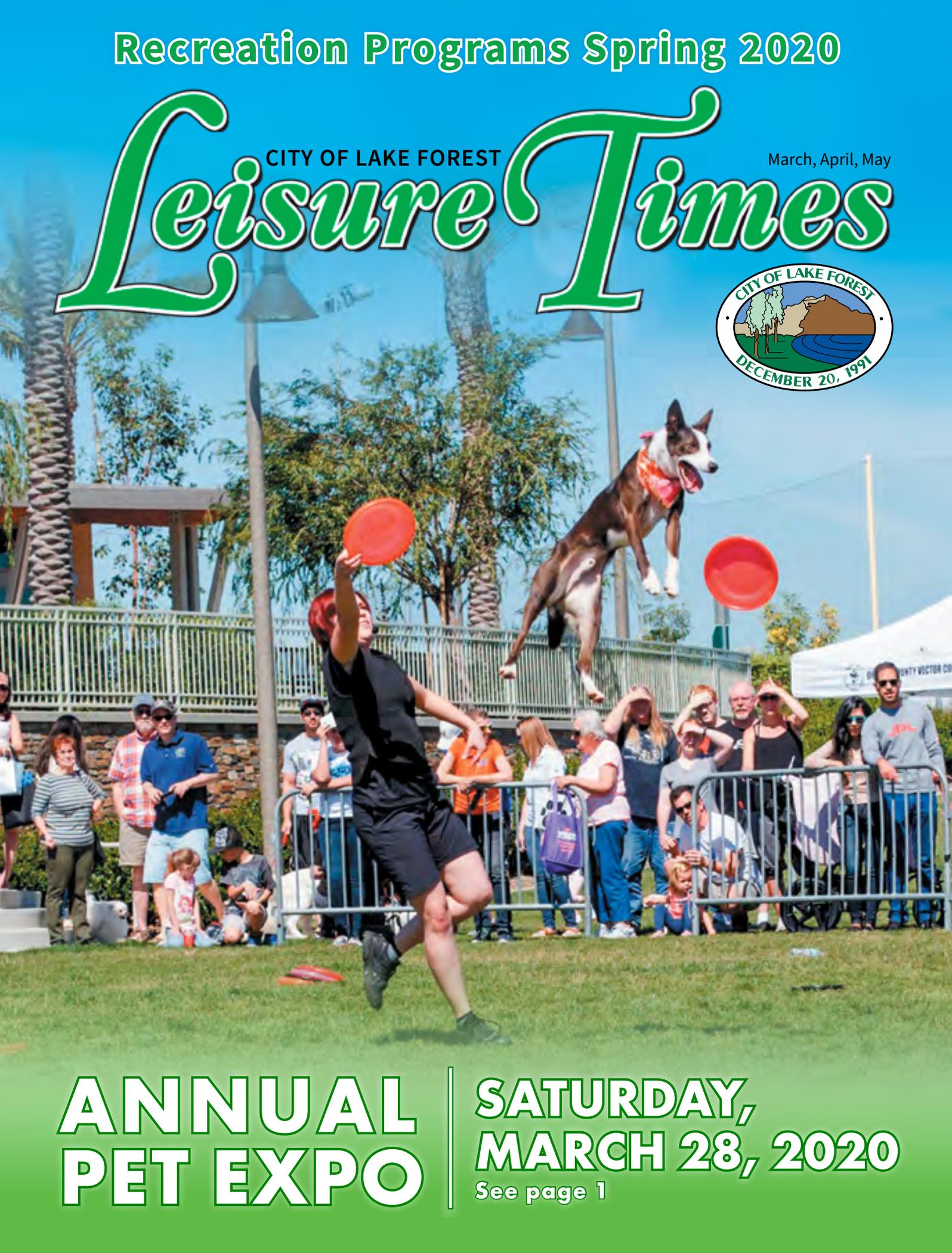


Recreation Programs Spring 2020

Leisure Times

CITY OF LAKE FOREST

March, April, May



**ANNUAL
PET EXPO**

**SATURDAY,
MARCH 28, 2020**

See page 1

LEISURE TIMES INDEX

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CONTACT INFORMATION

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

Community Services Spring Quarter Holiday Schedule

City Hall will be closed on the following holidays. No classes or programs offered on these days:

- **Sunday, April 12, 2020 (Easter)**
- **Monday, May 25, 2020 (Memorial Day)**

Please refer to each City facility's holiday hours schedule throughout this brochure.

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

Bunco or Bust

Let the Good Times Roll!

Join us for a fun night of Bunco! No skill is involved, just lots of luck! Enjoy appetizers, beverages, and prizes.

- Fee: \$10 per person – Resident
\$15 per person – Non-Resident
- Location: The Clubhouse (100 Civic Center Dr)

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

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

Act#: 8334 Adults/Seniors Apr 3 Fri 7-9:30 pm



Bunny Blast:

A Seuss Eggstravaganza!

One egg, two egg, green egg, blue egg. It is time for everyone's springtime favorite, Bunny Blast: A Seuss Eggstravaganza! Enjoy a fun filled event for the entire family, with a day of activities including game booths, rides, music, and other funny things! Oh the things you will find! Bring your own bags or baskets to collect eggs full of candy from a variety of themed egg stations using your free egg station card. Dr. Seuss' first 1,000 young friends can participate in these eggcellent egg stations! Bring your camera to take pictures from the places you'll go – you're off and away to visit Nectar, Hoppy the Spring Bunny, and your favorite Dr. Seuss characters. Hop on down early to take part in all the fun!

- Fee: \$10 per wristband
Wristband includes: unlimited games, rides, and other attractions

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

Families April 11 Sat 11 am-3 pm

ANNUAL PET EXPO



SATURDAY MARCH 28, 2020

The Pet Expo is a unique family oriented event centered around pets and the people who love them!

This one-day event offers a variety of informative groups, retailers, groomers, veterinarians, and pet organizations - everything you need to know for a happier, healthier pet! There will be informative booths, kids' activities, K-9 demonstrations, and various animal wellness services available. Feel free to bring your well socialized/people-friendly dog.

**Please note: no flexible leashes are allowed for safety reasons. If your dog is not friendly, you may be asked to leave the event.*

**Additional parking and shuttles located at Saddleback Church*

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

For More Info Call: The City of Lake Forest at 461-3408

Families March 28 Sat 10 am-1 pm

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 of vendor to ensure variety. Homemade, local business, and produce vendors are preferred.

- Fee: Free
- 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*

Rancho Days Fiesta
at Heritage Hill

Come explore the rich history of Orange County's Mexican Ranchos and Native American tribes! Experience the sights, sounds and smells of the past through music, dance, crafts, and hands-on demonstrations. Historic buildings, including the 1863 Serrano Adobe, will be open, courtesy of Amigos de la Colina Docents. Refreshments will be available for a nominal fee.

- Fee: \$10 per wristband
Children under the age of 3 are free
- Location: Heritage Hill Historical Park (25151 Serrano Rd)

Registration: Day of event registration only

For More Info Call: Heritage Hill Historical Park at 923-2230. More information about Heritage Hill Historical Park, as well as other OC Parks, is available at www.OC Parks.com

Families May 2 Sat 11 am-3 pm



The City would like to thank Hoag for sponsoring the Lake Forest Civic Center Grand Opening event on January 11!

Hoag also donated 20 Automated External Defibrillator (AED) units to the City.

Thank you, Hoag for supporting the community!

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.

last MAN standing



Last Man Standing

Get ready for some laughter and become an audience member of the Last Man Standing Comedy Television Show! Last Man Standing is featured on Fox Television and includes stars such as Tim Allen, Nancy Travis, and Hector Elizondo.

- **Fee: \$30 Per Person - Resident**
\$35 Per Person - Non-Resident
- **Departure Location: Lake Forest Clubhouse**
(100 Civic Center Drive)

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

For More Info Call: The Clubhouse at 461-3408

Act#: 8289

Families/Adults/Seniors

Mar 3

Tues

2:45-11:30 pm

Book your next event at the Lake Forest Community Center

The Lake Forest Community and Conferencing Center is taking reservations beginning in 2020!



Spring 2020 Holiday Closure Schedule:
Sunday, April 12, 2020 in observance of Easter:

For More Info Visit: www.lfcommunityservices.com

Hours of Operation:

Tue-Sat: 8 am-10 pm Sun: 10 am-6 pm Mon: Closed
(Extended hours available for rentals)

SUMMER 2020

SAVE THE DATE FOR THESE
UPCOMING SUMMER EVENTS

RESIDENT SUMMER REGISTRATION

May 12, 2020

NON-RESIDENT SUMMER
REGISTRATION

May 19, 2020

FOURTH OF JULY PARADE

July 4, 2020

SUMMER CONCERTS

June 20, July 18, & August 15, 2020

2020 SPRING CAMP CANCELLATION POLICY AND FEES

- All Camp cancellations requesting refunds must be submitted by 5pm on the Thursday prior to the first day of camp (Monday) and will be assessed \$30 cancellation fee.
- All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee.
- To request a refund for any camp, call the Recreation Supervisor at (949) 273-6975.

Spring Teen Camp!

Join us this April for one week of springtime fun at our Spring Teen Camp! The camp consists of three days of on-site fun and two-days of field trips. Our camp will be full of crafts, games, and other fun activities! Participants must bring a snack and a lunch. Some excursions may require additional money for your child to have lunch, play games, or buy souvenirs. Excursions are subject to change. Camp will have an 8 to 1 camper to counselor ratio. No transfers or refunds for missed days.

- Instructor: City Staff
- Fee: \$140 per person – Resident
\$145 per person – 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#: 8394
11-14 yrs Apr 6-10 Mon-Fri 7:30 am-6 pm

Spring Breakout Camp

Join us this April for one week of springtime fun at our Spring Breakout Camp! The camp consists of three days of on-site fun and two-days of field trips. Our camp will be full of crafts, games, and other fun activities! Participants must bring a snack and a lunch. Some excursions may require additional money for your child to have lunch, play games, or buy souvenirs. Excursions are subject to change. Camp will have an 8 to 1 camper to counselor ratio. No transfers or refunds for missed days.

- Instructor: City Staff
- Fee: \$140 per person – Resident
\$145 per person – 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#: 8395
6-10 yrs Apr 6-10 Mon-Fri 7:30 am-6 pm



Bionerds

Come and join this fun and hands-on biology workshop for kids! Learn about the amazing bugs around us such as beetles, butterflies, fruit flies, micro-arthropods, ladybugs, grasshoppers, and more. Get up close and personal with live bugs using a microscope and perform cool biology experiments.

- Instructor: Bionerds Staff
- Fee: \$225 Resident \$425 Resident
\$230 Non-Resident \$430 Non-Resident
(half day) (full day)
- Material Fee: \$70 half day / \$100 full day
- 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#: 8272
Apr 6-10 Mon-Fri 9 am-12 pm (Bug Me if You Dare)

Act#: 8271
Apr 6-10 Mon-Fri 1-4 pm (Let's Dive into the Ocean)

Act#: 8270
Apr 6-10 Mon-Fri 9 am-4 pm (From Insects to the Ocean)

Chess Wizards Inc. Spring Camp

Say yes to chess! Join Chess Wizards for an interactive, scholastic program where kids will collaborate, gain confidence, improve chess skills, meet new friends, and work out their most powerful muscle – their brains! Appropriate for beginner to intermediate chess players, our program includes instruction in tactics and strategy, as well as individual game play. Daily breaks are built in for snack, games, and running around!

- Instructor: Chess Wizards Staff
- Fee: \$212 Resident \$334 Resident
\$217 Non-Resident \$339 Non-Resident
(half day) (full day)
- 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#: 8303
6-12 yrs Apr 6-10 Mon-Fri 9 am-3 pm

Act#: 8304
6-12 yrs Apr 6-10 Mon-Fri 9 am-12 pm

LAKE FOREST SPORTS PARK & RECREATION CENTER OPEN GYM

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 at the Recreation Center for a game of basketball, volleyball, pickleball, or futsal. The spring Open Gym schedule is:



Basketball

Open Gym	Mon-Fri	11am-1 pm
Open Gym (30 yrs & Up)	Mon	6:30-9:30 pm
Open Gym	Sat	2-6 pm
Open Gym	Sun	2:30-5:30 pm

Volleyball

Open Gym	Fri	6:30-9:30 pm
Open Gym	Sat	6:30-9:30 pm
Open Gym	Sun	10 am-2 pm

Pickleball

Open Gym	Tue	8:30-10:30 am
Open Gym	Thu	8:30-10:30 am

Futsal Soccer

Open Gym	Thu	6:30-9:30 pm
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*All participants must be over the age of 14 or accompanied by a parent/guardian. A photo ID is required each time a participant attends Open Gym activities. No food or drink is allowed in the gymnasium. Basketballs and volleyballs can be rented out for the exchange of a photo ID.

HOLIDAY SCHEDULE:

- Saturday, March 28, 2020 closed 8 am-6 pm for Pet Expo
- Sunday, April 12, 2020 closed for Easter
- Monday, May 25, 2020 closed for Memorial Day

FOLLOW US ON THESE SOCIAL MEDIA PLATFORMS:



facebook.com/lfsportspark



@lakeforest_sportspark

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

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

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

For More Info Call: 273-6974
or email kujohnson@lakeforestca.gov

Fall Committee Meeting nights:

Teens	Mar 5	Thu	6-7 pm
Teens	Mar 19	Thu	6-7 pm
Teens	Apr 2	Thu	6-7 pm
Teens	Apr 16	Thu	6-7 pm
Teens	Apr 30	Thu	6-7 pm
Teens	May 7	Thu	6-7 pm

Lake Forest Performing Arts Center

The Lake Forest City Council Chambers doubles as a Performing Arts Center available for your next production!

The **200-seat theater** is perfect for recitals, plays, concerts, speeches, and award ceremonies.



For More Info Visit: www.lfcommunityservices.com
Hours of Operation: Walk-in at the Community Center and by appointment.
 * Closed on government holidays.

Preschool/Youth Programs

St. Paddy's Leprechaun Bash!



It's your LUCKY day! Leprechauns have come to the Sports Park! It's up to you to find out where they went and what treasures they've left behind. Join us for an hour packed with games, activities, and sweet treats! Remember to wear green!

Parent participation and pre-registration required.

- Instructor: City Staff
- Fee: \$10 Resident
\$15 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#: 8371 2-5 yrs Mar 13 Fri 10-11 am

Nectar's Pre-school Classes

Play, imagine, and create at Nectar's Pre-school 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#: 8373 2-5 yrs Apr 17-May 8 Fri 9:30-11 am

Sails & Tails Summer Kick-off Party!

Ahoy! Calling all pirates and mermaids to our summer kick-off party! Experience the adventures of the high-sea through games, activities, crafts and story-telling. Our hour long party experience will be the perfect way to get summer started with your preschooler!

Parent participation and pre-registration required.

- Instructor: City Staff
- Fee: \$10 Resident
\$15 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#: 8372 2-5 yrs May 29 Fri 10-11 am

SUMMER 2020

SAVE THE DATE FOR THESE UPCOMING SUMMER EVENTS

RESIDENT SUMMER REGISTRATION

May 12, 2020

NON-RESIDENT SUMMER REGISTRATION

May 19, 2020

FOURTH OF JULY PARADE

July 4, 2020

SUMMER CONCERTS

June 20, July 18, & August 15, 2020



SMILE FOR THE BIRDIE

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.

Music Together

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

- Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher
- Fee: \$170 Resident
\$175 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#: 8276				
Birth-4 yrs	April 6-June 8	Mon	9-9:45 am	
Act#: 8277				
Birth-4 yrs	April 7-June 9	Tue	4:30-5:15 pm	
Act#: 8278				
Birth-4 yrs	April 10-June 12	Fri	9:30-10:15 am	
Act#: 8279				
Birth-4 yrs	April 10-June 12	Fri	10:30-11:15 am	
Act#: 8280				
Birth-4 yrs	April 11-June 13	Sat	9:15-10 am	

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: \$70 Resident
\$75 Non-Resident
(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#: 8310	3.5-5 yrs	Mar 7-Apr 4	Sat	1-1:45 pm
Act#: 8311	3.5-5 yrs	Apr 18-May 16	Sat	1-1:45 pm

Register Online at:
www.lfparksandrecca.com

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: \$75 Resident
\$80 Non-Resident
(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#: 8307	6-11 yrs	Mar 7-Apr 4	Sat	2-3 pm
Act#: 8308	6-11 yrs	Apr 18-May 16	Sat	2-3 pm



Clementine Kitchen: HHC Sprouts

In the preschool cooking class, students will learn how to create healthy foods using fresh fruits and leafy greens!

- Instructor: Melissa Clemons
- Fee: \$18 Resident
\$23 Non-Resident
(1 Class Workshops)
- Materials Fee: A \$5 fee payable to instructor is required per 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#: 8290 (Sensational Smoothies)	2.5-5 yrs	Mar 14	Sat	11:15 am-12 pm
Act#: 8294 (Grow It In a Garden)	2.5-5 yrs	Apr 18	Sat	11:15 am-12 pm
Act#: 8298 (Super Strawberries)	2.5-5 yrs	May 16	Sat	11:15 am-12 pm

Clementine Kitchen: HHC Butterbean's Café Classes

Healthy Hands Cooking has proudly partnered with Nick Jr. to bring licensed Butterbean's Cafe classes to communities in the U.S. With 48 different cooking class themes centered around farm-to-table produce, and a fairylicious birthday party theme, your preschooler will enjoy having FUN learning all about fairy fresh foods! Attend 4 classes and earn your iron-on fairy patch wings!

- Instructor: Melissa Clemons
- Fee: \$25 - Resident
\$30 - Non-Resident
(1-class workshop)
- Materials Fee: A \$7 fee payable to instructor is required per 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#: 8291 (Dazzle's Sensational Smoothies)
3-7 yrs Mar 14 Sat 1-2 pm

Act#: 8295 (What's growing in the garden?)
3-7 yrs Apr 18 Sat 1-2 pm

Act#: 8299 (Berry-licious Strawberries)
3-7 yrs May 16 Sat 1-2 pm

Clementine Kitchen: HHC "Just A Taste" Kids Cooking Classes

Just a Taste kids cooking classes are fun and also a place where kids learn the basics of kitchen safety, cooking skills, and nutrition. Your child will feel empowered to make healthier choices in the kitchen and learn life-long skills. Each class will cover a different theme!

- Instructor: Melissa Clemons
- Fee: \$30 Resident
\$35 Non-Resident
(1-class workshop)
- Materials Fee: A \$10 fee payable to instructor is required per 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#: 8292 (Spring Cooking Class)
6-12 yrs Mar 25 Wed 5-7 pm

Act#: 8296 (Garden Vegetable Soup)
6-12 yrs Apr 22 Wed 5-7 pm

Act#: 8300 (Weeknight BBQ)
6-12 yrs May 20 Wed 5-7 pm

Clementine Kitchen: HHC Teens

In these Teen cooking classes, we will make some delicious and healthy recipes.

- Instructor: Melissa Clemons
- Fee: \$35 - Resident
\$40 - Non-Resident
- Materials Fee: A \$12 fee payable to instructor is required per 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#: 8293 (Spring Cooking Class)
13-17 yrs Mar 29 Sun 2-4:30 pm

Act#: 8297 (Garden Vegetable Soup)
13-17 yrs Apr 26 Sun 2-4:30 pm

Act#: 8301 (Weeknight BBQ)
13-17 yrs May 31 Sun 2-4:30 pm

Girl Scouts Class

Girls will have tons of fun, make new friends, and make the world a better place. Girl Scouts of Orange County provides the BEST youth leadership development program for girls in Orange County. This class will be led by Girl Scouts of Orange County staff members. It will operate as a Girl Scout troop where girls will earn badges and awards to develop skills under our four program pillars: STEM, Outdoors, Entrepreneurship, and Life Skills. Girl Scouts is proven to help girls in 5 key ways: develop a strong sense of self, display positive values, seek challenges and learn from setbacks, form and maintain healthy relationships, and identify and solve community problems.

- Instructor: Girl Scout Staff
- Fee: \$90 Resident
\$95 Non-Resident
(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#: 8389
(K-1st) 5-6 yrs Mar 2-Apr 6 Mon 4-5 pm

Act#: 8391
(2nd-3rd) 7-8 yrs Mar 2-Apr 6 Mon 5:30-6:30 pm

Act#: 8390
(K-1st) 5-6 yrs Apr 13-May 18 Mon 4-5 pm

Act#: 8392
(2nd-3rd) 7-8 yrs Apr 13-May 18 Mon 5:30-6:30 pm

PDP Jaguars Youth Track/Running Club



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

- Instructor: Coach Kenneth Chai
- Fee:

\$95 Resident	\$250 Resident
\$100 Non-Resident	\$255 Non-Resident
(monthly rate: Mar, Apr, May)	(full season: Mar, Apr, May)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway) *Class will meet on the common grass area*

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

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

Act#: 8367				
8-14 yrs	Mar 2-May 28	Mon, Wed, Thu	6-7 pm	
Act#: 8368				
8-14 yrs	Mar 2-Mar 30	Mon, Wed, Thu	6-7 pm	
Act#: 8369				
8-14 yrs	Apr 1-Apr 30	Mon, Wed, Thu	6-7 pm	
Act#: 8370				
8-14 yrs	May 4-May 28	Mon, Wed, Thu	6-7 pm	

Etiquette Factory: Manners, Character, & Social Skills

The Etiquette Factory is a unique learning experience designed to change the world, one child at a time. Our exclusive program helps children understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Over 50 different etiquette skills are taught using games, role play, activities, music, stories, and discussion. Some of the skills included are: introductions, dining etiquette, kindness, tact, conversation, being a guest, a clean mouth, sincere apologies, and so much more! Who knew learning manners could be so much fun!

- Instructor: The Etiquette Factory staff
- Fee: \$135 Resident
\$140 Non-Resident
(6-Class Sessions)
- Materials Fee: \$20 (includes in class supplies and campers gift set)
- 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#: 8351	5-12 yrs	Mar 4-Apr 8	Wed	4:30-6:30 pm
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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: \$55 Resident
\$60 Non-Resident
(4-Week Sessions)
- Location: Us Too Center (25 Spectrum Pointe Dr #405)

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

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

Act#: 8352				
1.5 yrs-26 mos	Mar 3-24	Tue	9-9:45 am	
Act#: 8353				
27mos-3 yrs	Mar 3-24	Tue	10-10:45 am	
Act#: 8354				
1.5 yrs-26 mos	Mar 4-25	Wed	9-9:45 am	
Act#: 8355				
1.5 yrs-26 mos	April 7-28	Tue	10-10:45 am	
Act#: 8356				
27 mos-3 yrs	April 7-28	Tue	9-9:45 am	
Act#: 8357				
20 mos-29 mos	April 8-29	Wed	9-9:45 am	
Act#: 8358				
1.5 yrs-26 mos	May 5-26	Tue	9-9:45 am	
Act#: 8359				
27 mos-3 yrs	May 5-26	Tue	10-10:45 am	
Act#: 8360				
1.5 yrs-26 mos	May 6-27	Wed	9-9:45 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.

Preschool Gymnastics: Peewee Gymnastics

This class is great for kids that are ready to be in a structured gymnastic 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 gymnastic skills.

This class is for preschoolers advanced enough to not need parent participation.

- Instructor: Us Too Center Staff
- Fee: \$65 Resident
\$70 Non-Resident
(4-Week Sessions)
- Location: Us Too Center (25 Spectrum Pointe Dr #405)

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

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

Act#: 8361 3-5 yrs	Mar 3-24	Tue	11-11:50 am
Act#: 8362 2.5-3.5yrs	Mar 4-25	Wed	10-10:50 am
Act#: 8363 3-5 yrs	April 7-28	Tue	11-11:50 am
Act#: 8364 2.5-3.5yrs	April 8-29	Wed	10-10:50 am
Act#: 8365 3-5 yrs	May 5-26	Tue	11-11:50 am
Act#: 8366 2.5-3.5yrs	May 6-27	Wed	10-10:50 am

SPRING 2020 REGISTRATION DATES

RESIDENTS

Tuesday, February 18, 2020 @ 8 am

NON-RESIDENTS

Tuesday, February 25, 2020 @ 8 am



Beginning Ballet

This class introduces beginning ballet steps and combinations through barre exercises and floor work. Dancers develop awareness of alignment, poise, movement quality, and flexibility. Ballet shoes required. Optional OC Dance Productions recital in spring for those enrolled in both winter and spring full sessions. Nominal costume fees applies.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee:

\$84 Resident	\$154 – Resident
\$89 Non-Resident	\$154 – Resident
(6-Week Sessions)	(12-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#: 8325	5-8 yrs	Mar 3-Apr 14	Tue	4:20-5:05 pm
Act#: 8326	5-8 yrs	Apr 21-May 26	Tue	4:20-5:05 pm
Act#: 8327	5-8 yrs	Mar 3-May 26	Tue	4:20-5:05 pm

***No class Mar 24**

SAVE TIME!



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

Princess Ballet

Watch your little princess twirl across the floor! Dancers learn beginning ballet and dance through terminology and imagery. Dancers listen to stories, create crafts, and dress up in tutus. Ballet shoes required. Optional OC Dance Productions recital for those enrolled in both winter and spring full sessions. Nominal costume fee applies.

- Instructor: OC Dance Productions staff
- Fee:

\$69 Resident	\$84 Resident	\$139 Resident
\$74 Non-Resident (5-Week Session)	\$89 Non-Resident (6-Week Session)	\$144 Non-Resident (12-Week Session)
- Material Fee: An additional material fee of \$5 per half session
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

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

- Act#: 8319**
3-5 yrs Mar 7-Apr 18 Sat 9-9:45 am
- Act#: 8320**
3-5 yrs Apr 25-May 30 Sat 9-9:45 am
- Act#: 8321**
3-5 yrs Mar 7-May 30 Sat 9-9:45 am (FULL)
- Act#: 8323**
3-5 yrs Mar 7-Apr 18 Sat 10:45-11:30 am
- Act#: 8324**
3-5 yrs Apr 25-May 30 Sat 10:45-11:30 am
- Act#: 8322**
3-5 yrs Mar 7-May 30 Sat 10:45-11:30 am (FULL)



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 for those enrolled in both Winter and Spring full sessions.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee:

\$69 Resident	\$84 Resident	\$139 Resident
\$74 Non-Resident (5-Week Session)	\$89 Non-Resident (6-Week Session)	\$144 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#: 8314**
3-5 yrs Mar 7-Apr 18 Sat 9:50-10:35 am
- Act#: 8315**
3-5 yrs Apr 25-May 30 Sat 9:50-10:35 am
- Act#: 8313**
3-5 yrs Mar 7-May 30 Sat 9:50-10:35 am (FULL)
- Act#: 8328**
4-6 yrs Mar 3-Apr 14 Tue 3:30-4:15 pm
- Act#: 8329**
4-6 yrs Apr 21-May 26 Tue 3:30-4:15 pm
- Act#: 8330**
4-6 yrs Mar 3-May 26 Tue 3:30-4:15 pm (FULL)

Lake Forest Performing Arts Center

The Lake Forest City Council Chambers doubles as a Performing Arts Center available for your next production!

The **200-seat theater** is perfect for recitals, plays, concerts, speeches, and award ceremonies.



For More Info Visit: www.lfcommunityservices.com

Hours of Operation: Walk-in at the Community Center and by appointment.

*** Closed on government holidays.**

Hip Hop

This energetic class teaches clean, age-appropriate hip hop moves, combinations, and technique. Dancers will also develop and improve balance, musicality, rhythm, and agility while building confidence amongst peers. Suitable for boys and girls. Please wear sneakers or jazz shoes. Optional recital for those enrolled in both winter and spring full sessions. Nominal costume fee applies.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee:

\$69 Resident	\$84 Resident	\$139 Resident
\$74 Non-Resident	\$89 Non-Resident	\$144 Non-Resident
(5-Week Session)	(6-Week Session)	(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#: 8316
4-7 yrs Mar 7-Apr 18 Sat 11:35 am-12:20 pm

Act#: 8317
4-7 yrs Apr 25-May 30 Sat 11:35 am-12:20 pm

Act#: 8318
4-7 yrs Mar 7-May 30 Sat 11:35 am-12:20 pm (FULL)

Pop Star Hip Hop

Dance and 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.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee:

\$69 Resident	\$84 Resident	\$139 Resident
\$74 Non-Resident	\$89 Non-Resident	\$144 Non-Resident
(5-Week Session)	(6-Week Session)	(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#: 8331
5-9 yrs Mar 3-Apr 14 Tue 5:10-5:55 pm

Act#: 8332
5-9 yrs Apr 21-May 26 Tue 5:10-5:55 pm

Act#: 8333
5-9 yrs Mar 3-May 26 Tue 5:10-5:55 pm

**No class Mar 24*

Register Online at:
www.lfparksandrecca.com



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 SPRING season is currently open with practices beginning in February, and games beginning in March. 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!

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.lakeforestfml.com.

CYSC All-stars Cheerleading

Youth cheerleading classes for ages 5-15. Our program teaches teamwork, physical fitness, coordination and spirit all in one super fun environment. Students learn several styles of choreography such as dance, cheer, pom and drill.

- Instructor: Sarah German
- Fee: \$95 - Resident (12-Week Session)
\$100 - 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#: 8418
5-7 yrs Mar 4-May 20 Wed 6:30-7 pm

Act#: 8457
8-15 yrs Mar 4-May 20 Wed 7:10-7:40 pm



Super Soccer Stars: Parent & Me: 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:

Sat/Mon	Sun
\$228 Resident	\$209 Resident
\$233 Non-Resident (12-Week Sessions)	\$214 Non-Resident (11-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#: 8396 12-24 mos	Apr 4-Jun 27	Sat	9-9:40 am
Act#: 8397 12-24 mos	Apr 5-Jun 28	Sun	9-9:40 am
Act#: 8398 12-24 mos	Apr 6-Jun 29	Mon	9-9:40 am



Super Soccer Stars: 2-3 Years Old

Curriculum incorporates fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer.

- Instructor: Super Soccer Stars Staff

- Fee:

Sat/Mon	Sun
\$228 Resident	\$209 Resident
\$233 Non-Resident (12-Week Sessions)	\$214 Non-Resident (11-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#: 8399 2-3 yrs	Apr 4-Jun 27	Sat	9:00-9:40 am
Act#: 8400 2-3 yrs	Apr 4-Jun 27	Sat	9:50-10:30 am
Act#: 8401 2-3 yrs	Apr 4-Jun 27	Sat	10:45-11:25 am
Act#: 8402 2-3 yrs	Apr 5-Jun 28	Sun	9:50-10:30 am
Act#: 8403 2-3 yrs	Apr 6-Jun 29	Mon	9:50-10:30 am



Super Soccer Stars: 3-4 Years Old

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

- Instructor: Super Soccer Stars Staff

- Fee:

Sat/Mon	Sun
\$228 Resident	\$209 Resident
\$233 Non-Resident (12-Week Sessions)	\$214 Non-Resident (11-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#: 8404	3-4 yrs	Apr 4-Jun 27	Sat	9-9:45 am
Act#: 8405	3-4 yrs	Apr 4-Jun 27	Sat	9:45-10:30 am
Act#: 8406	3-4 yrs	Apr 4-Jun 27	Sat	10:35-11:20 am
Act#: 8407	3-4 yrs	Apr 5-Jun 28	Sun	10:35-11:20 am
Act#: 8408	3-4 yrs	Apr 6-Jun 29	Mon	10:30-11:15 am
Act#: 8409	3-4 yrs	Apr 6-Jun 29	Mon	3:15-4 pm



Super Soccer Stars: 4-5 Years Old

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

- Instructor: Super Soccer Stars Staff

- Fee:

Sat/Mon	Sun
\$228 Resident	\$209 Resident
\$233 Non-Resident (12-Week Sessions)	\$214 Non-Resident (11-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#: 8410 4-5 yrs	Apr 4-Jun 27	Sat	9-9:50 am
Act#: 8411 4-5 yrs	Apr 4-Jun 27	Sat	9:50-10:40 am
Act#: 8412 4-5 yrs	Apr 4-Jun 27	Sat	10:35-11:25 am
Act#: 8414 4-5 yrs	Apr 5-Jun 28	Sun	11:25 am-12:15 pm
Act#: 8413 4-5 yrs	Apr 6-Jun 29	Mon	4:05-4:55 pm



Super Soccer Stars: 5-7 Years 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:

Sat/Mon	Sun
\$228 Resident	\$209 Resident
\$233 Non-Resident	\$214 Non-Resident
(12-Week Sessions)	(11-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#: 8415			
5-7 yrs	Apr 4-Jun 27	Sat	9:55-10:55 am
Act#: 8416			
5-7 yrs	Apr 5-Jun 28	Sun	12:20-1:20 pm



Soccer Stars United: Advanced Class 6-8 Years Old

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:

Sat/Mon	Sun
\$228 Resident	\$209 Resident
\$233 Non-Resident	\$214 Non-Resident
(12-Week Sessions)	(11-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#: 8417			
6-8 yrs	Apr 4-Jun 27	Sat	11 am-12 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#: 8387			
2-3.5 yrs	Mar 14-May 9	Sat	9-9:40 am
Act#: 8388			
3.5-5 yrs	Mar 14-May 9	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:

\$99 Resident
\$104 Non-Resident
(5-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#: 8376			
7-10 yrs	Mar 12-Apr 9	Thu	6-7 pm
Act#: 8377			
7-10 yrs	Apr 30-May 28	Thu	6-7 pm



#LAKEFORESTSPORTSPARK

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

Skyhawks: HoopsterTots Class

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

- Instructor: Skyhawks Staff
- Fee:
\$99 Resident
\$104 Non-Resident
(5-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
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#: 8378				
3.5-4.5 yrs	Mar 12-Apr 9	Thu	4-4:45 pm	
Act#: 8380				
4.5-6 yrs	Mar 12-Apr 9	Thu	5-5:45 pm	
Act#: 8379				
3.5-4.5 yrs	Apr 30-May 28	Thu	4-4:45 pm	
Act#: 8381				
4.5-6 yrs	Apr 30-May 28	Thu	5-5:45 pm	

Skyhawks: SoccerTots Class

SoccerTots is our flagship program! Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to become involved. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition.

- Instructor: Skyhawks Staff
- Fee:
\$99 Resident
\$104 Non-Resident
(5-Week Sessions)
- Location: Lake Forest Sports Park & Recreation Center
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#: 8383				
2-3.5 yrs	Mar 10-Apr 7	Tue	4-4:40 pm	
Act#: 8386				
3.5-5 yrs	Mar 10-Apr 7	Tue	4:50-5:30 pm	
Act#: 8384				
2-3.5 yrs	Apr 28-May 26	Tue	4-4:40 pm	
Act#: 8385				
3.5-5 yrs	Apr 28-May 26	Tue	4:50-5:30 pm	

Kids Love Chinese

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, so that they can 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
- Fee: \$160 Resident
\$165 Non-Resident
(8-Week Session)
- 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#: 8374 2-6 yrs Mar 18-May 6 Wed 4:30-5:30 pm

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#: 8341
10 yrs-Adult Mar 20-Apr 17 Fri 6-7 pm**



SAVE TIME!

Register Online at:
www.lfparksandrecca.com

Beginning Guitar

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

- Instructor: Ron Gorman
- Fee:
\$109 Resident
\$114 Non-Resident
(5-Week 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#: 8342
10 yrs-Adult Mar 20-Apr 17 Fri 7-8 pm



**HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN**

Adult Programs

Chair Yoga

This Yoga class offers a balanced combination of mindfulness, gentle body movements, and poses while utilizing a chair. The well-rounded sequences and deep breathing exercises will allow for a state of mental and physical balance.

- Instructor: Isabel Szulc
- Fee:
\$40 Resident \$50 Resident \$120 Resident
\$45 Non-Resident \$55 Non-Resident \$125 Non-Resident
(4-Week Session) (5-Week Session) (13-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#: 8343
18 yrs & up Mar 6-May 29 Fri 8:30-9:30 am

Act#: 8346
18 yrs & up Mar 6-Mar 27 Fri 8:30-9:30 am

Act#: 8350
18 yrs & up Apr 3-24 Fri 8:30-9:30 am

Act#: 8344
18 yrs & up May 1-29 Fri 8:30-9:30 am

Yoga in Spanish!

This Yoga class will be instructed in Spanish and will leave you feeling stretched, awaken your muscles and mind, and 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:
\$40 Resident \$50 Resident \$120 Resident
\$45 Non-Resident \$55 Non-Resident \$125 Non-Resident
(4-Week Session) (5-Week Session) (13-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#: 8347
18 yrs & up Mar 5-May 28 Thu 5:30-6:30 pm

Act#: 8348
18 yrs & up Mar 5-Mar 26 Thu 5:30-6:30 pm

Act#: 8345
18 yrs & up Apr 2-30 Thu 5:30-6:30 pm

Act#: 8349
18 yrs & up May 7-28 Thu 5:30-6:30 pm

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 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#: 8283				
18 yrs & up	Mar 3-Apr 7	Tue	7:45-8:45 pm	
Act#: 8284				
18 yrs & up	Apr 14-May 19	Tue	7:45-8:45 pm	

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 we have 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 brand new to the practice of mindfulness. Bring a yoga mat, pillow and blanket.

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#: 8282				
18 yrs & up	Mar 9-Apr 13	Mon	7:45-8:45 pm	

Gentle Yoga and 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 increases your flexibility and focus. Combines gentle, supported postures with mindfulness meditation and a deeply relaxing savasana. Modifications to meet your need. Yoga props strongly encouraged and orders for these will 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#: 8285				
18 yrs & up	Mar 4-Apr 8	Wed	8:15-9:15 am	
Act#: 8283				
18 yrs & up	Apr 15-May 20	Wed	8:15-9:15 am	

Goat Yoga



Come try a yoga class outside in the grass and play with baby goats! We'll stay low to the mat with poses like "downward facing goat" and "kid's pose" while interacting and taking photo ops with the babies. Don't be surprised if these social animals nuzzle, nibble, or climb on you. Goat yoga focuses on staying present in the moment, and creates positive, happy vibes. This will be an amazingly fun and therapeutic experience for all ages and levels. Wear a shirt that covers your back and shoulders and bring a yoga mat that can be chewed, peed, or pooped on.

For more information www.inspireyogaoc.com

- Instructor: Andrea Thorlakson
- Fee:
\$25 Resident
\$30 Non-Resident
(1-Class)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

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

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

Act#: 8287				
9 yrs & up	May 9	Sat	8:30-9:25 pm	
Act#: 8393				
9 yrs & up	May 9	Sat	9:30-10:25 pm	

Register Online at:
www.lfparksandrecca.com

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. This is a results-driven conditioning program that focuses on developing lean, toned, and healthy bodies, using your own body weight and a variety of exercise equipment. This class is designed for 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:

\$54 Resident	\$108 Resident
\$59 Non-Resident	\$113 Non-Resident
(4-Class Session)	(8-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#: 8273				
18 yrs & up	Mar 3-26	Tue & Thu	6:15-7 pm	
Act#: 8274				
18 yrs & up	Apr 2-28	Tue & Thu	6:15-7 pm	
Act#: 8275				
18 yrs & up	May 5-28	Tue & Thu	6:15-7 pm	

SUMMER 2020

SAVE THE DATE FOR THESE UPCOMING SUMMER EVENTS

RESIDENT SUMMER REGISTRATION
May 12, 2020

NON-RESIDENT SUMMER REGISTRATION
May 19, 2020

FOURTH OF JULY PARADE
July 4, 2020

SUMMER CONCERTS
June 20, July 18, & August 15, 2020



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#: 8375 (5-class package)
\$30 Resident
\$35 Non-Resident
Act#: 8312 (10-class package)
\$50 Resident
\$55 Non-Resident

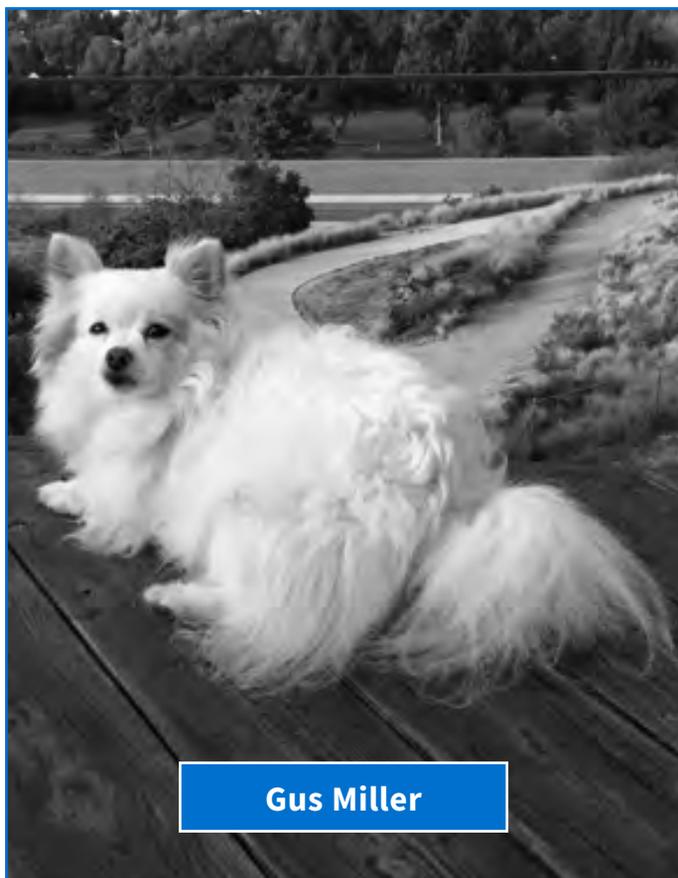
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

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

Dog Manners Crash Course



Gus Miller

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 an email address so the instructor may brief you prior to the first lesson.

- 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#: 8309
Families **Apr 18-May 9** **Sat** **12-1:15 pm**



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 un-wanted 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
(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#: 8305
18 yrs & up **Mar 18-Apr 29** **Wed** **12-1:30 pm**

Using your Digital Camera

Students will learn to use shutter speeds, F-Stops, and Composition! Students must have a camera that has adjustable settings. Point and shoot camera are acceptable.

- 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#: 8306
18 yrs & up **Mar 18-Apr 29** **Wed** **9-10:30 am**

Special Needs Programs

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.

5th Annual Special Needs Resource Fair



This is a unique opportunity for families and caregivers to learn more about resources available to the special needs community. We will have several representatives providing a wealth of information and tips to benefit our special needs friends. There will be fun for the entire family, including refreshments, activities, demonstrations, and special guests!

- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)

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

All Ages Apr 25 Sat 9-11:30 am

Lake Forest Special Needs Networking Group

The City presents these meetings in collaboration with Autism Behavior Services Inc, featuring 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. Everyone is welcome, Lake Forest residents and non-residents alike!

Meetings take place on the third Monday of each month.

- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)

To RSVP Call: 273-6978 or email kfernandez@lakeforestca.gov

Families May 18 Mon 6-7 pm

SPRING 2020 REGISTRATION DATES

RESIDENTS

Tuesday, February 18, 2020 @ 8 am

NON-RESIDENTS

Tuesday, February 25, 2020 @ 8 am

SAVE TIME!



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



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

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

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:

The registration fee for Challenger players is \$40. This will cover the cost of a team uniform, team and individual photos, and 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:

One weekday afternoon at either Heroes Park or the Lake Forest Sports Park. The focus is skill-building, sportsmanship and teamwork.

GAMES:

Saturday mornings, March through May, 2020. Opening day, the parade of players, and team photos are February 29, 2020 at Heroes Park.

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

**Come join the Lake Forest Little League!
Register online at LFL.org**

Beginning in October 2019

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



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

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

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

- Instructor: United Studios of Self Defense Accredited Instructor
- Fee:

\$75 Resident	\$80 Non-Resident	(per private session)
\$275 Resident	\$280 Non-Resident	(4-week program)
\$705 Resident	\$710 Non-Resident	(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**

**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.

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

Rising Strides Special 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

Length of class is one hour and held once a week

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

Social Group for Children on the Autism Spectrum

Developed by Rosa Patterson, Psy. D., BCBA, the Learn About Friends and Feelings (L.A.F.F.) social groups 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. The group addresses 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



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

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

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

SUMMER 2020

**SAVE THE DATE FOR THESE
UPCOMING SUMMER EVENTS**

RESIDENT SUMMER REGISTRATION

May 12, 2020

**NON-RESIDENT SUMMER
REGISTRATION**

May 19, 2020

FOURTH OF JULY PARADE

July 4, 2020

SUMMER CONCERTS

June 20, July 18, & August 15, 2020

Etnies Skatepark of Lake Forest



Award Winning World Class Skateboard Facility

“Best Skatepark in OC” Readers’ Choice 2018/19-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.

- 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.

SKATE SESSIONS:

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

SPRING 2020 HOLIDAY SCHEDULE:

The Skatepark will be open Sunday, April 12, 2020 from noon until dusk due to the holiday.

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

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

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



Etnies Skatepark of Lake Forest 2020 Fee Schedule

Skatepark Day Pass

RESIDENT FEE:

- Age 17 or Younger: \$3
- Age 18 and Older: \$5

NON-RESIDENT FEE:

- Per Person: \$6

Skatepark Annual Membership

RESIDENT FEE:

- Age 17 or Younger: \$50
- Each Additional Child: \$10
- Age 18 and Older: \$100

NON-RESIDENT FEE:

- Per Person: \$150

Skatepark Quarterly Membership

RESIDENT FEE:

- Age 17 or Younger: \$20
- Each Additional Child: \$10
- Age 18 and Older: \$30

NON-RESIDENT FEE:

- Per Person: \$40

Skatepark ID Card Replacement

RESIDENT AND NON-RESIDENT FEE:

- Per Lost Card: \$5

* The first Monday of every month is a free skate day at the skatepark.

* Program participant membership fees will be waived during the duration of the program; however, if the participants would like to use the skatepark outside of designated program times, a membership or day pass is required.

Skatepark Waiver Information

Skatepark program participants will need a waiver/membership form filled out before entering the skatepark. The annual membership option is based on a calendar year, and it is valid from January 1 to December 31. Program participants enrolled in skate classes, camps, or special events will have membership fees waived during the duration of the program. However, if the participant would like to use the skatepark outside of designated program times, they are required to pay the membership fee.

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 participants at the next available date.

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 participants wants to use the Skatepark outside of party hours, a membership or day pass is required. Participants will need to provide their own skateboard, helmet, knee and elbow pads.

ALCOHOL IS NOT PERMITTED.

Register online at:
etnieskatepark.com

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:

etnieskatepark.com

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

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



After School Skate Club

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

- Fee: \$30 per month
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Walk-In

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

Act#: 8432			
5-17 yrs	Mar 3-31	Tue, Thu	3:30-6:30 pm
Act#: 8433			
5-17 yrs	Apr 2-30	Tue, Thu	3:30-6:30 pm
Act#: 8434			
5-17 yrs	May 5-28	Tue, Thu	3:30-6:30 pm

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

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

Etnies Spring Break Skate Camp

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 4 bowls, two large flow courses, Orange County's only cradle, and a world class street course. All campers will design and print their own custom skateboard deck and an 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: \$199 per person (Limited to 20 per session)
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

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

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

Act#: 8456
5-17 yrs Apr 6-10 Mon-Fri 10 am-2 pm

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

Memorial Day Skate Camp

Choose to spend this Memorial Day one of the best skate camps around! We have been operating camps since 2003 and have worked to make it an experience to remember. Each participant will design and print a custom Etnies Skatepark of Lake Forest t-shirt. Lunch, drinks, and snacks are provided. 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: \$40 per person (Limited to 20 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

Act#: 8455
5-17 yrs May 25 Mon 10 am-2 pm

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

Register Online at:
www.lfparksandrecca.com

Beginning Skateboard Lessons



This class is designed for first time skateboarders. We cover skateboard basics from foot placement, pushing, turning, how to fall properly, and general skatepark safety and etiquette. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads. Maximum is 10 participants to 1 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#: 8435	6 yrs and up	Mar 3-24	Tue	4-5 pm
Act#: 8436	6 yrs and up	Apr 7-28	Tue	4-5 pm
Act#: 8437	6 yrs and up	May 5-26	Tue	4-5 pm
Act#: 8438	6 yrs and up	Mar 5-26	Thu	4-5 pm
Act#: 8439	6 yrs and up	Apr 2-23	Thu	4-5 pm
Act#: 8440	6 yrs and up	May 7-28	Thu	4-5 pm
Act#: 8441	6 yrs and up	Mar 7-28	Sat	9-10 am
Act#: 8442	6 yrs and up	Apr 4-25	Sat	9-10 am
Act#: 8443	6 yrs and up	May 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.

**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. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads. Maximum is 10 participants to 1 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#: 8423	6 yrs and up	Mar 3-24	Tue	5-6 pm
Act#: 8424	6 yrs and up	Apr 7-28	Tue	5-6 pm
Act#: 8425	6 yrs and up	May 5-26	Tue	5-6 pm
Act#: 8426	6 yrs and up	Mar 5-26	Thu	5-6 pm
Act#: 8427	6 yrs and up	Apr 2-23	Thu	5-6 pm
Act#: 8428	6 yrs and up	May 7-28	Thu	5-6 pm
Act#: 8429	6 yrs and up	Mar 7-28	Sat	10-11 am
Act#: 8430	6 yrs and up	Apr 4-25	Sat	10-11 am
Act#: 8431	6 yrs and up	May 2-23	Sat	10-11 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.

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

Intermediate Skateboard Lessons

This class is designed for riders who have mastered the basics and are ready to go to the next level. Skills covered in this class are the art of flip tricks, ledges, pools, vert, overall park usage and even help with contest skating. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads. A rider should be comfortable riding around the entire skatepark prior to signing up for this class. Maximum is 10 participants to 1 instructor.

- Instructor: Skatepark Staff
- Fee: \$75 (4-Week Session)
- 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#: 8446	6 yrs and up	Mar 3-24	Tue	6-7 pm
Act#: 8447	6 yrs and up	Apr 7-28	Tue	6-7 pm
Act#: 8448	6 yrs and up	May 5-26	Tue	6-7 pm
Act#: 8449	6 yrs and up	Mar 5-26	Thu	6-7 pm
Act#: 8450	6 yrs and up	Apr 2-23	Thu	6-7 pm
Act#: 8451	6 yrs and up	May 7-28	Thu	6-7 pm
Act#: 8452	6 yrs and up	Mar 7-28	Sat	11 am-12 pm
Act#: 8453	6 yrs and up	Apr 4-25	Sat	11 am-12 pm
Act#: 8454	6 yrs and up	May 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.

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

Spin to Win Skateboard Contest



This isn't your average skate contest! Spin to Win is a lighthearted fun filled event where competitors spin the wheel to find out what type of skateboard they will be competing on. Will have boards from the 70's, 80's, and 90's.

- Instructor: Skatepark Staff
- Fee: \$20 (Includes lunch)
- 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#: 8444 All Ages May 23 Sat 12-4 pm

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

Private Skateboard Lessons

If you are just learning or an advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff that specializes in teaching lessons catered to each individual. 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 forty-five-minute 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-Up

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



ETNIES EGG-CELLENT EGG HUNT AND FESTIVAL OF COLORS

It's springtime and time for the Skatepark to host its annual holiday egg hunt! Come and visit the Skateboarding Bunny, play in the bounce houses, and participate in fun games, and crafts. This is a family-friendly event and great for the young ones! The Park will be closed to riding during this event so it will be safe for all to enjoy. There will be an egg hunt zone for ages 4yrs and under and an all-ages egg hunt zone.

This event is limited to 250 participants (Adults accompanying children into the park are considered participants and must register for the event). Pre-registration will be offered at the skatepark office/online. **The Egg Hunt starts at 11:15 am sharp so please don't be late or you will miss it!** The color blast will start at 12 pm. Make sure you have clothes you don't mind covering in colors! Participants will also have the opportunity to take photos with the bunny after the egg hunt.

- Fee: \$7 Resident
\$12 Non-Resident
(Includes egg hunt, jumpers, games, crafts, and color blast)
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 8445 All Ages Apr 11 Sat 11 am-1 pm

The Clubhouse Calendar

Don't miss out on **The Clubhouse Calendar!** The calendar is a great way to view 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).

- **Fee: Free**

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

**B•I•N•G•O !
& FREE
Hot Lunch!**
Provided by The City of Lake Forest every **THURSDAY!**

SAVE THE DATE!



4th Annual PrimeTimer Games

Test your skills, challenge yourself, and compete against Clubhouse friends in the annual PrimeTimer Games! Games will start Monday, June 1, 2020.



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 (100 Civic Center Dr)**

For More Info Call: The Clubhouse at 461-3408

Seniors	Mar 16	Mon	10 am-12 pm
Seniors	Apr 20	Mon	10 am-12 pm
Seniors	May 18	Mon	10 am-12 pm



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.

To Register:

Interested individuals may call 461-3408 to schedule a 20-minute appointment.

Fee: Free

The Clubhouse
(100 Civic Center Dr)

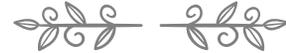
Seniors Apr 30 Thu 11 am-2 pm

SAVE TIME!



Register Online at:
www.lfparksandrecca.com

The Clubhouse has Moved!



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



The Clubhouse is a place where you can meet new friends and create lasting memories. You'll enjoy a variety of activities including games, seminars, exercise classes, crafting, and movies. Attendees do not need to make a reservation for this drop in program. Participants must be 50+ years of age.

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

Hours of Operation: Mon-Fri 10 am-4 pm

The Clubhouse will be Closed on May 25, 2020 in observance of Memorial Day.

Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues including 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
(100 Civic Center Dr)

To Make an Appointment Call: 461-3408

Seniors	Mar 5	Thu	10:30 am-1:00 pm
Seniors	Apr 2	Thu	10:30 am-1:00 pm
Seniors	May 7	Thu	10:30 am-1:00 pm

Drop-In Computer Lab Hours

The Clubhouse attendants may use the computers in the Computer Lab to check e-mail, surf the net, and practice computer skills to improve proficiency. Days and times subject to change due to program needs.

Please note: There is no instructor on-site.

- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)

For More Info Call: The Clubhouse at 461-3408

Seniors	Ongoing	Mon-Fri	10 am-4 pm
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Crafty Crafters

The Clubhouse offers Crafty Crafters once a month on Tuesdays. Each class is designed to spark your creative and artistic side! Please call 461-3408 the first Monday of each month to reserve your space for this popular program.

- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)

For More Info Call: The Clubhouse at 461-3408

Seniors	Mar 17	Tue	10:30 am
Seniors	Apr 21	Tue	10:30 am
Seniors	May 19	Tue	10:30 am

WE WANT TO HEAR FROM YOU!

Please contact us at:
LFReonline@LakeForestCA.gov
with thoughts on our online registration system.

Your feedback is very important to us.



St. Patrick's Day Celebration "Dublin Our Luck" Luncheon

Join us for a wee bit o' fun at the thirteenth annual St. Patrick's Day Celebration! Make sure to wear green and come hungry for the corned beef and cabbage lunch.

- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)

To Register: Online, Walk-In

For More Info Call: The Clubhouse at 461-3408

Act #:8335 Seniors Mar 12 Thu 11 am – 2 pm

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.

- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)

For more info call: The Clubhouse at 461-3408

Seniors Mar 19 Thu 10 am
A Tree Grows in Brooklyn - by Betty Smith

Seniors Apr 16 Thu 10 am
Ann of Green Gables - by Lucy Maud Montgomery

Seniors May 21 Thu 10 am
The All-Girl Filling Station's Last Reunion - by Fannie Flagg

Fifteenth Annual Excellence for Seniors Award Luncheon

The Excellence for Seniors Award Luncheon will honor volunteers who have made an outstanding difference in the lives of our 50 and better community and the City's programming efforts. The prestigious Jim Sax Award, among others, will be presented to individuals who have made a large impact on the City's 50 and better programs and/or facilities during 2019. This luncheon coincides with April's National Volunteer Month where volunteers are recognized nationwide.

Each Lake Forest registrant may reserve up to two seats only. Seating is limited and registration is required.

- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)

To Register: Walk-In

For More Info Call: The Clubhouse at 461-3408

Act #:8336 Seniors Apr 23 Thu 10:30 am-1 pm





**HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN**

**SPRING 2020
REGISTRATION DATES**

RESIDENTS

Tuesday, February 18, 2020 @ 8 am

NON-RESIDENTS

Tuesday, February 25, 2020 @ 8 am



**AARP Tax Aide
Get Free Tax Help**

The City of Lake Forest and AARP are excited to offer a free tax preparation program to middle and low-income tax payers.

AARP Tax Aide is a charitable non-profit organization that has assisted over 34 million tax payers in filing their tax returns. Please note, tax payers with complex tax returns will be advised to seek professional tax assistance.

Please bring the following items to your tax appointment:

- Photo ID
- Social Security Card
- Copy of Last Year's Tax Return
- 2019 W-2 Forms From All Employers
- 2019 Unemployment Compensation Statements
- 2019 SSA-1099 Form (1099-INT, 1099-DIV, 1099-MISC, Pension or Annuity)
- Health Insurance Information
- Proof of Medicare, Medicaid, or Tricare
- Form 1095 Exchanged Covered Californian
- All 2019 Forms Indicating Federal Income Tax Paid
- All 2019 Receipts or Canceled Checks if Itemizing Deductions

Location: The Clubhouse (100 Civic Center Dr)

To make a Tax Aide Appointment, please call The Clubhouse 461-3408 between 10 am and 2 pm beginning Monday, January 13.

Seniors Feb 3-Apr 6 Mon 9 am-4 pm



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 (949) 770-0055

Seniors Ongoing Fri 1-3:30 pm



Ping Pong

Breakout your paddles and join us for a friendly game! Days and times subject to change due to program needs.

- **Fee:** Free
- **Location:** The Clubhouse (100 Civic Center Dr)

For more information call: The Clubhouse at 461-3408

Seniors Ongoing



Senior Golf Days at Lake Forest Golf and Practice Center

Enjoy the outdoors and meet new people

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
\$90 Non-residents
- **Location:** Lake Forest Golf and Practice Center (23308 Cherry Ave)

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

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

SAVE TIME!



Register Online at:
www.lfparksandrecca.com



#LAKEFORESTSPORTSPARK

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

Book your next event at the
Lake Forest Community Center

The Lake Forest Community and Conferencing Center is taking reservations beginning in 2020!



Spring 2020 Holiday Closure Schedule:
 Sunday, April 12, 2020 in observance of Easter

For More Info Visit: www.lfcommunityservices.com

Hours of Operation:

Tue-Sat: 8 am-10 pm Sun: 10 am-6 pm Mon: Closed
 (Extended hours available for rentals)

Lake Forest Performing Arts Center

The Lake Forest City Council Chambers doubles as a Performing Arts Center available for your next production!

The **200-seat theater** is perfect for recitals, plays, concerts, speeches, and award ceremonies.



For More Info Visit: www.lfcommunityservices.com

Hours of Operation: Walk-in at the Community Center and by appointment.

* Closed on government holidays.

AARP Driver Safety Refresher Course

Would you like to be more confident behind the wheel? Then we have the 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 maintain mobility and independence after completing this great course.

- **Fee: \$15 (AARP members; \$20 non-members) due day of course. Please make check payable to AARP.**
- **Location: The Clubhouse (100 Civic Center Dr)**

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

For More Info Call: The Clubhouse at 461-3408

Act#: 8337 May 15 Fri 8:30 am-12:30 pm

SUMMER 2020

SAVE THE DATE FOR THESE
 UPCOMING SUMMER EVENTS

RESIDENT SUMMER REGISTRATION
 May 12, 2020

NON-RESIDENT SUMMER REGISTRATION
 May 19, 2020

FOURTH OF JULY PARADE
 July 4, 2020

SUMMER CONCERTS
 June 20, July 18, & August 15, 2020



SMILE FOR THE BIRDIE

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.

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 as well as the California Yellow Cab company.

For additional information call (949) 461-3408



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!

- **\$3.00 One-Way** - Within Lake Forest City Limits to The 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), and 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 461-3408 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 Services Department at 461-3408.



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: The Clubhouse (100 Civic Center Drive)**

Seniors	Dec 10	Tue	10 am-2 pm
Seniors	Jan 14	Tue	10 am-2 pm
Seniors	Feb 11	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) 560-5956
Age Well Senior Services, Inc.	(949) 855-8033
City of Lake Forest City Hall ..	(949) 461-3400
Council on Aging	(714) 479-0107
Non-Disabled Housing Information	(714) 480-2864
Elder/Disabled Adult Abuse ..	(800) 451-5155
Hazardous Waste, Disposal of Expired Unused Medicine & Old Cell Phones	(714) 834-4000
HICAP Services	(800) 434-0222
Human Services Information	211
Irvine Valley College/ Emeritus	(949) 367-8343
Meals on Wheels	(949) 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
Saddleback College/ Emeritus	(949) 582-4835

SENIOR EMERITUS CLASSES

EMERITUS CLASSES are offered for active seniors through partnerships between the City, Irvine Valley and Saddleback Colleges. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population. Each college offers courses on a standard 15-week college semester scheduled. During the current spring semester, each college offers the following course at The Clubhouse:

IRVINE VALLEY COLLEGE	SADDLEBACK COLLEGE
<ul style="list-style-type: none"> • Dyna-Band Workout • Pilates • Yoga • Tai Chi • Taijiquan • Physical Fitness • Country Line Dancing • Pai Da Gong • Beading & Stringing 	<ul style="list-style-type: none"> • Western Civilization Since 1648 • Stocks Bonds Management • Life and Technology Integration for Older Adults • Beginning Chinese Brush Painting • Beginning Watercolor • Advanced Creative Writing • Wearable Art

The next sessions of Emeritus Classes will begin in the summer of 2020. The next edition of the Leisure Times will detail each class offering and how to enroll.

Registration is required for all Emeritus Classes through Irvine Valley College and Saddleback College directly. For more information regarding Irvine Valley College's Emeritus offerings, visit [academics.ivc.edu/emeritus](https://www.ivc.edu/emeritus). For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emeritus>.

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



How to Register for Programs

Winter 2019-20 Registration Dates:

Lake Forest Residents: Tuesday, February 18, 2020, Beginning @ 8 am | **Non-Residents:** Tuesday, February 25, 2020, Beginning @ 8 am

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

3 Easy Ways to Register

1 Online Registration



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

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

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

2 Mail-In Registration



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

Mail to: City of Lake Forest attn: Program Registration, 100 Civic Center Drive, 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 - 100 Civic Center Drive, Lake Forest, CA 92630
- ▶ 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) 273-6960

City of Lake Forest • Community Services Program Registration Form

Photocopy if more than one registration form is needed



Primary Contact (Responsible adult for registering persons into courses)

Last Name: _____ First Name: _____ Male Female

Birthdate (Required) _____ Email (Required) _____

Street Address: _____ City, State, Zip: _____

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

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

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

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

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

Please send a separate check for each activity

Total Activity Fees	
----------------------------	--

Participant and/or Parent Release Form

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

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

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

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

I 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
100 Civic Center Drive, Lake Forest, CA 92630



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

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

Office Use Only

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

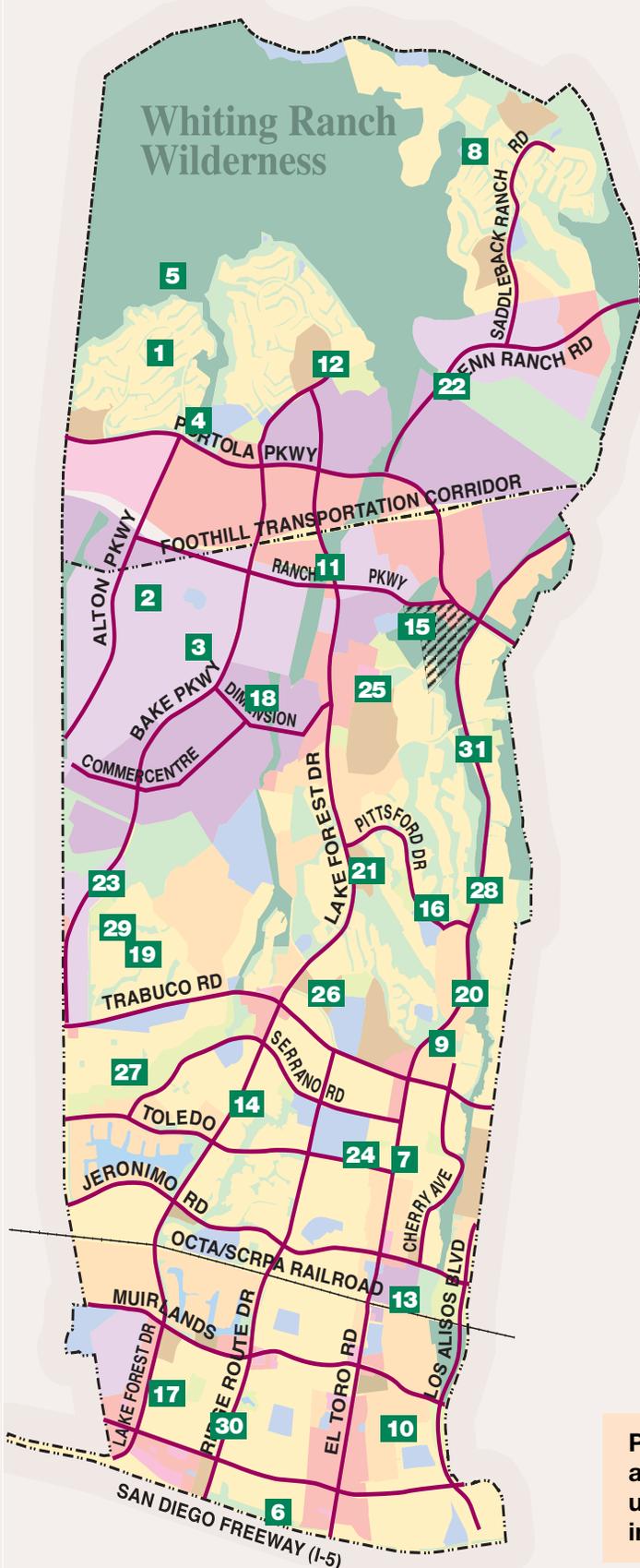


REFUND POLICY: In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be 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 Park 23782 Cavanaugh Road	6.27		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  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		
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
-  under construction
-  gymnasium
-  roller rinks
- fc full court
- hc half court
- L lights
- s shelter

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





PORTOLA PARK UNDER CONSTRUCTION



The 6.3 acre park located near the intersection of Saddleback Ranch Road and Glenn Ranch Road will feature tot lot, open turf play area with a soccer field, pickleball courts, a sand volleyball court, restrooms, and picnic gazebos. In addition, the park will include a .9-acre dog park that will create a safe and fun environment for pups and their owners to run and socialize.

For More Information, Call City Hall at (949) 461-3400