senior center.

The Senior Advisory Board is appointed by and reports to the Parks & Recreation Commission. The Board consists of five members and will act in an advisory capacity to the Parks and Recreation Commission. Meetings are held six times per year. Each Board member’s term limit is two years.

Qualifications for the Senior Advisory Board

• Lake Forest resident
• 50 years of age or older

Applications will be available on Monday, September 28 on the City’s Website www.lakeforestca.gov/seniors and at the Senior Scene Clubhouse located at 25550 Commercentre Drive.

All applicants must submit an application to the Parks & Recreation Commission no later than Friday, October 30 by 5:00 pm. The Parks & Recreation Commission will conduct interviews on Thursday, November 19 at 7:00 pm.

EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! 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. A meal may be included if specified in the description. 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.

The excursions listed below are large City excursions (may accommodate up to 45 participants). Registration begins for these excursions for Lake Forest Residents on Tuesday, August 11 and Non-Residents on Tuesday, August 18. Registration for large City excursions is ongoing. Registration for senior mini-excursions (may accommodate up to 13 participants) is the first Wednesday of each month at noon, taking place in the Senior Scene clubhouse.

Temecula Valley Wine Tastings & Shopping in Old Town Temecula & at Tom’s Farms

The month of September is celebrated as Wine Month across the state of California. Whether you’re a wine lover or new to tasting you will enjoy a beautiful day in the Temecula Valley Wine Country. Your first tasting takes you to Hart Family Vineyard and Winery. Your personalized wine experience begins with a tour where you will learn about the winemaking process followed by tasting six award-winning boutique wines. A Hart logo wine glass is yours to take home! Next stop, an old-fashioned and traditional winery experience at Bel Vino—where you will partake in six-wine tastings. This boutique winery and its large 40-acre vineyard provide the most spectacular views in Temecula wine country. After the wine-tastings you will board the bus and head to Old Town Temecula to enjoy shopping and lunch on your own. You will find an amazing array of specialty stores, exclusive boutiques, art galleries and a myriad of antique stores. Your final stop is Tom’s Farms, where you can purchase fresh produce from the Farmer’s Market, shop at the Home Store, Wine and Cheese market, and their newest addition, the Fresh Fudge and Gourmet Popcorn store. Fee: $52 per person

Departure 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 (949) 461-3450
Act#: 5795  Adults/Seniors  Sep 29  Tue  9:00 am-6:00 pm
Jet Propulsion Laboratory Open House (JPL) & Shopping at Old Pasadena

JPL’s Open House event takes visitors on a “ride” through the wonders of space. Highlights include a multimedia presentation on JPL entitled “Journey to the Planets and Beyond” (an overview of the Laboratory’s activities and accomplishments), a life-size model of Mars Science Laboratory, demonstrations from numerous space missions; JPL’s machine shop, where robotic spacecraft parts are built; and the Microdevices Lab, where engineers and scientists use tiny technology to revolutionize space exploration. You will be able to tour JPL on your own at your own pace. You won’t want to miss the Von Karman Auditorium, Building Space Craft, Earth Science Center and Mission Control. End your day in Old Pasadena shopping and grabbing a bite to eat.

Fee: $25 per person

Departure 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 (949) 461-3450
Act#: 5796 Families/Adults/Seniors Oct 11 Sun 7:30 am-4:00 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 Fall programs too!

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.123getsma1.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 9:00 am-5:00 pm

Mail form and payments to:
IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC: 949-451-5270
Fitness

Aquatic Fitness Training
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.
Fee: $20
Location: Lake Forest I Beach & Tennis Club (22921 Ridge Route)
To register by phone: Call IVC at 451-5555 or 451-5382
Tic#: 8763 Seniors Sep 1-Oct 20 Tue 2:00-3:30 pm
Tic#: 8764 Seniors Sep 3-Oct 22 Thu 2:00-3:30 pm
Tic#: 8767 Seniors Oct 27-Nov 17 Tue 2:00-3:30 pm
Tic#: 8768 Seniors Oct 29-Nov 19 Thu 2:00-3:30 pm

Physical Fitness: Yoga
Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.
Fee: $38
Location: Lake Forest Community Center (25550 Commercentre Dr)
To register by phone: Call IVC at 451-5555 or 451-5382
Tic#: 8864 Seniors Sep 2-Nov 25 Wed 1:00-2:30 pm
(No classes on 9/16 and 11/11)

Tai Chi Ch’uan
This course presents Tai Chi Ch’uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch’uan.
Fee: $25
Location: Lake Forest Community Center (25550 Commercentre Dr)
To register by phone: Call IVC at 451-5555 or 451-5382
Tic#: 8847 Seniors Sep 2-Nov 25 Wed 9:00-10:30 am
(No classes on 9/16 and 11/11)

Advanced Tai Chi Ch’uan
This class is an advanced tai chi class for students Guang Ping Yang tai chi.
Fee: $25
Location: Lake Forest Community Center (25550 Commercentre Dr)
To register by phone: Call IVC at 451-5555 or 451-5382
Tic#: 8848 Seniors Sep 2-Nov 25 Wed 10:30 am-12:00 pm
(No classes on 9/16 and 11/11)

It’s Never Too Late Fitness
The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.
Fee: $30
New Location: Lake Forest Sports Park (28000 Rancho Pkwy)
To register by phone: Call IVC at 451-5555 or 451-5382
Tic#: 8813 Seniors Sep 3-Nov 19 Thu 10:00–11:30 am

Dyna Bands Workout and Arthritis Exercise
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.
Fee: $25
Location: Lake Forest Community Center (25550 Commercentre Dr)
To register by phone: Call IVC at 451-5555 or 451-5382
Tic#: 8840 Seniors Sep 1-Nov 17 Tue 12:30-2:00 pm

Pilates
A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.
Fee: $30
Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)
To register by phone: Call IVC at 451-5555 or 451-5382
Tic#: 8840 Seniors Sep 1-Nov 17 Tue 10:00–11:30 am

PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC’s website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.
Fall 2015 Registration Dates
Lake Forest Residents: Tuesday, August 11
Non-Residents: Tuesday, August 18

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, August 11**.
   Go on-line to [https://online.activecommunities.com/lakeforest](https://online.activecommunities.com/lakeforest) 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. Credit Cards are not accepted at City Hall or the Recreation Center for programs.

**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 $25.00 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
**PRIMAR Y CONTACT** (responsible adult for registering persons into courses)

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<th>Last Name</th>
<th>First Name</th>
<th>Male</th>
<th>Female</th>
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<th>Street Address</th>
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Preferred Contact Phone Number

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**OTHER FAMILY MEMBERS living with primary contact** (spouse, children, etc.)

Children’s birthdates must be filled out completely in order to process registrations.

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**REFUND POLICY**

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

**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. □ Yes □ No

I permit the use of activity/event photography and/or video of my child or myself for media promotion. □ Yes □ No

Please contact me via email regarding upcoming city events and news at: ________________________

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

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

_________________________ Date __________________________

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

Mail this form with 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

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Credit Card Payments are not accepted at City Hall
HALLOW'S EYE BOWL JAM

SATURDAY, OCTOBER 24
5 - 10 PM

For more info, see page 22 inside.