

Recreation Programs Fall 2019

CITY OF LAKE FOREST

September, October, November

Leisure Times



Autumn Harvest
FESTIVAL

Saturday,
Oct 5th

See page 1 for details

LEISURE TIMES INDEX

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CONTACT INFORMATION

City Hall	461-3400
Community Services	461-3450
Etnies Skatepark of Lake Forest	916-5870
www.etnieskatepark.com	
Lake Forest Sports Park & Recreation Center	273-6960
www.lakeforestsportspark.com	
Lake Forest Teens	273-6961
www.lfteens.com	
Senior Scene Clubhouse	461-3408
www.LakeForestCA.gov/seniors	
Saddleback Emeritus Registration	582-4835
IVC Emeritus Registration	451-5555
SVUSD Recreation	768-0981, press 3
Building Inspection	461-3470
City Clerk	461-3420
City Council	461-3420
City Manager's Office	461-3412
Economic Development	461-3567
Employment Hot-line	461-3566
Fields Hot-line	461-3595
Graffiti Hot-line	461-3583
Police Services	461-3548
Public Works	461-3480

Community Services Fall Quarter Holiday Schedule

All Civic Center Buildings, the Lake Forest Sports Park & Recreation Center will be closed on the following holidays:

- Monday, September 2, 2019 in observance of Labor Day
- Monday, November 11, 2019 in observance of Veterans Day
- Thursday/Friday, November 28 & 29, 2019 in observance of Thanksgiving Day

Check the Etnies Skatepark of Lake Forest schedule on pg. 27 for information on the Skatepark's holiday hours

For general questions regarding Community Services Programs, visit www.LakeForestCA.gov. You can still register for programs when the Community Services offices are closed on holidays or after hours. Visit the LFReconline site <http://bit.ly/LFReconline> for 24/7 online registration.

AUTUMN HARVEST FESTIVAL

HALLOWEEN ADVENTURE ARRIVES EARLY THIS YEAR AT THE AUTUMN HARVEST FESTIVAL.



HERITAGE HILL PARK WILL ONCE AGAIN BE DECORATED FOR THIS ADVENTURE-FILLED FESTIVAL!

Attractions will include: *The Superhero Village*, the *Under the Sea Adventure Maze*, *Harry Potter's School House*, *Princess Pumpkin Patch*, and *Storytelling Adventures*. The adventure does not stop as there will be games, face painting, a costume parade on stage, the "Lake Forest All Stars Glow Party", and a movie screening of "The Great Pumpkin Charlie Brown." Don't forget to stop by all the trick or treat stations. Come ready in costume with trick or treat bag in hand as the adventure will take you places beyond your imagination!

- Fee: \$5 per wristband (cash only) *PRESALE EVENT

Children 2 years and under are free. Entrance fee includes attractions and games. Nominal fee for food.

- Location: Heritage Hill Historical Park (25151 Serrano Rd)

**This is a PRESALE event! This event is expected to sell out. Purchase wristbands (cash only) IN-PERSON only at Heritage Hill Historical offices during their operating hours. Wristband sales will end once capacity of event is sold out. Adults & Children 3 years and older need wristbands. Children 2 years and under are free. NO refunds will be given for cancellations or lost wristbands. NO exceptions.*

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

All Ages

Oct 5

Sat

4:30 pm-8:30 pm

HAUNT AT HERITAGE HILL



DARE TO BE A PART OF THE 12TH 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 scream zones such as the *Side Show Maze*, the return of *Backwood's Nightmare*, and the *Reaper'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 horror films with free popcorn. Feel free to join in the fun and come dressed in costume, but no masks or face makeup please. Be the first in the know and get the inside scoop at [facebook.com/LFhaunt](https://www.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: \$10 per person

Entrance fee includes attractions and games. Nominal fee for food.

Location: Heritage Hill Historical Park (25151 Serrano Rd) | To Register: Pay at the door day of the event.

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

Ages 12+

Oct 11

Fri

6:30 pm-10:30 pm

Ages 12+

Oct 12

Sat

6:30 pm-10:30 pm



Halloween Bunco or Bust

Wear Black and Orange!

Join us for Halloween Bunco! If you have never played Bunco, we'll teach you. No skill is involved; just luck and lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy spooktacular appetizers, non-alcoholic margaritas, and beverages. Prizes will be given away...so what's stoppin' ya?

- Fee: \$10 per person
- Location: Lake Forest City Hall (25550 Commercentre Dr.)

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

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

Act#: 8035 18 and older Oct 18 Fri 7-9:30 pm

City of Lake Forest

“Hometown Heroes Military Banner Program”



This new banner program is for residents wishing to honor their own Hometown Hero(s) currently serving, retired, or deceased from all branches of the armed forces with a connection to the City of Lake Forest. Slated to begin in the Fall of 2019, banners will be flown at the new Civic Center Campus. A total of 10 banners will be available to purchase in the inaugural year of the program. The program will include:

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

To qualify, a honoree must meet the following criteria:

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

For more information on the City of Lake Forest's Hometown Heroes Military Banner Program contact Recreation Manager, Vicky Blethen at: vblethen@lakeforestca.gov

Certified FARMERS MARKET



COME JOIN US FOR THE LAKE FOREST CERTIFIED FARMERS MARKET!

Come join us for the Certified Lake Forest Farmers Market! If you are interested in having a booth during the event or have questions related to the Farmers Market, please email info@lakeforestfarmersmarket.com or call (949) 273-6971.

Booths are available on a first come first serve basis and limited to one of each type vendor to ensure variety. Homemade, local business, and produce vendors are preferred.

- Fee: Free to attend
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway) Parking lot area in front of the Recreation Center

For More Info Call: Sr. Recreation Supervisor, Nick Gates at 273-6971 or email info@lakeforestfarmersmarket.com

Families Ongoing Wed 4:30-8 pm

** Weather Permitting*

WINTER 2019 SAVE THE DATE FOR THESE UPCOMING WINTER EVENTS

**NORTH POLE CALLING
December 3, 4, and 5**

**BREAKFAST & BRUNCH WITH SANTA
December 14**

**SNOWFEST
January 25**

**HOLIDAY HOOPLA
(Week 1) December 23, 26, and 27
(Week 2) December 30, January 2-3**

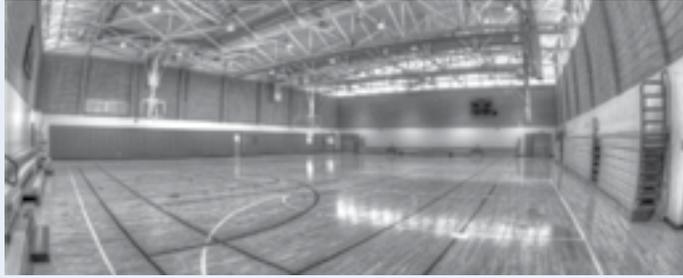
**WINTER ADVENTURE CAMP
(Week 1) December 23, 26, and 27
(Week 2) December 30, January 2-3**

LAKE FOREST SPORTS PARK & RECREATION CENTER

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

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

Beginning January 1, 2019 a new membership is required.



Basketball:

Monday-Friday 11 am–1pm
 Monday (30 and older) 6:30 pm–9:30 pm
 Saturday 2–6 pm
 Sunday 2:30–5:30 pm

Volleyball:

Friday 6:30–9:30 pm
 Saturday 6:30–9:30 pm
 Sunday 10 am–2 pm

Pickleball:

Tuesday 8:30–10:30 am
 Thursday 8:30–10:30 am

Futsal Soccer:

Thursday 6:30–9:30 pm

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

Holiday Schedule:

- Monday, September 2, 2019 in observance of Labor Day
- Monday, November 11, 2019 in observance of Veterans Day
- Thursday, November 28, 2019 in observance of Thanksgiving Day

FOLLOW US ON THESE SOCIAL MEDIA PLATFORMS:



facebook.com/lfsportspark

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

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

Help Make a Difference

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

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

For More Info Call: 273-6974
 or [email agahan@lakeforestca.gov](mailto:agahan@lakeforestca.gov)

Fall Committee Meeting nights:

Teens	Sep 5	Thu	6-7 pm
Teens	Sep 19	Thu	6-7 pm
Teens	Oct 3	Thu	6-7 pm
Teens	Oct 17	Thu	6-7 pm
Teens	Nov 7	Thu	6-7 pm
Teens	Nov 21	Thu	6-7 pm



Knott's Scary Farm

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 with a 160-acre living scary movie featuring 12 chilling mazes, 6 hair-raising shows, 4 horrific scare zones and 1,000 monsters roaming the park. Trip includes dinner, admission to park, and transportation. Grab your friends and sign up for this fun frightening experience today!

- Fee: \$50 Resident \$55 Non-Resident
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8034 11-16 yrs Oct 18 Fri 5:30 pm-12:30 am

Preschool Programs

Nectar's Preschool House

Play, imagine, and create at Nectar's Preschool House. This program is designed to stimulate creativity, initiate imagination, and inspire making new friends for your child. Activities, games, and crafts in this program are intended to promote sharing, listening, creativity, and cognitive development of your active preschooler.

Parent participation and pre-registration required.

- Instructor: City Staff
- Fee: \$40 Resident
\$45 Non-Resident
(4-Class Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 7864 2-5 yrs Sep 6-27 Fri 9:30-11 am



Spooky Specter Halloween Party

Calling all ghosts and ghouls! Halloween is quickly approaching and it's time to celebrate in spooky fashion. Come join us for our Preschool Halloween Party! It is an hour packed with games, activities, sweet treats and our costume dance party! Remember to wear your funny, scary or cute costume!

Parent participation and pre-registration required.

- Instructor: City Staff
- Fee: \$10 Resident
\$15 Non-Resident
(1-Class Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 7865 2-5 yrs Oct 25 Fri 10-11 am

CREDIT CARD FEE RESOLUTION

Beginning, Monday, August 19, 2019, online registrations will be charged an additional 3% credit card convenience fee per receipt.



Gobble Gobble Preschool Party

Gobble Gobble. It's time to give thanks for fall and celebrate with the best way possible- pie! Get ready to fill up on fun games, songs, crafts, stories, and a treat for which to be thankful for.

Parent participation and pre-registration required.

- Instructor: City Staff
- Fee: \$10 Resident
\$15 Non-Resident
(1-Class Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 7866 2-5 yrs Nov 22 Fri 10-11 am

Youth



Swim Lessons for Children and Adults

SwimLabs offers lessons to swimmers of all abilities and ages. With SwimLabs indoor facility, controlled environment, and world-class instructors, we provide lessons catered to each swimmer's needs and desires. Pricing listed below are group lesson rates. Private lessons are available as well.

- Instructor: SwimLabs Staff
- Fee: **Act#: 7931 4-class package**
\$112 Resident
\$117 Non-Resident
Act#: 7932 8-class package
\$208 Resident
\$213 Non-Resident

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

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

Ages 1 to adult

Ongoing

Varies

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 4 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities, and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun!

- Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher
- Fee: \$160 Resident
\$165 Non-Resident
(10-Week Session) Babies under the age of 8 months free with registered sibling
- Materials Fee: A \$42 program fee payable to instructor is required at first class meeting
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7889 Birth-4 yrs Sep 16-Nov 18 Mon 9-9:45 am

Act#: 7890 Birth-4 yrs Sep 17-Nov 19 Tue 4:30-5:15 am

Act#: 7891 Birth-4 yrs Sep 20-Nov 22 Fri 10:30-11:15 pm

Act#: 7892 Birth-4 yrs Sep 20-Nov 22 Fri 11:30-12:15 am

Act#: 7893 Birth-4 yrs Sep 21-Nov 23 Sat 9:15-10 am

Parent & Me Spanish!

The goal of this course will be to introduce students to Spanish. Students will learn to develop listening, comprehension, and speaking skills. Some of the topics will include greetings, numbers, colors, classroom objects, body parts, fruits, and more!

- Instructor: Macedonia Minkovsky
- Fee: \$175 Resident
\$180 Non-Resident
(9-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8009 5-8 yrs Sep 9-Nov 4 Mon 4:30-5:20 pm

**FALL 2019
REGISTRATION DATES**

**RESIDENTS
Tuesday, Aug 13, 2019 @ 8 am**

**NON-RESIDENTS
Tuesday, Aug 20, 2019 @ 8 am**

Intro to Spanish!

The classes are designed to give children a unique opportunity to learn or improve their Spanish language skills. They will develop listening-comprehension and speaking skills. They will also begin to read words and understand sentences.

- Instructor: Macedonia Minkovsky
- Fee: \$125 Resident
\$130 Non-Resident
(8-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8010 6-12 yrs Sep 12-Nov 7 Thu 4:30-5:20 pm

**No class 10/31*

Kids Love Chinese

Language and Culture

Accompanied by parents or caregivers, our young students between ages 2 to 6 years will start learning Chinese through a variety of activities designed to engage their minds and bodies. Children will learn the language and Chinese culture through various music, books, and games! Each class will have a theme, and our teachers work with the accompanying adults, teaching them age-appropriate games and activities, as well as simple and rhythmic songs, to reinforce learning at home. Get ready to immerse yourself, too as we speak in Chinese the entire class! These "play-classes" are great for parents and caregivers who want to learn Chinese alongside their children!

- Instructor: Jia Jia - Little Panda Academy
- Fee: \$160 Resident
\$165 Non-Resident
(8-weeks)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8007 2-6 yrs Sep 18-Nov 6 Wed 4:30-5:30 pm

SAVE TIME!



**Register Online at:
<http://bit.ly/LFReconline>**

Art Innovators Preschool

Unleash your little one's power to create! Learning to draw independently will refine their fine motor skills and boost their confidence like never before! Students explore various subjects and fun art media each week.

- Instructor: Michael Shulman – Art Innovators
- Fee:

\$45 Resident	\$60 Resident
\$50 Non-Resident	\$65 Non-Resident
(4-Week Sessions)	(5-Week Sessions)
- Materials Fee: A \$5 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7907	3.5-5 yrs	Sep 7-28	Sat	1-1:45 pm
Act#: 7908	3.5-5 yrs	Oct 5-26	Sat	1-1:45 pm
Act#: 7909	3.5-5 yrs	Nov 2-30	Sat	1-1:45 pm



Art Innovators

Build your own portfolio with the masterpieces you create each week. Learn to draw and explore a variety of art media including watercolor, pastels, professional markers, metal coloring, and more! Each week is a new lesson on a new style, technique and subject.

- Instructor: Michael Shulman – Art Innovators
- Fee:

\$56 Resident	\$72 Resident
\$61 Non-Resident	\$77 Non-Resident
(4-Week Sessions)	(5-Week Sessions)
- Materials Fee: A \$10 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7910	6-11 yrs	Sep 7-28	Sat	2-3 pm
Act#: 7911	6-11 yrs	Oct 5-26	Sat	2-3 pm
Act#: 7912	6-11 yrs	Nov 2-30	Sat	2-3 pm



Clementine Kitchen: Preschool Sprouts Cooking Series

In the preschool cooking series, children will learn about a variety of recipes and healthy ingredients. These classes will focus on fun hands on recipes, sure to get your child excited to cook! Each session will have different themed classes.

- Instructor: Melissa Clemons
- Fee: \$75 Resident
\$80 Non-Resident
(4-class workshop)
- Materials Fee: A \$20 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7978	2.5-5 yrs	Sep 7-28	Sat	11:15 am-12 pm
Act#: 7979	2.5-5 yrs	Oct 5-26	Sat	11:15 am-12 pm
Act#: 7980	2.5-5 yrs	Nov 2-23	Sat	11:15 am-12 pm

Clementine Kitchen: Monthly Cooking Workshop

Healthy Lunches

Your child or teen will love this healthy lunch class where they will learn some new lunch favorites. No more boring lunches day after day! We will be making pizza spiral sandwiches, Caesar salad, chicken pita, and cucumber tomato salad.

- Instructor: Melissa Clemons
- Fee: \$30 Resident
\$35 Non-Resident
(1-class workshop)
- Materials Fee: A \$10 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7981	6-12 yrs	Sep 12	Thu	3:30-5:30 pm
Act#: 7982	13-17 yrs	Sep 12	Thu	6-8 pm

Clementine Kitchen: Monthly Cooking Workshop

Happy Halloween!

This monthly workshop is made for your kids! In class, we will be celebrating October favorites such as pumpkin pie milkshake, jack-o-lantern quesadillas, with perfect guacamole, and more. Your child or teen will have fun practicing basic kitchen safety and cooking skills.

- Instructor: Melissa Clemons
- Fee: \$30 Resident
\$35 Non-Resident
(1-class workshop)
- Materials Fee: A \$10 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7983	6-12 yrs	Oct 10	Thu	3:30-5:30 pm
Act#: 7984	13-17 yrs	Oct 10	Thu	6-8 pm



Clementine Kitchen: Monthly Cooking Workshop

Thanksgiving Fun!

This monthly workshop will feature November favorites such as turkey burrito bowls, and citrus cranberry sauce, among other dishes. Your child or teen will have fun practicing basic kitchen safety and cooking skills.

- Instructor: Melissa Clemons
- Fee: \$30 Resident
\$35 Non-Resident
(1-class workshop)
- Materials Fee: A \$10 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7985	6-12 yrs	Nov 7	Thu	3:30-5:30 pm
Act#: 7986	13-17 yrs	Nov 7	Thu	6-8 pm

Girl Scouts Class



Daisies and Brownies have tons of fun as they make new friends, earn badges, explore new skills, and make the world a better place. Registration for these classes includes a Girl Scout Membership for the 2019-2020 membership year. Participants in the class will earn badges and awards, as well as develop skills in STEM, the outdoors, entrepreneurship and also life skills.

- Instructor: Girl Scout Staff
- Fee: \$90 Resident
\$95 Non-Resident
(6-Week Sessions)
- Materials Fee: A \$35 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8018	(K-1st) 5-6 yrs	Sep 18-Oct 23	Wed	4-5 pm
Act#: 8019	(2nd-3rd) 7-8 yrs	Sep 18-Oct 23	Wed	5:30-6:30 pm

Etiquette Factory: Manners, Character, & Social Skills



Our exclusive program helps children understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Over 50 different etiquette skills taught using games, role plays, activities, music, stories, and kind discussion. Some of the skills included are proper introductions, empathy, dining etiquette, tact, and so much more!

- Instructor: The Etiquette Factory staff
- Fee: \$135 Resident
\$140 Non-Resident
(6-Class Sessions)
- Materials Fee: An additional material fee of \$20 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8008	5-12 yrs	Sep 10-Oct 15	Tue	4:30-6:30 pm
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#LAKEFORESTSPORTSPARK

Use #LAKEFORESTSPORTSPARK when posting your pictures and your pic may be reposted on one of our social media platforms!

Kids Activities for Causes



Give back with Little Villagers! What does your child like to do; arts, crafts, science projects, cooking, or jewelry making? Little Villagers has it all! The best part is everything your child makes in our class supports a cause! This includes helping feed those experiencing homelessness, brightening a senior's day with a thoughtful handmade gift, and supporting rescue animals with useful items, among others. Our hands-on projects give kids the opportunity to make a difference in our communities while learning valuable life skills. Each week we will support a new cause with a new activity. Registration includes delivery of the items made to the organization served, a Little Villagers give back impact map, and welcome gift for all students. Learn more information at www.LittleVillagers.org

- Instructor: Little Villagers
- Fee: \$100 Resident
\$105 Non-Resident
(4-Class Sessions)
- Materials Fee: An additional material fee of \$40 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8011	5-12 yrs	Sep 7-28	Sat	2:30-3:30 pm
Act#: 8012	5-12 yrs	Oct 5-26	Sat	2:30-3:30 pm
Act#: 8013	5-12 yrs	Nov 2-23	Sat	2:30-3:30 pm

SAVE TIME!



Register Online at:
<http://bit.ly/LFReconline>

CREDIT CARD FEE RESOLUTION

Beginning, Monday, August 19, 2019, online registrations will be charged an additional 3% credit card convenience fee per receipt.



Parent & Me Preschool Activities for Causes



Give back with Little Villagers! What does your child like to do; arts, crafts, science projects, cooking, or jewelry making? Little Villagers has it all! The best part is everything your child makes in our class supports a cause! This includes helping feed those experiencing homelessness, brightening a senior's day with a thoughtful handmade gift, and supporting rescue animals with useful items, among others. Our hands-on projects give kids the opportunity to make a difference in our communities while learning valuable life skills. Each week we will support a new cause with a new activity. Registration includes delivery of the items made to the organization served, a Little Villagers give back impact map, and welcome gift for all students. Learn more information at www.LittleVillagers.org

- Instructor: Little Villagers
- Fee: \$100 Resident
\$105 Non-Resident
(4-Class Sessions)
- Materials Fee: An additional material fee of \$40 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8014	3-5 yrs	Sep 5-26	Thu	9-10 am
Act#: 8015	3-5 yrs	Oct 3-24	Thu	9-10 am

FALL 2019 REGISTRATION DATES

RESIDENTS

Tuesday, Aug 13, 2019 @ 8 am

NON-RESIDENTS

Tuesday, Aug 20, 2019 @ 8 am

Pee Wee Gymnastics: Parent & Me

You and your toddler will have fun exploring the gym and going through fun obstacles that are set up by our coach. These activities will help your child develop social skills while increasing parent-child bonding experience. Also, your child will learn new skills like front rolls, hanging on bars, walking on the balance beam and different games on the trampoline.

Parent participation and pre-registration required.

Special pricing available to new members only.

- Instructor: Us Too Center Staff
- Fee: \$59 Resident
\$64 Non-Resident
(4-Week Session)
- Location: Us Too Center (25 Spectrum Pointe Dr #405)

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

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

Act#: 7913 26 mos-1.5 yrs	Sep 9-30	Mon	10-10:45 am
Act#: 7914 20 mos-2.5 yrs	Sep 10-Oct 1	Tue	10-10:45 am
Act#: 7915 2-3 yrs	Sep 11-Oct 2	Wed	10-10:45 am
Act#: 7916 26 mos-1.5 yrs	Oct 7-28	Mon	10-10:45 am
Act#: 7917 20 mos-2.5 yrs	Oct 8-29	Tue	10-10:45 am
Act#: 7918 2-3 yrs	Oct 9-30	Wed	10-10:45 am
Act#: 7919 26 mos-1.5 yrs	Nov 4-25	Mon	10-10:45 am
Act#: 7920 20 mos-2.5 yrs	Nov 5-26	Tue	10-10:45 am
Act#: 7921 2-3 yrs	Nov 6-27	Wed	10-10:45 am

**WE WANT TO
HEAR FROM YOU!**

Please contact us at:

LFReconline@LakeForestCA.gov

with thoughts on our online registration system. Your feedback is very important to us.

Pee Wee Gymnastics: Transitional

This class is great for kids that are ready to be in a structured gymnastics class. Children will strengthen their muscles and better their coordination, while improving their social skills. They will learn to wait their turn and go through stations such as parallel bars, vault, and balance beam where they will start to learn basic gymnastics skills. Transition class is for kids advanced enough to not need parent participation.

- Instructor: Us Too Center Staff
- Fee: \$64 Resident
\$69 Non-Resident
(4-Week Session)
- Location: Us Too Center (25 Spectrum Pointe Dr #405)

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

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

Act#: 7922 3-4 yrs	Sep 9-30	Mon	11-11:45 am
Act#: 7923 3-4 yrs	Sep 10-Oct 1	Tue	11-11:45 am
Act#: 7924 3.5-5 yrs	Sep 11-Oct 2	Wed	1-1:45 am
Act#: 7925 3-4 yrs	Oct 7-28	Mon	11-11:45 am
Act#: 7926 3.5-5 yrs	Oct 8-29	Tue	11-11:45 am
Act#: 7927 3.5-5 yrs	Oct 9-30	Wed	1-1:45 am
Act#: 7928 3-4 yrs	Nov 4-25	Mon	11-11:45 am
Act#: 7929 3-4 yrs	Nov 5-26	Tue	11-11:45 am
Act#: 7930 3.5-5 yrs	Nov 6-27	Wed	1-1:45 am



Embers Firebugs Preschool Gymnastics



Children explore their physical abilities through age appropriate activities on vault, bars, beam, and tumbling floor, as well as the use of preschool equipment such as incline mats, barrels, donuts, scooters, and parachutes. The program will enhance listening skills and direction following in our safe and fun environment.

- Instructor: Wildfire Gymnastics Staff
- Fee:

\$79 Resident	\$98.75 Resident
\$84 Non-Resident	\$103.75 Non-Resident
(4-Week Session)	(5-Week Session)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

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

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

Act#: 7933			
3-4 yrs	Sep 9-30	Mon	6:30-7:25 pm
Act#: 7934			
3-4 yrs	Sep 4-25	Wed	2:30-3:25 pm
Act#: 7935			
3-4 yrs	Oct 7-28	Mon	6:30-7:25 pm
Act#: 7936			
3-4 yrs	Oct 2-30	Wed	2:30-3:25 pm
Act#: 7937			
3-4 yrs	Nov 4-25	Mon	6:30-7:25 pm
Act#: 7938			
3-4 yrs	Nov 6-27	Wed	2:30-3:25 pm



Junior Flames Gymnastics



This transition class places the emphasis on developing specific gymnastics skills through progressive activities including tumbling, vaulting, bars, balance beam, rings, p-bars, and trampoline.

- Instructor: Wildfire Gymnastics Staff
- Fee:

\$79 Resident	\$98.75 Resident
\$84 Non-Resident	\$103.75 Non-Resident
(4-Week Session)	(5-Week Session)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

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

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

Act#: 7987			
5-6 yrs	Sep 9-30	Mon	2:30-3:25 pm
Act#: 7988			
5-6 yrs	Sep 4-25	Wed	6:30-7:25 pm
Act#: 7989			
5-6 yrs	Oct 7-28	Mon	2:30-3:25 pm
Act#: 7990			
5-6 yrs	Oct 2-30	Wed	6:30-7:25 pm
Act#: 7991			
5-6 yrs	Nov 4-25	Mon	2:30-3:25 pm
Act#: 7992			
5-6 yrs	Nov 6-27	Wed	6:30-7:25 pm

Gymnastics: Girls Fire Academy



The program is structured to follow the guidelines set by USA gymnastics and is achievement oriented in a fun and positive environment. Basic skills, progressions, strength, and flexibility are enhanced and instruction includes vault, bars, balance beam, floor exercise, tumble track and trampoline.

- Instructor: Wildfire Gymnastics Staff
- Fee:

\$99 Resident	\$104 Non-Resident
(4-Week Session)	(4-Week Session)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

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

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

Act#: 7939	7-17 yrs	Sep 9-30	Mon	6:30-8 pm
Act#: 7940	7-17 yrs	Oct 7-28	Mon	6:30-8 pm
Act#: 7941	7-17 yrs	Nov 4-25	Mon	6:30-8 pm

Gymnastics: Boys Fire Academy



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

- Instructor: Wildfire Gymnastics Staff
- Fee:
\$99 Resident \$104 Non-Resident
(4-Week Session) (4-Week Session)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

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

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

Act#: 7942	7-17 yrs	Sep 9-30	Mon	6:30-8 pm
Act#: 7943	7-17 yrs	Oct 7-28	Mon	6:30-8 pm
Act#: 7944	7-17 yrs	Nov 4-25	Mon	6:30-8 pm

Gymnastics: Beginning Tumbling



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

- Instructor: Wildfire Gymnastics Staff
- Fee:
\$79 Resident \$84 Non-Resident
(4-Week Session) (4-Week Session)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

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

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

Act#: 7945	7-17 yrs	Sep 7-28	Sat	11:30 am-12:30 pm
Act#: 7946	7-17 yrs	Oct 5-26	Sat	11:30 am-12:30 pm
Act#: 7947	7-17 yrs	Nov 2-23	Sat	11:30 am-12:30 pm

Register Online at:
<http://bit.ly/LFReconline>



Princess Ballet

This is a perfect introduction to the fundamentals of ballet and creative movement with elements of fun, fantasy, and lots of encouragement. Princess ballerinas will use props, wear princess tutus, use their 'magic wand', have story time, and learn beginning ballet movements to fairytale music. Class also promotes listening skills, coordination, balance, and musicality. Instructor provides tutus, crafts, wands, and props. Optional recital in December for those enrolled in the full 12 weeks. Ballet shoes required. Nominal costume fee applies.

- Instructor: OC Dance Productions staff
- Fee:
\$84 Resident \$154 Resident
\$89 Non-Resident \$159 Non-Resident
(6-Week Session) (12-Week Session)
- Material Fee: An additional material fee of \$5 for each 6-Week Session is due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7877	3-5 yrs	Half Session	Sep 14-Oct 19	Sat	9-9:45 am
Act#: 7878	3-5 yrs	Half Session	Oct 26-Dec 7	Sat	9-9:45 am
Act#: 7879	3-5 yrs	Full Session	Sep 14-Dec 7	Sat	9-9:45 am
Act#: 7880	4-6 yrs	Half Session	Sep 14-Oct 19	Sat	10:45-11:30 am
Act#: 7881	4-6 yrs	Half Session	Oct 26-Dec 7	Sat	10:45-11:30 am
Act#: 7882	4-6 yrs	Full Session	Sep 14-Dec 7	Sat	10:45-11:30 am

**No class 11/30*

Ballet, Jazz, & Tap Combo

Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping and beginning jazz dance. Class also promotes musicality, coordination, balance and grace. Ballet and tap shoes required. Optional recital in December if enrolled in 12 weeks. Nominal costume fee applies.

- Instructor: OC Dance Productions staff
- Fee:

\$84 Resident	\$154 Resident
\$89 Non-Resident (6-Week Session)	\$159 Non-Resident (12-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 7868

3-4 yrs Half Session Sep 10-Oct 15 Tue 3:30-4:15 pm

Act#: 7869

3-4 yrs Half Session Oct 22-Dec 3 Tue 3:30-4:15 pm

Act#: 7870

3-4 yrs Full Session Sep 10-Dec 3 Tue 3:30-4:15 pm

Act#: 7871

4-6 yrs Half Session Sep 10-Oct 15 Tue 4:20-5:05 pm

Act#: 7872

4-6 yrs Half Session Oct 22-Dec 3 Tue 4:20-5:05 pm

Act#: 7873

4-6 yrs Full Session Sep 10-Dec 3 Tue 4:20-5:05 pm

Act#: 7874

3-5 yrs Half Session Sep 14-Oct 19 Sat 9:50-10:35 am

Act#: 7875

3-5 yrs Half Session Oct 26-Dec 7 Sat 9:50-10:35 am

Act#: 7876

3-5 yrs Full Session Sep 14-Dec 7 Sat 9:50-10:35 am

***No class 11/26 & 11/30**

SAVE TIME!

Register Online at:
<http://bit.ly/LFReconline>



Hip Hop

Dancers train in the basic fundamentals of hip hop, while creating awareness for personal technique and emphasis on coordination, rhythm, creativity, and fun. Class promotes strength, flexibility, coordination, self-confidence, and athletic ability. Appropriate for those new to hip hop or with little dance experience. Sneakers are required. Optional recital in December for those enrolled in full session. Nominal costume fee applies.

- Instructor: OC Dance Productions staff

- Fee:

\$84 Resident	\$154 Resident
\$89 Non-Resident (6-Week Session)	\$159 Non-Resident (12-Week Session)

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

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

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

Act#: 7886

4-7 yrs Half Session Sep 14-Oct 19 Sat 11:35-12:20 pm

Act#: 7887

4-7 yrs Half Session Oct 26-Dec 7 Sat 11:35-12:20 pm

Act#: 7888

4-7 yrs Full Session Sep 14-Dec 7 Sat 11:35-12:20 pm

***No class 11/30**

Pop Star Hip Hop

Dance & choreograph like your favorite Pop Star! By the end of this course, our pop star dancers will learn their own choreography tips and tools to put on their own show. Sneakers or jazz shoes required. Optional recital in December for those enrolled in the full 12 weeks. Nominal costume fee applies.

- Instructor: OC Dance Productions staff

- Fee:

\$84 Resident	\$154 Resident
\$89 Non-Resident (6-Week Session)	\$159 Non-Resident (12-Week Session)

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

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

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

Act#: 7883

5-9 yrs Half Session Sep 10-Oct 15 Tue 5:10-5:55 pm

Act#: 7884

5-9 yrs Half Session Oct 22-Dec 3 Tue 5:10-5:55 pm

Act#: 7885

5-9 yrs Full Session Sep 10-Dec 3 Tue 5:10-5:55 pm

***No class 11/26**

Ballet I

This perfect introduction to the beautiful art of ballet will enhance your young dancer's coordination, balance and flexibility. Our caring instruction will help your child acquire the fundamentals. Dress code: leotards, tights, and ballet slippers. Hair should be in a bun. Optional recitals in December and June. Visit foundationsdancestudio.com for more info.

- Instructor: Foundations Dance Studio
- Fee:
\$112 Resident
\$117 Non-Resident
(7-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 7899 6-9 yrs Sep 11-Oct 23 Wed 4:30-5:30 pm

Act#: 7900 6-9 yrs Oct 30-Dec 18 Wed 4:30-5:30 pm

**No class 11/27*

Jazz I

Your dancer's confidence and coordination will grow in this upbeat introduction to the fundamentals of jazz. Dress code: leotards, tights, jazz shorts, and shoes. Hair up from face & neck. Optional recitals in December and June. Visit foundationsdancestudio.com for more info.

- Instructor: Foundations Dance Studio
- Fee:
\$112 Resident
\$117 Non-Resident
(7-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 7901 6-9 yrs Sep 11-Oct 23 Wed 5:30-6:30 pm

Act#: 7902 6-9 yrs Oct 30-Dec 18 Wed 5:30-6:30 pm

**No class 11/27*

**FALL 2019
REGISTRATION DATES**

**RESIDENTS
Tuesday, Aug 13, 2019 @ 8 am**

**NON-RESIDENTS
Tuesday, Aug 20, 2019 @ 8 am**

Lyrical/Contemporary I

Your dancer will explore the beauty and storytelling of this movement style of dance under the guidance of caring instructors. Dress code: leotard, tights, jazz shorts, and shoes. Hair up away from face and neck. Optional recitals in December and June. Visit foundationsdancestudio.com for more info.

- Instructor: Foundations Dance Studio
- Fee:
\$112 Resident
\$117 Non-Resident
(7-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 7903 6-9 yrs Sep 11-Oct 23 Wed 3:30-4:30 pm

Act#: 7904 6-9 yrs Oct 30-Dec 18 Wed 3:30-4:30 pm

**No class 11/27*



**HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN**

Beginners Tennis for Kids



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

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

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

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

Act#: 8029 5-10 yrs Sep 3-Oct 22 Tue 4-5 pm



FRIDAY NIGHT LIGHTS FLAG FOOTBALL

Friday Night Lights is a youth-based sports program. Our vision is to bring a high-quality FUN flag football league to Lake Forest. Our league is for boys and girls of all different skill levels who are in grades K-8. Online registration for the FALL season is currently open with practices beginning in August, and games beginning in September. The format is a 6 versus 6 passing and running league with very little contact, if any. Ideally, we will have no more than 8 players per team. Players play a minimum of 3 out of 4 quarters. Games are played at the world class fields of Lake Forest Sports Park & Recreation Center!

WHY CHOOSE FRIDAY NIGHT LIGHTS FLAG FOOTBALL?

- Low time commitment - 1 game per week & 1 practice maximum
- Play with friends - Request a friend or coach upon registration
- Play other sports simultaneously - Friday night scheduling will not interfere with other weekend sports or daytime activities
- No equipment to purchase (except mouth-guard and optional shorts)
- Top quality jersey, shorts, footballs, and flag gear
- Experienced and qualified referee's
- Experienced FNL staff supervision - "Sportsmanship First"
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

For Registration Information Call or email: 626-290-4316 or www.lakeforestfnl.com.



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

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: \$190 Resident
\$195 Non-Resident
(10-Week Sessions)
- Location: Saturday/Monday at Baker Ranch Community Park (26380 Rancho Parkway). Sunday at Pittsford Park (21701 Pittsford)

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

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

Act#: 7948				
12-24 mos	Sep 14-Nov 16	Sat	9:00-9:40 am	
Act#: 7949				
12-24 mos	Sep 15-Nov 17	Sun	9:00-9:40 am	
Act#: 7950				
12-24 mos	Sep 16-Nov 18	Mon	9:00-9:40 am	



Super Soccer Stars: 2-3 Year Old

Curriculum incorporates dribbling and shooting activities teaching positive social interaction and the basic skills of soccer.

- Instructor: Super Soccer Stars Staff
- Fee: \$190 Resident
(10-Week Sessions) \$195 Non-Resident
(10-Week Sessions)
- Location: Saturday/Monday at Baker Ranch Community Park (26380 Rancho Parkway). Sunday at Pittsford Park (21701 Pittsford)

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

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

Act#: 7951				
2-3 yrs	Sep 14-Nov 16	Sat	9:00-9:40 am	
Act#: 7952				
2-3 yrs	Sep 14-Nov 16	Sat	9:50-10:30 am	
Act#: 7953				
2-3 yrs	Sep 14-Nov 16	Sat	10:45-11:25 am	
Act#: 7954				
2-3 yrs	Sep 15-Nov 17	Sun	9:50-10:30 am	
Act#: 7955				
2-3 yrs	Sep 16-Nov 18	Mon	9:50-10:30 am	



Super Soccer Stars: Young 3-4 Year Old

Includes partner and physical activities such as running, skipping, and jumping.

- Instructor: Super Soccer Stars Staff
- Fee:
 - \$190 Resident
 - \$195 Non-Resident
 - (10-Week Sessions)
- Location: Saturday/Monday at Baker Ranch Community Park (26380 Rancho Parkway). Sunday at Pittsford Park (21701 Pittsford)

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

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

Act#: 7956				
3-4 yrs	Sep 14–Nov 16	Sat	9:00-9:45 am	
Act#: 7957				
3-4 yrs	Sep 14–Nov 16	Sat	9:45-10:30 am	
Act#: 7958				
3-4 yrs	Sep 14–Nov 16	Sat	10:35-11:20 am	
Act#: 7959				
3-4 yrs	Sep 15–Nov 17	Sun	10:35-11:20 am	
Act#: 7960				
3-4 yrs	Sep 16–Nov 18	Mon	10:30-11:15 am	
Act#: 7961				
3-4 yrs	Sep 16–Nov 18	Mon	3:15-4 pm	



Super Soccer Stars: Older 5-7 Year Old

Enables children to develop team skills. Awareness of teammates is constantly emphasized so that children will be able to use skills when transferred to the soccer game setting.

- Instructor: Super Soccer Stars Staff
- Fee:
 - \$190 Resident
 - \$195 Non-Resident
 - (10-Week Sessions)
- Location: Saturday/Monday at Baker Ranch Community Park (26380 Rancho Parkway). Sunday at Pittsford Park (21701 Pittsford)

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

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

Act#: 7967				
5-7 yrs	Sep 14–Nov 16	Sat	9:55-10:55 am	
Act#: 7968				
5-7 yrs	Sep 15–Nov 17	Sun	12:20-1:20 pm	



Super Soccer Stars: Older 4-5 Year Old

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

- Instructor: Super Soccer Stars Staff
- Fee:
 - \$190 Resident
 - \$195 Non-Resident
 - (10-Week Sessions)
- Location: Saturday/Monday at Baker Ranch Community Park (26380 Rancho Parkway). Sunday at Pittsford Park (21701 Pittsford)

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

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

Act#: 7962				
4-5 yrs	Sep 14–Nov 16	Sat	9:00-9:50 am	
Act#: 7963				
4-5 yrs	Sep 14–Nov 16	Sat	9:50-10:40 am	
Act#: 7964				
4-5 yrs	Sep 14–Nov 16	Sat	10:35-11:25 am	
Act#: 7965				
4-5 yrs	Sep 15–Nov 17	Sun	11:25-12:15 am	
Act#: 7966				
4-5 yrs	Sep 16–Nov 18	Mon	4:05-4:55 pm	

FALL 2019 REGISTRATION DATES

RESIDENTS
Tuesday, Aug 13, 2019 @ 8 am

NON-RESIDENTS
Tuesday, Aug 20, 2019 @ 8 am

CREDIT CARD FEE RESOLUTION

Beginning, Monday, August 19, 2019, online registrations will be charged an additional 3% credit card convenience fee per receipt.



Soccer Stars United: Advanced Class

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

Players must have previous soccer experience.

- Instructor: Super Soccer Stars Staff
- Fee:
\$190 Resident
\$195 Non-Resident
(10-Week Sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

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

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

Act#: 7969

6-8 yrs Sep 14–Nov 16 Sat 11:00 am-12:00 pm



Skyhawks: Mini-Hawk Multi-Sport Class

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation required for 2-3 age group.

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

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

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

Act#: 7970

2-3.5 yrs Sep 28-Nov 23 Sat 9-9:40 am

Act#: 7971

3.5-5 yrs Sep 28-Nov 23 Sat 9:50-10:30 am



Skyhawks: Basketball

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

- Instructor: Skyhawks Staff
- Fee:
\$95 Resident
\$100 Non-Resident
(8-Week Sessions)
- Location: Pittsford Park (21701 Pittsford Dr)

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

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

Act#: 7976			
7-10 yrs	Sept 26–Oct 24	Thu	6-7 pm

Act#: 7977			
7-10 yrs	Nov 7-Dec 12	Thu	6-7 pm

**No class 11/28*



Skyhawks: Hoopster Tots Class

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

- Instructor: Skyhawks Staff
- Fee:
\$89 Resident
\$94 Non-Resident
(8-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center Gymnasium (28000 Rancho Parkway)

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

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

Act#: 7972			
3.5-4.5 yrs	Sep 26-Oct 24	Thu	4-4:45 pm

Act#: 7973			
4.5-6 yrs	Sep 26-Oct 24	Thu	5-5:45 pm

Act#: 7974			
3.5-4.5 yrs	Nov 7-Dec 12	Thu	4-4:45 pm

Act#: 7975			
4.5-6 yrs	Nov 7-Dec 12	Thu	5-5:45 pm

WE WANT TO HEAR FROM YOU!

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

Register Online at:
<http://bit.ly/LFReconline>



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

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

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

Act#: 7998
10 yrs-Adult Oct 15-Nov 12 Tue 6:30-7:30 pm

WINTER 2019

SAVE THE DATE FOR THESE UPCOMING WINTER EVENTS

NORTH POLE CALLING
December 3, 4, and 5

BREAKFAST & BRUNCH WITH SANTA
December 14

SNOWFEST
January 25

HOLIDAY HOOPLA
(Week 1) December 23, 26, and 27
(Week 2) December 30, January 2-3

WINTER ADVENTURE CAMP
(Week 1) December 23, 26, and 27
(Week 2) December 30, January 2-3

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

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

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

Act#: 7999
10 yrs-Adult Oct 15-Nov 12 Tue 7:30-8:30 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 and covers CPR and the Heimlich maneuver for adults, children, and infants. In addition, each participant will have his/her own two 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 two 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 Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8016

10 yrs-Adult

Oct 12

Sat

12:30-3 pm

FALL 2019 REGISTRATION DATES

RESIDENTS
Tuesday, Aug 13, 2019 @ 8 am

NON-RESIDENTS
Tuesday, Aug 20, 2019 @ 8 am

CREDIT CARD FEE RESOLUTION

Beginning, Monday, August 19, 2019, online registrations will be charged an additional 3% credit card convenience fee per receipt.



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 Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8017

10 yrs-Adult

Oct 12

Sat

3-5 pm

Adult

Swim Lessons for Children and Adults



SwimLabs offers lessons to swimmers of all abilities and ages. With SwimLabs indoor facility, controlled environment, and world-class instructors, we provide lessons catered to each swimmer's needs and desires. Pricing listed below are group lesson rates. Private lessons are available as well. Call SwimLabs to set up time and dates.

- Instructor: SwimLabs Staff
- Fee:
 - Act#: 7931** (4-class package)
\$112 Resident
\$117 Non-Resident
 - Act#: 7932** (8-class package)
\$208 Resident
\$213 Non-Resident

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

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

1 yrs to Adult Ongoing Varies

Baby & Me Yoga

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

- Instructor: Andrea Thorlakson
- Fee:
 - \$72 Resident
 - \$77 Non-Resident
 - (6-Week Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7898
18 yrs & up Sep 23-Oct 28 Mon 6:30-7:15 pm



Yoga in Spanish!



This Yoga class will leave you feeling stretched, will awake your muscles and mind, and will leave you feeling calm and relaxed. Props will be used, and modifications are offered. This class is accessible to all levels of Yoga.

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

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

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

Act#: 8030
18 yrs & up Sep 5-Nov 21 Thu 5:30-6:30 pm
***No class 10/31**

Yin Yoga

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

For more information www.inspireyogaoc.com

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

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

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

Act#: 7896
18 yrs & up Sep 10-Oct 15 Tue 7:45-8:45 pm
Act#: 7897
18 yrs & up Oct 22-Nov 26 Tue 7:45-8:45 am

CREDIT CARD FEE RESOLUTION

Beginning, Monday, August 19, 2019, online registrations will be charged an additional 3% credit card convenience fee per receipt.

Gentle Yoga & Mindfulness

No previous yoga experience needed. This class is a great place to begin yoga and learn how to let go of the stress and tension that creates pain and irritation in the body and mind and increase your flexibility and focus. We combine gentle, supported postures with mindful meditation and a deeply relaxing savasana. Modifications will be offered to meet your needs. Yoga props strongly encouraged and orders these props may be taken on first day of class.

For more information www.inspireyogaoc.com

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

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

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

Act#: 8001				
18 yrs & up	Sep 11-Oct 16	Wed	8:15-9:15 pm	
Act#: 8002				
18 yrs & up	Oct 23-Nov 27	Wed	8:15-9:15 am	

Introduction to Meditation



What is meditation? Why should I meditate? What if I don't do it right? This one-time class will give you an understanding of what to expect from a mindful practice and the many benefits it can bring. End class with a short, guided meditation. Great for beginners and anyone who feels their mind is too busy. Bring a yoga mat and a blanket or large beach towel.

For more information www.inspireyogaoc.com

- Instructor: Andrea Thorlakson
- Fee:
\$5 Resident
\$10 Non-Resident
(1-class workshop)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 8003				
18 yrs & up	Sep 23	Mon	7:45-8:45 pm	

Register Online at:
<http://bit.ly/LFReconline>

Meditation Series



As we rush from one situation to the next in our daily life, we must also give ourselves the opportunity to slow down and quiet our bodies and minds. Discover why meditation is one of the best tools to balance our emotions, deal with physical and psychological distress, and promote peace in the present moment. A different guided meditation will be offered each week to offer practice and variation. Appropriate for all students familiar with meditation as well as those brands new to the practice of mindfulness. Bring a yoga mat, pillow, and blanket.

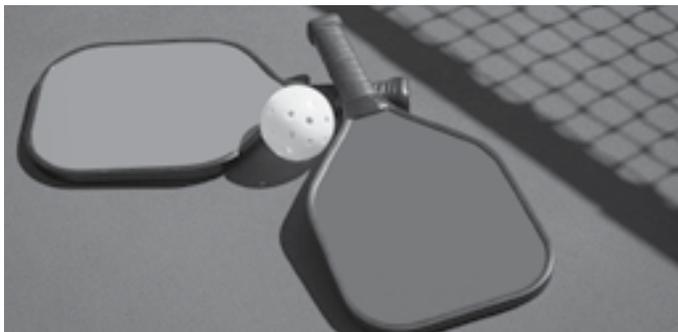
For more information www.inspireyogaoc.com

- Instructor: Andrea Thorlakson
- Fee:
\$70 Resident
\$75 Non-Resident
(5-class Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 8000				
18 yrs & up	Sep 30-Oct 28	Mon	7:30-8:30 pm	



Pickleball 101

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

- Instructor: Hai Nguyen – AYTE Tennis
- Fee:
\$99 Resident
\$104 Non-Resident
(4-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 8026				
18 yrs & up	Sep 9-30	Mon	9:30-10:30 am	
Act#: 8027				
18 yrs & up	Oct 7-28	Mon	9:30-10:30 am	
Act#: 8028				
18 yrs & up	Nov 4-25	Mon	9:30-10:30 am	

Intro to Tennis

This is a beginner class for adults who are interested in learning the fundamentals of tennis. It is an introductory class with emphasis on strokes, footwork, placement of shots, consistency, and positioning. No previous experience required.

- Instructor: Play Tennis Staff
- Fee:
\$99 Resident
\$104 Non-Resident
(4-Week Session)
- Location: Pittsford Park Tennis Courts (21701 Pittsford Dr)

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

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

Act#: 8023				
18 yrs & up	Sep 4-25	Wed	7-8 pm	
Act#: 8024				
18 yrs & up	Oct 2-23	Wed	7-8 pm	
Act#: 8025				
18 yrs & up	Nov 6-27	Wed	7-8 pm	

Liveball Tennis

This is a class for adults who are looking for a great workout by drilling and playing out livepoints. This is an intermediate to advanced (4.0-4.5) level class. Emphasis on cardio, footwork, point lay, and stroke refinement.

- Instructor: Play Tennis Staff
- Fee:
\$120 per participant - Resident
\$125 per participant - Non-Resident
(4-Week Session)
- Location: Pittsford Park Tennis Courts (21701 Pittsford Dr)

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

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

Act#: 8020				
18 yrs & up	Sep 7-28	Sat	12-1:30 pm	
Act#: 8021				
18 yrs & up	Oct 5-26	Sat	12-1:30 pm	
Act#: 8022				
18 yrs & up	Nov 2-23	Sat	12-1:30 pm	

FALL 2019 REGISTRATION DATES

RESIDENTS
Tuesday, Aug 13, 2019 @ 8 am

NON-RESIDENTS
Tuesday, Aug 20, 2019 @ 8 am

Get Off Your Booty Camp

Get in shape "Boot camp style". Experience full-body workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility, and get you to a healthier and stronger YOU. A results-driven conditioning program that focuses on developing lean, toned, and healthy bodies, using your own body weight and a variety of exercise equipment. This class is designed for all fitness levels. Work at your own pace. Bring your own mat and water.

For more info visit www.Endeavourpt.com

- Instructor: Maryam Stevenson
- Fee:
\$108 Resident
\$113 Non-Resident
(8-Class Sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7995				
18 yrs & up	Sep 3-26	Tue & Thu	6:15-7 pm	
Act#: 7996				
18 yrs & up	Oct 1-24	Tue & Thu	6:15-7 pm	
Act#: 7997				
18 yrs & up	Oct 29-Nov 26	Tue & Thu	6:15-7 pm	

**No class 10/31*

Adult Ballet



Our adult ballet class is for any level. We provide a judgment free class that considers various ages and abilities while exploring the beauty and art of ballet.

- Instructor: Foundations Dance Studio
- Fee:
\$112 Resident
\$117 Non-Resident
(7-Week Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 7905				
18 yrs & up	Sep 11-Oct 23	Wed	6:30-7:30 pm	
Act#: 7906				
18 yrs & up	Oct 30-Dec 18	Wed	6:30-7:30 pm	

**No class 11/27*

Register Online at:
<http://bit.ly/LFReconline>

Holiday Social Dance **NEW**

Take your dance partner in your arms at those holiday parties and let your feet move to the music. We will do a slow dance and a rhythm dance, such as Swing or Latin. A registered partner is required. Smooth-soled shoes are best to wear. Styling and material will be addressed for couples who already dance.

- Instructor: Carri Fox
- Fee:
\$35 Resident
\$40 Non-Resident
(4-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 7994
18 yrs & up Nov 1-22 Fri 7-8 pm

Ballroom Dance Class

Come Dance with the Fox!

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

- Instructor: Carri Fox
- Fee:
\$65 Resident
\$70 Non-Resident
(8-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 7993
18 yrs & up Sep 6-Oct 25 Fri 7-8 pm



Zumba® Gold + Toning for Beginners

Blends the Zumba® Gold rhythms you love with light weight activity. This is a total body workout using Zumba® Toning Sticks, or your own one-pound weights to shake up the muscles! This is a low intensity class perfect for active adults. Moves are adaptable to your own needs. Improve your strength, flexibility, balance, and coordination. These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor. Bring receipt to first class.

- Instructor: Angie Velez
- Fee:
Act#: 7894 (5-class package)
\$30 Resident
\$35 Non-Resident
Act#: 7895 (10-class package)
\$50 Resident
\$55 Non-Resident

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

To Register: Walk-In Registration Only

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

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

WE WANT TO HEAR FROM YOU!

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



Photoshop Elements

This class will take the student through the basics of the Elements program. The students will learn to improve photos by adjusting lighting, color, crop, remove unwanted objects, add text, and more. Students must have laptop loaded with Photoshop Elements 11 or higher.

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

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

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

Act#: 8005
18 yrs & up Sep 4-Oct 30 Wed 10-11:30 am
**No class 10/2*

Using your Digital Camera

This class will show the student how to properly use their camera. Students will be given fun and creative assignments to demonstrate their understanding of DSLR. Point and shoot cameras are acceptable. Students must have a digital camera.

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

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

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

Act#: 8004
18 yrs & up Sep 4-Oct 30 Wed 12:30-2 pm
**No class 10/2*

Dog Manners Crash Course



Chloe Wysocki

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

Participants who show proof of adopting an animal from the OC Animal Shelter in Tustin or The Lake Forest Pet Adoption Center 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: Dog Services Unlimited
- Fee:
\$92 Resident
\$97 Non-Resident
(4-Week Session)
- Material Fee: \$5 material fee due at first class session
- Location: Montbury Park (21962 Montbury Dr)

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

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

Act#: 8006
Families Oct 5-26 Sat 12-1:15 pm

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

Special Needs

Monster Mash Halloween Dance



Grab your costume and come dance the night away while we celebrate the spookiest night of the year! There will be music, games, snacks, and even a photo booth where you can take home a spooky souvenir! Costumes aren't required, but prizes will be given out to the best dressed ghouls and gals!

- Fee: Free
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

Act#: 8032
13 yrs to Adult Oct 26 Sat 6-8 pm

Lake Forest Special Needs Networking Group

These monthly meetings are presented in collaboration with Autism Behavior Services Inc., and will feature a range of guest speakers, therapists, and professionals working within the special needs field. These discussions are free to attend and serve as a great way to meet others within the community. Residents and non-residents are welcome!

Meetings take place on the third Monday of each month.

- Fee: Free
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

For more info or to RSVP Call: 273-6978 or email kfernandez@lakeforestca.gov

Families	Sep 16	Mon	6-7 pm
Families	Oct 21	Mon	6-7 pm
Families	Nov 18	Mon	6-7 pm



Special Needs Soccer Super Soccer Stars Shine

Super Soccer Stars Shine Program uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities, including, but not limited to Autism Spectrum Disorders, Down Syndrome, ADHD, and PDD-NOS. Classes focus on simplifying soccer into specific components while teammates work together to build new skills in a fun, non-competitive, and educational environment. Each class follows a structured sequence of entertaining and engaging individual and team-based activities. Coaches use specific tools and techniques, including picture schedules, cheers, and repetition to reinforce communication, aid in transition, and increase task completion.

- Instructor: Super Soccer Stars Staff
- Fee:

\$190 Resident	\$195 Non-Resident
(10-Week Sessions)	(10-Week Sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

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

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

Act#: 8033
10-17 yrs Sep 14-Nov 16 Sat 11-11:50 am

Social Group for Children on the Autism Spectrum

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

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

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

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

2-19 yrs Ongoing Mon-Sat Varies

Rising Strides Special **NEW** Needs Horseback Riding



Rising Strides' goal is to help guide and inspire those that are facing life challenges to gain inner strength and awareness through equine assisted activities. The many benefits of horseback riding and natural horsemanship are gaining independence, self-growth and learning, problem solving skills, balance and coordination, and strength. During our 6-week program, your child will learn how to take care and communicate with the horses and learn the basic skills of riding.

- Instructor: Shauna Bradley
- Fee:
\$300 - Resident
\$330 - Non-Resident
- Location: Serrano Creek Ranch in Lake Forest

Classes are one hour and held once a week

For More Info or to Register Call: 273-6978 or email kfernandez@lakeforestca.gov



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

United Studios of Self Defense prides itself on being able to work with students of all ages and all who have different needs and goals. Our program is designed to use individualized martial arts curriculum that is tailored to each persons' learning style, needs, and learning pace.

The program will consist of a single 30-minute private session each week (1-4 students per scheduled session), allowing a student the dedicated time and attention to detail needed to refine their skills. Students will also be given the option to participate in group classes, which are determined by age. All classes are held at our location that provides a distraction free environment to maximize learning and student development. We look forward to helping to reach you and your family's goals!

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

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

FALL 2019 REGISTRATION DATES

RESIDENTS
Tuesday, Aug 13, 2019 @ 8 am

NON-RESIDENTS
Tuesday, Aug 20, 2019 @ 8 am

Register Online at:
<http://bit.ly/LFReonline>

Gymnastics for Kids with Special Needs

Our gymnastics classes are specifically designed for children and teens with special needs (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.). Students will learn basic gymnastics skills such as handstands and cartwheels and other floor exercises. During class, students will work on social behaviors, taking turns, sharing equipment, and, more importantly, having fun. Please call to set a free assessment and discuss class placement.

This special pricing is available to new members only.

- Instructor: Us Too Gym Staff
- Fee:
\$100 per month (four 45 min. sessions) - Resident
\$105 per month (four 45 min. sessions) - Non-Resident
- Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

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

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

5 yrs and Older

Ongoing

Varies

Lake Forest Little League Challenger Baseball



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

COST:

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

PRACTICES:

Friday afternoons at either Heroes Park field or the Lake Forest Sports Park & Recreation Center. The focus is skill-building and teamwork.

GAMES:

Saturday mornings.

The last game is played on the field at Angel Stadium in Anaheim!

Come join the Lake Forest Little League!

Register on line at LFL.org

**For more information or to sign up call:
Melinda Luttrell (949) 837-3189
or email us at challengers@lfl.org**

**Parks
Make
Life
Better!**



LAKE FOREST SPORTS PARK AND RECREATION CENTER

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

Shooting Stars Basketball



This program provides special needs athletes three levels of play to support individual skill and determination.

Little Dippers - Players who benefit from teen peer support.

Mighty Dippers - Players that dribble, pass, and shoot with minimal support.

Big Dippers - Teen-adult competitive basketball players.

Registration takes place on-site and is open during the winter and summer basketball seasons. Volunteer coaches, teens, and photographers are welcome!

- Location: RSM or Los Alisos Intermediate Schools

Please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com for upcoming dates and location.



WHAT IS "TOPSoccer"?

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

IT'S ALL ABOUT FUN!

For more info, please contact: Rick Trevers
Laguna Niguel Youth Soccer Association

Rick.Trevers@LNYSO.org

Sandy Castillo:

scastillo@calsouth.com

or visit:

calsouth.com/topsoccer



SMILE FOR THE BIRDIE
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PLEASE NOTE:

City of Lake Forest staff photographs participants at many special events and classes. We may use these photos to market our programs in various publications or on our website.



#LAKEFORESTSPORTSPARK

Use #LAKEFORESTSPORTSPARK when posting your pictures and your pic may be reposted on one of our social media platforms!



Award Winning World Class Skateboard Facility

“Best Skatepark in OC” Readers’ Choice 2018-Parenting OC Magazine—“Best Skatepark in OC” Editor’s Choice 2017-Parenting OC Magazine—“#1 Family Friendly Skatepark” Reader’s Choice 2016-Parenting OC Magazine

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.

Park Entry Fee: Free to ride for Lake Forest residents. Non Residents of Lake Forest must pay a nominal fee of \$15 for their annual membership. **The membership is based on a calendar year, it is valid from January 1 to December 31. New membership cards are sold at the beginning of the year and require park goers to sign a new waiver.**

- Location: 20028 Lake Forest Dr. Lake Forest, CA 92630
- Phone: (949) 916-5870
In the case of inclement weather, please call ahead to see if the Park is open.

Fall Skatepark Hours:

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

FALL HOLIDAY SCHEDULE:

The park will be closed Thanksgiving Day, Thursday, November 28, 2019.

Make sure to visit the Skatepark on the web at: www.EtniesSkatepark.com.

The website features a live cam, interactive tours of the park, up to date news, videos of recent events, and a collection of history and information about the Skatepark.

Also follow us on Instagram, Facebook, and Twitter for up-to-date news and weather conditions.



Skatepark Waiver Information

Please note that skate lesson/camp participants will need a waiver/membership form filled out prior to entering the Skatepark. Membership is free for Lake Forest residents and \$15 for non-residents. The membership is based on a calendar year; so it is valid from January 1 to December 31. New membership cards will be sold beginning January 1, 2020, which will require a new waiver to be signed.

Inclement Weather Class Schedule

If a class is cancelled due to weather or other 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 canceled due to weather or other circumstances, a make-up class will be scheduled for the participants at the next available date.

Night of the Living Shred Contest



The Night of the Living Shred will consist of 4 horror-themed best trick contests and live entertainment taking place throughout the Skatepark.

Please visit etnieskatepark.com for more details.

- Contest Entry Fee: \$15
- General Admission: Free
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online or at the Skatepark

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 8057

All Ages Oct 19 Sat 7-10 pm

**Please see the inclement weather schedule and waiver/membership info.*

BIRTHDAY PARTIES AT THE SKATE PARK

MAKE YOUR NEXT BIRTHDAY AN ETNIES SKATEPARK PARTY!

The Skatepark offers three very popular birthday party packages for the best party around! Please note that birthday party participants will need a waiver filled out by a parent or legal guardian prior to entering the Skatepark. Waivers will be good for the duration of the party. If the participant wants to use the Skatepark outside of party hours, the \$15 membership fee will need to be paid for non-residents. Participants will need to provide their own skateboard, helmet, knee and elbow pads. **Alcohol is not permitted.**

Register online at:

etniesskatepark.com/165/Birthday-Parties

Note: All park policies related to waivers and safety gear are to be followed by party goers and the party host/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.

GRIND - \$175

Most economical package includes choice of music, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed-toe shoes while filming inside the Skatepark. This package is designed for parents who want to bring their own food, cake, etc. Each additional child will cost \$5 up to a maximum of 20 participants.

KICKFLIP - \$275

Best value and most parent friendly package includes all items listed in the Grind package as well as cupcakes, drinks, and 2 pizzas. Each additional child will cost \$10 up to a maximum of 20 participants.

MCTWIST - \$375

Premier package includes all items listed in the Kickflip package plus a Skatepark t-shirt and skate goody bag for each participant. Each additional child will cost \$20 up to a maximum of 20 participants.

PARTY PACKAGE DETAILS

- All packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block anywhere between 11 am-8 pm
- Reservations are required at least one week in advance with a \$100 security deposit due one week prior to your party date.
- Additional large pizzas can be added to the Kickflip and McTwist package for \$20 per pizza.
- The Skatepark is open to the public during the birthday party.
- The grass area of the Skatepark is decorated and reserved for your party goers. This area includes popup tents, folding tables, and chairs which can accommodate up to 20 individuals comfortably.

Location:

Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.) To reserve your birthday party, please visit:

etniesskatepark.com/165/Birthday-Parties

Parties are only confirmed when we receive the required security deposit.

For More Info Call: **Etnies Skatepark at (949) 916-5870**

Etnies Fall Skate Camp

Choose this Thanksgiving 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. Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including the three bowls, two large flow courses, Orange County's only cradle, and a world class street course. Each participant will design and print a custom Etnies Skatepark of Lake Forest t-shirt. Lunch, drinks, and snacks are provided daily. Please send your camper with their own water bottle that they will be able to fill up with water or Gatorade throughout the duration of camp. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads.

- Instructor: Skatepark Staff
- Fee: \$120 per person (Limited to 20 per session)
- Equipment Needed: Skateboard, Helmet, Elbow/Knee Pads
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

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

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 8056
5-17 yrs Nov 25-27 Mon-Wed 10 am-2 pm



Skatepark Safety/ Etiquette Class

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

- Instructor: Skatepark Staff
- Fee: Free (Limited to 4 per session)
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Walk-In

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

4 yrs and Up



Veterans Day Skate 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 of fun will include skateboard instruction, games, lunch, and a t shirt for the campers.

- Instructor: Skatepark Staff
- Fee: \$40 per person (Limited to 20 per session)
- Equipment Needed: Skateboard, Helmet, Elbow/Knee Pads
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

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

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 8067
5-17 yrs Nov 11 Mon 10 am-2 pm

**Please see the inclement weather schedule and waiver/ membership info.*



Beginning Skateboard Lessons



Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of skateboarding, but lack the courage and know-how? This is the class for you. 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 Skatepark. 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 one teacher. If you desire more one-on-one time in lessons, we would suggest private lessons.

- Instructor: Skatepark Staff
- Fee: \$75 (4-Week Session)
- Equipment Needed: Skateboard, Helmet, Elbow/Knee Pads
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

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

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 8047	6 yrs and up	Sep 3-24	Tue	4-5 pm
Act#: 8048	6 yrs and up	Oct 1-22	Tue	4-5 pm
Act#: 8049	6 yrs and up	Nov 5-26	Tue	4-5 pm
Act#: 8050	6 yrs and up	Sep 5-26	Thu	4-5 pm
Act#: 8051	6 yrs and up	Oct 3-24	Thu	4-5 pm
Act#: 8052	6 yrs and up	Nov 7-28*	Thu	4-5 pm
Act#: 8053	6 yrs and up	Sep 7-28	Sat	9-10 am
Act#: 8054	6 yrs and up	Oct 5-26	Sat	9-10 am
Act#: 8055	6 yrs and up	Nov 2-23	Sat	9-10 am

If a class is cancelled due to weather or other circumstances, a make-up class will be scheduled for the participants at the next available date.

**No class on Nov 28, Thanksgiving Day*

**Please see the inclement weather schedule and waiver/ membership info.*



Advanced Beginning Skateboard Lessons

This class is designed for riders who have learned the basics of skateboarding and are ready to progress toward higher skills such as dropping in, Ollies and riding ramps. Designed for all ages, these lessons can help develop the skills needed to successfully ride all aspects of the Skatepark. Full protective gear consisting of a helmet, elbow pads, and knee pads is required as well as a skateboard. Maximum is 10 participants to one instructor.

- Instructor: Skatepark Staff
- Fee: \$75 (4-Week Session)
- Equipment Needed: Skateboard, Helmet, Elbow/Knee Pads
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

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

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 8038	6 yrs and up	Sep 3-24	Tue	5-6 pm
Act#: 8039	6 yrs and up	Oct 1-22	Tue	5-6 pm
Act#: 8040	6 yrs and up	Nov 5-26	Tue	5-6 pm
Act#: 8041	6 yrs and up	Sep 5-26	Thu	5-6 pm
Act#: 8042	6 yrs and up	Oct 3-24	Thu	5-6 pm
Act#: 8043	6 yrs and up	Nov 7-28*	Thu	5-6 pm
Act#: 8044	6 yrs and up	Sep 7-28	Sat	10-11 am
Act#: 8045	6 yrs and up	Oct 5-26	Sat	10-11 am
Act#: 8046	6 yrs and up	Nov 2-23	Sat	10-11 am

**No class on Nov 28, Thanksgiving Day*

**Please see the inclement weather schedule and waiver/ membership info.*

Intermediate Skateboard Lessons

Did you start in the beginning skateboard lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basic skills 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: \$75 (4-Week Session)
- Equipment Needed: Skateboard, Helmet, Elbow/Knee Pads
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

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

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 8058	6 yrs and up	Sep 3-24	Tue	6-7 pm
Act#: 8059	6 yrs and up	Oct 1-22	Tue	6-7 pm
Act#: 8060	6 yrs and up	Nov 5-26	Tue	6-7 pm
Act#: 8061	6 yrs and up	Sep 5-26	Thu	6-7 pm
Act#: 8062	6 yrs and up	Oct 3-24	Thu	6-7 pm
Act#: 8063	6 yrs and up	Nov 7-28*	Thu	6-7 pm
Act#: 8064	6 yrs and up	Sep 7-28	Sat	11 am-12 pm
Act#: 8065	6 yrs and up	Oct 5-26	Sat	11 am-12 pm
Act#: 8066	6 yrs and up	Nov 2-23	Sat	11 am-12 pm

If a class is cancelled due to weather or other circumstances, a make-up class will be scheduled for the participants at the next available date.

****No class on Nov 28, Thanksgiving Day***

****Please see the inclement weather schedule and waiver/ membership info.***



Private Skateboard Lessons

If you are just learning or are an advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff who specialize in teaching lessons catered to each individual. Private lessons are offered daily on a drop-in basis. Give the Skatepark a call at 916-5870 to see if we have instructors available.

- Instructor: Skatepark Staff
- Fee: \$40 (per 45 min. session)
- Equipment Needed: Skateboard, Helmet, Elbow/Knee Pads
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Walk-In

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Ages: 6 yrs and up

If a class is cancelled due to weather or other circumstances, a make-up class will be scheduled for the participants at the next available date.

****No class on Nov 28, Thanksgiving Day***

****Please see the inclement weather schedule and waiver/ membership info.***

Adults 50 Years and Better

The Clubhouse is Moving!



Come visit us at our
new home on the
City of Lake Forest's new
Civic Center Campus.



Look for information on the official Move-in Date and Grand Opening Celebration coming soon. The new facility will be open five days a week (Monday-Friday), and have additional hours of operation (10 am to 4 pm). With additional hours and more rooms than the current Clubhouse location, you'll be able to enjoy even more of the great programs you have come to know and love.



The Clubhouse Calendar

Don't miss out on *The Clubhouse Calendar*. The calendar is a great way to view all the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar (or no longer want the calendar), please call 461-3408 and leave your name, address, and phone number (spell your last name and street address, slowly please).

The Clubhouse will be closed: Mon, Sep 2, Mon, Nov 11, Thu, Nov 28, and Fri, Nov 29

HEAT WATCH



During the months of August and September, The Clubhouse will remain open until 4 pm on days of extreme heat (over 90 degrees). The decision to extend The Clubhouse hours will be made by 1 pm on the affected day.

The Clubhouse

For Ages 50+

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. Attendees do not need to make a reservation for this drop-in program. Participants must be 50+ years of age.

The Clubhouse will be closed: Mon, Sep 2, Mon, Nov 11, Thu, Nov 28, and Fri, Nov 29

- **Fee: Free**
- **Location: Lake Forest Community Center (25550 Commercentre Dr)**

For More Info Call: the City of Lake Forest at 461-3450 or contact Courtney Wysocki via email at cwysocki@lakeforestca.gov

Seniors Ongoing Mon-Thu 10 am-2 pm
Look for The Clubhouse hours to be extended to 4 pm, Monday - Friday once the new facility opens.

Free Blood Pressure Checks

A blood pressure test measures the pressure in your arteries as your heart pumps and provides additional information about overall health. Healthcare professionals recommend that individuals over 40 receive a blood pressure screening once per year. The Clubhouse hosts free blood pressure checks on the third Monday of every month.

- **Fee: Free**
- **Location: The Clubhouse (25550 Commercentre Dr)**

For More Info Call: The Clubhouse at 461-3408

Seniors	Sep 16	Mon	10 am-12 pm
Seniors	Oct 21	Mon	10 am-12 pm
Seniors	Nov 18	Mon	10 am-12 pm

**B.I.N.G.O !
& FREE
Hot Lunch!**

Provided by The City of Lake Forest every THURSDAY!



Lake Forest Senior Advisory Board



Candidates Wanted

The City of Lake Forest Community Services Commission is looking for qualified candidates to serve on the Senior Advisory Board (S.A.B.). In November 2019, three seats will become available to serve on the S.A.B., which acts in an advisory capacity to the Community Services Commission. S.A.B meetings are held six times per year during The Clubhouse hours. Each Board member's term limit is two years. Potential candidates should be interested and passionate about senior programs and The Clubhouse.

Applications will be available on Monday, September 23, 2019 on the City's Website www.LakeForestCA.gov/seniors and at The Clubhouse. All applicants must apply (complete an application) to the Community Services Commission no later than Friday, October 25, 2019 by 5 pm. The Community Services Commission will conduct interviews on Thursday, November 21, 2019 at 6:30 pm.

Qualifications for the Senior Advisory Board:

- Lake Forest resident
- 50 years of age or older

SENIOR ADVISORY BOARD MISSION STATEMENT:

The City of Lake Forest Senior Advisory Board is committed to support and serve the senior population in our community, with a focus on health, education, optimal aging, and well-being. In addition, the Board serves in an advisory capacity to the Community Services Commission.

Friendsgiving Feast & Pumpkin Pie Eating Contest



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 and host a PUMPKIN PIE EATING CONTEST! Eat your way through mounds of whipping cream to find a little pumpkin seed buried in the bottom of the plate. We don't want you to get "stuffed" on pumpkin pie before lunch! Are we playing Bingo? You bet your gizzards!

- **Fee: Free**
- **Location: The Clubhouse**
(25550 Commercentre Dr)

Seniors Nov 21 Thu 10 am-2 pm

CREDIT CARD FEE RESOLUTION

Beginning, Monday, August 19, 2019, online registrations will be charged an additional 3% credit card convenience fee per receipt.

Senior Santa & Friends at The Clubhouse

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

ITEMS NEEDED:

- Blankets (New)
- Gift cards (grocery stores, department stores, and pharmacies)
- New clothing
- Household appliances
- Nutritional supplements (e.g. Ensure, Glucerna)

Between November 1 and December 13, 2019, drop off your gift at The Clubhouse during The Clubhouse hours.

Free Flu Clinic

It's never too early to get ready for Flu Season! The Clubhouse will be hosting a free flu clinic this fall. Insurance is not necessary, you must be 16 years of age or older, and cannot be pregnant or nursing. Do not come if you are ill or have a fever.

- **Fee: Free**
- **Location: The Clubhouse**
(25550 Commercentre Dr)

For questions on the dose or ingredients, call County of Orange Health Care Agency at (714) 834-8095

Oct 24 Thu 10 am-2 pm

FALL 2019 REGISTRATION DATES

RESIDENTS
Tuesday, Aug 13, 2019 @ 8 am

NON-RESIDENTS
Tuesday, Aug 20, 2019 @ 8 am



Medication Review

Make a one-on-one appointment to learn about your medications and supplements. The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy and appropriateness, alert you to side effects, and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements or a detailed list of medications you take.

Interested individuals may call 461-3408 to schedule a free 20-minute appointment for Thursday, November 14, 2019, between 11 am and 2 pm, at The Clubhouse (25550 Commercenter Dr).



Ping Pong

The Clubhouse hosts ping pong every Tuesday, Wednesday, and Thursday. Breakout your paddles and join us for a friendly game.

- Fee: Free
- Location: The Clubhouse (25550 Commercentre Dr)

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

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

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: The Clubhouse (25550 Commercentre Dr)

To Make an Appointment Call: 461-3408 (Monday through Thursday from 9 am to 1 pm)

Seniors Sep 5 Thu 10:30 am-1:00 pm

Drop-In Computer Lab Hours

The Clubhouse attendants may use the computers in the Training Room to check email, surf the net, and practice computer skills to improve your proficiency.

Please note: There is no instructor on-site.

- Fee: Free
- Location: The Clubhouse (25550 Commercentre Dr)

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

Seniors Ongoing Mon-Thu 10 am-2 pm

Note: The Computer lab may be closed to the general public throughout the year for City of Lake Forest staff trainings.

Crafty Crafters



The Clubhouse offers Crafty Crafters once a month on Tuesdays. Each class is different and past crafts have included tote bags, photo wood plaques, decorative soaps, birdhouses, and floral pots. Please call 461-3408 the first Monday of the month and reserve your space for this popular program. Refer to The Clubhouse Calendar for dates and times!

- **Fee: Free**
- **Location: The Clubhouse (25550 Commercentre Dr)**

Young at Heart Lake Forest Book Club

The Young at Heart Lake Forest Book Club meets once a month to discuss the books listed below. The City provides snacks for you to enjoy during each discussion. Registration is not required for this program. Afterwards, visit The Clubhouse and enjoy a free hot lunch and bingo.

- **Book Discussion Location:
The Clubhouse (25550 Commercentre Dr)**

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

Sep 19	Thu 9:30 am	<i>Coming Home</i> by Rosamunde Pilcher
Oct 17	Thu 9:30 am	<i>Faithful</i> by Alice Hoffmank
Nov 21	Thu 9:30 am	<i>Marilla of Green Gables</i> by S. McCoy

**Register Online at:
<http://bit.ly/LFReconline>**



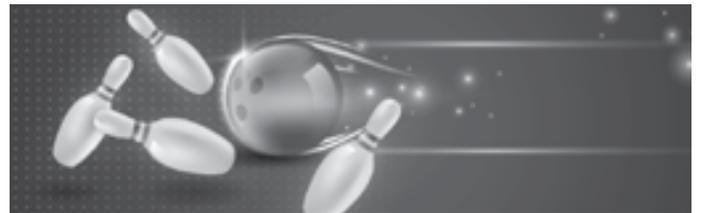
Senior Golf Days at Lake Forest Golf and Practice Center

Senior Golf Days is a program suited for individuals who enjoy the outdoors and meeting new people. This program, hosted by Outdoor Explorations, includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

- **Fee:
\$69 Resident Senior
\$90 Non-Resident Senior**
- **Location: Lake Forest Golf and Practice Center (23308 Cherry Ave)**
- **Session 106: Sep 12-Oct 17**
- **Session 107: Oct 31-Dec 12**

For More Info or to Register Call: Angela Kelly at (949) 632-0300

Seniors Tue or Thu only 7:45-8:15 am



Senior Bowling League at Forest Lanes

It's Jackpot Friday complete with games and bowling for all seniors! All skill levels are welcome. Form your own team or sign up individually. **First-time bowlers will receive a FREE session of bowling (Lake Forest senior residents only) on Fridays between 1-3:30pm!**

- **Fee:
\$10 per Resident Senior (plus \$3 shoe rental)
\$12 per Non-Resident Senior (plus \$3 shoe rental)**
- **Location: Forest Lanes (22771 Centre Dr)**

To Register Call: Forest Lanes at 770-0055

Seniors Ongoing Fri 1-3:30 pm

City of Lake Forest Transportation Options

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior Residents via an Age Well Senior Services (AWSS) Bus and California Yellow Cab company.

For additional information call (949) 461-3450



California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or do not own a vehicle? We have transportation for you with CA Yellow Cab! There are three options:

- **\$3.00 One-Way** - Within Lake Forest City Limits to Senior Scene Clubhouse, the Lake Forest Sports Park & Recreation Center, Non-Emergency Medical Appointments, Socializing, Pick-Up Prescriptions, Movies, etc.
- **\$7.00 One-Way** - To/From Non-Emergency Medical appointments to the Saddleback Memorial Hospital, South County Orthopedic Specialist (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), Mission Viejo Hospital
- **\$10.00 Lost Card Fee** - A \$10 fee will be charged to any taxi participant who has lost their card and requires a replacement card.

For new program users to take advantage of the Senior Taxi Cab program:

- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.
- Call 461-3450 to make an appointment to register and take your photo ID for the City of Lake Forest Taxi Program.

Note: All Taxi passengers must be 60 years of age or better. It may take up to 48 hours from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation. Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation, and pay the taxi driver directly with either cash or a credit card.

AWSS Bus Service

- **Fee: \$0.50 - One way**
From your residence to The Clubhouse
Monday - Thursday, 10am - 2pm

For new participants, call the Community Service Department at 461-3450.





AARP Driver Safety Two-Day Course

Would you like to be more confident behind the wheel? Then we have a class for you! **This instructional class is for the mature driver (50+).** You will learn better driving techniques and ways to spot and correct bad driving habits, 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: The Clubhouse (25550 Commercentre Dr)**

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

To Register: Mail-In, Walk-In. On-line Registration is not available for this program.

Act#: 8037
50 Yrs & up Nov 8-9 Fri & Sat 8:30 am-1 pm

CREDIT CARD FEE RESOLUTION

Beginning, Monday, August 19, 2019, online registrations will be charged an additional 3% credit card convenience fee per receipt.



AARP Driver Safety Refresher Course

Would you like to be more confident behind the wheel? Then we have a class for you! **This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last 4 years.** You will learn better driving techniques and ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course.

Must take Driver's Safety AARP Two-Day Course first.

- **Fee: \$15 (AARP members; \$20 non-members) – 1-Class Session (check made payable to AARP)**
- **Location: The Clubhouse (25550 Commercentre Dr)**

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

To Register: Mail-In, Walk-In. On-line Registration is not available for this program.

Act#: 8036
50 Yrs & up Sep 13 Fri 8:30 am-1 pm

FALL 2019 REGISTRATION DATES

RESIDENTS
Tuesday, Aug 13, 2019 @ 8 am

NON-RESIDENTS
Tuesday, Aug 20, 2019 @ 8 am

MEDICARE'S ENROLLMENT HICAP'S ENROLLMENT CLINIC 2020!

IT'S THAT TIME OF YEAR – MEDICARE ANNUAL ENROLLMENT

Have you assessed your health and drug plan? Unsure of which plan maximizes your benefits? Make an informed decision! At a HICAP Annual Enrollment Clinic you will learn about the new 2020 Medicare Health and Drug Plans. HICAP counselors will provide you with health and drug cost comparison analysis of your options.

HICAP (Health Insurance Counseling and Advocacy Program) is part of the nationwide network of State Health Insurance and Assistance Programs (SHIP). HICAP counselors are registered with the State of California to provide free, unbiased and confidential Medicare counseling to Orange County residents.

- **Fee: Free**
- **Location: The Clubhouse
(25550 Commercentre Dr)**

For More Information: Beginning September 1 call (949) 461-3408 to schedule an appointment. Please leave a message with your name and phone number.

Appointment Date: Thurs., Nov 14, 9 am-5 pm

**Parks
Make
Life
Better!**



LAKE FOREST SPORTS PARK AND RECREATION CENTER

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

HICAP

Health Insurance Counseling and Advocacy Program

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

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

HICAP can help you understand:

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

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

- **Fee: Free**
- **Location: Lake Forest Community Center
(25550 Commercentre Dr)**

Seniors	Sep 10	Tue	10 am-2 pm
Seniors	Oct 8	Tue	10 am-2 pm
Seniors	Nov 12	Tue	10 am-2 pm

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) 560-59563
- Age Well Senior Services, Inc. 855-8033
(Formerly South County Senior Services)
- City of Lake Forest City Hall 461-3400
- Council on Aging (714) 479-0107
- Non-Disabled
Housing Information (714) 480-2864
- Elder/Disabled Adult Abuse .. (800) 451-5155
- HICAP Services (800) 434-0222
- Human Services Information 211
- Irvine Valley College/Emeritus 367-8343
- Meals on Wheels 380-0155 ext.12
- Medicare Fraud Hot-line (800) 447-8477
- OCTA (Transportation) (800) 636-7433
- Office on Aging (800) 510-2020
- Orange Caregiver
Resource Center (800) 543-8312

EXCURSIONS

The City of Lake Forest offers 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. Registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal also may be included. Upon confirmation of your registration, departure details will be mailed to you.

Tickets that are purchased for City of Lake Forest Excursions are non-transferable.

Excursion Refund Policy: In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee. In the case that the City is not able to fill the spot, a refund will not be given.



PALA CASINO SPA & RESORT

Pala Casino Spa & Resort is nestled around California's Palomar mountains in San Diego County. Pala Casino offers 2,250 Slots, Video Poker, Progressive Machines, including 1 Cent Slots!

Enjoy Pala Casino's "Choices" Buffet, Southern California's largest buffet with eight international selection of foods. All participants will receive a \$5.00 game play on their Pala Gaming Card! Try your luck at Pala's Casino!

Must have a current DMV Identification card or Driver License. Must be 21 years of age or older.

- **Fee: \$10 Resident \$15 Non-Resident**
Price does not include lunch.
- **Departure Location: Lake Forest Community Center (25550 Commercentre Dr)**

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

**Act#: 8031
Adults/Seniors Nov 20 Wed 9 am-5 pm**

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. Registration is recommended for all classes.

For phone registration please call IVC at: (949) 367-8343 Monday through Friday 9 am-5 pm

REGISTRATION FOR SENIOR EMERITUS CLASSES FOR CONTINUING IVC/SC STUDENTS, LOG ONTO:

<http://mysite.socccd.edu>

1. Log in using your Student ID number and 4-digitPin, then click login. (Contact the Extended Education Office if you need help with your PIN).
2. Click on **My Classes**
3. Click on **Register for Classes**
4. Select Term (FALL, SUMMER, SPRING, WINTER)
5. Update Records (A response is required for all sections with a red asterisk)
 - Major: Select **Not Listed**
 - Educational Goals: Select **Educational Development**
6. Click Schedule Builder
 - Enter ticket number; click **Add Class**
 - If multiple courses are needed, repeat
7. When asked about ASB card Select **No** and click **Next**
8. Accept the refund policy, then click **Complete Registration**

REGISTRATION FOR NEW STUDENTS OR RETURNING STUDENTS WHO SKIPPED A SEMESTER:

1. Apply for admission at www.ivc.edu
2. Click on **Apply**
3. At the center of the page, click **Apply Here**
4. Click on **Create an Account** and follow the two-part registration process:
 - a. Create an account (Open CCC account number)
 - b. Continue to the application. Once your application has been submitted, you will receive an email within 24-48 hours with your student identification number.
5. Once you receive your student identification number follow the instructions above to register for IVC/SC Senior Emeritus classes.

Fitness

Dyna-Band Workout (IVC)

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands, which are long latex strips, are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching.

Workouts include a cool down time with gentle stretching and breathing to relax all body parts.

This class includes the Arthritis exercise program.

- **Instructor: Emeritus Staff**
- **Fee: Free**
- **Location: Lake Forest Community Center (25550 Commercentre Dr)**

Tic#: 66695

Seniors Aug 20-Dec 10 Tue 12:30-2:20 pm



Pilates (IVC)

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Class 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.

- **Instructor: Emeritus Staff**
- **Fee: Free**
- **Location: Lake Forest Community Center (25550 Commercentre Dr)**

Tic#: 66755

Seniors Aug 20-Dec 12 Tue 10-11:35 am

Yoga (IVC)

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.

- **Instructor:** Emeritus Staff
- **Fee:** Free
- **Location:** Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 66850

Seniors Aug 21-Dec 18 **Wed** 1-2:50 pm

Physical Fitness (IVC)

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.

- **Instructor:** Emeritus Staff
- **Fee:** Free
- **Location:** Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

Tic#: 66770

Seniors Aug 22-Dec 12 **Thu** 10-11:50 am

Tai Chi Mobility (IVC)

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

- **Instructor:** Emeritus Staff
- **Fee:** Free
- **Location:** Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 66810

Seniors Aug 21-Dec 18 **Wed** 9-9:50 am

Register Online at:
<http://bit.ly/LFReconline>



Tai Chi Ch'uan (IVC)

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

- **Instructor:** Emeritus Staff
- **Fee:** Free
- **Location:** Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 66715

Seniors Aug 21-Dec 18 **Wed** 10-11:50 am

Aquatic Fitness Training (IVC)

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

- **Instructor:** Emeritus Staff
- **Fee:** Free
- **Location:** Lake Forest I Beach & Tennis Club (22921 Ridge Route)

Tic#: 66880

Seniors Aug 20-Dec 17 **Tue** 2-3:50 pm

Tic#: 66820

Seniors Aug 22-Dec 12 **Thu** 2-3:50 pm



Beading & Stringing (IVC)

Class will focus on beading, how to buy beads, tools, and materials. Students will learn about foundational structure, color and design, marketing and selling, and artistic sensibilities versus traditions and trends. This course encourages students to find their artistic voice. Students are encouraged to bring any beading supplies they currently own. A list of items to purchase will be given to the students after the first class.

- **Instructor:** Emeritus Staff
- **Fee:** Free
- **Location:** Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

Tic#: 66640
 Seniors Aug 22-Dec 12 Thu 1-3:50 pm



Country Line Dancing



Through country line dancing, this course addresses the physical and mental health of the older, mature adult using exercise and fitness activities to maintain an active, independent lifestyle.

- **Instructor:** Emeritus Staff
- **Fee:** Free
- **Location:** Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

Tic#: 90255
 Seniors Aug 20-Dec 17 Tue 10:30 am-12:30 pm

WINTER 2019 SAVE THE DATE FOR THESE UPCOMING WINTER EVENTS

NORTH POLE CALLING
 December 3, 4, and 5

BREAKFAST & BRUNCH WITH SANTA
 December 14

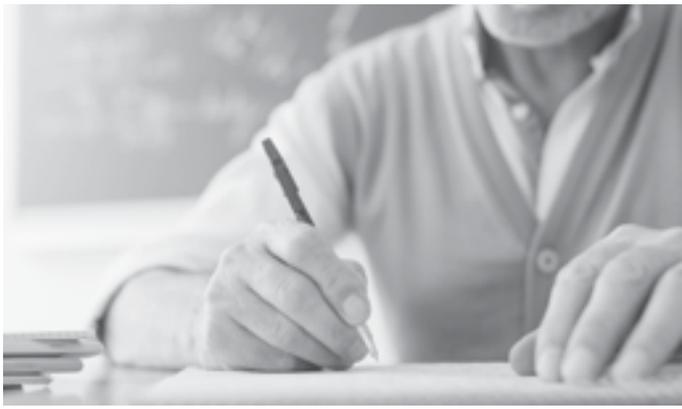
SNOWFEST
 January 25

HOLIDAY HOOPLA
 (Week 1) December 23, 26, and 27
 (Week 2) December 30, January 2-3

WINTER ADVENTURE CAMP
 (Week 1) December 23, 26, and 27
 (Week 2) December 30, January 2-3

WE WANT TO HEAR
 FROM YOU!

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



SENIOR EMERITUS CLASSES

Through Saddleback College

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

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

**Emeritus Main Office: (949) 582-4835
Saddleback College Emeritus Institute
Online**

To view entire Registration Instructions, please visit:

saddleback.edu/uploads/emergitus/dponlineregistrations.pdf

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



Birds of the World

Saddleback College

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

- **Instructor:** Emeritus Staff
- **Location:** Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

Tic#: 13005

Seniors Aug 21-Dec 11 Wed 8:30-11:20 am

CREDIT CARD FEE RESOLUTION

Beginning, Monday, August 19, 2019, online registrations will be charged an additional 3% credit card convenience fee per receipt.

FALL 2019 REGISTRATION DATES

RESIDENTS

Tuesday, Aug 13, 2019 @ 8 am

NON-RESIDENTS

Tuesday, Aug 20, 2019 @ 8 am



How to Register for Programs

Fall 2019 Registration Dates:

Lake Forest Residents: Tuesday, August 13, 2019, Beginning @ 8 am | **Non-Residents:** Tuesday, August 20, 2019, Beginning @ 8 am

Beginning August 19, 2019, online registrations will be charged a 3% credit card convenience fee per credit card receipt.

3 Easy Ways to Register

1 > Online Registration



To set up a family account in our user-friendly registration software, please go online to: <http://bit.ly/LFREconline>

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

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

2 > Mail-In Registration



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

Mail to: City of Lake Forest attn: Program Registration, 25550 Commercentre Dr., Suite 100, Lake Forest, CA 92630

3 > Walk-In Registration



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

- ▶ Lake Forest City Hall - 25550 Commercentre Dr, Second Floor.
- ▶ Lake Forest Sports Park and Recreation Center, 28000 Rancho Parkway

General Information

All programs are subject to cancellation or schedule changes.

We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.

In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.

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.

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.

Returned check policy: If your check is returned to us, you will be charged a \$25 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.

Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.

Refund Policy

A full refund will be given for an activity cancelled by the City of Lake Forest.

In the case of City excursions and day camp programs, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.

In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.

Registrations for City of Lake Forest Excursions are non-transferable.

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.

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).

All Camp cancellations requesting refunds (for Little Pioneers, Lake Forest Rocks and Lake Forest Unplugged camps) must be submitted by 5 pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee. All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee. All refund requests for Little Pioneers, Lake Forest Rocks and Lake Forest Unplugged Camps must call the Recreation Supervisor at (949) 273-6975.

For more information or assistance, please contact us at (949) 461-3450

City of Lake Forest • Community Services Division Program Registration Form

Photocopy if more than one registration form is needed



REGISTRATION FORM

Primary Contact (Responsible adult for registering persons into courses)

Last Name: _____ First Name: _____ Male Female

Birthdate (Required) _____ Email (Required) _____

Street Address: _____ City, State, Zip: _____

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

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

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

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

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

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

Bar-code #	Participant Name	Birthdate	Gender	Activity Name	Fees
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
<i>Please send a separate check for each activity</i>					Total Activity Fees

Participant and/or Parent Release Form

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

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

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

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

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

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

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

Mail this form with payment to: City of Lake Forest Attn: Program Registration
25550 Commercenter Dr., Ste. 100, Lake Forest, Ca 92630



Question or Comments on Registration?
Please Call: (949) 461-3450

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

Office Use Only

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



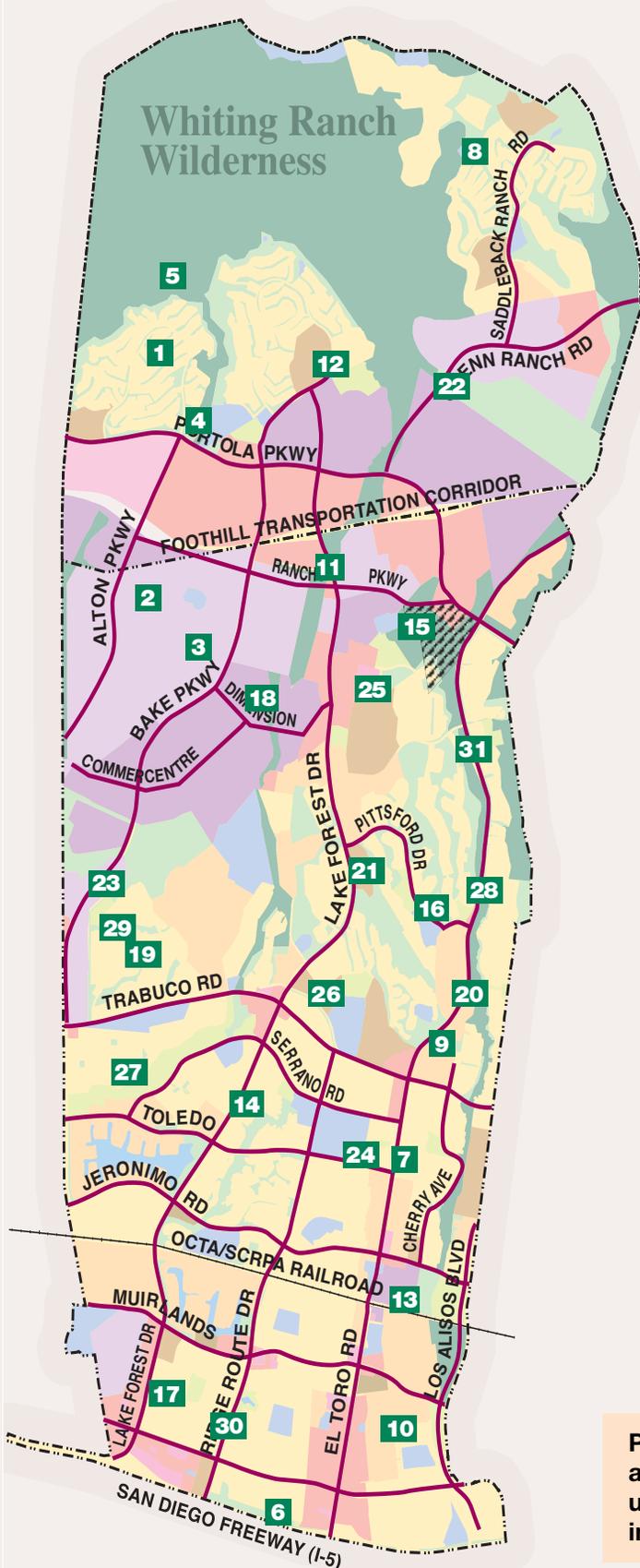
If You Need Special Assistance With Any Program, Please Call the Recreation Division @ (949) 461-3450

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

NOT FOR EMERITUS PROGRAM REGISTRATION



CITY OF LAKE FOREST PARK GUIDE



	Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic Tables	Playground	Restrooms	Soccer	Tennis Court	Walking Path
1 Alton Park 18992 Alton Parkway	2.3	4	1 ^{hc}		9	1	1 ^s					
2 Baker Ranch Community Park  26380 Rancho Parkway	8	2	1	1	1	10	1	1	1			
3 Barker Ranch Dog Park 26500 Baffin Bay Drive	0.5											
4 Borrego Park 26982 Cabriole	11	5	1 ^{fc}		11	1	1	1	1		1	
5 Borrego Overlook Park 21 Viaggio Lane	1.6	3			5	1						
6 Cavanaugh Mini Park 23782 Cavanaugh Road	0.2		1 ^{hc}		1	1						
7 Cherry Park 22651 Cherry Avenue	4.5	3	1 ^{hc}		8	1	1 ^s					
8 Concourse Park  18931 Saddleback Ranch Road	7	2	1 ^{hc}		1	4	2	1			1	
9 Darrin Park 22461 Cherry Avenue	3.1	6	1 ^{hc}		11	1	1 ^s					
10 El Toro Park  23701 Los Alisos Boulevard	10	2			1	7	1	1			2 ^L	
11 Etnies Skatepark of Lake Forest  20028 Lake Forest Drive	5.3				4	1						
12 Foothill Ranch Community Park  19422 Rue De Valore	15.5	2	1 ^{fc}		10	2	1	1	1	2	1	
13 Heroes Park 25420 Jeronimo Road	12.4	1	4 ^L	1 ^L	5	1						
14 Lake Forest Park 24000 Serrano Road	2.3				1							
15 Lake Forest Sports Park/Recreation Center   28000 Rancho Parkway	86	8	5	2	3	1	36	2	2	5	1	
16 Montbury Park 21962 Montbury Drive	3.5	1			2							
17 Mountain View Park  24061 Dylan Street	5.3	2	1	1 ^{fc}	1	9	2	1			2 ^L	
18 Nature Park 26215 Dimension Drive	4.5				7	1 ^s						1
19 Peachwood Park 21132 Peachwood	2.7				5	1	1 ^s					
20 Pebble Creek Park 26441 Pebble Creek Road	1.9				1	1						
21 Pittsford Park  21701 Pittsford Drive	10	2			8	2	1				2	1
22 Portola Park  28040 Glenn Ranch Road	5											
23 Rancho Serrano Park  20842 Paseo Sombra	5.1	3			7				1			
24 Ranchwood Park 22500 Killy Street	1.9		1 ^{hc}		1							
25 Regency Park Regency Lane & Osterman Road	5								1			
26 Ringgate Park  29772 Ringgate	5	1	1 ^{fc}		7	3	1	1		1		
27 Serrano Creek Park  25101 Serrano Road	44	3			13	1	1				1	
28 Sundowner Park 22041 Sundowners Lane	0.8	1			2	1						
29 Tamarisk Park 22001 Tamarisk	11.2		1	1 ^{fc}	6	1	1					
30 Veterans Park 23102 Ridge Route Drive	4.7				3							
31 Vintage Park 21000 Vintage Street	4.8	5	1 ^{fc}	1 ^{hc}	11	1						

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

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





OPENING THIS FALL! LAKE FOREST CIVIC CENTER



The Lake Forest Civic Center will include a Community Center and Performing Arts Center that will offer space available to the public to rent for weddings, luncheons, ceremonies, conferences, and more!



For more information on Grand Opening Ceremonies and rental inquiries, visit :

www.LakeForestCA.gov

(City Departments > Community Services > Facilities)

