

Fall 2024

The Leaflet

City News and Recreation Guide



**CELEBRATING
THE SPORTS PARK'S
10TH ANNIVERSARY:
A Decade of Growth
and Success
PG 5**

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City Offers New
Translation
Program, Passports
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LEARN HOW YOUR CITY WORKS

Ever wonder how Lake Forest works? Now's your chance to find out.

The Lake Forest Academy is an eight-week course traditionally held in the fall and provides participants with a general overview of City operations and departments. This year's first session is Wednesday, September 18.

The free series of in-depth seminars is geared towards enhancing community involvement and has developed community leaders since the spring of 2003. Participants hear from every department in the City over eight weeks.

The sessions include question-and-answer periods.

Additionally, first responders from the Orange County Sheriff's Department and Orange County Fire Authority present on how their agencies operate in Lake Forest. The utilities that serve the City also participate.

Applicants from all segments of the community are encouraged to participate. The Academy is open to participants 18 years and over who live in Lake Forest.

Sessions begin at 6 p.m. each Wednesday with appetizers. They are held at the Lake Forest Performing Arts Center. See www.lakeforestca.gov/lakeforestacademy for more information and to sign up.

LAKE FOREST ACADEMY

Wednesdays starting
September 18
at 6 p.m.


SIGN UP HERE

www.lakeforestca.gov/lakeforestacademy



MEETINGS AT A GLANCE

CITY COUNCIL MEETINGS

The City Council meets the first and third Tuesday of each month.

COMMUNITY SERVICES COMMISSION MEETINGS*

The Community Services Commission meets on the Wednesday after the first Tuesday.

PLANNING COMMISSION MEETINGS*

The Planning Commission meets on the Thursday after the first Tuesday.

TRAFFIC AND PARKING COMMISSION MEETINGS*

The Traffic and Parking Commission meets on the Monday before the first Tuesday of each month.

All meetings will start at 6:30 pm

*Subject to change; visit all agendas at:

www.lakeforestca.gov/agendas

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



CITY OFFERS TRANSLATION SERVICES DURING COUNCIL MEETINGS

The Lake Forest City Clerk's Office is coordinating a new service for those residents with limited English proficiency, providing a translator for residents who want to address the City Council during public comments.

According to the 2021, U.S. Census survey 14.1 percent of Lake Forest residents predominantly speak Spanish in the home and 12.7 percent predominantly speak one of the languages included in the Asian Pacific Islander category.

Those who prefer to make their public comments to the Council in Spanish or Chinese should request a translator need to be received by 8 a.m. the Monday before the scheduled City Council meeting. Such requests must be received via email at translationrequest@lakeforestca.gov

The program is advertised in multiple languages on the City's agenda. It was also included in coupons sent to all Lake Forest homes, as well as displayed at the City's Multicultural Festival in June.

CITY CLERK'S OFFICE NOW OFFERS PASSPORT AND NOTARY SERVICES

The Lake Forest City Clerk's Office is also a Passport Acceptance Facility, authorized to accept new passport applications on behalf of the U.S. Department of State. The City will forward applications and supporting documents to the U.S. Department of State for processing.

Applications are processed by appointment from 9 am to 4 pm. on Wednesdays and Fridays. Morning appointments are encouraged. Recorded information is available at (949) 461-3537, and online at www.lakeforestca.gov/en/passports

Finally, need a notary? The Clerk's Office can provide that service, too. Call (949) 461-3400 for an appointment.

CITY BEEFS UP SIDEWALK VENDING ENFORCEMENT

In July, the City Council approved an ordinance allowing city staff to impound sidewalk vending equipment that poses environmental, health, or safety hazards. This action follows the 2018 Safe Sidewalk Vending Act (SB 946), which decriminalized street vending but allowed cities to impose health and safety regulations.

The City established a permit program requiring insurance, indemnification, background checks, and limitations on vending locations. However, many vendors have ignored these regulations, leading to issues such as blocking public rights-of-way, property damage, and unsanitary food practices.

Hot food vendors often fail to meet health requirements like proper food storage, handwashing facilities, and waste disposal. The new ordinance empowers code enforcement officers to impound equipment after issuing warnings and creates an appeal process for vendors.

Food trucks may still operate if they obtain the necessary permits from the OCHCA and comply with health regulations.

Residents are encouraged to report illegal street vendors to code enforcement through AskLakeForest.com by providing the time and location of violations. Staff has worked to balance vendor interests with the city's commitment to public health and safety.

CITY JOINS WITH LAGUNA HILLS TO SAVE ON WASTE HAULING



CR&R will continue collecting waste and recyclables in the City of Lake Forest after the City Council joined with Laguna Hills to create an agreement that will save residents in both cities \$7.35 million annually.

The current agreement with CR&R for solid waste services in the city expires on June 30, 2025. The cities of Lake Forest and Laguna Hills teamed up to seek proposals, believing the larger service area would result in lower proposed rates. The process was guided by an ad-hoc committee of staff and City Council members from both cities, along with an expert consultant hired by both cities.

The committee met six times in 2023 to make recommendations to the Request for Proposals, which included the details of the services the cities wanted. The Lake Forest City Council unanimously selected CR&R for the new agreement in June.

Seven waste haulers attended a mandatory pre-bid meeting. CR&R and Valley Vista Services, based in Los Angeles County, submitted bids. City staff noted both companies submitted comprehensive, well thought out proposals, but a thorough analysis showed the main difference came down to cost.

The CR&R proposal included \$22.61 million in fees for both cities, while Valle Vista proposed \$29.96 million annually. Over a 10-year period, the difference is \$73.5 million less to rate payers for both cities. Specifically to Lake Forest, the CR&R proposal was \$5.12 million less than the Valle Vista proposal annually and \$51.2 million less over a 10-year period.

Tackling the agreement together also showed savings for residents: CR&R's proposed costs are \$22.92 million for the combined contract, compared to separate agreements that would have totaled \$22.61 million annually. That is a savings of \$314,000 annually, or \$3.14 million over a 10-year agreement.

The agreement will see rates climb 8.8 percent, to \$25.02 monthly for the largest trash bin. All residents will receive new trash bins when the contract takes effect – one for green and food waste, one for recycling, and one for waste. The new agreement also calls for residents to receive four bulky item pickups annually.

See the entire staff report at <https://bit.ly/crrmeeting>.

How To Recycle: What Goes Where



RECYCLABLES

- Glass
- Plastics (Numbers 1 through 7)
- Metal
- Empty Aerosol cans
- Aluminum & Tin Cans
- Aluminum Foil
- Detergent Containers
- Milk Containers
- Cardboard (flattened)
- Paper (Computer, White, Colored, Shredded, Newspaper)



ORGANICS

- From The Kitchen**
- Fruits
 - Vegetables
 - Meat/Poultry
 - Dairy/Eggshells
 - Seafood/Shellfish
 - Bread/Grains/Pasta
 - Coffee Grinds
 - Food-Soiled Paper
 - Food Scraps/Leftovers
- From The Yard**
- Grass
 - Leaves
 - Flowers
 - Weeds
 - Prunings



LANDFILL

- Mixed Products (i.e. Plastic/Metal Combination)
- Styrofoam
- Plates, Cups, Towels, and Napkins
- Non-Numbered plastics
- Candy Wrappers
- Chip Bags
- Plastic Film
- Pet waste/litter
- Mirrors
- Palm fronds



HOUSEHOLD HAZARDOUS WASTE

DO NOT PLACE HAZARDOUS WASTE OR BATTERIES IN ANY OF YOUR WASTE CARTS

Hazardous wastes are products that are flammable, corrosive, reactive or toxic. This includes batteries of all types. Please DO NOT dispose of hazardous waste in any CR&R containers.

Examples of Hazardous Waste include:

- Fluorescent light tubes
- Household batteries
- Latex or water based paint
- Non empty aerosol cans
- Thermostats
- High intensity discharge lamps



Customer Service: 800.826.9677 • www.crrinc.com

10 YEARS STRONG: LAKE FOREST SPORTS PARK MILESTONE

When the closure of the Marine Corps Air Station El Toro was identified for closure, the nearby property owners recognized an opportunity: their land was more valuable as homes than the commercial/industrial uses locked in because of noise from the military base.

When they approached the City about changing the land-use designation, City leaders recognized an opportunity, too, to provide residents with new amenities. When asked, residents responded loud and clear: Lake Forest needed a sports park!

Public workshops and design sessions began in 2008. The Parks and Recreation Commission and then the City Council approved the Consensus Plan in 2009. A preferred project blueprint drafted by RJM Design Group was selected and environmental reports approved in 2011, followed by a construction contract with Park West.

The grand opening for the Lake Forest Sports Park and Recreation Center was held in 2014, and the applause heard in the Council Chambers with each approval was replaced with cheers for boys and girls playing baseball, soccer, basketball, and other sports.

The 86-acre park is one of the largest sports parks in Orange County, with 57 acres devoted to sports fields and a 27,000-square-foot multi-functional recreational center. Today, it's home to 24 baseball and soccer tournaments, hundreds of recreation classes every year, summer concerts, movies, the Lake Forest Farmers' Market, and more.

The total cost of the park, including complex property acquisitions that include land swaps with the County and assembling parcels held by different owners, was about \$80 million. The Sports Park and Recreation Center, along with the Civic Center, roadway improvements such as Alton and Rancho parkways, and trail links were all paid for by the developers who went on to build Baker Ranch, Whisler Ridge, Portola Center, Serrano Summit, and the Pinnacle.

The Grand Opening of the Lake Forest Sports Park and Recreation Center was November 1, 2014. This year, the public is invited once again to celebrate the Park's 10th anniversary from 3 p.m. to 7 p.m. on October 26, 2024.

For more information on opportunity studies please visit <https://www.lakeforestca.gov/opportunities-study>.



2011 Blueprints Selected



2012 Construction Begins



2014 Grand Opening



**Celebrate the Sports Park
10TH ANNIVERSARY**
October 26, 2024
3 p.m. to 7 p.m.

LAKE FOREST SPORTS CELEBRATING OUR 10TH ANNIVERSARY:



PARK

A DECADE OF GROWTH AND SUCCESS



LAKE FOREST CIVIC CENTER

City events, rental space, and more



The Civic Center, the Community's 100-Year Home, opened in 2019 and was built primarily with developer fees, not tax dollars or debt.

Event Rentals

Performing Arts Center

A state-of-the-art 200-seat theater with professional sound and lighting.

Call 949-461-3457 or visit bit.ly/LFPACRentalFees

Conference/Community Center

A grand facility with several banquet and meeting rooms as well as a beautiful courtyard.

Call 949-461-3407 or visit bit.ly/LFCommCenter

Senior Activities M-TH

The Senior Clubhouse

Call 949-461-3408 or visit bit.ly/LFClubhouse



949-461-3400 | 100 Civic Center Dr. | www.lakeforestca.gov



PEDAL PALOOZA ELEVATES BIKE SAFETY AWARENESS

Pedal Palooza, held at Oakley Headquarters in Foothill Ranch, successfully elevated the message of bicycle safety in collaboration with the Orange County Sheriff’s Office, Orange County Fire Authority, Oakley, Bosch Bicycles, and Mission Hospital.

The event attracted over a hundred attendees and featured a stunt BMX demonstration that highlighted the importance of wearing safety gear. Various giveaways from participating vendors added to the excitement. Additionally, Oakley opened its shop and museum for attendees to explore. The event was a resounding success in promoting bicycle safety.



Top Five Safety Suggestions for Youth Riding eBikes



- 1 **Always Wear a Helmet:** Ensure your helmet fits properly and is securely fastened to protect your head in case of falls or collisions.
- 2 **Follow Traffic Rules:** Obey all traffic signals, signs, and laws. Ride in the same direction as traffic and use designated bike lanes whenever possible.
- 3 **Be Visible:** Equip your eBike with front and rear lights and wear bright or reflective clothing to make sure you are seen by drivers and pedestrians, especially in low-light conditions.
- 4 **Stay Alert and Aware:** Keep an eye on your surroundings, avoid distractions such as using your phone while riding, and be cautious of cars, pedestrians, and other cyclists.
- 5 **Perform Regular Safety Checks:** Before each ride, check your eBike’s brakes, tires, and battery to ensure everything is in good working order. Regular maintenance can prevent accidents and keep you safe on the road.

CITY ADDS SAFE BICYCLE STORAGE TO PARKS

Bicycle riders will now find safe places to lock up their rides at seven Lake Forest parks, where stainless steel bicycle racks have been installed.

Etnies Skatepark of Lake Forest, Lake Forest, Montbury, Peachwood, Portola, and Tamarisk parks have the new equipment, which can secure up to nine traditional or electric bicycles. Two more parks, Borrego Overlook and Regency, are also getting new bike racks set on concrete pads.

The City installed the racks after seeing an uptick in park users riding bicycles.



STAY CONNECTED IN LAKE FOREST



Nixle and AlertOC

Nixle and AlertOC distribute accurate emergency alerts through emails, texts, or phone calls. **Registration is required.**
Nixle - nixle.com or text 'lakeforest' to 888777

AlertOC - alertOC.org

Emergency Hotline

949-461-3536

Lake Forest Social Media

Follow for city updates, news, and alerts.

Facebook - [@LakeForestCa](https://www.facebook.com/LakeForestCa)

Twitter - [@LakeForestCa](https://twitter.com/LakeForestCa)

Instagram - [@CityofLakeForestCa](https://www.instagram.com/CityofLakeForestCa)

Nextdoor - [City of Lake Forest Ca](https://www.nextdoor.com/CityofLakeForestCa)

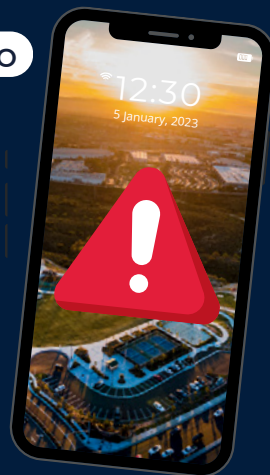
YouTube - [@CityofLakeForestCA1991](https://www.youtube.com/@CityofLakeForestCA1991)

Lake Forest TV and Radio

Tune in for emergency alerts and other city news.

TV channel - COX 851

Radio station - AM1690



www.lakeforestca.gov

KNOW YOUR ZONE: BE PREPARED FOR EVACUATIONS

Remember all of that rain last winter? It created lush, wild vegetation that is now drying out. As temperatures climb, so does the risk of wildfire.

Lake Forest, like other South County cities, is divided into evacuation zones for planning and to ensure residents get clear and accurate information during an emergency. Residents should ensure they know their zones.

If an evacuation is ordered because of wildfire or other emergency, authorities will identify evacuation areas by the zone, rather than try to describe them by street boundaries or other landmarks.

Authorities and the City will communicate with residents through www.alertoc.org and www.nixle.com. Ensure you and your loved ones are registered with those services and the information is up to date, as alerts are set to specific geographic areas.

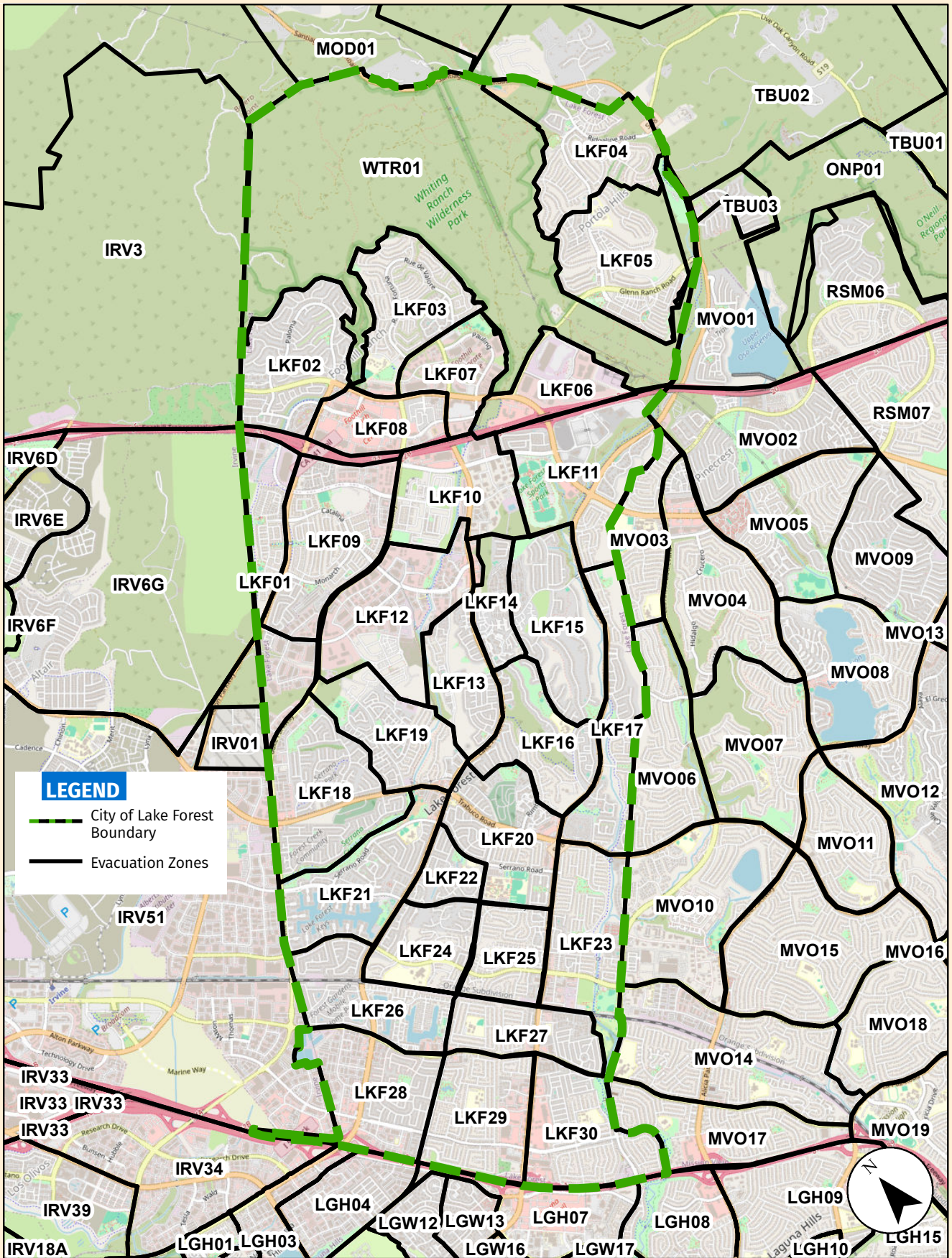
If an evacuation is ordered, residents should leave immediately. Waiting until the last moment is not only dangerous, it can create a traffic nightmare if Orange County Sheriff's Deputies and Firefighters are trying to enter an area while residents are fleeing.

Remember, once you leave an evacuation area, you cannot reenter it for any reason until the order is lifted. If you ignore an evacuation order, authorities may not be able to respond to your call for help.

Learn more, and see your zone, at www.lakeforestca.gov/departments/fire/wildfires. Bookmark that webpage – it also has an interactive map where residents can enter an address to see the area's current evacuation status.

Get more information on the OC Fire Authority's "Ready, Set, Go!" preparation planning at <https://ocfa.org/RSG>.

CITY OF LAKE FOREST EVACUATION ZONES





EXPAND THE FOREST— A LANDSCAPE IMPROVEMENT PROGRAM

Expand the Forest is a landscape-improvement project that encourages citizen participation in tree planting and provides an opportunity to enhance the City's urban forest.

An Expand the Forest memorial tree is \$125. The application includes an approved tree palette and available parks. Citizen sponsors receive a formal Certificate of Dedication signed by the City Council.

The spring planting season is March 1 to June 1. Visit www.lakeforestca.gov/expandtheforest for more details and an application.

SPONSORS	DEDICATION	TREE SPECIES	PARK
Reyes Family	In loving memory of Frank Anton Reyes, beloved grandfather and father	Sycamore	Alton Park
Reyes Family	In loving memory of Coco Sanchez, beloved mother and grandmother	Crape Myrtle (pink)	Alton Park
Girl Scouts OC Troop 2523	In honor of Girl Scouts and Girl Guides around the world, International Thinking Day 2024	Crape Myrtle (purple)	El Toro Park
The Cowan and Stewart Families	In loving memory of our dear papa	Crape Myrtle (purple)	Vintage Park
The Gibson, Krycerick and Soth Families	In loving memory of Stephen "Mark" Gibson	Crape Myrtle (white)	Cavanaugh Park
The Krycerick and Holzmann Families	In loving memory of Drew and Jean Krycerick	Crape Myrtle (purple)	Cavanaugh Park
Nanjundan and Gayathis	In loving memory of Adved, our beloved baby	Crape Myrtle (purple)	Peachwood Park
Belfy and Petralia Families	In loving memory of Steve Petralia	Crape Myrtle (purple)	Concourse Park
Austin Flood and Kirsten Ozmun	In loving memory of Richard Guthery, loved by all who were graced by his presence	Canary Island Pine	Concourse Park
Gerardo, Leslie, Daniel, and Liliana Gallegos	In loving memory of Isidro Lomibao Sabiniano, a loving husband, father, grandfather, and brother	Crape Myrtle (white)	Rancho Serrano Park
Nancy Sandler	I loved you your whole life, I'll miss you for the rest of mine. Naava 2019-2024	Crape Myrtle (purple)	Concourse Park
D. Rodriguez	You are missed more than you would have ever known. See you in Valhalla my dearest friend, William H. Dow 1965-2023	Crape Myrtle (purple)	Regency Park
Kim Cato	In loving memory of Maggie, best girl ever!	Crape Myrtle (pink)	Alton Park
Jennifer Trudeau	"I am a leaf on the wind, watch how I soar"	Canary Island Pine	Ranchwood Park
Vargas Family de Don Tian est. 1910	Planted in memory of Tian V., 1999-2024. Rooted in love, always in our hearts.	Crape Myrtle (white)	Vintage Park
James and Courtney McKinnon	In loving memory of Madden Ohlwiler, forever in our hearts	Canary Island Pine	Peachwood Park
Maria Elena Bicer	In loving memory of Demetrio Bicer, a wonderful husband, father, and grandfather. An extraordinary inventor.	Crape Myrtle (pink)	Concourse Park

HUNDREDS GATHER TO HONOR THE LEGACY OF MCAS EL TORO

Over 200 people attended an event celebrating the legacy of Marine Corps Air Station (MCAS) El Toro, learning about its history and impact on Lake Forest. The highlight of the July 10 event at the Lake Forest Performing Arts Center was a performance by the 3rd Marine Aircraft Wing Band, led by Gunnery Sgt. Justin Grunes.

Brig. General James Shuts, a former MCAS El Toro commander, began the evening by describing the Marine Corps' acquisition of the land for the base, along with the Tustin Lighter-than-Air Base, from farmer James Irvine. Opened in 1943, the base grew into the largest Marine aviation operation on the West Coast, training pilots for World War II and every conflict until its closure in July 1999.

It was noted that MCAS El Toro was the last place on U.S. soil that many service members ever touched before leaving for duty around the world, never to return. Lisa Hollingsworth shared the story of her father's death in a 1965 transport plane crash that killed 84 servicemen. Her mother was pregnant with her at the time—her father never got to hold her, and she never got to meet him. Hollingsworth, who finished her story by asking for a moment of silence for all who gave their lives for their country, received a standing ovation from those in attendance.

It was also noted that many refugees first touched U.S. soil at El Toro when they were airlifted from Vietnam, leading to the formation of "Little Saigon" in Westminster.

Lake Forest Community Development Director, Gayle Ackerman, told attendees that landowners near the base had been restricted to commercial uses on about 650 acres during its operation. Upon its closure, they requested a change to residential zoning, ultimately leading to the creation of several new communities: Whisler Ridge, Baker Ranch, Portola Center, Serrano Summit, and The Pinnacle.

TASTE OF LAKE FOREST: NEW FORMAT, NEW FAVORITE

The City of Lake Forest and the Lake Forest Chamber of Commerce presented the return of the Taste of Lake Forest on June 21st, at Heritage Hill Historical Park.

The event was sponsored by OC Third District Supervisor Donald P. Wagner, OC Parks, and CR&R. The Taste of Lake Forest featured samples from 28 Lake Forest vendors, sponsor booths, live music by 90s Rockshow, and a beer and wine garden.

Attendees were encouraged to vote for their favorite "taste" throughout the event. Urban Grill and Wine Bar won the "Best Taste of Lake Forest," Board & Brew and A Little Something Sweet tied for 2nd place, and Bravo Avo took home the 3rd-place trophy.

The event sold out, with over 1,000 people in attendance.



In exchange for changes to the General Plan that greatly increased property values, homebuilders funded several community benefits:

- A 40-acre Sports Park and Recreation Center
- A Civic Center, including City Hall, a Community Center, a Senior Center, and a Performing Arts/City Council Chamber
- New road improvements

Ackerman told the audience that the plan, called the "Opportunities Study," ultimately led to 6,500 residential units, including affordable housing, along with \$175 million in development agreement fees for "public benefits" for Lake Forest residents and businesses. No special taxes were placed on residents, and the plan contributed to Lake Forest being a debt-free city today.

Much of the base itself became the Great Park in Irvine, which will house the Flying Leatherneck Aviation Museum. Brig. General Michael Aguilar shared plans for the museum, which will include aircraft that flew from the base and interactive displays. For more information about the museum, visit www.flyingleathernecks.org.

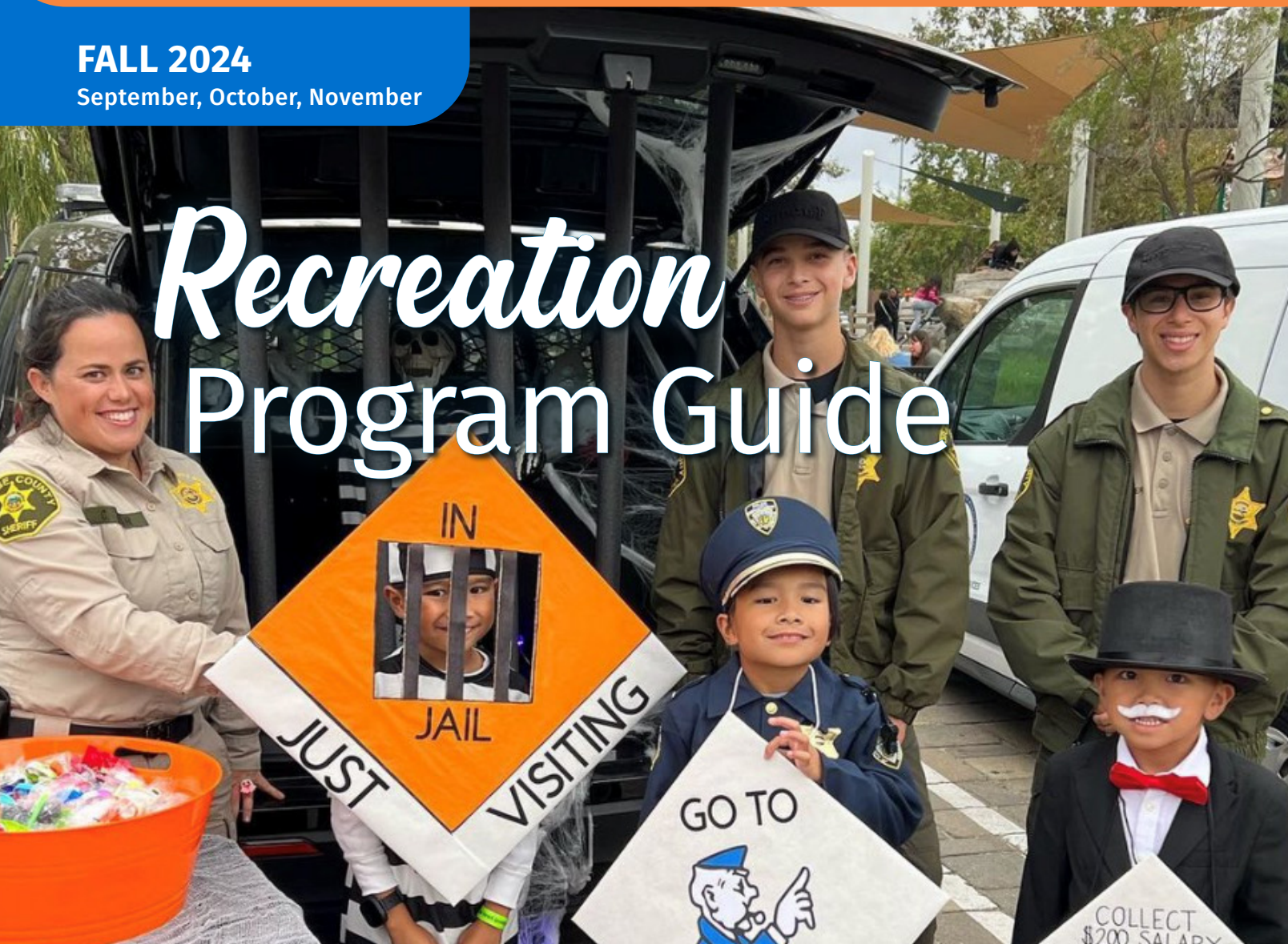
The event, 25 years after the base's closure, was sponsored by the City, Rep. Young Kim's Office, and the Saddleback Area Historical Society. See a recording of the event and residents' stories about the base at www.lakeforestca.gov/mcaseltoro.



FALL 2024

September, October, November

Recreation Program Guide



FALL 2024 Registration Dates

Residents:
Begins at 8 am, Tuesday,
August 20, 2024

Non-Residents:
Begins at 8 am, Tuesday,
August 27, 2024

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Celebrate
SPOOKTACULAR
and the SPORTS PARK
10 YEAR ANNIVERSARY!

October 26, 2024
See page 16 for more info.

COMMUNITY SERVICES CONTACT INFORMATION

Community Services (949) 273-6960
www.lfcommunityservices.com

Community Center Rentals (949) 461-3407

**Etnies Skatepark
of Lake Forest** (949) 916-5870
www.etniesskatepark.com

**Lake Forest Sports Park &
Recreation Center** (949) 273-6960
www.lakeforestsportspark.com

**The Clubhouse
(Senior Center)** (949) 461-3408
www.lakeforestca.gov/seniors

**Lake Forest Performing
Arts Center** (949) 461-3457
www.lakeforestca.gov/performingartscenter

**Saddleback College
Emeritus Registration** (949) 582-4835

**Irvine Valley College
Emeritus Registration** (949) 451-5555

Sports Fields Hotline (949) 461-3595



COMMUNITY SERVICES FALL HOLIDAY SCHEDULE

LABOR DAY
September 2, 2024
THANKSGIVING DAY
November 28-29, 2024



Visit www.lakeforestca.gov
to confirm the holiday schedule.
The Civic Center Complex and
Recreation Services will be closed.

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.

**Parks
Make
Life
Better!**

**REGISTER
ONLINE**



WWW.LFPARKSANDRECCA.COM

**R = RESIDENT
NR= NON RESIDENT**

SPOOKTACULAR

WITH A BIRTHDAY TWIST

OCTOBER 26, 2024

LAKE FOREST SPORTS PARK

3:00-7:00PM

**GET SPOOKY WITH US WHILE ALSO CELEBRATING
THE SPORTS PARK'S 10TH ANNIVERSARY**

TICKETS ARE \$10 UNTIL OCTOBER 25 AND \$15 AFTER. CHILDREN UNDER 3
AND PARENTS ARE FREE. WRISTBAND SALES WILL START ON SEPTEMBER 2
AT THE LAKE FOREST SPORTS PARK.

FOOD TRUCKS

ENTERTAINMENT

CANDY

GAMES

CREEPY CRAFTS

INFLATABLES

MUSIC

& MORE!

For more information:
949-273-6960

Costumes are
encouraged!



Preschool & School Aged Classes



HOCUS POCUS HALLOWEEN PARTY

BIRTH-4 YRS

All the little ghosts, goblins, witches, and pumpkins are invited to this frightfully fun costume preschool party. There will be ghoulish games, spooky songs, creepy crafts, and a not-so-scary story. Your little one is in for a treat, and that is not a trick! Do not forget to dress up in your favorite costume. Get ready for a wicked good time! PARENT PARTICIPATION IS REQUIRED.

Instructor: Lake Forest Sports Park Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$15 R | \$20 NR

Activity #	Dates	Days	Time
12699	10/19	Sat	11:00 am-1:00 pm

TURKEY AND PIE, OH MY!

BIRTH-4 YRS

Gobble, Gobble! It's turkey time! We are celebrating the best way of all – with pie! Get ready to fill up on fun with games, songs, crafts, and stories. Not to mention a treat you are sure to be thankful for. PARENT PARTICIPATION IS REQUIRED.

Instructor: Lake Forest Sports Park Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$15 R | \$20 NR

Activity #	Dates	Days	Time
12700	11/23	Sat	11:00 am-1:00 pm

MUSIC TOGETHER

BIRTH-4 YRS

Music Together Program is the Gold Standard in Early Childhood music and movement, Families participate together in songs, rhythmic activities, movement, and instrumental jam sessions. We create a fun, informal, musically rich social setting that supports different learning styles of children and adults.

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$195 R | \$200 NR (10-week session)

\$20 R | \$25 NR (Demo Class)

Material Fee: \$44 (10-week session)

Activity #	Dates	Days	Time
12697	9/3	Tue	10:30-11:15 am (Demo Class)
12698	9/3	Tue	4:30-5:15 pm (Demo Class)
12694	9/6	Fri	9:15-10:00 am (Demo Class)
12695	9/7	Sat	9:00-9:45 am (Demo Class)
12696	9/7	Sat	10:00-9:45 am (Demo Class)
12686	9/10-11/12	Tue	10:30-11:15 am
12687	9/10-11/12	Tue	4:15-5:00 pm
12688	9/13-11/15	Fri	9:15-10:00 am
12689	9/13-11/15	Fri	10:15-11:00 am
12690	9/14-11/16	Sat	9:00-9:45 am
12691	9/14-11/16	Sat	10:00-9:45 am

REGISTRATION DATES



RESIDENTS: Tues., Aug. 20, 2024, 8:00 am

NON-RESIDENTS: Tues., Aug. 27, 2024, 8:00 am

Youth Classes



MUSIC TOGETHER BABIES 0-8 MONTHS

Music Together is an award winning early childhood music program that gives families a chance to get on touch with their inner musician and connect with other families. Babies, toddlers preschoolers and grownups who love them gather together to make music as a community. We are on the mission to make the world a better place by making it more musical!

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

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$145 R | \$150 NR (7-class session)

Material Fee: \$44

Activity #	Dates	Days	Time
12693	9/13-10/25	Fri	11:45 am-12:30 pm

RHYTHM KIDS MUSIC TOGETHER 4-6 YRS

In each weekly music class we drum, sing, move, and play to the rhythms inspired by musical traditions around the world. Students learn to compose, choreograph, and conduct as they play djembe drums, percussion instruments, and their voices ad their bodies Whether as a stand-alone or as a companion to private lessons, RK helps children develop the facility, repertoire, mastery, and creativity to be confident music students and music makers throughout their lives.

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

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$145 R | \$150 NR (7-week session)

Material Fee: \$44

Activity #	Dates	Days	Time
12692	9/10-10/22	Tue	5:00-5:45 pm

BEGINNING GUITAR & UKULELE ENSEMBLE FOR CHILDREN 8-13 YRS

Experience fun and easy musical interaction with other beginners in a friendly and supportive environment. Learn easy chords, strum styles, popular melodies, and classic and current songs in this combination class. Bring your own guitar or ukulele to class.

Instructor: Ron Gorman

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$115 R | \$120 NR (5-week session)

Activity #	Dates	Days	Time
12751	9/9-10/7	Mon	6:00-7:00 pm
12752	10/23-11/20	Wed	6:45-7:45 pm

BEGINNING GUITAR & UKULELE ENSEMBLE FOR TEENS AND ADULTS 14+ YRS

Enjoy learning the guitar or ukulele in this new and exciting class. Beginners will learn a fun and easy musical notation called tablature. Students will also learn to play easy chords and many great songs. Bring your own guitar or ukulele to class.

Instructor: Ron Gorman

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$115 R | \$120 NR (5-week session)

Activity #	Dates	Days	Time
12753	9/9-10/7	Mon	7:00-8:00 pm
12754	10/23-11/20	Wed	7:45-8:45 pm





KIDS KEYBOARD

5-14YRS

In this class you will learn music fundamentals on your keyboard. You will also enjoy learning new songs, creating your own songs and making fun music together.

Instructor: Shawn Smith

Location: Lake Forest Sports Park

\$120 R | \$125 NR (8-week sessions)

Activity #	Dates	Days	Time
12900	9/13-11/1	Fri	3:45-4:30 pm

KEYBOARDING FOR ADULTS

14 + YRS

In this class you will learn music fundamentals on your keyboard. You will also enjoy learning new songs, creating your own songs and making fun music together.

Instructor: Shawn Smith

Location: Lake Forest Sports Park

\$120 R | \$125 NR (8-week sessions)

Activity #	Dates	Days	Time
12901	9/13-11/1	Fri	5:45-6:30 pm



BEGINNING RECORDER

5+ YRS

Fundamentals of recorder playing. You will learn how to play solo and with others. Having fun creating your own songs.

Instructor: Shawn Smith

Location: Lake Forest Sports Park

\$120 R | \$125 NR (8-week sessions)

Activity #	Dates	Days	Time
12901	9/13-11/1	Fri	4:45-5:30 pm

MANNERS, CHARACTER & SOCIAL SKILLS "FOUNDATION"

5-9 YRS

The Etiquette Factory is a unique learning experience designed to change the world, one child at a time. We define manners as: Helping those around you to feel valued. 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, props, music, activities, stories, and kind 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

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$145 R | \$150 NR

Material Fee: \$20

Activity #	Dates	Days	Time
12869	9/7-9/28	Sat	9:00-12:00 pm
12870	11/2-11/23	Sat	9:00-12:00 pm

LIFE SKILLS FOR PRE-TEENS

9-12 YRS

Our exclusive program helps teens understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Through interactive lessons, we'll teach your teens essential life skills that will help them succeed in all areas of their lives. Some of the lessons covered include: Introductions, Etiquette in Public, First Impressions, Dining Etiquette, Peer Pressure, Acts of Kindness, Interview Skills, Personal Accountability, Social Media, Character Counts and MORE!

Instructor: The Etiquette Factory

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$145 R | \$150 NR

Material Fee: \$20

Activity #	Dates	Days	Time
12871	10/5-10/26	Sat	9:00-12:00 pm



BALLET, JAZZ, & TAP COMBO A 3-6 YRS

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$94 R | \$99 NR (6-week session)

\$175 R | \$180 NR (12-week session)

Activity #	Dates	Days	Time
12774	9/7-10/12	Sat	9:50-10:35 am
12775	10/26-12/7	Sat	9:50-10:35 am
12776	9/7-12/7	Sat	9:50-10:35 am

BALLET, JAZZ, & TAP COMBO B 4-7 YRS

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$94 R | \$99 NR (6-week session)

\$175 R | \$180 NR (12-week session)

Activity #	Dates	Days	Time
12777	9/7-10/12	Sat	10:40-11:25 am
12778	10/26-12/7	Sat	10:40-11:25 am
12779	9/7-12/7	Sat	10:40-11:25 am

HIP HOP

4-7 YRS

An upbeat, popular class for children! Dancers learn beginning hip hop and intro to breakdancing skills incorporated in dance combinations. Class helps improve coordination, rhythm, gross motor skills, and agility. All movement and songs are age-appropriate. Athletic attire and sneakers required. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$94 R | \$99 NR (6-week session)

\$175 R | \$180 NR (12-week session)

Activity #	Dates	Days	Time
12780	9/7-10/12	Sat	11:30-12:15 pm
12781	10/26-12/7	Sat	11:30-12:15 pm
12782	9/7-12/7	Sat	11:30-12:15 pm

HIP HOP

6-10 YRS

An upbeat, popular class for children! Dancers learn beginning hip hop and intro to breakdancing skills incorporated in dance combinations. Class helps improve coordination, rhythm, gross motor skills, and agility. All movement and songs are age-appropriate. Athletic attire and sneakers required. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$94 R | \$99 NR (6-week session)

\$175 R | \$180 NR (12-week session)

Activity #	Dates	Days	Time
12783	9/7-10/12	Sat	12:20-1:05 pm
12784	10/26-12/7	Sat	12:20-1:05 pm
12785	9/7-12/7	Sat	12:20-1:05 pm

REGISTRATION DATES



RESIDENTS: Tues., Aug. 20, 2024, 8:00 am

NON-RESIDENTS: Tues., Aug. 27, 2024, 8:00 am



PRINCESS BALLET

3-6 YRS

Come twirl! Dancers learn beginning ballet with an element of fantasy in this princess-themed class for the budding ballerina. Instruction promotes coordination, rhythm, and listening skills. Class includes princess story times and crafting. Leotard, tights, and ballet shoes required. \$5 material fee per half session due on first day of class. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$94 R | \$99 NR (6-week session)

\$175 R | \$180 NR (12-week session)

Material Fee: \$5 Half Session | \$10 Full Session

Activity #	Dates	Days	Time
12771	9/7-10/12	Sat	9:00-9:45 am
12772	10/26-12/7	Sat	9:00-9:45 am
12773	9/7-12/7	Sat	9:00-9:45 am

BUTTERFLY BALLERINAS

3-6 YRS

For young dancers ready to “fly” into the world of ballet! Participants learn beginning ballet and gross motor skills while improving coordination, rhythm, and listening skills. Leotard, tights, and ballet shoes required. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$94 R | \$99 NR (6-week session)

\$175 R | \$180 NR (12-week session)

Activity #	Dates	Days	Time
12786	9/4-10/9	Wed	3:30-4:15 pm
12787	10/23-12/4	Wed	3:30-4:15 pm
12788	9/4-12/4	Wed	3:30-4:15 pm

CHILDREN'S MUSICAL THEATRE

4-7 YRS

Jump into the exciting world of Broadway! Participants learn beginning dance technique and gross motor skills, choreography, and song lyrics to age-appropriate musicals in this fun class for the young performer. Class includes imaginative theater games. Athletic attire and jazz shoes required. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$94 R | \$99 NR (6-week session)

\$175 R | \$180 NR (12-week session)

Activity #	Dates	Days	Time
12789	9/4-10/9	Wed	4:20-5:05 pm
12790	10/23-12/4	Wed	4:20-5:05 pm
12791	9/4-12/4	Wed	4:20-5:05 pm

POP STAR HIP HOP

5-9 YRS

Grab your glitter microphone! Children will learn hip hop and jazz dance technique and choreography set to music from today's popular artists in this fun, upbeat class. Movements help improve coordination, musicality, and even sports ability! All choreography/music is age-appropriate. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$94 R | \$99 NR (6-week session)

\$175 R | \$180 NR (12-week session)

Activity #	Dates	Days	Time
12792	9/4-10/9	Wed	5:10-5:55 pm
12793	10/23-12/4	Wed	5:10-5:55 pm
12794	9/4-12/4	Wed	5:10-5:55 pm

MISS SARA'S SUNSHINE SEEKERS

1.5-8 YRS

This outdoor play class is open-ended and child-led with irresistible invitations to play. This class is for children 1.5 to 8 years old and follows the TinkerGarten curriculum. Families will be led through movement, exploration and purposeful play while outdoors.

Instructor: Sara Stewart

Location: Serrano Creek Park

\$190 R | \$195 NR (9-week session)

Activity #	Dates	Days	Time
12444	6/17-8/12	Mon	9:30-10:30 am
12445	6/18-8/13	Tue	3:30-4:30 pm
12446	6/19-8/14	Wed	3:30-4:30 pm
12447	6/22-8/14	Sat	2:00-3:00 pm

READING DEVELOPMENT— GRADES K-1

4.5-6.5 YRS

This individualized phonics based reading program can make the difference between a student who struggles or one who succeeds. We identify skill gaps with comprehensive first-day testing. Skill-based curriculum and instruction assists to bring skills to mastery. More info: claudia@readwritesolutions.com or (949) 263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174 NR

Activity #	Dates	Days	Time
12701	9/9-10/2	Mon/Wed	3:30-4:25 pm
12702	10/9-11/4	Mon/Wed	3:30-4:25 pm
12703	11/13-12/16	Mon/Wed	3:30-4:25 pm

READING DEVELOPMENT— GRADES 2-6

6.5-11.5 YRS

Improve comprehension, vocabulary, spelling, and fluency. This individually designed program is based on results of comprehensive first-day testing to identify skill gaps. Our skill based curriculum assists struggling students and challenges advanced students. More info: claudia@readwritesolutions.com or (949) 263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174 NR

Activity #	Dates	Days	Time
12704	9/9-10/2	Mon/Wed	4:30-5:25 pm
12705	10/9-11/4	Mon/Wed	4:30-5:25 pm
12706	11/13-12/16	Mon/Wed	4:30-5:25 pm

MATH DEVELOPMENT— GRADES 2-6

6.5-11.5 YRS

Comprehensive first-day testing identifies skill gaps. With this information, an individualized program is designed for each student. Components of the program include basic and advanced: + ? × ÷, fraction operations, prime numbers, factoring concepts, decimals, algebra, and geometry skills. More info: claudia@readwritesolutions.com or (949) 263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174 NR

Activity #	Dates	Days	Time
12707	9/9-10/2	Mon/Wed	5:30-6:25 pm
12708	10/9-11/4	Mon/Wed	5:30-6:25 pm
12709	11/13-12/16	Mon/Wed	5:30-6:25 pm

PEAK DISTANCE PROJECT

8-16 YRS

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

Instructor: Coach Ken Chai

Location: Lake Forest Sports Park
28000 Rancho Parkway

\$95 R | \$100 NR (Monthly) 3 days a week

Activity #	Dates	Days	Time
12890	Sept	Mon/Wed/Thu	6:00-7:00 pm
12891	Oct	Mon/Wed/Thu	6:00-7:00 pm

PRESCHOOL GYMNASTICS—PEE WEE GYMNASTICS

3.5-5.5 YRS | 4-6.3 YRS

This beginners level class will help students strengthen their muscles and better their gross motor skills such as running, jumping and climbing. Coaches will set up different stations each week in which students will learn different gymnastics skills using bars, vault and balance beam. This class is great for children who are ready to be in a structured class without parents' assistance.

Instructor: Us Too Gymnastics

Location: Us Too Gymnastics Facility
25 Spectrum Pointe Dr, St. 405, Lake Forest

\$80 R | \$85 NR (4-week session)

Activity #	Ages	Dates	Days	Time
12849	3.5-5.5 yrs	9/3-9/24	Tue	1:00 pm-1:50 pm
12852	4.5-6 yrs	9/5-9/26	Thu	2:50 pm-3:40 pm
12850	3.5-5.5 yrs	10/1-10/22	Tue	1:00 pm-1:50 pm
12853	4.5-6 yrs	10/3-10/24	Thu	2:50 pm-3:40 pm
12851	3.5-5.5 yrs	10/29-11/19	Tue	1:00 pm-1:50 pm
12854	4.5-6 yrs	11/7-12/5	Thu	2:50 pm-3:40 pm



SUPER SOCCER STARS



PARENT & ME

A pre-soccer music and movement program for toddlers ages 1-2. This fun-filled class focuses on balance, coordination, upper and lower-body exercises, cognitive skills, and more. Parents participate and bond with their child through introduction to sport and soccer!

\$125 R | \$130 NR (5-week session)

Activity #	Dates	Days	Time
12710	9/7-10/5	Sat	9:00-9:40 am
12711	9/7-10/5	Sat	11:30-12:10 pm
12712	9/8-10/6	Sun	9:45-10:25 am
12713	10/19-11/23	Sat	9:00-9:40 am
12714	10/19-11/23	Sat	11:30-12:10 pm
12715	10/20-11/24	Sun	9:45-10:25 am

PARENT & ME

2-3 YRS

Activities are presented using imagery relatable to children at this age to support learning about the body and ball awareness. The primary focus of each 40-minute class is to introduce physical activities, rich language exposure, and movements such as running, hopping and jumping. Classes include fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer!

\$125 R | \$130 NR (5-week session)

Activity #	Dates	Days	Time
12716	9/7-10/5	Sat	8:15-8:55 am
12717	9/7-10/5	Sat	9:50-10:30am
12718	9/8-10/6	Sun	9:00-9:40 am
12719	10/19-11/23	Sat	8:15-8:55 am
12720	10/19-11/23	Sat	9:50-10:30am
12721	10/20-11/24	Sun	9:00-9:40 am

SUPER SOCCER STARS

3-4 YRS

The focal point at this age group is for your child to be comfortable with the ball by further developing soccer skills such as dribbling, shooting and the introduction of passing. 45 minute classes include partner activities to promote sharing, listening, respect and cooperation. Physical activities include dynamic exercises like moving with pace, changing directions and lateral agility.

\$125 R | \$130 NR (5-week session)

Activity #	Dates	Days	Time
112722	9/7-10/5	Sat	9:00-9:45 am
12724	9/8-10/6	Sun	10:35-11:20 am
12723	10/19-11/23	Sat	9:00-9:45 am
12525	10/20-11/24	Sun	10:35-11:20 am

1-2 YRS

SUPER SOCCER STARS

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

\$125 R | \$130 NR (5-week session)

Activity #	Dates	Days	Time
12726	9/7-10/5	Sat	10:35-11:25 am
12728	9/8-10/6	Sun	11:25-12:15 pm
12727	10/19-11/23	Sat	10:35-11:25 am
12729	10/20-11/24	Sun	11:25-12:15 pm

SUPER SOCCER STARS

5-7 YRS

The goal of the program at this stage is to improve children's elementary capacity through fun games, technical skill development and group activities. The primary focus is to increase familiarity of space to enable children to develop team skills in a game environment. Emphasis is placed on awareness of teammates constantly so that these skills can be easily transferred into the soccer game. Soccer Ball required.

\$230 R | \$235 NR (10 week sessions)

Activity #	Dates	Days	Time
12730	9/7-10/5	Sat	9:50-10:50 am
12732	9/8-10/6	Sun	12:20-1:20 pm
12731	10/19-11/23	Sat	9:50-10:50 am
12733	10/20-11/24	Sun	12:20-1:20 pm

SOCCER STARS UNITED— ADVANCED CLASS

5-9 YRS

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

\$130 R | \$135 NR (6-week session)

Activity #	Dates	Days	Time
12734	9/7-10/5	Sat	11:00-12:00 pm
12735	10/19-11/23	Sat	11:00-12:00 pm

Super Soccer Stars classes are held at
Baker Ranch Community Park
26380 Rancho Parkway, Lake Forest

Unless otherwise noted, sports are located at Lake Forest Sports Park, 28000 Rancho Parkway, Lake Forest

SKYHAWKS YOUTH SPORTS



MULTI-SPORT TOTS 2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

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 2-3.5 age group. No class 11/30.

\$129 R | \$134 NR (6-week session)

Activity #	Ages	Dates	Days	Time
12799	2-3.5 yrs	9/14-10/19	Sat	9:00-9:40 am
12800	2-3.5 yrs	9/14-10/19	Sat	9:50-10:30 am
12801	3.5-4.5 yrs	9/14-10/19	Sat	10:40-11:20 am
12802	4.5-5 yrs	9/14-10/19	Sat	11:30-12:10 pm
12803	2-3.5 yrs	11/2-12/14	Sat	9:00-9:40 am
12804	2-3.5 yrs	11/2-12/14	Sat	9:50-10:30 am
12805	3.5-4.5 yrs	11/2-12/14	Sat	10:40-11:20 am
12806	4.5-5 yrs	11/2-12/14	Sat	11:30-12:10 pm
12807	2-3.5 yrs	9/10-10/15	Tue	4:00-4:40 pm
12808	3.5-4.5 yrs	9/10-10/15	Tue	4:50-5:30 pm
12809	4.5-5 yrs	9/10-10/15	Tue	5:40-6:20 pm
12810	2-3.5 yrs	11/5-12/10	Tue	4:00-4:40 pm
12811	3.5-4.5 yrs	11/5-12/10	Tue	4:50-5:30 pm
12812	4.5-5 yrs	11/5-12/10	Tue	5:40-6:20 pm

MULTI-SPORT 6-8 YRS

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of soccer, baseball, and basketball, along with vital life lessons such as sportsmanship and teamwork. No class 11/30.

\$129 R | \$134 NR (6-week session)

Activity #	Dates	Days	Time
12813	9/14-10/19	Sat	12:20-1:00 pm
12814	11/2-12/14	Sat	12:20-1:00 pm
12815	9/10-10/15	Tue	6:30-7:10 pm
12816	11/5-12/10	Tue	6:30-7:10 pm

BASKETBALL 6-8 YRS | 9-12 YRS

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. No class 11/28.

6-8 yrs: \$109 R | \$114 NR (5-week session)

9-12 yrs: \$119 R | \$124- NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
12817	6-8 yrs	9/19-10/17	Thu	5:40-6:20 pm
12819	9-12 yrs	9/19-10/17	Thu	6:30-7:30 pm
12818	6-8 yrs	11/7-12/12	Thu	5:40-6:20 pm
12820	9-12 yrs	11/7-12/12	Thu	6:30-7:30 pm

HOOPSTER TOTS 3.5-4.5 YRS | 4.5-5 YRS

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. No class 11/28.

\$109 R | \$114 NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
12821	3.5-4.5 yrs	9/19-10/17	Thu	4:00-4:40 pm
12823	4.5-5 yrs	9/19-10/17	Thu	4:50-5:30 pm
12822	3.5-4.5 yrs	11/7-12/12	Thu	4:00-4:40 pm
12824	4.5-5 yrs	11/7-12/12	Thu	4:50-5:30 pm

SOCCER TOTS 2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

SoccerTots is our flagship program! Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. *Parent participation required for 2-3.5 age group. No class 11/29.

\$109 R | \$114 NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
12825	2-3.5 yrs&	9/20-10/18	Fri	4:00-4:40 pm
12826	3.5-4.5 yrs	9/20-10/18	Fri	4:50-5:30 pm
12827	4.5-5 yrs	9/20-10/18	Fri	5:40-6:20 pm
12828	2-3.5 yrs	11/8-12/13	Fri	4:00-4:40 pm
12829	3.5-4.5 yrs	11/8-12/13	Fri	4:50-5:30 pm
12830	4.5-5 yrs	11/8-12/13	Fri	5:40-6:20 pm



SOCCER

6-8 YRS

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills. No class 11/29.

\$109 R | \$114 NR (5-week sessions)

Activity #	Dates	Days	Time
12831	9/20-10/18	Fri	6:30-7:10 pm
12832	11/8-12/13	Fri	6:30-7:10 pm

TINY HAWK TENNIS

4-5 YRS

Introduce your little superstar to tennis! This class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. No class 11/11.

Location: Pittsford Park Tennis Courts

\$109 R | \$114 NR (5-week session)

Activity #	Dates	Days	Time
12833	9/16-10/14	Mon	4:00-4:40 pm
12835	9/16-10/14	Mon	4:50-5:30 pm
12834	11/4-12/9	Mon	4:00-4:40 pm
12836	11/4-12/9	Mon	4:50-5:30 pm

SKYHAWK TENNIS

6-8 YRS

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

Location: Pittsford Park Tennis Courts

\$109 R | \$114 NR (5-week session)

Activity #	Dates	Days	Time
12837	9/16-10/14	Mon	5:40-6:20 pm
12838	11/4-12-9	Mon	5:40-6:20 pm

PARENT & ME (PEE WEE) GYMNASTICS

1.3-2.2 YRS | 1.6-3 YRS

During this class, little ones along with parents will have fun exploring the gym and going through age appropriate obstacle courses that are set up by our coach. Different activities each week will help children develop gross motor and social skills while increasing the parent-child bonding experience. Skills taught during class include: learning front rolls, hanging on bars, walking on balance beam and jumps on trampoline. Each child must have a parent/guardian participate during class.

Instructor: Us Too Gymnastics

Location: Us Too Gymnastics Facility
25 Spectrum Pointe Dr, St. 405, Lake Forest

\$72 R | \$77 NR (4-week session)

Activity #	Ages	Dates	Days	Time
12840	1.4-2.2 yrs	9/3-9/24	Tue	9:30-10:15 am
12841	1.6-3.5 yrs	9/3-9/24	Tue	10:20-11:05 am
12842	1.6-3.5 yrs	9/4-9/25	Wed	10:00-10:45 am
12843	1.4-2.2 yrs	10/1-10/22	Tue	9:30-10:15 am
12844	1.6-3.5 yrs	10/1-10/22	Tue	10:20-11:05 am
12845	1.6-3.5 yrs	10/2-10/23	Wed	10:00-10:45 am
12846	1.4-2.2 yrs	10/29-11/19	Tue	9:30-10:15 am
12847	1.6-3.5 yrs	10/29-11/19	Tue	10:20-11:05 am
12848	1.6-3.5 yrs	10/30-11/20	Wed	10:00-10:45 am

MARTIAL ARTS

3+ YRS

We specialize in “educational martial arts”, in building children’s character through martial arts. Children can develop focus, confidence, discipline, self-control, and physical fitness while having fun through martial arts training. We believe that accountability and teamwork with parents, teachers and instructors will help children to succeed. Our mission is to guide and inspire the students to cultivate confidence, respect, self-esteem, patience, and discipline. The 4-week or 12-week program includes two classes a week. Once registered, participants will need to contact CA Taekwondo in order to schedule the two classes per week that are suited for the student’s age and level. For more information, please contact CA Taekwondo at (949)461-7898.

Instructor: CA Taekwondo Staff

Location: 29200 Portola Pkwy, Lake Forest

\$105 R | \$110 NR (2-Week Program)

\$175 R | \$180 NR (4-Week Program)

Activity #	Dates	Days	Time
12742	Contact to schedule day and time		
12743	Contact to schedule day and time		



KARATE KICKSTART FOR BEGINNERS 7+ YRS

Learn the basics of Tang Soo DO, with an emphasis on practical self defense, fitness, flexibility, self discipline and respect in a fun, family atmosphere! It's not just for kids- adults can also learn necessary skills to increase fitness and self protection, plus parents can train alongside and do something meaningful together with your child! Uniforms are included.

Instructor: PKSA Staff

Location 22600 Lambert #1205, Lake Forest

\$129 R | \$134 NR

\$59 R | \$64 NR (*Parent Fee if there is a child signed up)

Activity #	Dates	Days	Time
12744	9/4-10/16	M/W	5:30-6:15 pm
12746*	9/4-10/16	M/W	5:30-6:15 pm
12745	10/7-11/13	M/W	5:30-6:15 pm
12747*	10/7-11/13	M/W	5:30-6:15 pm

INSECTS: BUG ME IF YOU DARE! 5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about the amazing bugs around us such as beetles, butterflies, crickets, ladybugs and more. Your child will be up close with live/preserved bugs and perform cool biology activities.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$156 R | \$161 NR (6-session class)

Material Fee : \$60

Activity #	Dates	Days	Time
12748	9/5-10/17	Thu	4:15-5:15pm

ANIMAL KINGDOM: WILDER THAN YOU THINK! 5-12 YRS

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

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$130 R | \$135 NR (5-session class)

Material Fee : \$50

Activity #	Dates	Days	Time
12749	10/24-11/21	Thu	4:15-5:15 pm

GENETIC ONE-DAY CAMP 5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about DNA and how fruit flies play critical roles in genetics. Your child will be introduced to genetic concepts, live fruit flies, and perform DNA extraction in class.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$48 R | \$53 NR (1-day camp)

Material Fee : \$19

Activity #	Dates	Days	Time
12750	10/3	Thu	9:00 am-12:00 pm

BREAKTHROUGH SPORTS VOLLEYBALL TRAINING ACADEMY

2ND-5TH GRADE / 6TH- 9TH GRADE

The Breakthrough Sports Training Academy is weekly training for youth volleyball players of ALL skill levels at an affordable price. With more than 20 years of experience creating youth programming for professional sports teams (LA Clippers, KC Chiefs, Anaheim Ducks), Breakthrough Sports brings their award-winning training to Lake Forest. Breakthrough Sport coach, Brenton Smith (coaching assistant at UofA) will help participants improve mechanics, volleyball IQ and most of all confidence in a FUN environment. A new curriculum will be designed weekly to work on all aspects of volleyball in addition to strength building exercises.

Instructor: Breakthrough Sports Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$85 R | \$90 NR (4-week sessions)

Activity #	Ages	Dates	Days	Time
12736	2nd-5th grade	9/8-9/29	Sun	2:00-3:00 pm
12739	6th-9th grade	9/8-9/29	Sun	3:00-4:00 pm
12737	2nd-5th grade	10/6-10/27	Sun	2:00-3:00 pm
12740	6th-9th grade	10/6-10/27	Sun	3:00-4:00 pm
12738	2nd-5th grade	11/3-11/24	Sun	2:00-3:00 pm
12741	6th-9th grade	11/3-11/24	Sun	3:00-4:00 pm



Adult Classes

BALLROOM & SWING DANCE I

Join our Basic Ballroom & Swing Dance class where beginners are warmly welcomed and no partner is needed! Dive into the world of elegant steps and graceful movements through fun exercises designed to make you feel confident on the dance floor without even realizing it. It's the perfect opportunity to make new friends while discovering the joy of ballroom dancing!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$120 R | \$125 NR (6-class session)

Activity #	Dates	Days	Time
12755	8/30-10/4	Fri	6:00-6:45 pm
12756	10/18-11/22	Fri	6:00-6:45 pm

SALSA

Shake up your routine and add some spice to your steps! Join us for a fun-filled journey into the vibrant world of Latin dance, where you'll learn the fundamental moves, rhythms, and flair of salsa. Whether you're a seasoned dancer or taking your very first steps onto the dance floor, this class is designed to get you moving, grooving, and connecting with the rhythm of life. No partner or experience necessary – just bring your enthusiasm and let's dance our way to joy and fitness together! Plus, meet others who share your passion for dance and make new friends as you salsa the night away!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$120 R | \$125 NR (6-class session)

Activity #	Dates	Days	Time
12757	8/30-10/4	Fri	7:00-7:45 pm
12758	10/18-11/22	Fri	7:00-7:45 pm

COUNTRY TWO-STEP

Step into the world of classic country! Learn the fundamental moves and rhythms of this iconic dance style in a welcoming and enjoyable atmosphere. Join us for a chance to not only master the two-step but also make new friends and have a ton of fun along the way!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$120 R | \$125 NR (6-class session)

Activity #	Dates	Days	Time
12761	8/28-10/2	Wed	6:00-6:45 pm
12762	10/16-11/20	Wed	6:00-6:45 pm

LINE DANCING 1

Dive into the rhythm of the Wild West with our Country Line Dancing class! Learn classic steps like the Electric Slide and Tush Push in a fun and supportive environment. Whether you're a beginner or a seasoned dancer, I will guide you through the steps and formations of popular country line dances, perfect for social gatherings. It's the ideal opportunity to make new friends, have a blast, and get some exercise without even realizing it.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$120 R | \$125 NR (6-class session)

Activity #	Dates	Days	Time
12761	8/28-10/2	Wed	7:00-7:45 pm
12762	10/16-11/20	Wed	7:00-7:45 pm

FIRST DANCE PRIVATE LESSONS: 4 SESSIONS

Are you getting ready for your wedding, a cruise, a company party, or just a fun date night? Our private dance lessons are perfect for beginners, and we'd love to have you join us! You and your partner will get expert guidance to make sure your first dance is amazing. Everyone is welcome! Even if you've never danced before, we'll help you make your first dance truly special. And it's not just for weddings; you can also learn social dances for any event!

Registration is for one couple. If it's your first dance, please send us your music before the first lesson to: dancingwithyuka@gmail.com. Choose from various days and times that suit your schedule.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$400 R | \$405 NR (4-class session)

Activity #	Dates	Days	Time
12763	TBD	TBD	TBD

BRIDE AND GROOM INTRODUCTORY WEDDING DANCE LESSON

The First Dance is choreographed and taught step-by-step so non-dancers will be dancing at their wedding.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$120 R | \$125 NR (6-class session)

Activity #	Dates	Days	Time
12894	8/23	Fri	6:30-7:45 pm
12764	10/11	Fri	6:30-7:45 pm

YIN YOGA

18+ YRS

Yin Yoga is a slower-paced, more meditative version of the popular physical discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles. As a result, the asanas are more passive holds, with little muscular engagement.

Instructor: Amy Harper

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$90 R | \$95 NR (5-week session)

Activity #	Dates	Days	Time
12765	9/10-10/15	Tue	7:45-8:45 pm
12766	10/29-11/26	Tue	7:45-8:45 pm

GET OFF YOUR BOOTY CAMP

18+ YRS

Get in shape “Boot camp style”. Experience full-body high intensity workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility, and get you to a healthier and stronger YOU. Our class is a results-driven conditioning program that focuses on developing lean, toned, and healthy bodies with the use of your own body weight and a variety of exercise equipment. This class is designed for most fitness levels. Work at your own pace while you push atmosphere with great upbeat music. Not your typical boot camp! Must bring your own mats and water. For more info, please visit: www.Endeavourpt.com.

Instructor: Maryam Stevenson

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$94.50 R | \$99.50 NR (7-class sessions)

\$108 R | \$113 NR (8-class sessions)

Activity #	Dates	Days	Time
12496	9/3-9/26	Tue/Thu	6:00-6:45 pm
12497	10/1-10/24	Tue/Thu	6:00-6:45 pm
12498	11/4-11/26	Tue/Thu	6:00-6:45 pm

ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

Come “shake” it with us in Zumba Gold + Toning. Zumba Gold is designed to be approachable by all regardless of fitness level. Let the music move you while focusing on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Moves are adaptable to your own body needs. Be ready to have fun, make friends and tone up!

Instructor: Angela Velez

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Activity #	Package	Cost
12767	5-classes	\$30 R \$35 NR
12768	10-classes	\$50 R \$55 NR
12769	15-classes	\$75 R \$80 NR
12770	20-classes	\$100 R \$105 NR

Dates	Days	Time
Ongoing	Tue	6:00-7:00 pm
Ongoing	Sat	10:00-11:00 am

CLICKSTART'S CANINE ESSENTIALS—GROUP DOG TRAINING

18+ YRS

This 6-week crash course will cover all canine essentials including settling, polite greetings, recall, stay, leave it, walking skills, and more (this class is not designed to address reactivity, aggression, or anxiety). Learn from certified and experienced trainers who use modern methods of training to keep learning safe and fun.

Instructor: Clickstart Dog Academy staff

Location: Pittsford Park, 21701 Pittsford Dr.

\$295 R | \$300 NR (6-week session)

Activity #	Dates	Days	Time
12452	9/11-10/16	Wed	5:30-6:30 pm

PICKLEBALL 101 BEGINNER CLASS

This 5-week beginner class is for pickleball newbies and current novice players that lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended.

Instructor: Shelly Booth

Location: Portola Park

\$140 R | \$145 NR (5-class sessions)

Activity #	Date	Days	Time
12861	9/18-10/16	Wed	8:30-9:30 am
12862	10/23-11/20	Wed	8:30-9:30 am



LAKE FOREST SPORTS PARK & RECREATION CENTER



- 27,000 square feet
- 2 Basketball Courts
- 2 Volleyball Courts

OPEN GYM

Basketball • Volleyball
Pickleball • Futsal Soccer

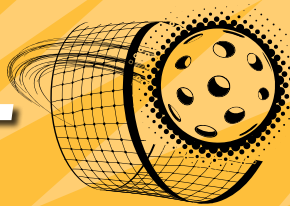
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PICKLEBALL

Fun For All



Instructors

Shelly Booth

at Portola Park, 28040 Glenn Ranch Road, Lake Forest

PICKLEBALL BEGINNER NIGHT 101 CLASS

This 5-week beginner class is for pickleball newbies and current novice players that lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended.

Instructor: Shelly Booth

Location: Portola Park

\$140 R | \$145 NR (5-class sessions)

Activity #	Date	Days	Time
12859	9/19-10/17	Thu	6:30-7:30 pm
12860	10/24-11/21	Thu	6:30-7:30 pm

PICKLEBALL INTERMEDIATE 201 SKILLS

This 5-week class will focus on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

Instructor: Shelly Booth

Location: Portola Park

\$140 R | \$145 NR (5-class sessions)

Activity #	Dates	Days	Time
12857	9/19-10/17	Thu	7:30-8:30 pm
12858	10/24-11/21	Thu	7:30-8:30 pm
12855	9/18-10/16	Wed	9:30-10:30 am
12856	10/23-11/20	Wed	9:30-10:30 am

PICKLEBALL "LEARN TO PLAY" BEGINNER CLINIC

This beginner clinic is for new players or those who play but lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. The last 30 minutes will be game play. Paddles and balls will be provided. Tennis shoes are highly recommended.

Instructor: Shelly Booth

Location: Portola Park

\$55 R | \$60 NR (1-class sessions)

Activity #	Dates	Days	Time
12865	9/29	Sun	8:00-10:00 am
12866	11/17	Sun	8:00-10:00 am

PICKLEBALL "LEVEL UP" 201 CLINIC

This clinic will focus on both defensive and offensive shot making. Learn when to attack and when to slow the game down based on your court position, balance and readiness. Learn how to strategically move your opponents out of position to open up space on the court.

Instructor: Shelly Booth

Location: Portola Park

\$55 R | \$60 NR (1-class sessions)

Activity #	Dates	Days	Time
12867	9/29	Sun	10:00 am-12:00 pm
12868	11/17	Sun	10:00 am-12:00 pm

PICKLEBALL "LEARN TO LOVE YOUR BACKHAND" STROKES CLINIC

Don't have a backhand? Running around your backhand? This is your chance to embrace all things backhand. Don't be afraid! Feel more confident in your game. We will breakdown the backhand stroke and move you through some progressions and drills to "Learn to love" your backhand.

Instructor: Shelly Booth

Location: Portola Park

\$55 R | \$60 NR (1-class sessions)

Activity #	Dates	Days	Time
12864	11/3	Sun	8:00-10:00 am

PICKLEBALL 201 "DINKS, DROPS AND RESETS" CLINIC

Defensive transition, reset, and recovery strategies through dinks, drops and resets. Shot selection and execution designed complete your game.

Instructor: Shelly Booth

Location: Portola Park

\$55 R | \$60 NR (1-class sessions)

Activity #	Dates	Days	Time
12863	11/3	Sun	10:00-12:00 pm



Etnies

SKATEPARK OF LAKE FOREST

Award Winning World Class SKATEBOARD FACILITY



“Best Skatepark in OC”

Readers’ Choice 2018-2023
—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

FALL 2024 SKATEPARK HOURS & HOLIDAYS

(Beginning Tuesday, September 3, 2024)

Monday - Thursday 11 am - 9 pm

Friday - Saturday 10 am - 10 pm

Sunday 10 am - 9 pm

The Skatepark will be closed on Thanksgiving
Day, Thursday, November 28, 2024.

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

www.EtniesSkatePark.com

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

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NIGHT OF THE LIVING SHRED CONTEST

ALL AGES

The Night of the Living Shred will consist of 4 horror-themed best trick contests, costume contest, and live entertainment taking place throughout the skatepark. Register online or at the Skatepark For more info call: The Skatepark at (949) 916-5870.

General Admission: Free

Contest Entry Fee: \$20

Activity#	Date	Day	Time
12884	10/19	Sat	7:00-10:00 pm



VETERANS DAY SKATE CAMP 5-17 YRS

Choose this Veterans Day to spend at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. The day of fun will include skateboard instruction, games, lunch, and a t shirt for the campers.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$49 per person | Limited to 20 kids per session

Activity#	Date	Day	Time
12885	11/11	Mon	10:00 am-2:00 pm

ETNIES FALL SKATE CAMP

Choose this Thanksgiving break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including the three bowls, two large flow courses, Orange County's only cradle, and a world class street course. Each participant receive a custom Etnies Skatepark of Lake Forest t-shirt. **Lunch, drinks, and snacks are provided daily.** Please send your camper with their own water bottle that they will be able to fill up with water or Gatorade throughout the duration of camp. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads. *No camp on Thursday, November 28, 2024 (Thanksgiving Day)

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$199 per person | Limited to 20 kids per session

Activity#	Date	Day	Time
12886	11/25-11/29	Mon-Fri*	10:00 am-2:00 pm

BEGINNING AND INTERMEDIATE GROUP SKATEBOARD LESSONS 5-17 YRS

Join our group skateboard lessons for all skill levels, where beginners learn essential techniques like balance and turning while intermediates tackle ollies, kickflips, and grinds. Safety is essential, so all participants must wear helmets, elbow pads, and knee pads during the session. Our experienced instructors offer personalized guidance, emphasizing safe skating practices and proper falling techniques. Enjoy a supportive group environment that fosters camaraderie and motivation among participants, making learning both fun and rewarding.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$40 per person (2 week session)

Limited to 5 per session

BEGINNING SKATEBOARD LESSONS

Activity #	Date	Day	Time
12872	9/7 & 9/14	Sat	10:00-11:00 am
12873	9/21 & 9/28	Sat	10:00-11:00 am
12874	10/5 & 10/12	Sat	10:00-11:00 am
12875	10/19 & 10/26	Sat	10:00-11:00 am
12876	11/2 & 11/9	Sat	10:00-11:00 am
12877	11/16 & 11/23	Sat	10:00-11:00 am

INTERMEDIATE SKATEBOARD LESSONS

Activity #	Date	Day	Time
12878	9/7 & 9/14	Sat	11:00 am-12:00 pm
12879	9/21 & 9/28	Sat	11:00 am-12:00 pm
12880	10/5 & 10/12	Sat	11:00 am-12:00 pm
12881	10/19 & 10/26	Sat	11:00 am-12:00 pm
12882	11/2 & 11/9	Sat	11:00 am-12:00 pm
12883	11/16 & 11/23	Sat	11:00 am-12:00 pm



HAVE YOUR BIRTHDAY PARTY AT

etnies

SKATEPARK OF LAKE FOREST



SKATEPARK SAFETY/ETIQUETTE CLASS

4+ YRS

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 four per session
15 minute Course

PRIVATE SKATEBOARD LESSONS

4+ YRS

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

To Register: Please call the skatepark to schedule your lesson (949) 916-5870.

Instructor: Skatepark Staff

Fee: \$50 per hour
(A max of two children are allowed per private lesson).



CANCELLATION and USE POLICY

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

Skatepark program participants will need a waiver/membership form filled out before entering the skatepark. The membership 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.

Special Needs



MONSTER MASH HALLOWEEN DANCE

Throw on your spookiest outfit and come dance the night away while we celebrate the most haunted night of the year! There will be live music, games, snacks, and a special guest appearance from some spooky creepy crawlies! Don't forget to snag a picture at the costume photo booth with all your favorite ghouls and gals. This dance is open to EVERYONE regardless of residency, so invite your friends and let's howl at the moon!

Location: Lake Forest Clubhouse
100 Civic Center Dr.

Act#:	Date	Day	Time
12887	10/5	Sat	6:00-8:00 pm



For more info call:
273-6978 or email
kfernandez@lakeforestca.gov



Down Syndrome Achievement Centers
educate. inspire. believe.

GIGI'S PLAYHOUSE—AT HOME CLASSES

The City of Lake Forest and GiGi's Playhouse have partnered up to offer an assortment of FREE Virtual and On-Demand recreational and educational classes available from the safety of your own home!

There are a wide variety of programs available: yoga, cooking, art, music, fine motor, gross motor, sign language and fitness.

At GiGi's Playhouse, they are always working towards their "Best of All." GiGi's Playhouse changes lives through consistent delivery of free educational, therapeutic-based and career development programs for individuals with Down syndrome of all ages, their families and the community.

Every program at GiGi's Playhouse is always 100% free, so there's nothing to lose by signing up! If you'd like more information, email orangecounty@gigisplayhouse.org or contact Lake Forest Recreation Supervisor Kevin Fernandez.

www.gigisplayhouse.org/gigisathome/calendar/

Free

**SHINING SOCCER STARS—
SPECIAL NEEDS**

10-17 YRS

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

Instructor: Super Soccer Stars Staff
Location: Baker Ranch Community Park
26380 Rancho Parkway, Lake Forest

\$110 R | \$115 NR (5-week sessions)

Activity #	Dates	Days	Time
12888	9/7-10/12	Sat	12:15-1:00 pm
12889	10/19-11/23	Sat	12:15-1:00 pm

**SOCIAL GROUP FOR CHILDREN ON THE
AUTISM SPECTRUM**

2-19 YRS

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. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

Call to set up an appointment. For more info call, Autism Behavior Services at (949) 581-0100. **Online registration is not available for this program.**

Instructor: Behavior Analyst, TBD
Location: Autism Behavior Services, Inc.
23701 Birtcher Drive, Lake Forest

\$75 per session R | \$80 per session NR

Dates	Days	Time
Ongoing	Mon-Sat	varies

MARTIAL ARTS FOR ALL

ALL AGES

United Self Defense Academy prides itself on being able to work with students of all ages with different needs and goals. Our program is designed to use an 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 everyone reach their goals and their family goals!

Instructor: United Studios of Self Defense
Accredited Instructor
Location: United Studios of Self Defense
26756 Portola Pkwy. Ste. 2D, Lake Forest

Single Private Session - \$75
4-Week Program - \$275
12-Week Program - \$705



TOPSOCCER
The Outreach Program for Soccer.

A community-based soccer program for 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 visit calsouth.com/topsoccer or email Rick Trevers (Laguna Niguel Youth Soccer Association) at Rick.Trevers@LNYSA.org or Sandy Castillo at scastillo@calsouth.com

GYMNASTICS FOR KIDS WITH SPECIAL NEEDS

3-17 YRS

Our gymnastics classes are specifically designed for children and teens with disabilities (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.). Students will learn basic gymnastics skills such as jumps on our 30ft. trampoline, handstand, cartwheels, and other floor exercises. Please call to set a free assessment and discuss class placement. **This special pricing is available to new members only.** For more info call: (949) 273-6978 or email kfernandez@lakeforestca.gov.

Instructor: Us Too Gym Staff
 Location: Us Too Gymnastics
 25 Spectrum Pointe Dr #405, Lake Forest

\$120/month (Four 45-minute sessions) Resident
\$125/month (Four 45-minute sessions) Non-Resident
Dates Time
 Ongoing varies

Shooting Stars BASKETBALL

• FOR SPECIAL NEEDS ATHLETES •

- 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: on-site

Location: RSM or Los Alisos Intermediate Schools



For dates and location, please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com

Take Me HOME PROGRAM

The program assists law enforcement personnel by providing information about your loved ones, 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 apps.ocsd.org/Info/TakeMeHome



LAKE FOREST LITTLE LEAGUE Challenger Baseball

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.

Register online at LFL.org
 For more information email info@lfl.org.

Welcome to The Clubhouse for Seniors



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | SEP - NOV '24



Oh my gourd-ness, it's Autumn!



- SPECIAL HIGHLIGHTS INCLUDE:
- BUNCO NIGHTS AT THE CLUBHOUSE
 - FRIENDSGIVING CELEBRATION
 - MOTION PICTURE MUSEUM EXCURSION
 - SENIOR SANTA & FRIENDS
 - SUMMER LOVIN' SOCK HOP DANCE
 - THE CLUBHOUSE SENIOR RESOURCE FAIR
 - THE GARDEN CLUB - FLORAL ARRANGEMENTS CLASS
 - VETERANS DAY CELEBRATION

100 Civic Center Drive | Operating Hours: Monday through Thursday 10:00 AM - 3:00 PM | (949) 461-3408

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Don't miss out on The Clubhouse Calendar!

The calendar is a great way to view the activities offered each month.

If you are interested in receiving the free quarterly calendar through email, please call The Clubhouse at (949) 461-3408.

Follow Us



@lakeforest.clubhouse

Located at the
Lake Forest Civic Center
100 Civic Center Drive
Lake Forest, CA 92630
(949) 461-3408

HOURS
Monday - Thursday
10:00 am - 3:00 pm

Adults— 50 Years & Better

Please Note: Unless otherwise noted, all classes are offered on site at The Clubhouse, 100 Civic Center Dr, Lake Forest

BAGELS & BINGO

Join us for bingo games and bagels from Bagels & Brew! Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bagels & Bingo. This is a one-time fee.

FREE

Dates	Days	Time
9/9	Mon	10:00 am-2:00 pm
10/7	Mon	10:00 am-2:00 pm
11/4	Mon	10:00 am-2:00 pm

BINGO MANIA

The Clubhouse hosts Bingo Mania the fourth Monday of every month. Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bingo Mania. This is a one-time fee.

FREE

Dates	Days	Time
9/23	Mon	10:00 am-2:00 pm
10/28	Mon	10:00 am-2:00 pm
11/25	Mon	10:00 am-2:00 pm

BINGO THURSDAYS!

Feeling lucky? Join us for games of bingo every Thursday from 10:00 am to 2:00 pm! Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bingo Thursdays. This is a one-time fee.

FREE

Days	Time
Thursdays	10:00 am-2:00 pm



MOTION PICTURE MUSEUM EXCURSION

The Motion Picture Museum is the first large-scale museum of its kind in the United States, and houses more than 13 million objects dedicated to the history, science, and cultural impact of the film industry. This 4-level museum in Los Angeles features over a dozen themed exhibits, two theaters, a restaurant and café, and gift shop.

\$52 R | \$57 NR

Activity #	Dates	Days	Time
12680	9/18	Wed	9:00 am-5:00 pm

THURSDAY CLUBHOUSE LUNCH

The Clubhouse offers a catered lunch every month! Join us for a delicious meal while playing Bingo Thursdays with your Clubhouse friends.

Activity #	Dates	Days	Time
\$2 R \$5 NR: Leaves & Laughter – Vegetable Lasagna			
12668	9/26	Thu	12:00 pm

\$2 R \$5 NR: No Tricks, Just Treats – Beef & Broccoli			
12669	10/31	Thu	12:00 pm

\$4 R \$7 NR: Friendsgiving Celebration – Turkey Feast & All the Fixings			
12670	11/14	Thu	12:00 pm



Sept 27

Summer Lovin' Sock Hop

5:00-8:00 pm

\$15



DANCING



PHOTO BOOTH



CATERED DINNER



SNACKS

Activity #12681

Dust off your poodle skirts and saddle shoes and join us on a trip back to the fabulous fifties!



VETERANS DAY CELEBRATION— HEROES & HOTDOGS!

Join us for a Veterans Day Celebration during Thursday Bingo! A hotdog stand, desserts, and refreshments are provided. If you are a veteran, please send us your favorite photo from when you were in the military service! Email photos to Senior Recreation Supervisor, Courtney Wysocki, at cwysocki@lakeforestca.gov. You do not need to be a veteran to attend.

FREE

Activity #	Dates	Days	Time
12672	11/7	Thu	12:00-1:00 pm

THE CLUBHOUSE GAMES AND FUN!

The Clubhouse offers many fun games and activities to keep your brain active and promote positive socialization! Join us for the following programs:

- Brain Games (Sudoku, Crossword Puzzles, and Word Searches)
- Dominoes
- Mahjong
- Puzzles
- Rummikub
- Various Card Games and Books to Read

Free

Dates	Days	Time
Ongoing	Mon-Thu	10:00 am-3:00 pm



The Clubhouse Senior Resource Fair

Providing the community with available resources for the 50 and better demographic including city services, community resources, health screenings, non-profit groups, and free flu shots (with insurance).

The first 100 patrons to register will receive a gift!

Activity #	Dates	Days	Time
12671	10/14	Mon	10:00 am-1:00 pm

COMPUTER LAB HOURS

The Clubhouse patrons may use 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.

Free

Dates	Days	Time
Ongoing	Mon/Wed/Thu	10:00 am-3:00 pm
Ongoing	Tue	10:00 am-12:30 pm

PING PONG

Break out your paddles and join us for a friendly game! Days and times subject to change due to program needs. Paddles and ping pong balls are available for rent for free. Please see The Clubhouse front desk to loan the specified items.

FREE

Activity #	Dates	Days	Time
12673	Ongoing	Mon	10:00 am-3:00 pm
	Ongoing	Tue	12:45 pm-3:00 pm
	Ongoing	Wed	10:00 am-12:15 pm

HEAT WATCH

During the hotter months of September-October, The Clubhouse will remain open until 4:00 pm on days of extreme heat (over 90 degrees).

Decision to extend The Clubhouse hours will be made by 1:00 pm on the particular affected day.



CRAFTY CRAFTERS

The Clubhouse offers Crafty Crafters once a month on Tuesdays. Each class is designed to spark your creative and artistic side!

\$3.00 Residents & Non-Residents

Activity #	Dates	Days	Time
Spooky Wooden Pirate Ships			
12674	9/17	Tue	10:30 am
Flower Pot Scarecrow			
12675	10/15	Tue	10:30 am
Winter Teacup Garden			
12676	11/19	Tue	10:30 am

THE CLUBHOUSE GARDEN CLUB

The Clubhouse Garden Club provides education, inspiration, and a sense of joy. Learn about exciting garden topics with your Clubhouse friends!

Free

Activity #	Dates	Days	Time
Orchid Care			
12677	9/10	Tue	10:30-11:30 am
Floral Arrangements (\$5.00 Supply Fee)			
12678	10/1	Tue	10:30-11:30 am
Prop Swap Day (Plant Propagation)			
12679	11/5	Tue	10:30-11:30 am



YOUNG AT HEART - LAKE FOREST BOOK CLUB

The Young At Heart - Lake Forest Book Club meets once a month to discuss selected books. The City provides snacks for you to enjoy during each discussion. Registration is required for this program.

FREE

Dates	Days	Time
Growing Up by Russell Baker		
9/19	Thu	10:00 am
The Women by Kristin Hannah		
10/17	Thu	10:00 am
The Phoenix Crown by Kate Quinn & Janie Chang		
11/21	Thu	10:00 am

GRIEF SUPPORT GROUP

Find support and healing for the hurt of losing a loved one. The Grief Support Group provides emotional support, validation, and education about grief. The Grief Support Group meets every 2nd and 4th Monday of each month.

Fee: Free

Date	Day	Time
9/9	Mon	10:00-11:00 am
11/14	Mon	10:00-11:00 am

Senior Santa & Friends

at The Clubhouse

'TIS THE SEASON TO MAKE SOMEONE'S HOLIDAY SPECIAL!

This "gift" giving program provides some cheer to older adults with multiple physical disabilities and income only slightly above the federal poverty level.

All donations are tax deductible. Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus program.

ITEMS NEEDED (Must Be New and Unused):

- Clothing, Blankets, and Household Items
- Nutritional Supplements (ie, Ensure and Glucerna)
- Gift Cards (grocery stores, department stores, and pharmacies)

Drop off your gift between Nov. 4 and Dec. 5 at The Clubhouse during operating hours.





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, appropriateness, alert you to side effects, and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements or a detailed list of medications you take.

Interested individuals may call (949) 461-3408 to schedule a 20-minute appointment.

Free	Dates	Days	Time
	10/31	Thu	10:00 am-1:00 pm

NEED LEGAL ADVICE?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues 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. To make an appointment call (949) 461-3408.

Free	Dates	Days	Time
	9/5	Thu	1:00-3:00 pm
	10/3	Thu	1:00-3:00 pm
	11/7	Thu	1:00-3:00 pm

AARP DRIVER SAFETY TWO-DAY COURSE

50+ YRS

Would you like to be more confident behind the wheel? This instructional class is for the mature driver (50+). You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course.


\$20 AARP Members; \$25 Non-Members

(Payment is due the first day of the course. Checks are made payable to AARP.)

Activity #	Dates	Days	Time
12663	10/21-10/22	Mon/Tue	9:30 am-3:00 pm

BUNCO NIGHTS

at The Clubhouse
100 Civic Center Dr



PRIZES



APPETIZERS

BEVERAGES

Let the Good Times Roll!

Join us for a fun night of Bunco!
No skill is involved, just lots of luck!

\$13.00 Residents & Non-Residents
Adults/Seniors



Register Online
Activity # 12667:
Friday, October 25, 6:30-9 pm

AARP DRIVER SAFETY REFRESHER COURSE

50+ YRS

Would you like to be more confident behind the wheel? This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last four years. You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course. Please note: You must take AARP Driver's Safety Two-Day Course first.

Fee: \$20 AARP Members; \$25 Non-Members

(Payment is due the first day of the course. Checks are made payable to AARP.)

Location: The Clubhouse, 100 Civic Center Dr.

Activity #	Dates	Days	Time
12682	9/16	Mon	9:30 am-3:30 pm



HICAP Health Insurance Counseling and Advocacy Program

TUESDAYS
10:00 am-1:00 pm

September 10

October 8

November 12

FREE

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 (949) 461-3408. Leave your name and phone number.

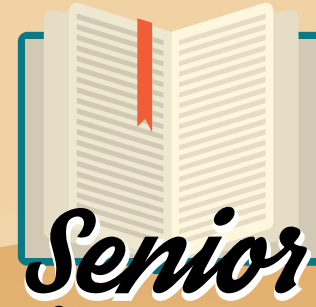
HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you understand health insurance regulations 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.



PHONE DIRECTORY

- 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



Emeritus Classes

SUMMER PRIORITY REGISTRATION
May 6th through June 17th, 2024

OPEN ENROLLMENT BEGINS
June 19th, 2024

CLASSES BEGIN
Week of August 19th

EMERITUS CLASSES are offered for active seniors through partnerships between the City, Irvine Valley College and Saddleback College. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population.

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

IRVINE VALLEY COLLEGE

New or returning students (those who skipped the fall or spring semester) will need to fill out the online Emeritus Application at www.academics.ivc.edu/emeritus or call (949) 367-8343 for more information. Class Schedule: www.ivc.edu/class-schedule

SADDLEBACK COLLEGE

New or returning students (those who skipped the fall or spring semester) will need to fill out the online Emeritus Application at www.saddleback.edu/emeritus or call (949) 582-4835 for more information. Class Schedule: www.saddleback.edu/cs

Once you have a Student ID and PIN #, please register at mysite.socccd.edu.

The South Orange County Community College District (SOCCCD) has a COVID-19 vaccination requirement for all students enrolling for in-person classes. This information can be found on the respective college Emeritus website.

SENIOR EMERITUS CLASSES

Irvine Valley College Classes



AQUA FITNESS TRAINING

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

Location: Lake Forest Beach & Tennis Club
22921 Ridge Route Dr

Tic #	Dates	Days	Time
64490	8/20-12/17	Tue	2:00-2:50 pm
64440	8/22-12/12	Thu	2:00-2:50 pm

BEGINNING CONVERSATION

Designed to help beginning ESL students develop their emerging listening and speaking skills of American English.

Fee: Free

Location: The Clubhouse, 100 Civic Center Dr

Tic #	Dates	Days	Time
62600	8/19-12/18	Mon/Wed	1:30-2:45 pm

CHAIR EXERCISE

Through a beginning independent movement techniques lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies.

Tic #	Dates	Days	Time
64380	8/19-12/16	Mon	12:00-1:05 pm
90240	8/22-12/12	Thu	12:30-1:20 pm

CIRCUIT TRAINING

Addresses the physical and mental health of the older adult through fitness activities with emphasis on staying active and independent. Topics include physical and cognitive benefits of exercise and injury prevention.

Tic #	Dates	Days	Time
90230	8/21-12/18	Wed	10:30-11:20 am

DYNA-BAND WORKOUT

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

Tic #	Dates	Days	Time
64350	8/20-12/17	Tue	12:30-2:20 pm

INTERMEDIATE IDIOMS

Offers intermediate ESL students extensive oral and written practice with new idiomatic vocabulary at work, in school, and in many life situations.

Fee: Free

Location: The Clubhouse
100 Civic Center Dr

Tic #	Dates	Days	Time
62660	8/20-12/17	Tue/Thu	1:30-2:45 pm

LINE DANCE

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

Tic #	Dates	Days	Time
64255	8/20-12/17	Tue	10:30-11:20 am
64335	8/20-12/17	Tue	11:30-12:20 pm

PHYSICAL FITNESS

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, and stretching and flexibility movements suited to the needs of the individual.

Tic #	Dates	Days	Time
64450	8/21-12/18	Wed	11:30-12:20 am
64395	8/22-12/12	Thu	10:30-11:20 am

PILATES

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Class includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Tic #	Dates	Days	Time
64300	8/20-12/17	Tue	10:30 am-12:20 pm

STRENGTH & BALANCE

This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness aimed at maintaining an active, independent lifestyle.

Fee: Free

Location: The Clubhouse , 100 Civic Center Dr.

Tic#	Dates	Day	Time
64305	8/19-12/16	Mon	10:30-11:20 am

Location: Lake Forest Beach & Tennis Club
22921 Ridge Route Dr.

Tic#	Dates	Day	Time
64360	8/21-12/18	Wed	10:00-11:05 am

STRETCH & FLEXIBILITY

Addresses the physical and mental health of the older adult through fitness activities with emphasis on staying active and independent. Topics include physical and cognitive benefits of exercise and injury prevention.

Location: The Clubhouse , 100 Civic Center Dr.

Tic#	Dates	Day	Time
90235	8/22-12/12	Thu	1:30-2:35 pm

TAI CHI MOBILITY

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

Location: The Clubhouse, 100 Civic Center Dr.

Tic#	Dates	Day	Time
64405	8/21-12/18	Wed	1:00-1:50 pm

YOGA

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

Tic#	Dates	Day	Time
64345	8/21-12/18	Wed	10:30-11:20 am
64460	8/21-12/18	Wed	1:00-2:50 pm
64485	8/22-12/12	Thu	11:30 am-12:20 pm

Saddleback College Classes

BEGINNING KNITTING

This class provides an introduction of the student to knitting stitches, techniques and fibers. Lectures include how to read and modify patterns, cast on and cast-off, basic stitches and finishing techniques. Primarily for older adults.

Instructor: Emeritus Staff

Location: The Clubhouse , 100 Civic Center Dr.

Tic#	Dates	Day	Time
13130	8/22-12/12	Thu	10:00 am-12:50 pm

INTERMEDIATE CLOTHING CONSTRUCTION

Clothing construction and pattern alterations. Examine and utilize commercial patterns, fabric textures, and principles of color design.

Tic #	Dates	Days	Time
10365	8/21-12/18	Wed	10:00 am-12:50 pm

LIFE AND TECHNOLOGY INTEGRATION FOR OLDER ADULTS

This class introduces students to the effective use of emerging technologies and how to create ease, efficiency, and comfort in completion of daily tasks. Students will learn about internet use, computers, tablets, smart cell phones, mobile apps, and other emerging technologies.

Instructor: Emeritus Staff

Location: The Clubhouse , 100 Civic Center Dr.

Tic #	Dates	Days	Time
80610	8/20-12/17	Tue	1:00-2:50 pm

CITY OF LAKE FOREST Transportation Options for Seniors

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior Residents via the Age Well Senior Services (AWSS) Bus and 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 own a vehicle? We have transportation for you with California Yellow Cab!

OPTIONS AND RATES:

- **FREE!** (Within Lake Forest city limits to The Clubhouse, non-emergency medical appointments, socializing, movies, etc).
- **\$5.00 One-Way (\$10.00 Round Trip)**
Within city limits of Laguna Hills, Laguna Niguel, Laguna Woods, Mission Viejo, Rancho Santa Margarita, Costco in Irvine and Laguna Niguel, Hoag Hospital Irvine, Kaiser Hospital Irvine, Irvine Spectrum, Mission Viejo Mall, and the VA Clinic in Laguna Hills.
- **VA Clinic in Santa Ana—Cost: \$10.00 One-Way (\$20.00 Round Trip)**
- **John Wayne Airport—Cost: \$20.00 One-Way (\$40.00 Round Trip)**

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.



NOTE: All Taxi passengers must be 60 years of age or better. It may take up to two weeks 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

FREE

JOIN THE FUN!

From Your Residence to The Clubhouse
Monday – Thursday
10:00 am–2:00 pm





HOW TO Register for Programs

Fall 2024 Registration Dates

Lake Forest Residents: Tuesday, Aug. 20, 2024 beginning at 8am | **Non-Residents:** Tuesday, Aug. 27, 2024 beginning at 8am

The City charges a non-refundable 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 the City's registration system please go 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.

Attn: Program Registration - Lake Forest Sports Park & Recreation Center, 28000 Rancho Parkway, Lake Forest, CA 92630

3 Walk-In Registration



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

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

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. 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.
5. 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.
6. Please allow for up to 30 days for your refund to be processed.

Refund Policy

1. A full refund (minus the 3% credit card fee) will be given for any activity cancelled by the City of Lake Forest; the 3% credit card fee is non-refundable.
2. Registrations for City of Lake Forest Excursions are non-transferable.
3. 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.
4. 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).
5. All Camp cancellations requesting refunds (for Little Wranglers, Creative Kids Club camps and Lake Forest Rocks) 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 Wranglers and Creative Kids Club Camps must call the Recreation Supervisor at (949) 273-6975.
6. Requests for Gazebo Rental Refunds will only be granted if the rental day is rained out or if the request is received one full week prior to your rental date. A \$10 admin fee will be charged to complete the refund.

City of Lake Forest Community Services Program Registration Form

Photocopy if more than one registration form is needed



Primary Contact (Responsible adult for registering persons into courses)

Last Name: _____ First Name: _____ Male female

Birthdate (Required) _____ Email (Required) _____

Street Address: _____ City, State, Zip: _____

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

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

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

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

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

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

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

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.
 I further agree to pay any and all costs incurred as a result of said treatment _____ YES NO
 I permit the use of activity/event photography and/or video of my child or myself for media promotion _____ YES NO
 Please contact me via email regarding upcoming city events and news at: _____ YES NO

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

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

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

DATE: _____

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

Mail this form with payment to - Attn: Program Registration
 Lake Forest Sports Park & Recreation Center 28000 Rancho Parkway Lake Forest, CA 92630



Question or Comments on Registration?
 Please Call: (949) 273-6960
 Or email: LFreconline@lakeforestca.gov

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

Office Use Only

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

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

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

NOT FOR EMERITUS PROGRAM REGISTRATION



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

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

POSTAL CUSTOMER

ECRWSS

ANNUAL Tree Lighting Ceremony

**Saturday,
 December 14
 3-6 pm**

- Entertainment
- Games • Crafts
- Sip & Shop
- Special Guests!



CITY TELEPHONE NUMBERS

Building Division	461-3470	Graffiti Hotline	461-3583
Building Inspection	461-3468	Housing	461-3569
City Clerk	461-3420	OC Animal Care ..	714-935-6848
City Council	461-3425	Notary	461-3420
City Manager's Office	461-3410	Planning	461-3535
Community Policing Center ..	461-3530	Public Works	461-3480
Community Preservation	461-3474	Recreation	461-3450
Economic Development	461-3567	Sports Park & Recreation Center ...	273-6960
Etnies Skatepark	916-5870		

FIND US ONLINE

City	LakeForestCA.gov
Economic Development	LakeForestBusiness.com Facebook.com/LakeForestBusiness
Etnies Skatepark of Lake Forest ...	EtniesSkatepark.com
LinkedIn	LinkedIn.com/in/City-of-Lake-Forest
Sports Park & Recreation Center ...	LFSportsPark.com

For more info call 949-273-6960 or visit our website at www.LakeForestCA.gov.
 Follow us on Twitter @LakeForestCA, Instagram @CityofLakeForestCA, and Nextdoor.

