

Spring 2025

The Leaflet

City News and Recreation Guide

BUNNY BLAST
EXTRAVAGANZA

PG 14



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Solid Waste
Agreement
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A MESSAGE FROM CITY MANAGER **DEBRA ROSE**

As we welcome 2025, we celebrate a significant milestone—25 years into the 21st century. This moment invites us to reflect on Lake Forest’s journey of growth and transformation while envisioning the exciting opportunities on the horizon.

Over the past year, Lake Forest has achieved several noteworthy milestones. We began by celebrating the expansion of the Etnies Skate Park of Lake Forest, honored the 10th anniversary of the Sports Park and Recreation Center, and marked the 25th anniversary of the closure of Marine Corps Air Station El Toro, turning point for Lake Forest, allowing City leaders to collaborate with landowners to reimagine the area. This partnership transformed industrial and commercial zones into thriving residential communities and led to the creation of key amenities such as the Sports Park, Civic Center, and essential traffic improvements—all achieved while keeping the City debt-free.

Innovation continues to define Lake Forest’s approach to public service. Through an pioneering collaboration with the City of Laguna Hills, we are delivering \$3.14 million in annual cost savings for residents via a new solid waste agreement with CR&R.

Looking ahead, 2025 brings new initiatives, including the launch of new City branding and updated street signs that reflect our evolving identity. These efforts, along with ongoing community enhancements, exemplify our dedication to progress while staying true to our rich history.

All of us at the City take pride in serving the residents of Lake Forest; we’re looking forward to meeting the opportunities that lie ahead with optimism and determination. As always, thank you for the opportunity to serve you.

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*.



LAKE FOREST EMBARKS ON CITYWIDE BRANDING INITIATIVE TO ENHANCE IDENTITY

New residential communities, new parks, new businesses, even new roads. Lake Forest has changed quite a bit since the City incorporated in 1991. Most importantly, more than 85,000 residents now call Lake Forest home – about 30,000 more than when the City was formed.

It's a good time ask: How can we describe what makes Lake Forest special? How can we show this to guests, visitors and businesses?

To find the answer, the City has launched a citywide initiative to articulate our personality, legacy and collective vision for Lake Forest. This effort, part of the City's Strategic Business Plan, and funded through the Strategic Economic Investment Program (SEIP).

Originally focused on a hotel marketing campaign to support pandemic recovery, the initiative was expanded after Lake Forest hotels recovered swiftly to pre-pandemic occupancy levels. With little input from local hotels regarding a proposed "Stay in Lake Forest" campaign, City leaders redirected their focus to a broader branding effort. This pivot supports long-term goals, including attracting and retaining businesses, enhancing residents' quality of life and fostering civic engagement.

The City has brought on JPW Communications, a well-regarded marketing firm with a proven track record, to lead the City in developing a unified message designed to enhance Lake Forest's visibility and appeal. The City's goals for the new brand identity include attracting diverse businesses, maintaining and improving the community's quality of life, and encouraging participation in civic and recreational activities among residents of all ages.

City leaders see the effort as an opportunity to energize existing programs while setting the stage for future growth. By crafting a brand that resonates with both residents and visitors, Lake Forest aims to strengthen its position as a vibrant, welcoming community.

The work began at the City's Tree Lighting event in December, where more than 160 residents filled out a survey to share their thoughts about the City. The more residents who participate, the more the outcome will reflect the City's identity, so watch the Lake Forest social media channels for more opportunities to participate.



We'd love to hear from you.

See lakeforestlistens.com or scan the QR code below to take a survey and see more about the project.





NEW SOLID WASTE AGREEMENT WITH CR&R

Residents and businesses may have heard there's a new agreement in town! After a competitive bidding process, a new agreement with CR&R for refuse and recycling collection will begin on July 1, 2025.

Residents and businesses can stay informed about the roll-out of new programs by visiting the City's website at www.lakeforestca.gov/en/trashandrecycling.

WHAT'S NEW?

- New Trucks - with collision avoidance, leak detection, and fire suppression systems
- New Carts and Bins – to be distributed in spring 2025
- New Kitchen Countertop Pails – to collect food scraps conveniently in your kitchen
- New Community Events
 - o Two free compost events annually
 - o Annual “how-to” compost workshop
 - o Annual bulky item drop-off day in addition to two curbside bulky item pickups
 - o Annual household hazardous waste drop-off event
 - o Two household hazardous waste pickups per year
 - o Sharps pre-paid mail-back program
 - o Extended holiday greenery recycling program

LAKE FOREST'S INNOVATIVE WASTE HAULING PARTNERSHIP SAVES MILLIONS FOR RESIDENTS

The City of Lake Forest has taken bold steps to fulfill its mission of delivering exceptional services while maintaining fiscal responsibility – and the efforts are being recognized regionally.

In a first-of-its-kind collaboration, Lake Forest partnered with the City of Laguna Hills to jointly secure a solid waste agreement with CR&R, achieving a cost savings for residents of \$314,000 annually.

The groundbreaking approach—recognized with the Southern California Chapter American Public Works Association Project of the Year award under the Creative and Innovative category—demonstrates Lake Forest's leadership in leveraging regional partnerships to drive efficiencies.

With its current solid waste agreement set to expire in 2025, Lake Forest adopted an innovative procurement process. Working under a shared Memorandum of Understanding, the two cities combined their service areas into a single Request for Proposal (RFP), creating economies of scale and fostering a competitive bidding process. This strategic approach resulted in CR&R offering an annual cost of \$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.

OC SHERIFF'S DEPARTMENT LAUNCHES HOME CAMERA REGISTRATION SYSTEM

The Orange County Sheriff's Department is asking residents in South Orange County to register their security camera locations to help law enforcement assess and respond to criminal activity and emergencies.

The program has two levels:

1. Registering your camera online, alerting investigators to camera locations in case your video might help solve a crime. The registration takes less than a minute online, and investigators would contact you by email if necessary. Registering your camera does not give the agency access to your live video stream.
2. Integrating your cameras: Integrating your cameras gives the agency direct access to your video feed in case of an emergency. All you need is a small device that plugs into your system.

The Sheriff's Department assures program participants that their information stays confidential, and participants will only be contacted if a crime occurs.

You can get more information and sign up at OCSheriff.gov/Connect.

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
Nancy Navarro	Happy Heavenly Birthday Nathan. I love you always	Crape Myrtle (pink)	Darrin Park
The Aalseth Family	In loving memory of our sweet little Julia Marie	Crape Myrtle (pink)	Regency Park
The Lowell Family	In loving memory of Tracy Ettinger	California Sycamore	Concourse Park
The Benjamin and Rios Families	In loving memory of Carlos Benjamin, beloved father, grandfather, and husband	Crape Myrtle (purple)	Alton Park
Maria Elena Bicer	In loving memory of Demetrio Bicer, a wonderful husband, father, and grandfather. An extraordinary inventor.	Crape Myrtle (pink)	Concourse Park
James and Courtney McKinnon	In loving memory of Madden Ohlwiller, forever in our hearts	Canary Island Pine	Peachwood Park



CAMERA REGISTRY PROGRAM

Share your security camera locations with the Orange County Sheriff's Department. Working together to keep Orange County **SAFE**.



LAKE FOREST UPDATES SPEED LIMITS

Did you know speeding contributes to about one-third of all traffic fatalities? To keep Lake Forest's roads safe for everyone, the City completed a state-mandated Engineering and Traffic Survey (E&TS) to evaluate speed limits across Lake Forest. This in-depth study ensures speed limits are fair, enforceable, and, most importantly, contribute to public safety.

Speed limits are designed to protect drivers from reckless or unsafe behavior. They reflect the speed most people already consider fair and reasonable, known as the 85th percentile speed, while also accounting for hazards or collision histories. Using radar surveys conducted at more than 125 locations during fair weather, Lake Forest gathered reliable data to determine where adjustments are necessary. Sixty of the 125 segments studied are recommended for speed limit reduction, 62 locations were identified for no speed limit changes and three locations are recommended to post/install speed limit signs.

KEY UPDATES:

- **Speed Reduction: El Toro Road (Rockfield Boulevard to Muirlands Boulevard)**

The speed limit on this busy eight-lane section of El Toro Road is being reduced from 45 mph to 40 mph. This area has experienced a concerning history of speed-related collisions, including incidents involving pedestrians and bicyclists. Designating it as a Safety Corridor enables the City to prioritize safety in this high-traffic area.

- **Speed Reduction: Alton Parkway (Commercentre Drive to Towne Centre Drive West)**

The speed limit on this stretch of Alton Parkway is being lowered from 60 mph to 55 mph. Although the 85th percentile speed is approximately 61 mph, this roadway has been the site of a series of speed-related collisions, ranking it among the City's top locations for accidents. Its designation as a Safety Corridor allows for the reduction to improve safety.

- **No Change: Towne Centre Drive/Rancho Parkway South to SR 241**

The speed limit on this roadway will remain at 50 mph, as data indicates most drivers travel at or below this speed. A new speed limit sign will be installed in the eastbound direction to enhance enforcement efforts.

WHAT'S A SAFETY CORRIDOR?

A Safety Corridor is a special designation for streets with a history of serious accidents, especially those involving fatalities or major injuries. These areas allow cities to reduce speed limits by up to 5 mph under California law.

Not every street can be part of a Safety Corridor, though — it's limited to 20 percent of City-maintained streets (about 40 miles in Lake Forest). By focusing on areas with the highest risks, Lake Forest can make a bigger impact on minimizing the severity of collisions.

Safety is Key in Lake Forest:

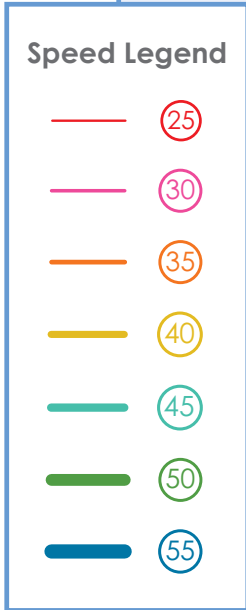
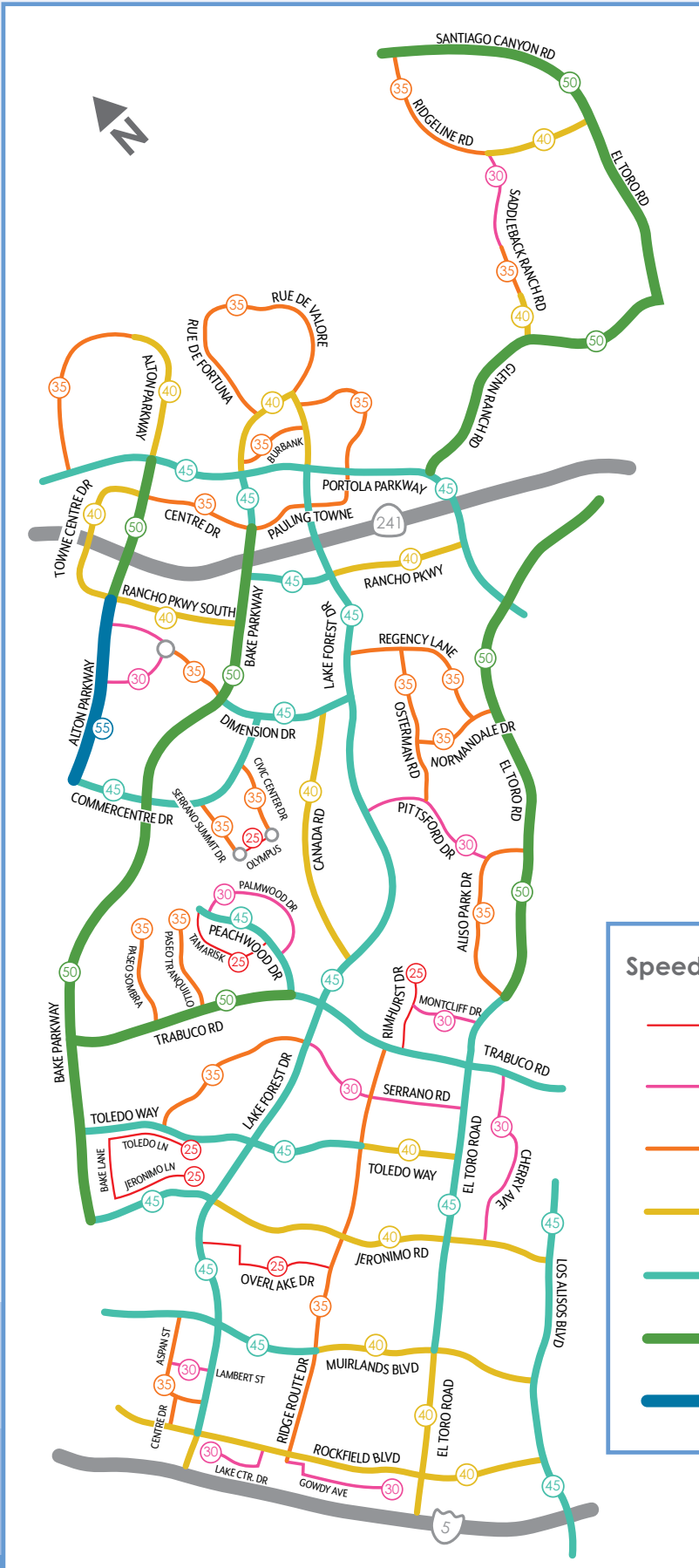
Lake Forest is dedicated to continually improving the safety of its streets. The City regularly monitors traffic patterns and accident data to identify areas for improvement, ensuring that speed limits reflect the safest, most appropriate conditions. Through this proactive approach, Lake Forest underscores its commitment to maintaining a safe and efficient road system for all residents, visitors, and commuters.





City of Lake Forest 2024 Speed Limit Map

The City of Lake Forest is making traffic safety a priority! Speed reductions will be implemented for safety and community needs specifically around parks, shopping or retail centers, religious centers, medical facilities and other areas.





FIGHTING FIRES BEFORE THEY START

Lake Forest residents are no strangers to wildfires, and the Orange County Fire Authority (OCFA) does a great job protecting the City.

But they don't do it alone. Over the summer months, Orange County shifts from a lush, green landscape into a dry, fire-prone tinderbox, forcing OCFA to be on high alert. This is where the Orange County Fire Watch volunteers step in. This group of individuals are stationed at high-risk areas to keep an eye out for wildfires and educate the public about fire safety, playing a huge role in saving lives, property, and the natural beauty of Orange County, said Madi Killebrew, the Fire Prevention & Management Program Manager.

The Orange County Fire Watch was born in 2007 when the Irvine Ranch Conservancy created a volunteer program to help monitor fires. Now, the Orange County Fire Watch is facilitated in partnership with OC Parks, the City of Irvine, the City of Newport Beach, the Irvine Ranch Conservancy, and OCFA.

Fire Watch volunteers monitor fire-prone areas such as parks and wilderness spaces during Red Flag Warnings—periods of high winds, low humidity, and elevated fire danger. Equipped with reflective vests and radios, volunteers work in teams, deterring arsonists, spotting early signs of fire, watching Alert CA cameras, and assisting with public safety efforts.

They staff key locations, such as, Whiting Ranch Wilderness Park near Lake Forest, Aliso & Wood Canyon Wilderness Park, and Laguna Coast Wilderness Park, reporting suspicious activities and potential fire hazards. During a recent Red Flag Warning, volunteers were stationed at Whiting Ranch Wilderness Park #1 (Glen Ranch Parking Lot), Whiting Ranch Wilderness Park #2 (Santiago Canyon Road), and five other locations along Santiago Canyon Road. These strategic placements

allowed them to effectively monitor high-risk zones and respond to potential hazards.

Their presence helps prevent wildfires before they start, making a major difference in times of need.

Each Orange County Fire Watch volunteer must be at least 18 years old, or 16 with parental permission, and must complete all requirements of an OC Parks or IRC volunteer to become a certified OC Fire Watch volunteer, including a background check and core training classes.

After initial training, Orange County Fire Watch Volunteers receive training on the history of wildland fires in Orange County, wilderness fire behavior, safety procedures, and recognizing and reporting dangerous situations. Volunteers are asked to dedicate at least 36 hours annually, often during the fall and winter months when fire danger is highest.

The threat of wildfire is part of life in Lake Forest, but with the combined efforts of the Orange County Fire Authority and the dedicated Orange County Fire Watch Volunteers, Lake Forest residents can take comfort authorities are prepared to protect our community and preserve its natural beauty.

To learn more or volunteer, email volunteer@ocparks.com, firewatch@irconservancy.org, or visit ocparks.com/about-us/volunteer.





BE READY FOR AN EMERGENCY: PREPARATION CAN BRING PEACE OF MIND

Emergencies such as wildfires, earthquakes, or storms can happen at any time. Being ready and staying informed are the best ways to keep you and your loved ones safe. Lake Forest has an emergency alert system to help residents get clear information when it's needed most.

Here's how you can prepare:

- **FIND YOUR ZONE.** Like many South County cities, Lake Forest is divided into evacuation zones to make it easier to send alerts during emergencies. If you ever need to evacuate, officials will name the zone instead of listing streets or landmarks. Go to www.lakeforestca.gov/evacuation to find your zone and see the evacuation map.
- **SIGN UP FOR ALERTS.** Lake Forest uses AlertOC (www.alertoc.org) and Nixle (www.nixle.com) to send emergency messages. These services will only send texts, emails, or calls about things like evacuation orders and safety updates. Make sure to sign up and keep your contact information up to date so you don't miss important alerts.
- **START GETTING READY NOW.** Being ready means more than signing up for alerts. Pack an emergency kit with food, water, medications, and important papers. Have a plan for where you'll go and how you'll get there. Visit the OC Fire Authority's "Ready, Set, Go!" guide at ocfa.org/RSG for more tips on creating a plan.

Stay informed. Sign up for alerts. Bookmark www.lakeforestca.gov/evacuation for updates and resources. Emergencies can be scary, but being prepared can help you stay safe and calm. Preparation is peace of mind—start today to protect what matters most.

Lake Forest Wants Your Input!

CITY SEEKS INPUT ON GRANT ALLOCATIONS

The City of Lake Forest is developing its Consolidated Plan, a crucial roadmap for allocating federal HUD funds, including Community Development Block Grants (CDBG).

Over the next five years, these grants will support projects like infrastructure, housing improvements, homelessness services, and public facilities—all aimed at helping low-income residents and neighborhoods.

The City is asking residents to help shape these priorities. The survey includes a translation feature, responses are anonymous, and it's open until February 28.

Take the survey at www.publicinput.com/h35740



DO YOU HAVE 1 MINUTE TO HELP MAKE LAKE FOREST BETTER?

JOIN YOUR FRIENDS AND NEIGHBORS TO MAKE YOUR VOICE HEARD ON IMPORTANT LOCAL ISSUES IN QUICK TEXT SURVEYS ON YOUR PHONE.

JUST TAKE A MINUTE TO SIGN UP:

WWW.FLASHVOTE.COM/LAKEFORESTCA

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

BE A STEWARD OF YOUR LOCAL ENVIRONMENT

Did you know your actions might be contributing to water pollution and waste? Many people don't realize that over half of residential water use happens outdoors. Runoff from sprinklers and irrigation can carry pollutants into local ecosystems while wasting precious water.

When sprinklers spray sidewalks, patios, or overwater landscaping, the excess water flows across streets and gutters, picking up pollutants like motor oil, pesticides, pet waste, bacteria, nitrates, toxic metals, and household chemicals. Unlike wastewater, stormwater runoff isn't treated—it flows straight to local creeks, lakes, and beaches, polluting these natural resources.

Preventing irrigation runoff helps fight pollution, conserve water, and save money. Here are some smart tips to protect the environment, conserve resources, and lower your water bill:

1 Adjust for the season. Plants need less water in fall and winter. Periodically review your sprinkler schedule and adjust based on weather and plant needs.

2 Turn sprinklers off during rain. Use the rain delay or automatic shut-off function on your controller (if applicable) and keep sprinklers off for 48 hours after rain.

3 Avoid overwatering. Most plants, especially lawns, don't need daily watering. Overwatering wastes water, pollutes, and can damage plants.

4 Use a water calculator. Try the calculator tool at bewaterwise.com/calculator.html.

5 Check your irrigation controller. Replace backup batteries regularly. Power outages can reset controllers to excessive factory settings.

6 Water at optimal times. Water lawns early in the morning or evening to minimize evaporation and maximize absorption.

7 Inspect your sprinklers. Regularly check for leaks and adjust misdirected sprinklers to avoid watering sidewalks or streets.

8 Plant California-friendly landscaping. With over 6,000 drought-tolerant options, these plants use about two-thirds less water. Visit cafriendlyplants.watersavingplants.com for ideas.

9 Explore resources. Visit h2oc.org for tips, rebates, events, and more water-saving strategies.

Take these simple steps to make a big difference in preserving our water and environment.

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



SPRING 2025

March, April, May

Recreation Program Guide



SPRING 2025

Registration Dates

Residents:

Begins at 8 am, Tuesday,
February 11, 2025

Non-Residents:

Begins at 8 am, Tuesday,
February 18, 2025

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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

**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 **SPRING HOLIDAY SCHEDULE**

EASTER OBSERVED
Sunday, April 20, 2025

MEMORIAL DAY OBSERVED
Monday, May 26, 2025



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**



Bunny Blast

EGGSTRAVAGANZA

El Toro Park
23701 Los Alisos Blvd

Saturday, April 12
11 am-2 pm

egg stations*

bring your own bag or basket

carnival games

Pre-Sale Wristbands (before April 12) \$10

Day of Event Wristbands (if not sold out) \$15

Wristbands must be purchased **IN-PERSON** at the Lake Forest Recreation Center. **Cash Only.** Online registration is not accepted. **First 1,000 participants **No refunds will be given for cancellations or lost wristbands.*



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 # 13121:
Friday, April 11, 6:30-9 pm

The City of Lake Forest
The Pet Adoption Center of Orange County
Orange County Supervisor Don Wagner

INVITE ALL ANIMAL LOVERS AND THEIR PETS TO THE 7TH ANNUAL

South County Pet Expo

Saturday, April 26th 10:00am-2:00pm

Lake Forest Sports Park & Recreation Center
(28000 Rancho Pkwy, Lake Forest, Ca 92630)



- ♥ A WIDE VARIETY OF ADOPTABLE PETS FROM MULTIPLE RESCUES!
 - 🐾 AN ARRAY OF PET PRODUCTS, DEMONSTRATIONS, AND INFO!
 - 🏥 VETERINARIANS, VACCINE CLINIC, AND PET-RELATED SERVICES!
 - 🎯 SILENT AUCTION, FOOD TRUCKS, GIVEAWAYS, AND FAMILY FUN!
 - 🐕 BRING YOUR WELL SOCIALIZED/VACCINATED/PEOPLE-FRIENDLY DOG!
- *You may be asked to leave the event if your dog is not friendly.*

ADDITIONAL PARKING LOCATED AT SADDLEBACK CHURCH

FOR EVENT INFORMATION (INCLUDING VENDOR AND SPONSOR INFO): CONTACT KEVIN FERNANDEZ

PHONE: (949) 273-6978 EMAIL : sponsor@adoptocpets.org

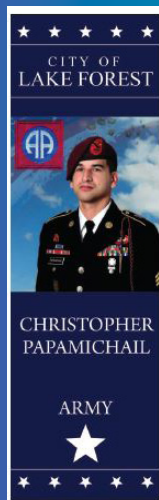


DONALD P. WAGNER
gov.com



Hometown Hero Banners AVAILABLE

Honor a loved one by displaying a military honoree banner at the Civic Center!



- A new banner (\$300) includes the honoree's name, a formal military photo and their armed forces branch. Extend the display of a 2023 Hometown Hero Banner for an additional year (\$150).
- Banners are installed the week prior to Memorial Day and are displayed on Civic Center Drive for one year.
- After one year, the banner is given to the sponsor or can be renewed for another year of display.

For more information, email Vicky Blethen at: vblethen@lakeforestca.gov

ORGANIC Farmers' Market

Wednesdays
4:00 - 8:00 pm

*Weather Permitting



Lake Forest Sports Park & Recreation Center
28000 Rancho Parkway
Parking lot area in front of the Recreation Center

Birthday Party Packages

Fee: \$125 R | \$175 NR

Come and celebrate your special day with us.

Package includes a 2-hour party in our meeting room for up to 20 kids. For more package details, please call (949) 273-6960.





CITY OF LAKE FOREST

ADULT SOFTBALL LEAGUES

\$500 RESIDENT TEAM
\$550 NON-RESIDENT TEAM
UMPIRE FEE - \$15 CASH PER GAME

MEN'S TUESDAY OR THURSDAY NIGHTS

COED WEDNESDAY NIGHTS

GAMES PLAYED AT LAKE FOREST SPORTS PARK

(949) 273-6960

SCAN ME





Spring Break Camp

CREATIVE KIDS CLUB – SPRING BREAK CAMP

The birds are chirping and the sun is shining, Spring is officially here! Make your Spring Break memorable at the Creative Kids Spring Break Camp. This week-long camp consists of crafts, games, and a visit from a special guest. Participants must bring snacks and a non-perishable lunch daily. Please see camp cancellation policy below.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$200 R | \$205 NR

Activity #:	Ages	Dates	Days	Time:
13195	6-13yrs	4/14-4/18	Mon-Fri	7:30 am-6:00 pm

2025 CAMP CANCELLATION POLICY AND FEE

- All Camp cancellations requesting refunds (for Creative Kids Club Camps) must be submitted by 5pm 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 Creative Kids Club Camps must call the Recreation Supervisor at (949) 273-6975.

Preschool & School Aged Classes

ST. PATRICK'S DAY PRESCHOOL PARTY

3-5 YRS

Lucky you! You're invited to a super fun St. Patrick's Day party! Get ready for Leprechauns, Shamrocks, Rainbows, and a shiny pot of gold! We've got lots of fun stories to share too! Come join us for games, crafts, and yummy snacks! It's going to be a magical time! Parent participation required. **Please register by March 12th to guarantee a spot!**

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$15 R | \$20 NR

Activity #	Date	Day	Time
13315	3/15	Sat	11:00 am-1:00 pm

SPRING PRESCHOOL PARTY

3-5 YRS

Get ready for an egg-citing time at our Easter Preschool Party! We've got a day full of fun activities like an Easter egg hunt, games, arts and crafts, and tasty treats. Kids will love collecting colorful eggs filled with surprises, making cute springtime crafts, and playing with new friends. Don't forget to bring your basket to collect all the goodies! It's going to be a hopping good time that everyone will enjoy! Parent participation required. **Please register by April 16th to guarantee a spot!**

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$15 R | \$20 NR

Activity #	Date	Day	Time
13316	4/19	Sat	11:00 am-1:00 pm





MUSIC TOGETHER FOR YOU AND YOUR BABY **BIRTH-8 MONTHS**

The one semester Music Together Babies class was created especially for families with infants under 8 months old. That's right: It's never too early to start our music classes.

Instructor: Elena Salisbury
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

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

Material Fee: \$44

Activity #	Dates	Days	Time
13165	4/11-5/23	Fri	11:45 am-12:30 pm

MUSIC TOGETHER **BIRTH-4 YRS**

Fun. Fabulous. Uplifting. These are just a few of the ways parents describe an award-winning Music Together program. Each week we gather together to make music as a community. Our classes give families the chance to get in touch with their inner musician and connect with other families. We are on a mission to make the world a better place by making more music.

Instructor: Elena Salisbury
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

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

\$185 R | \$190 NR (9-week session)

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

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

Activity #	Dates	Days	Time
Demo Class			
13161	4/1	Tue	10:30-11:15 am
13162	4/1	Tue	4:30-5:15 pm
13163	4/4	Fri	9:15-10:00 am
13164	4/5	Sat	9:00-9:45 am

10-week session

13166	4/8-6/10	Tue	10:30-11:15 am
13167	4/8-6/10	Tue	4:30-5:15 pm
13168	4/11-6/13	Fri	9:15-10:00 am
13169	4/11-6/13	Fri	10:15-11:00 am

9-week session

13170	4/12-6/14	Sat	9:00-9:45 am
13171	4/12-6/14	Sat	10:00-10:45 am

BALLET, JAZZ, & TAP COMBO **2.5-4 YRS | 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. Last day performance for family. Please read before first class: socaarts.com/policies-procedures/. No class 4/5, 4/9, 4/16 & 4/26.

Instructor: SoCa Arts Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$143 R | \$148 NR (9-week session)

\$159 R | \$164 NR (10-week session)

Activity #	Ages	Dates	Days	Time
13145	3-6 yrs	3/8-5/17	Sat	9:50-10:35 am
13147	2.5-4 yrs	3/12-5/28	Wed	4:20-5:05 pm

ALL IN ONE DANCE **3.5-7 YRS**

Try multiple styles of dance! Dancers learn beginning ballet, jazz, and hip hop in an encouraging environment. Class helps improve coordination, rhythm, and even sports ability! Leotard, tights or leggings, and jazz shoes required. Last day performance for family. Please read before first class: socaarts.com/policies-procedures/. No class 4/5 & 4/26.

Instructor: SoCa Arts Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$143 R | \$148 NR (9-week session)

Activity #	Dates	Days	Time
13146	3/8-5/17	Sat	10:40-11:25 am

HIP HOP

4-7 YRS

An upbeat, popular class for children! Dancers learn beginning hip hop and basic tumbling 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. Last day performance for family. Please read before first class: socaarts.com/policies-procedures/. No class 4/5 & 4/26.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$143 R | \$148 NR (9-week session)

Activity #	Dates	Days	Time
13148	3/8-5/17	Sat	11:30 am-12:15 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. Last day performance for family. Please read before first class: www.socaarts.com/policies-procedures/. No class 4/9 & 4/16.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$159 R | \$164 NR (10-week session)

Activity #	Dates	Days	Time
13150	3/12-5/28	Wed	5:10-5:55 pm

PRINCESS BALLET

2.5-4 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 due on first day of class. Last day performance for family. Please read before class: socaarts.com/policies-procedures/. No class 4/5 & 4/26.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$143 R | \$148 NR (9-week session)

Activity #	Dates	Days	Time
13144	3/8-5/17	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. Last day performance for family. Please read before first class: www.socaarts.com/policies-procedures/. No class 4/9 & 4/16.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$159 R | \$164 NR (10-week session)

Activity #	Dates	Days	Time
13149	3/12-5/28	Wed	3:30-4:15 pm

BRUSH GAME

3-6 YRS | 7-12 YRS

Unleash your child's inner artist in our Brush Games. This class explores the world of watercolor painting, nurturing creativity and painting skills in a vibrant and supportive environment.

Instructor: Beauty of Music

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$200 R | \$205 NR (8-week session)

Activity#	Ages	Dates	Days	Time
13322	3-6 yrs	3/12-4/30	Wed	3:00-4:00 pm
13323	7-12 yrs	3/12-4/30	Wed	4:10-5:10 pm

AIRDRY CLAY PLAYHOUSE

3-6 YRS | 7-12 YRS

Let your child's imagination run wild in our Clay Playhouse. Sculpt, shape, and create animals and food miniatures with clay as young artists embark on a journey of tactile creativity, building fine motor skills and fostering their artistic talents.

Instructor: Beauty of Music

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$200 R | \$205 NR (8-week session)

Material Fee: \$30

Activity#	Ages	Dates	Days	Time
13324	3-6 yrs	3/14-5/2	Fri	3:00-4:00 pm
13325	7-12 yrs	3/14-5/2	Fri	4:10-5:10 pm

REGISTRATION DATES



Residents: Tues., Feb. 11, 2025, 8:00 am

Non-Residents: Feb. 18, 2025, 8:00 am

CHOIR CARNIVAL

3-6 YRS | 7-12 YRS

Discover the joy of singing in harmony with our choir class. In this engaging class, students explore vocal practice, fostering teamwork in a supportive environment. Join now for your children to create beautiful melodies with their friends.

Instructor: Beauty of Music

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$200 R | \$205 NR (8-week session)

Activity#	Ages	Dates	Days	Time
13326	3-6 yrs	3/12-4/30	Wed	3:30-4:30 pm
13327	7-12 yrs	3/12-4/30	Wed	4:40-5:40 pm

STRATEGIC CHESS

5-12 YRS

Strategic Chess uses a story-based curriculum which will get children excited about the amazing game of chess. All levels are welcome as we will tailor to the skill levels of the students in the class and have over 100 lessons from the rules of the game to strategies and tactics. In each class, children receive a 30-minute lesson followed by 30 minutes of chess playing time! Chess teaches many life skills including sportsmanship, patience, strategic thinking, planning ahead, and working towards a goal. The class will end with a fun tournament where students have the opportunity to win trophies and prizes!

Instructor: Strategic Kids

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity#	Dates	Days	Time
13320	3/18-5/6	Tue	4:00-5:00 pm

LEGO STORYTELLING

5-12 YRS

LEGO storytelling uses LEGO to expose children to storytelling concepts such as developing settings, working with characters, plot, conflict, and themes. These concepts will be applied using various story prompts meant to inspire exciting LEGO builds. Children will have the ability to enhance their speaking skills as they will be encouraged to share their creative tales with their classmates.

Instructor: Strategic Kids

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity#	Dates	Days	Time
13321	3/20-5/8	Thu	4:00-5:00 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

\$120 R | \$125 NR (5-week session)

Activity #	Dates	Days	Time
13151	4/30-5/28	Wed	6:00-7:00 pm

BEGINNING GUITAR & UKULELE ENSEMBLE CLASS 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

\$120 R | \$125 NR (5-week session)

Activity #	Dates	Days	Time
13152	4/30-5/28	Wed	7:00-8:00 pm

PRESCHOOL GYMNASTICS— (PEE WEE GYMNASTICS)

3.6-5.5 YRS | 4-6.3 YRS

This beginner's 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
13239	3.6-5.5 yrs	3/4-3/25	Tue	1:00-1:50 pm
13240	4-6.3 yrs	3/6-3/27	Thu	3:00-3:50 pm
13241	3.6-5.5 yrs	4/1-4/22	Tue	1:00-1:50 pm
13242	4-6.3 yrs	4/3-4/24	Thu	3:00-3:50 pm
13243	3.6-5.5 yrs	5/6-5/27	Tue	1:00-1:50 pm
13244	4-6.3 yrs	5/8-5/29	Thu	3:00-3:50 pm

PARENT & ME (PEE WEE) GYMNASTICS

1.4-3.5 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

\$75 R | \$80 NR (4-week session)

Activity#	Ages	Dates	Days	Time
13228	1.4-2.3 yrs	3/4-3/25	Tue	9:30-10:15 am
13229	1.6-3.3 yrs	3/4-3/25	Tue	10:20-11:05 am
13230	1.6-3.3 yrs	3/5-3/26	Wed	10:00-10:45 am
13231	1.4-2.3 yrs	4/1-4/22	Tue	9:30-10:15 am
13232	1.6-3.3 yrs	4/1-4/22	Tue	10:20-11:05 am
13233	1.6-3.3 yrs	4/2-4/23	Wed	10:00-10:45 am
13234	2-3.5 yrs	4/2-4/23	Wed	10:55-11:40 am
13235	1.4-2.3 yrs	5/6-5/27	Tue	9:30-10:15 am
13236	1.6-3.3 yrs	5/6-5/27	Tue	10:20-11:05 am
13237	1.6-3.3 yrs	5/7-5/28	Wed	10:00-10:45 am
13238	2-3.5 yrs	5/7-5/28	Wed	10:55-11:40 am

BREAKTHROUGH SPORTS VOLLEYBALL TRAINING ACADEMY 3RD-5TH GRADE / 6TH-8TH GRADE

With more than twenty years of experience developing youth sports programming for professional sports teams (LA Clippers, Kansas City Chiefs, Sporting KC, Anaheim Ducks), Breakthrough Sports brings its award-winning Training Academy to Lake Forest families! Breakthrough Sports coaches 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

\$90 R | \$95 NR (4-week session)

Activity#	Grades	Dates	Days	Time
13303	3rd-5th	3/2-3/23	Sun	2:00-3:00 pm
13306	6th-8th	3/2-3/23	Sun	3:00-4:00 pm
13304	3rd-5th	4/6-4/27	Sun	2:00-3:00 pm
13307	6th-8th	4/6-4/27	Sun	3:00-4:00 pm
13305	3rd-5th	5/4-5/25	Sun	2:00-3:00 pm
13308	6th-8th	5/4-5/25	Sun	3:00-4:00 pm



LAKE FOREST SPORTS PARK & RECREATION CENTER



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

OPEN GYM Daily Program

NEW MEMBERSHIPS AVAILABLE NOW.

Residents Non-Residents

\$5 Daily \$10 Daily
\$120 Yearly Pass \$240 Yearly Pass

Open Gym ID Card Replacement \$15

Basketball:

Monday-Friday11:00 am-1:00 pm
Monday (30 and older)6:30 pm-9:30 pm
Saturday3:00-6:00 pm

Volleyball:

Friday6:30-9:30 pm
Saturday6:30-9:30 pm
Sunday10:00 am-2:00 pm

Pickleball:

Tuesday 8:30-10:30 am
Thursday 8:30-10:30 am
3rd Thursday of the month6:30-9:30pm

Futsal Soccer:

Thursday6:30-9:30 pm
(except 3rd Thursday of the month)

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

Holiday closures:

Sunday, April 20, 2025

Monday, May 26, 2025

FOLLOW US



@lfsportspark @lakeforest_sportspark

SUPER SOCCER STARS



PARENT & ME

1-2 YRS

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!

\$135 R | \$140 NR (5-week session)

Activity #	Dates	Days	Time
13199	3/15-4/12	Sat	9:00-9:40 am
13201	3/15-4/12	Sat	11:30 am-12:10 pm
13203	3/16-4/13	Sun	9:45-10:25 am
13200	5/3-5/31	Sat	9:00-9:40 am
13202	5/3-5/31	Sat	11:30 am-12:10 pm
13204	5/4-6/1	Sun	9:45-10:25 am

SUPER SOCCER STARS

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!

\$135 R | \$140 NR (5-week session)

Activity #	Dates	Days	Time
13205	3/15-4/12	Sat	8:15-8:55 am
13207	3/15-4/12	Sat	9:50-10:30 am
13209	3/16-4/13	Sun	9:00-9:40 am
13206	5/3-5/31	Sat	8:15-8:55 am
13208	5/3-5/31	Sat	9:50-10:30 am
13210	5/4-6/1	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.

\$135 R | \$140 NR (5-week session)

Activity #	Dates	Days	Time
13211	3/15-4/12	Sat	9:00-9:45 am
13213	3/16-4/13	Sun	10:35-11:20 am
13212	5/3-5/31	Sat	9:00-9:45 am
13214	5/4-6/1	Sun	10:35-11:20 am

SUPER SOCCER STARS

4-5 YRS

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.

\$135 R | \$140 NR (5-week session)

Activity #	Dates	Days	Time
13215	3/15-4/12	Sat	10:35-11:25 am
13217	3/16-4/13	Sun	11:25 am-12:15 pm
13216	5/3-5/31	Sat	10:35-11:25 am
13218	5/4-6/1	Sun	11:25 am-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.

\$135 R | \$140 NR (5-week session)

Activity #	Dates	Days	Time
13219	3/15-4/12	Sat	9:50-10:50 am
13221	3/16-4/13	Sun	12:20-1:20 pm
13220	5/3-5/31	Sat	9:50-10:50 am
13222	5/4-6/1	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.

\$140 R | \$145 NR (5-week session)

Activity #	Dates	Days	Time
13223	3/15-4/12	Sat	11:00 am-12:00 pm
13224	5/3-5/31	Sat	11:00 am-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-SPORTTOTS 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 4/19 & 5/24.

\$149 R | \$154 NR (9-week session)

Activity #	Ages	Dates	Days	Time
13245	2-3.5 yrs	3/22-5/31	Sat	9:00-9:40 am
13246	2-3.5 yrs	3/22-5/31	Sat	9:50-10:30 am
13247	3.5-4.5 yrs	3/22-5/31	Sat	10:40-11:20 am
13248	4.5-5 yrs	3/22-5/31	Sat	11:30 am-12:10 pm
13249	2-3.5 yrs	3/18-5/13	Tue	4:00-4:40 pm
13250	2-3.5 yrs	3/18-5/13	Tue	4:50-5:30 pm
13251	4.5-5 yrs	3/18-5/13	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 4/19 & 5/24.

\$149 R | \$154 NR (9-week session)

Activity #	Dates	Days	Time
13252	3/22-5/31	Sat	12:20-1:00 pm
13253	3/18-5/13	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.

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

9-12 yrs: \$115 R | \$120 NR (5-week session)

Activity #	Ages	Dates	Days	Time
13254	6-8 yrs	3/20-4/17	Thu	5:40-6:20 pm
13256	9-12 yrs	3/20-4/17	Thu	6:30-7:30 pm
13255	6-8 yrs	5/8-6/5	Thu	5:40-6:20 pm
13257	9-12 yrs	5/8-6/5	Thu	6:30-7:30 pm

HOOPSTERTOTS 3.5-4.5 YRS | 4.5-5 YRS

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

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

Activity #	Ages	Dates	Days	Time
13258	3.5-4.5 yrs	3/20-4/17	Thu	4:00-4:40 pm
13259	4.5-5 yrs	3/20-4/17	Thu	4:50-5:30 pm
13260	3.5-4.5 yrs	5/8-6/5	Thu	4:00-4:40 pm
13261	4.5-5 yrs	5/8-6/5	Thu	4:50-5:30 pm

SOCCERTOTS 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.

FRIDAY SESSION LOCATION:

Pittsford Park, 21701 Pittsford Dr

WEDNESDAY SESSIONS LOCATION:

Lake Forest Sports Park, 28000 Rancho Pkwy

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

Activity #	Ages	Dates	Days	Time
13262	2-3.5 yrs	3/21-4/18	Fri	4:00-4:40 pm
13266	3.5-4.5 yrs	3/21-4/18	Fri	4:50-5:30 pm
13270	4.5-5 yrs	3/21-4/18	Fri	5:40-6:20 pm
13263	2-3.5 yrs	3/19-4/16	Wed	4:00-4:40 pm
13267	3.5-4.5 yrs	3/19-4/16	Wed	4:50-5:30 pm
13271	4.5-5 yrs	3/19-4/16	Wed	5:40-6:20 pm
13264	2-3.5 yrs	5/9-6/6	Fri	4:00-4:40 pm
13268	3.5-4.5 yrs	5/9-6/6	Fri	4:50-5:30 pm
13272	4.5-5 yrs	5/9-6/6	Fri	5:40-6:20 pm
13265	2-3.5 yrs	5/7-6/4	Wed	4:00-4:40 pm
13269	3.5-4.5 yrs	5/7-6/4	Wed	4:50-5:30 pm
13273	4.5-5 yrs	5/7-6/4	Wed	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.

FRIDAY SESSION LOCATION:

Pittsford Park, 21701 Pittsford Dr

WEDNESDAY SESSIONS LOCATION:

Lake Forest Sports Park, 28000 Rancho Pkwy

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

Activity #	Dates	Days	Time
13274	3/21-4/18	Fri	6:30-7:10 pm
13275	3/19-4/16	Wed	6:30-7:10 pm
13276	5/9-6/6	Fri	6:30-7:10 pm
13277	5/7-6/4	Wed	6:30-7:10 pm

TINY HAWK TENNIS

4 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 5/26.

Location: Pittsford Park Tennis Courts

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

Activity #	Dates	Days	Time
13278	3/17-4/14	Mon	4:00-4:40 pm
13279	4/28-6/2	Mon	4:00-4:40 pm

SKYHAWKS TENNIS 5-6 YRS | 7-8 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. No class 5/26.

Location: Pittsford Park Tennis Courts

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

Activity #	Ages	Dates	Days	Time
13280	5-6 yrs	3/17-4/14	Mon	4:50-5:30 pm
13281	7-8 yrs	3/17-4/14	Mon	5:40-6:20 pm
13282	5-6 yrs	4/28-6/2	Mon	4:50-5:30 pm
13283	7-8 yrs	4/28-6/2	Mon	5:40-6:20 pm

SKYHAWKS SOCCER WORKSHOP

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. This one-day workshop will focus on dribbling, passing, shooting, and ball control. By the end of the day, your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved their soccer skills.

\$69 R | \$74 NR (1-class session)

Activity #	Ages	Dates	Days	Time
13284	4-6 yrs	4/27	Sun	9:00 am-12:00 pm
13285	7-12 yrs	4/27	Sun	9:00 am-12:00 pm

SKYHAWKS FLAG FOOTBALL WORKSHOP

Dive into the excitement with Skyhawks Flag Football! This one-day workshop teaches passing, receiving, defense, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, positive environment.

\$69 R | \$74 NR (1-class session)

Activity #	Ages	Dates	Days	Time
13287	7-12 yrs	3/23	Sun	9:00 am-12:00 pm

SKYHAWKS BASKETBALL WORKSHOP

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this one-day workshop sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court!

\$69 R | \$74 NR (1-class session)

Activity #	Ages	Dates	Days	Time
13288	7-12 yrs	5/18	Sun	9:00 am-12:00 pm



BREAKTHROUGH SPORTS SOCCER TRAINING ACADEMY **K-5TH GRADE / 6TH- 8TH GRADE**

With more than twenty years of experience developing youth sports programming for professional sports teams (LA Clippers, Kansas City Chiefs, Sporting KC, Anaheim Ducks), Breakthrough Sports brings its award-winning Training Academy to Lake Forest families! Breakthrough Sports coaches will help participants improve mechanics, soccer IQ and most of all confidence in a FUN environment. A new curriculum will be designed weekly to work on all aspects of soccer in addition to strength building exercises.

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

\$90 R | \$95 NR (4-week session)

Activity#	Grades	Dates	Days	Time
13309	K-5th	3/6-3/27	Thu	4:00-5:00 pm
13312	6th-8th	3/6-3/27	Thu	5:00-6:00 pm
13310	K-5th	4/3-4/24	Thu	4:00-5:00 pm
13313	6th-8th	4/3-4/24	Thu	5:00-6:00 pm
13311	K-5th	5/1-5/22	Thu	4:00-5:00 pm
13314	6th-8th	5/1-5/22	Thu	5:00-6:00 pm

YOUTH TRACK & RUNNING CLUB **8-18 YRS**

This program is led by USA Track & Field certified coaches and are 2017, 2019 & 2024 OC Register's Cross-Country Coach of the Year. 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: Portola Park, 28040 Glenn Ranch Rd

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

Activity#	Dates	Days	Time
13317	Mar	Tue/Wed/Fri	6:00-7:00 pm
13318	Apr	Tue/Wed/Fri	6:00-7:00 pm
13319	May	Tue/Wed/Fri	6:00-7:00 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, 25101 Serrano Rd

\$165 R | \$170 NR (8-week session)

Activity#	Dates	Days	Time
13364	3/31-5/19	Mon	9:30 -10:15 am

PARENT AND ME: SPRING TIME HANDS-ON WITH BIONERDS! **3-4 YRS**

Have you ever wanted to explore biology with your little ones in a fun and hands-on experience together? Build deeper connections as you and your child engage in science together! Be up close with live organisms and perform biology activities to learn about worms, bees, beetles, ladybugs and more!

Instructor: Bionerds Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$120 R | \$125 NR (4-week session)

Material Fee: \$30

Activity#	Dates	Days	Time
13137	4/23-5/14	Wed	10:00-10:45 am



CAMPING SCIENCE: CONNECTING WITH NATURE!

5-12 YRS

Come and join our exciting hands-on workshop to help your child recognize and appreciate the living world just outside their window. We will discuss camping-related topics, such as wildlife, survival, sun power, rocks and more. Your child will be up close with live/preserved organisms and engage in cool camping-related activities.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$156 R | \$161 NR (6-week session)

Material Fee: \$60

Activity#	Dates	Days	Time
13138	3/6-4/10	Thu	5:00-6:00 pm

FOOD SCIENCE: YOUR FOOD IS ALIVE! (HALF-DAY CAMP)

5-12 YRS

Come and join us as we learn about the amazing world of food science! We will discuss how some living organisms related to foods such as cheese, honey, bread, and more. Learn the science of sugar, food coloring, nutrition, and more. Your child will be up close with live/fresh organisms/food and engage in cool biology activities. Some of these foods are to take home! No nuts in class but please indicate allergies if any.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$240 R | \$245 NR (5-day camp)

Material Fee: \$95

Activity#	Dates	Days	Time
13140	4/14-4/18	Mon-Fri	9:00 am-12:00 pm

MIX AND MATCH BIOLOGY

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about food biology, digestion system, worms, beetles, and water creatures. Your child will get up close with live/fresh/preserved specimens, perform some dissections, and engage in cool biology experiments/activities.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$156 R | \$161 NR (6-week session)

Material Fee: \$60

Activity#	Dates	Days	Time
13141	4/24-5/29	Thu	5:00-6:00 pm

MARTIAL ARTS FOR PRESCHOOL CHILDREN

4-6 YRS

In this class, children will develop concentration in their eyes, minds, and bodies. They will also learn listening skills to follow instructions and improve control over their bodies and physical balance through various basic martial arts activities. Registrants may attend one class per week, with the flexibility to choose any day from Monday to Saturday. 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 (4-week session)

Activity#	Dates	Days	Time
13196	3/3-3/29	Mon-Sat	3:30-4:00 pm

MARTIAL ARTS FOR ELEMENTARY CHILDREN

6-12 YRS

In this class, children will learn to develop a positive attitude in an individual or team environment. They will also learn self-defense, self-discipline, self-confidence, and perseverance to achieve their individual life goals. Registrants may attend one class per week, with the flexibility to choose any day from Monday to Saturday. 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 (4-week session)

Activity#	Dates	Days	Time
13197	3/3-3/29	Mon-Sat	4:10-4:50 pm
13198	3/3-3/29	Mon-Sat	5:00-5:40 pm



KARATE KICKSTART CLASS

7+ YRS

Learn the basics of self-defense in a fun, engaging atmosphere with an emphasis on fitness, self-discipline, confidence, and respect. It's not just for kids—we're a family-oriented school, parents can train alongside their child and have meaningful together time while getting exercise + learning necessary skills for protecting loved ones and yourself!

Instructor: PKSA Staff

Location: 22600 F Lambert St., #1205, Lake Forest

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

Activity#	Dates	Days	Time
13193	3/10-4/16	Mon/Wed	5:00-5:45 pm
13194	4/21-5/28	Mon/Wed	5:00-5:45 pm

RECREATIONAL CLIMBING CLASS

7-13 YRS

An instructional class focused on building fundamentals through fun group activities, team building, and fun games.

Instructor: Aesthetic Climbing Staff

Location: 26794 Vista Terrace, Lake Forest

\$260 R | \$265 NR

Activity#	Dates	Days	Time:
13225	3/4 - 3/27	Tue/Thu	4:30-6:30 pm
13226	4/1 - 4/29	Tue/Thu	4:30-6:30 pm
13227	5/1 - 5/29	Tue/Thu	4:30-6:30 pm

READING DEVELOPMENT

GRADES K-2 | 4.5-8 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. No class 4/14, 4/16, 5/26.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$129 R | \$134 NR (3-week session)

\$169 R | \$174 NR (4-week session)

Activity#	Dates	Days	Time
13172	3/5-3/24	Mon/Wed	3:30-4:25 pm
13173	3/31-4/30	Mon/Wed	3:30-4:25 pm
13174	5/7-5/28	Mon/Wed	3:30-4:25 pm

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



READING DEVELOPMENT

GRADES 3-6 | 7.5-11.5 YRS

Individualized to student's needs. Improves comprehension, vocabulary, spelling and fluency. Specially-trained teachers test, structure and implement your child's program. First day is comprehensive testing. More info: 949-263-0633. No class 4/14, 4/16, 5/26.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$129 R | \$134 NR (3-week session)

\$169 R | \$174 NR (4-week session)

Activity#	Dates	Days	Time
13175	3/5-3/24	Mon/Wed	4:30-5:25 pm
13176	3/31-4/30	Mon/Wed	4:30-5:25 pm
13177	5/7-5/28	Mon/Wed	4:30-5:25 pm

MATH DEVELOPMENT

GRADES 2-6 | 6.5-11.5 YRS

Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts of (+ ? × ÷), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills. Based on assessments an individualized program is designed to reinforce skill gaps and build student confidence. More info: (949) 263-0633. No class 4/14, 4/16, 5/26.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$129 R | \$134 NR (3-week session)

\$169 R | \$174 NR (4-week session)

Activity#	Dates	Days	Time
13178	3/5-3/24	Mon/Wed	5:30-6:25 pm
13179	3/31-4/30	Mon/Wed	5:30-6:25 pm
13180	5/7-5/28	Mon/Wed	5:30-6:25 pm

BEGINNING KEYBOARD FOR KIDS

5-14 YRS

Children's first introduction to musical keyboard. Learn to understand how to play notes and use their fingers correctly. They will learn familiar songs and play duets with one another.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

\$75 R | \$ 80 NR (5-week session)

Activity #	Dates	Days	Time
13333	3/7-4/25	Fri	4:00-4:45 pm
13334	5/2-5/30	Fri	4:00-4:45 pm

Adult Classes

KIDS KEYBOARD CONTINUED **5-14 YRS**

Beginners continue to progress in this class. Learning to read music and more music language. More new songs using both hands. Solo, duo, and trio. Maybe prepare for being in a recital!

Instructor: Shawn Smith

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

\$75 R | \$ 80 NR (5-week session)

Activity #	Dates	Days	Time
13328	3/7-4/25	Fri	5:00-5:45 pm
13329	5/2-5/30	Fri	5:00-5:45 pm

YOUNG ADULT KEYBOARD **15-25 YRS**

This is a Beginner's class for the age range. You'll learn music fundamentals including fun aspects of your keyboard. This way you will be playing songs you like using both hands, with just a few lessons!

Instructor: Shawn Smith

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

\$75 R | \$ 80 NR (5-week session)

Activity #	Dates	Days	Time
13335	3/7-4/25	Fri	6:00-6:45 pm
13336	5/2-5/30	Fri	6:00-6:45 pm

PIANO KEYBOARD FOR ADULTS **25+ YRS**

This class is for Beginner Adults of All Ages! You will learn basic usage of your keyboard as you learn to play with each hand then both. It will be a fun experience playing songs you like and creating your own too. Learn duets. Learn at your own pace.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

\$75 R | \$ 80 NR (5-week session)

Activity #	Dates	Days	Time
13331	3/7-4/25	Fri	3:00-3:45 pm
13332	5/2-5/30	Fri	3:00-3:45 pm

REGISTRATION DATES



Residents: Tues., Feb. 11, 2025, 8:00 am

Non-Residents: Feb. 18, 2025, 8:00 am

YIN YOGA **18+ YRS**

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

Instructor: Amy Harper

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$108 R | \$113 NR (6-week session)

Activity #	Dates	Days	Time
13142	3/4-4/8	Tue	7:45-8:45 pm
13143	4/22-5/27	Tue	7:45-8:45 pm

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). We will be training with treats and harnesses (no choke chains, prong collars, or shock collars). Look for our welcome email upon signing up! No class 4/20.

Instructor: Clickstart Dog Academy staff

Location: Pittsford Park, 21701 Pittsford Dr.

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

Activity #	Dates	Days	Time
13139	3/23-5/4	Sun	2:30-3:30 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 yourself to the next level. This will be a fun and effective workout in a positive atmosphere with great upbeat music. Not your typical boot camp! (Please bring your own mats, a pair of dumbbells, 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 session)
\$108 R | \$113 NR (8-class session)

Activity #	Dates	Days	Time
13154	3/4-3/27	Tue/Thu	6:00-6:45 pm
13155	4/1-4/24	Tue/Thu	6:00-6:45 pm
13156	5/1-5/22	Tue/Thu	6:00-6:45 pm

LINE DANCE CLASS **18+ YRS**

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

\$120 R | \$125 NR (6-week session)

Activity #	Dates	Days	Time
13181	3/3-4/7	Mon	6:00-6:45 pm
13182	4/14-5/19	Mon	6:00-6:45 pm

BEGINNER TWO-STEP DANCE CLASS **18+ YRS**

Step into the world of classic country with our Beginner Two-Step Partner Dance Class! 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

\$120 R | \$125 NR (6-week session)

Activity #	Dates	Days	Time
13183	3/3-4/7	Mon	7:00-7:45 pm
13184	4/14-5/19	Mon	7:00-7:45 pm

BALLROOM & SWING DANCE BASIC **18+ YRS**

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

\$120 R | \$125 NR (6-week session)

Activity#	Dates	Days	Time
13185	3/12-4/16	Wed	6:00-6:45 pm
13186	4/23-5/28	Wed	6:00-6:45 pm

SALSA & LATIN DANCE BASIC **18+ YRS**

Shake up your routine and add some spice to your steps with our Salsa Basics class! 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 fellows who share your passion for dance and make new friends as you salsa the night away! No class 3/21.

Instructor: Yuka Garrett
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$120 R | \$125 NR (6-week session)

Activity#	Dates	Days	Time
13187	3/7-4/18	Fri	6:00-6:45 pm
13188	4/25-5/30	Fri	6:00-6:45 pm



BRIDE AND GROOM'S INTRODUCTORY WEDDING DANCE LESSON **18+ YRS**

Begin Your Wedding Dance Journey: Join a Special Introductory Class! Preparing for your big day? Let me help you make your wedding dance unforgettable with a one-time introductory class designed specifically for non-dancer couples. Our expert instructors will guide you through the basics of dance, ensuring you feel confident and comfortable on the dance floor. From simple steps to elegant moves, you'll learn the essentials to create a magical moment together. Join us and make your first dance as a married couple truly spectacular!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$60 R | \$65 NR per couple

Activity#	Dates	Days	Time
13189	3/7	Fri	7:00-7:50 pm
13190	5/2	Fri	7:00-7:50 pm

PRIVATE DANCE LESSON **18+ YRS**

Nervous about dancing in front of other? Want one-on-one attention? If you said "yes", private lessons with Yuka are perfect for you! Whether it's Swing, Ballroom, or Country basics, Salsa, or Wedding Dance choreography I'll help you dance confidently at your own pace. Each 50-minute session is tailored just for you. With discounts on packages. Let's make your dance journey special!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$100 R | \$105 NR

Activity#	Dates	Days	Time
13192	TBD	TBD	TBD

ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

This program fuses hypnotic Latin Rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that is effective and easy to do. The routines feature interval training where fast and slow rhythms and light weights** are combined to tone and sculpt the body, improve muscle strength, flexibility, balance and coordination while burning calories. The class is designed for beginners, active older adults or anyone interested in an easy-to-follow fitness program. Zumba Gold® creates a party like atmosphere. It is fun, different, easy and effective. It's great for the mind, body and soul! Walk in ready to have a blast and tone up--leave exhilarated and empowered! **PARTICIPANTS MUST BRING THEIR OWN 1-2 POUND WEIGHTS TO CLASS. These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor. Bring receipt to first class.

Instructor: Angie Velez

Location: Lake Forest Recreation Center
28000 Rancho Parkway

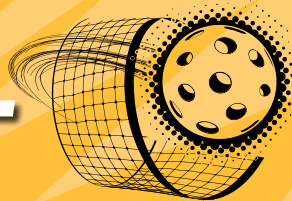
Activity#	Package	Cost
13157	5-class package	\$30 R \$35 NR
13158	10-class package	\$50 R \$55 NR
13159	15-class package	\$75 R \$80 NR
13160	20-class package	\$100 R \$105 NR

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



PICKLEBALL

Fun For All



Instructor

Shelly Booth

at Portola Park, 28040 Glenn Ranch Road, Lake Forest

PICKLEBALL 101 "LEARN TO PLAY" CLINIC

14+ YRS

This beginner clinic is for pickleball newbies and novice players that lack consistency in their overall game. Focusing on stroke mechanics, basic skill development, rules and scoring to get you ready to play. Paddles and balls will be provided. Tennis shoes are recommended.

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

Activity#	Dates	Days	Time
13293	3/30	Sun	8:00-10:00 am
13294	4/27	Sun	8:00-10:00 am

PICKLEBALL 101 "LEARN TO PLAY" YOUTH CLINIC

8-12 YRS

This beginner clinic is for pickleball newbies and novice players that lack consistency in their overall game. Focusing on stroke mechanics, basic skill development, rules and scoring to get you ready to play. Paddles and balls will be provided. Tennis shoes are recommended.

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

Activity#	Dates	Days	Time
13295	5/18	Sun	10:00 am-12:00 pm

PICKLEBALL 101 BEGINNER CLASS

14+ YRS

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. Paddles and balls will be provided. Tennis shoes are highly recommended.

\$145 R | \$150 NR (5-week session)

Activity#	Dates	Days	Time
13289	3/13-4/10	Thu	8:30-9:30 am
13290	3/13-4/10	Thu	6:30-7:30 pm
13291	4/24-5/22	Thu	8:30-9:30 am
13292	4/24-5/22	Thu	6:30-7:30 pm

PICKLEBALL 201 SKILLS/DRILLS/STRATEGY INTERMEDIATE CLASS

14+ YRS

This intermediate class will focus on shot selection, placement, and doubles strategy during offense and defense. Strategically move your opponents to create offensive opportunities.

\$145 R | \$150 NR (5-week session)

Activity#	Dates	Days	Time
13296	3/13-4/10	Thu	9:30-10:30 am
13297	4/24-5/22	Thu	9:30-10:30 am

PICKLEBALL 201 SKILLS/DRILLS/STRATEGY INTERMEDIATE CLINIC

14+ YRS

This intermediate class will focus on shot selection, placement, and doubles strategy during offense and defense. Strategically move your opponents to create offensive opportunities.

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

Activity#	Dates	Days	Time
13298	3/30	Sun	10:15 am-12:15 pm
13299	4/27	Sun	10:15 am-12:15 pm

PICKLEBALL 301 ADVANCED CONCEPTS/ GAME PLAY CLASS

14+ YRS

This advanced class taught by Senior Pro Multi National Champion Kevin Booth is for skilled 4.0-4.5 players only. Learn from the most successful senior pro player in Orange County. Kevin has been competing for 8 years and was the number one Senior Pro Player in 2020. Focusing on advanced strategies and concepts designed to enhance tournament readiness or high level competitive recreational play.

\$145 R | \$150 NR (5-week session)

Activity#	Dates	Days	Time
13300	3/13-4/10	Thu	8:30-9:30 pm
13301	4/24-5/22	Thu	8:30-9:30 pm

PICKLEBALL 301 ADVANCED CONCEPTS/ GAME PLAY CLINIC

14+ YRS

This advanced clinic taught by Senior Pro Multi National Champion Kevin Booth is for skilled 4.0-4.5 players only. Learn from the most successful senior pro player in Orange County. Kevin has been competing for 8 years and was the number one Senior Pro Player in 2020. Focusing on advanced strategies and concepts designed to enhance tournament readiness or high level competitive recreational play.

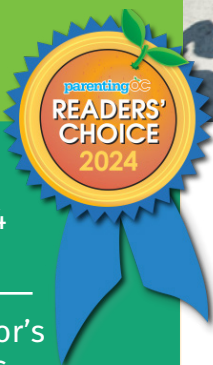
\$55 R | \$60 NR (1-class session)

Activity#	Dates	Days	Time
13302	5/18	Sun	8:00-10:00 am





Award Winning World Class SKATEBOARD FACILITY



“Best Skatepark in OC”

Readers’ Choice 2018-2024
—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

SPRING 2025 SKATEPARK HOURS

Monday - Thursday: 11:00 am - 9:00 pm

Friday: 11:00 am - 10:00 pm

Saturday: 10:00 am - 10:00 pm

Sunday: 10:00 am - 9:00 pm

*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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PRIVATE SKATEBOARD AND ROLLER SKATE LESSONS

4+YRS

Sometimes the skatepark can be an intimidating place, but the good news is that we’ve got you covered! Whether you are a beginner just taking your first steps, or an intermediate rider learning to fly, our private lessons can help you achieve your skateboarding goals. All lessons are taught by certified instructors with years of experience riding the bowls and streets of Etnies Skatepark. Private lessons are offered any time the skatepark is open, so give us a call to schedule one or drop-in anytime and see which instructors are available.

Equipment needed: Skateboard or roller skates, helmet, elbow/knee pads.

\$50 per hour for up to two students.

“SOUND SESSIONS” LIVE MUSIC NIGHTS AT THE SKATEPARK

ALL AGES

Experience the lively fusion of music and skateboarding at “Sound Sessions,” a dynamic event held at Etnies Skatepark of Lake Forest. Immerse yourself in rhythmic tunes and the vibrant atmosphere of this unique musical gathering.

For a list of musical acts or to submit your band for consideration please visit etnieskatepark.com or call the Skatepark.

No registration required for spectating.

Free to spectate (waiver and standard fees apply for skating).

Visit the skatepark website, follow us on Instagram, or call Etnies Skatepark at (949) 916-5870 for more info regarding dates, times, and bands.



MEMORIAL DAY SKATE CAMP **5-17 YRS**

Choose to spend this Memorial Day one of the best skate camps around! We have been offering camps since 2003 and have worked to make it an experience to remember. Lunch, drinks, and snacks are provided. The day of fun will include skateboard instruction, games, and lunch. Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

Fee: \$49 per person Limited to 25 per session.

Activity#	Dates	Days	Time
13337	5/26	Mon	10:00 am-2:00 pm

ETNIES SPRING BREAK SKATE CAMP **5-17 YRS**

Choose this Spring break to spend at one of the best skate camps around! We have been offering camps since 2003 and have worked hard to make it an experience to remember. Lunch, drinks, and snacks are provided daily. Specific clinics covered during camp include: the basics of ollies; how to kick flip; how to grind; bowl riding; and skating transitions. All camp activities will be held by experienced Skatepark staff that has a proven successful track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. Each participant will design and print their own official Etnies Skatepark of Lake Forest t-shirt. Skate camp is designed to cover skateboarding basics as well as many other fun camp activities! The week of fun will include skateboard instruction, games, and lunch. Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp. Limited to 25 per session.

\$249.00 per person

Activity#	Dates	Days	Time
13338	4/14-4/18	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. Limited to 5 per session.

Equipment needed: Skateboard, helmet, elbow/knee pads

\$40 per person

BEGINNING SKATEBOARD LESSONS

Act#	Day	Date	Time
13339	Thu	3/6 & 3/13	4:00-5:00 pm
13340	Thu	3/20 & 3/27	4:00-5:00 pm
13341	Thu	4/3 & 4/10	4:00-5:00 pm
13342	Thu	4/17 & 4/24	4:00-5:00 pm
13347	Thu	5/1 & 5/8	4:00-5:00 pm
13348	Thu	5/15 & 5/22	4:00-5:00 pm

INTERMEDIATE SKATEBOARD LESSONS

Act#	Day	Date	Time
13343	Thu	3/6 & 3/13	5:00-6:00 pm
13344	Thu	3/20 & 3/27	5:00-6:00 pm
13345	Thu	4/3 & 4/10	5:00-6:00 pm
13346	Thu	4/17 & 4/24	5:00-6:00 pm
13351	Thu	5/1 & 5/8	5:00-6:00 pm
13352	Thu	5/15 & 5/22	5:00-6:00 pm

BEGINNING SKATEBOARD LESSONS

Act#	Day	Date	Time
13349	Sat	3/1 & 3/8	10:00-11:00 am
13350	Sat	3/15 & 3/22	10:00-11:00 am
13355	Sat	3/29 & 4/5	10:00-11:00 am
13356	Sat	4/12 & 4/19	10:00-11:00 am
13357	Sat	4/26 & 5/3	10:00-11:00 am
13358	Sat	5/10 & 5/17	10:00-11:00 am

INTERMEDIATE SKATEBOARD LESSONS

Act#	Day	Date	Time
13353	Sat	3/1 & 3/8	11:00 am-12:00 pm
13354	Sat	3/15 & 3/22	11:00 am-12:00 pm
13359	Sat	3/29 & 4/5	11:00 am-12:00 pm
13360	Sat	4/12 & 4/19	11:00 am-12:00 pm
13361	Sat	4/26 & 5/3	11:00 am-12:00 pm
13362	Sat	5/10 & 5/17	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.

Free



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



FREE




Spring Shindig & Resource Fair

All Ages

SATURDAY, MARCH 1

12:00 - 2:00 PM

**at the Lake Forest Clubhouse
100 Civic Center Dr.**

-  **Special Needs Vendors/Programs**
-  **Dance Floor hosted by DJ Noah**
-  **Free Games • Activities • Giveaways**

For more info or to register, call:
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

ADAPTIVE SKATE DAY AT ETNIES SKATEPARK

Join us for a beginner-friendly day of free riding at Etnies Skatepark! Adaptive Skate Day is dedicated to making sure that riders of all ability types get a chance to try out the world-famous skatepark that's located right here in Lake Forest. Highlights include celebrity guests from the adaptive community, free lessons, and a chance to enjoy the park like it's never been ridden before. Whether you're a skilled rider or a total beginner, come on down and find out why action sports have been thriving within the adaptive community!

*skateboards, rollerskates, rollerblades, and wheelchairs only (no bikes or scooters).

All participants will have to provide their own gear and fill out a liability waiver.

Instructor: Etnies Skatepark Staff

Location: Etnies Skatepark of Lake Forest
20028 Lake Forest Dr.

Free

Activity#	Dates	Days	Time
13363	5/25	Sun	10:00 am-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

USYS 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

REGISTER ONLINE

WWW.LFPARKSANDRECCA.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

\$115/month (Four 45-minute sessions) Resident

\$120/month (Four 45-minute sessions) Non-Resident

Dates Time

Ongoing varies

Special Olympics Southern California

SPRING SEASON

CHOOSE YOUR PLAYER

ATHLETICS BASKETBALL BOCCE UNIFIED BOCCE FLAG FOOTBALL SWIMMING

SPRING SEASON SIGN UP!

Whether you are a new or returning athlete, or just want to sign up as a volunteer or a coach, it's time to sign up for the Spring Sports Season. Available sports are: athletics, basketball, bocce + Unified Bocce, flag football, and swimming!

Interested in coaching, but are afraid you do not have experience? Sign up and we will train you!

WWW.SOSC.ORG /SPRINGSEASON



The OASIS Program

The Occupational and Academic Skills for Independence and Success (OASIS) program for adults with disabilities at Saddleback College offers an independent living and vocational curriculum that focuses on the needs of adults with disabilities in the South Orange County region.

For more information, please contact:

Stacy Eldred, Ph.D.

Department Co-Chair, Professor, OASIS Program
via email at seldred@saddleback.edu



Welcome to The Clubhouse for Seniors



CITY OF LAKE FOREST
www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | MARCH - MAY '25



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Spring Has Sprung!

SPECIAL HIGHLIGHTS INCLUDE:
 BUNCO NIGHTS AT THE CLUBHOUSE
 CARLSBAD FLOWER FIELDS & OUTLETS
 LUCK OF THE LEPRECHAUN LUNCHEON
 MOTHER'S DAY LUNCHEON
 THE CLUBHOUSE GARDEN CLUB

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

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
3/3	Mon	10:00 am-2:00 pm
4/7	Mon	10:00 am-2:00 pm
5/5	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
3/24	Mon	10:00 am-2:00 pm
4/28	Mon	10:00 am-2:00 pm
5/19	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



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
\$4 R \$7 NR: Luck of the Leprechaun Luncheon – Corned Beef & Cabbage			
13122	3/13	Thu	12:00 pm
\$2 R \$5 NR: Club Costco Luncheon – Chicken Bakes			
13123	4/24	Thu	12:00 pm
\$2 R \$5 NR: Spring Fling! – Mongolian Beef & Broccoli			
13124	5/29	Thu	12:00 pm

**WELCOME TO
THE JUNGLE
DANCE PARTY**

**FRIDAY, APRIL 25
5:00-8:00 PM**

Dress in your favorite tropical
or jungle themed attire

- Dancing • Dinner • Snacks & Refreshments • Photo Booth • Entertainment • FUN!

\$15

ACTIVITY # 13136

CARLSBAD FLOWER FIELDS & OUTLETS

Kick off the arrival of spring with one of the most spectacular and coordinated displays of natural color and beauty anywhere in the world. In the rolling hills of North San Diego County, 55-acres of Giant Tecolote Ranunculus flowers make up The Flower Fields at Carlsbad Ranch and are in bloom for approximately six to eight weeks each year. Enjoy a lunch break and some retail therapy at the Carlsbad Outlets which boast over 80 brand-name stores. This excursion has excessive walking.

\$59R| \$64NR

Activity#	Dates	Days	Time
13125	4/16	Wed	8:30 am-5:00 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
- Puzzles
- Various Card Games and Books to Read
- Mahjong
- Rummikub

Free

Dates	Days	Time
Ongoing	Mon-Thu	10:00 am-3:00 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
13130	Ongoing	Mon	10:00 am-3:00 pm
	Ongoing	Tue	12:45 pm-3:00 pm
	Ongoing	Wed	10:00 am-12:15 pm



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
Bottle Bunny			
13126	3/18	Tue	10:30 am
Pressed Flower Lantern			
13127	4/15	Tue	10:30 am
Spring Wreath			
13128	5/20	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
Starting Summer Veggies			
13129	4/1	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. Please call The Clubhouse front desk at (949) 461-3408 for more information.

FREE

Dates	Days	Time
The Orphan Keeper by Camron Wright		
3/20	Thu	10:00 am
All Creatures Great and Small by James Herriot		
4/17	Thu	10:00 am
James by Percival Everett		
5/15	Thu	10:00 am



CLUBHOUSE KARAOKE

Join us for unforgettable karaoke, hosted by Bob Ampe! Bob will lead you through classic hits and hidden gems. Whether you're a seasoned karaoke veteran, or a first timer, there's a song for everyone! Don't miss this chance to showcase your talent, or simply enjoy the performances of others in a friendly, supportive environment. Bring your friends, warm up your vocal cords, and let's hit those high notes together!

Activity #	Dates	Days	Time
13131	3/17	Tue	10:30-11:30 am
13132	4/21	Tue	10:30-11:30 am
13133	5/19	Tue	10:30-11:30 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.

Free		
Date	Day	Time
3/10	Mon	10:00-11:00 am
4/14	Mon	10:00-11:00 am
5/12	Mon	10:00-11:00 am



MEDICATION REVIEW

Make a one-on-one appointment to learn about your medications and supplements. The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy, 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
5/22	Thu	10:00 am-1:00 pm

NEED LEGAL ADVICE?

An attorney from Community Legal Aid SoCal 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
3/6	Thu	1:00-3:00 pm
4/3	Thu	1:00-3:00 pm
5/1	Thu	1:00-3:00 pm

REGISTRATION DATES



Residents: Tues., Feb. 11, 2025, 8:00 am

Non-Residents: Feb. 18, 2025, 8:00 am

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
13135	5/5-5/6	Mon/Tue	9:00 am-1:00 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
13134	3/18	Mon	9:00 am-1:00 pm



HICAP Health Insurance Counseling and Advocacy Program

TUESDAYS
10:00 am-1:00 pm

March 11

April 8

May 13

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



Senior Emeritus Classes

SPRING PRIORITY REGISTRATION
November 8th and November 12th through
November 15th, 2024

OPEN ENROLLMENT BEGINS
November 18th, 2024

CLASSES BEGIN
Week of January 13th

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 dynamicforms.ngwebsolutions.com or call (949) 367-8343 for more information.

Emeritus Website: www.ivc.edu/emeritus
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.

SENIOR EMERITUS CLASSES

Unless otherwise noted, classes are located at The Clubhouse, 100 Civic Center Dr., and are Free

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
65500	1/14-5/20	Tue	2:00-2:50 pm
65510	1/16-5/1	Thu	2:00-2:50 pm

BEGINNING CONVERSATION

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

Tic #	Dates	Days	Time
63260	1/13-5/21	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
65555	1/13-5/19	Mon	11:30 am-12:20 pm
65735	1/16-5/15	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
65740	1/15-5/21	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
65720	1/14-5/20	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.

Tic #	Dates	Days	Time
63455	1/14-5/15	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
65640	1/14-5/20	Tue	10:30-11:20 am
65620	1/14-5/20	Tue	11:30 am-12:20 pm
65755	1/16-5/15	Thu	1:30-2:20 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
65525	1/15-5/21	Wed	11:30 am-12:20 pm
65670	1/16-5/15	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
65645	1/14-5/20	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
65635	1/13-5/19	Mon	10:30-11:20 am

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

Tic#	Dates	Day	Time
65680	1/15-5/21	Wed	10:00-10:50 am

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.

Tic#	Dates	Day	Time
65505	1/15-5/21	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
65530	1/15-5/21	Wed	10:30-11:20 am
65595	1/15-5/21	Wed	1:00-2:50 pm
65545	1/16-5/15	Thu	11:30 am-12:20 pm

Saddleback College Classes

INTERMEDIATE 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

Tic#	Dates	Day	Time
12420	1/16-5/15	Thu	10:00 am-12:50 pm

INTERMEDIATE PRACTICAL SPANISH

Emphasizes fluency in speaking, reading, writing, and comprehension of Spanish. Includes selected readings and discussions from the basic four genres in Hispanic and Hispanic-American literature, culture, and customs.

Instructor: Emeritus Staff

Tic#	Dates	Day	Time
12445	1/15-5/21	Wed	10:00-11:50 am

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

Tic #	Dates	Days	Time
11895	1/14-5/20	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

JOIN THE FUN!

FREE

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





HOW TO Register for Programs

Spring 2025 Registration Dates

Lake Forest Residents: Tuesday, February. 11, 2025 beginning at 8am | **Non-Residents:** Tuesday, February 18, 2025 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 (MM/DD/YY)	Gender <input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F

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

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



Here Comes **SUMMER!**

REGISTRATION FOR SUMMER 2025 PROGRAMS

RESIDENT REGISTRATION BEGINS
 Tuesday, May 6 at 8:00 am

NON-RESIDENT REGISTRATION BEGINS
 Tuesday, May 13 at 8:00 am

Three easy ways to register for programs:

-  **By mail**
 Lake Forest Sports Park & Recreation Center,
 28000 Rancho Parkway
-  **In Person**
 Lake Forest Sports Park & Recreation Center,
 28000 Rancho Parkway
-  **Online** (www.lfparksandrecca.com)



For more information call
 (949) 273-6960 or
 email lfreconline@lakeforestca.gov

CITY TELEPHONE NUMBERS

Building Division	949-461-3470	Graffiti Hotline	949-461-3583
Building Inspection	949-461-3468	Housing	949-461-3569
City Clerk	949-461-3420	OC Animal Care	714-935-6848
City Council	949-461-3425	Notary	949-461-3420
City Manager's Office	949-461-3410	Planning	949-461-3535
Community Policing Center	949-461-3530	Public Works	949-461-3480
Community Preservation	949-461-3474	Recreation	949-461-3450
Economic Development	949-461-3567	Sports Park & Recreation Center	949-273-6960
Etnies Skatepark	949-916-5870		

FIND US ONLINE

- CITY OF LAKE FOREST LakeForestCA.gov
- ECONOMIC DEVELOPMENT LakeForestBusiness.com
Facebook.com/LakeForestBusiness
- ETNIES SKATEPARK OF LAKE FOREST EtniesSkatepark.com
- LinkedIn
Linkedin.com/in/City-of-Lake-Forest

For more info call 949-273-6960 or visit our website at www.LakeForestCA.gov.
 Follow us on X (Twitter) @[LakeForestCA](https://twitter.com/LakeForestCA), Instagram @[CityofLakeForestCA](https://www.instagram.com/CityofLakeForestCA), and [Nextdoor](https://www.nextdoor.com).

