

The Leaflet

Summer 2025

City News, Events, and Recreation Guide



Multi-Cultural Festival Returns

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A MESSAGE FROM CITY MANAGER **DEBRA ROSE**

I am proud to share that more than 80 percent of residents in our latest Resident and Business Satisfaction Survey said they are satisfied with the City's efforts to provide municipal services. This strong show of support is both humbling and motivating for our entire team.

The survey is a key tool in how we plan for the future. It is the first step in our budget process, helping us ensure we are serving Lake Forest in the most effective and fiscally responsible way possible. With a margin of error under 4 percent, the survey gathered insights from 700 residents about life in Lake Forest — how we are doing, where we can improve, and what matters most to our community.

We take this feedback seriously. It helps shape the City's strategic goals for the coming years. Staff then develop budget initiatives aligned with those goals with oversight from the City Council and our commissions. The result is a budget, adopted each June, that reflects your priorities and supports our shared vision for the City.

I encourage everyone to get involved in the process. You can share your ideas or concerns during public budget hearings at City Council meetings — dates will be posted on our social media. You can also contact the Council directly through the "Ask Lake Forest" feature at www.Asklakeforest.com.

This year also marks the release of our first-ever Popular Annual Financial Report (PAFR) — a user-friendly summary of the City's finances. It is designed to make City finances more accessible and transparent. You can find it, along with the full City budget and Certified Annual Financial Report, at www.lakeforestca.gov/budget.

We are honored by your trust, and we will keep working to earn it every day. Thank you for the opportunity to serve this amazing community.



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*.

MORE AFFORDABLE HOUSING FOR SENIORS OPENS IN LAKE FOREST

C&C Development and Riverside Charitable Corporation announced the opening of The Meadows Senior Apartments, a 65-unit affordable housing community for residents 62 years and older. The affordable units are designed for seniors earning from 30 percent – 60 percent area median income (AMI).

The Meadows Senior Apartments are in the Toll Brothers Meadows Community at Bake Parkway and Lopala. The Meadows is made up of single and multifamily housing with significant open space and community amenities. Residents in the new senior community will benefit from close proximity to transit, parks, and the Lake Forest Clubhouse Senior Center.

Situated in a single two-story building, units at The Meadows range in size from 600 to 800 square feet. All units are ADA accessible and adaptable. The community has open grassy areas, verandas, and pickleball courts that offer residents a living experience comparable to a market-rate community. Common amenity space also includes a kitchen, laundry room, leasing office, supportive services

manager office, and an outdoor BBQ pavilion. The property is also adjacent to a community park and dog park.

Residents will receive on-site supportive services from LifeSTEPS, the leading provider of resident services for affordable communities within California. Services will be on-site and will consist of educational classes as well as health and wellness programs. These services give older adults the ability to live and age in their homes and communities safely, independently, and comfortably.

Financing for The Meadows Senior Apartments consists of Low-Income Housing Tax Credit funding through the California Tax Credit Allocation Committee (TCAC), California Debt Limit Committee (CDLAC) and California Statewide Communities Development Authority (CSCDA). A construction and permanent loan provided by Bank of America. Additional financing was provided by The City of Lake Forest, The County of Orange, OC Housing and Community Development and The Orange County Housing Finance Trust.



Growing Communities: AFFORDABLE HOUSING IN OUR CITY

- The Meadows Senior Apartments is the City's fourth affordable housing community with 65 units
- The Portola Senior Apartments: 58 one-bedroom units off Glenn Ranch Road, opened in November 2023
- The Mountain View Community: 71 family affordable units opened in March 2024
- The Arroyo at Baker Ranch: 189 family units, opened in 2015.

CITY APPROVES NEW 50-UNIT AFFORDABLE HOUSING PROJECT IN LAKE FOREST

The Lake Forest City Council in March approved an agreement with National Community Renaissance (National CORE) to build a 50-unit affordable housing development at 22471 Aspan Street. The project, named Aspan Court, will replace an existing office building.

Aspan Court will include a mix of one- two- and three-bedroom units, as well as a playground, picnic area, laundry facilities, and parking.

The Council agreed to loan National CORE \$4.35 million, most of it from fees collected from other developers

to support the creation of affordable housing in Lake Forest.

In return, Aspan Court will remain designated as affordable housing for 55 years and will include on-site management. The development will also feature a room with a separate entrance and restroom for use by Orange County Sheriff's Department deputies. The City in the past had similar facilities for deputies in storefronts.

Aspan Court will be in a location deemed "very walkable" to jobs, public transit, and retail, according to

a City Council presentation.

The City and National CORE partnered on the Mountain View affordable housing community; a 71-unit development across from the Post Office. That community, which opened in March 2024, has been well-received, with more than 90 percent of the units leased to individuals who live or work in Lake Forest.

National CORE Chief Development Officer Alexa Washburn said the same local preference will apply to Aspan Court, which is scheduled to open around March 2028.

LAKE FOREST'S FINANCES REMAIN SOLID

Lake Forest City finances remain strong, according to a Mid-Year Budget Review presented to the City Council in March. The report shows a balanced budget with an overall increase in City revenue.

Highlights from the Mid-Year Review include:

- **Balanced Budget Maintained**

The City's General Fund remains balanced at mid-year. Revenue projections have been updated based on the most current data, and expenditure estimates for the General Fund remain unchanged.



- **General Fund Revenue Increase**

Revenues were adjusted upward by \$263,400, a 0.4 percent increase over the original budget. The new General Fund revenue projection stands at \$66.66 million.

- **No Increase in General Fund Spending**

Despite the increase in revenue, the City does not anticipate an increase in General Fund spending, keeping the original expenditure estimate of \$65.98 million in place.

- **Strong Returns on Investments**

Investment earnings saw a significant bump — up 36.3 percent, or \$1.45 million. That increase offset a \$1.2 million decline in sales-tax revenue.

- **Diverse Revenue Portfolio**

Gains were also seen in:

- o Property Taxes: Up by \$136,200 (+0.6 percent)
- o Fines and Penalties: Nearly doubled, increasing by \$330,000 (+94.3 percent)
- o Intergovernmental Revenues: Up \$42,000 (+11.7 percent)

- **Increased Support for Key Programs**

Significant increases in appropriations were made to address priority programs, including:

- o Affordable Housing: An additional \$3.7 million added
- o Low- and Moderate-Income Housing: Up \$650,000
- o Senior Mobility Services: Boosted by \$50,000

See the entire budget presentation at <https://bit.ly/LF-2025Budget> and the Strategic Business Plan at <https://bit.ly/LF-StrategicPlan>.

LAKE FOREST RELEASES FIRST-EVER POPULAR ANNUAL FINANCIAL REPORT

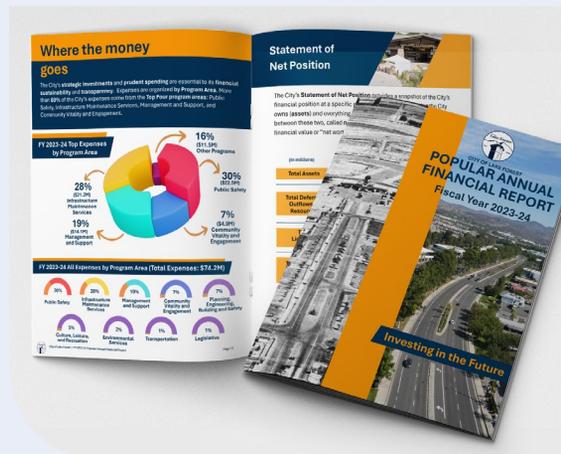
The City of Lake Forest has released its inaugural Popular Annual Financial Report (PAFR) for Fiscal Year 2023-24, increasing the City's financial transparency and community engagement. The PAFR is a reader-friendly summary of the City's financial health, providing the community with clear insight into how public funds are managed and invested.

Unlike the detailed Annual Comprehensive Financial Report (ACFR), the PAFR simplifies key data to help the community better understand the City's fiscal position, accomplishments, and future outlook.

Key highlights from the FY 2023-24 PAFR include:

- Total Revenues: \$84.6 million, driven primarily by property taxes, sales taxes, and investment income.
- Total Expenses: \$74.2 million, with over 80 percent allocated to public safety, infrastructure maintenance, and community engagement.
- Net Position: Increased to \$563 million, reflecting strong financial management.
- Strategic Investments: Over \$22 million proposed in new capital projects and 34 ongoing projects to improve parks, traffic flow, and public facilities.

To view the full report, visit lakeforestca.gov/budget.



LAKE FOREST RESIDENTS GIVE THE CITY HIGH MARKS IN LATEST COMMUNITY SURVEY

The City of Lake Forest continues to earn high satisfaction ratings from residents, according to the results of the 2024 Community Survey. Conducted by True North Research, the survey measured public sentiment regarding quality of life, satisfaction with City services, and priorities for future improvements.

The City has relied on an independent research firm to conduct the surveys every other year since 1998. A stratified sample of residents is selected from voter files, using age, gender, household characteristics, and sub-geographies to identify potential participants. They then receive an email, text, and telephone call and ultimately surveyed via telephone or online, using a PIN-protected system to prevent sharing or multiple uses.

More than 700 residents participated in the latest survey, offering feedback that supports Lake Forest's reputation as a safe, clean, and family-friendly community.

Key Findings

- More than 80 percent of residents are satisfied with the City's overall performance.
- Quality of life remains high, with more than 88 percent of the respondents rating it "excellent" or "good."
- Respondents continue to view Lake Forest as an ideal place to raise a family, with 80.4 percent of residents rating it "excellent" or "good" for family life.

Residents expressed strong satisfaction across a range of City services, especially in areas tied to public safety. School crossing guard services, along with efforts to prevent crime and maintain a low crime rate, were particularly well-regarded.

Community Services also received widespread approval. Programs for both youth and seniors stood out as especially appreciated, and events like concerts in the park and the Fourth of July parade were popular highlights.

Public Works earned high marks as well, with services such as garbage collection and park maintenance consistently meeting residents' expectations.

Communication from the City continues to be a strong point, with the vast majority of residents expressing satisfaction with the way the City shares information.

What Residents Love Most

Residents used words such as "safe," "peaceful," "family-oriented," and "clean" to describe the City of Lake Forest. Many also cited the City's natural feel, parks, and sense of community as top attributes.

When asked what makes Lake Forest special, common responses included:

- Its accessible location and open spaces.
- A small-town feel with strong community values.
- Well-maintained parks, trails, and recreational amenities.

When asked what changes would improve Lake Forest, the answer given most frequently was "Attract new restaurants and stores." The second, close behind, was "Cannot think of anything."

The survey results are used in the City's strategic planning and budget processes.

Go to <https://bit.ly/LF-Surveys> to see the 2024 survey and previous studies.





NEW LOCAL RESPONSIBILITY AREA FIRE HAZARD SEVERITY ZONE MAPS

CAL FIRE released new Local Responsibility Area Fire Hazard Severity Zone (FHSZ) Maps to Orange County cities and the County on March 24, 2025.

The maps show geographic areas of each respective jurisdiction, updated for 2025, which the State Fire Marshal has identified as Moderate, High, and Very High Hazard Severity Zones based on the severity of the fire hazard that is expected in each area. The zones are used for several purposes, including to designate areas where California’s defensible space standards and wildland urban interface building codes apply. They can be a factor in real estate disclosure and the City references the FHSZ designations in its Local Hazard Mitigation Plan.

State law requires local jurisdictions to:

- Make the map available for public review and comment within 30 days of its transmittal to the local government.
- Adopt a map by ordinance designating Fire Hazard

Severity Zones within 120 days of its transmittal to the local government.

- File the adopted ordinance and map with the Board of Forestry and Fire Protection within 30 days of ordinance/map adoption.

The new maps expand the boundaries of the FHSZs relative to the boundaries depicted on the current FHSZ map, which was prepared by CAL FIRE and adopted by the City Council in 2007.

Under State law, local jurisdictions may expand FHSZ designations beyond the geographic areas recommended by the State Fire Marshal, with a finding supported by substantial evidence, but may not contract the areas or decrease the FHSZ levels (Moderate, High, Very High) designated on the CAL FIRE maps.

The City will hold a public hearing on the proposed state maps. See www.lakeforestca.gov/en/fire-hazards-severity-zones for more information and maps.

STAY CONNECTED

IN LAKE FOREST



Nixle and AlertOC

Nixle and AlertOC distribute accurate emergency alerts through emails, texts, or phone calls. **Registration is required.**

Nixle - nixle.com or text 'lakeforest' to 888777

AlertOC - alertOC.org

Emergency Hotline

949-461-3536

Lake Forest Social Media

Follow for city updates, news, and alerts.

Facebook - @LakeForestCa

Twitter - @LakeForestCa

Instagram - @CityofLakeForestCa

Nextdoor - City of Lake Forest Ca

YouTube - @CityofLakeForestCA1991

Lake Forest TV and Radio

Tune in for emergency alerts and other city news.

TV channel - COX 851

Radio station - AM1690



www.lakeforestca.gov

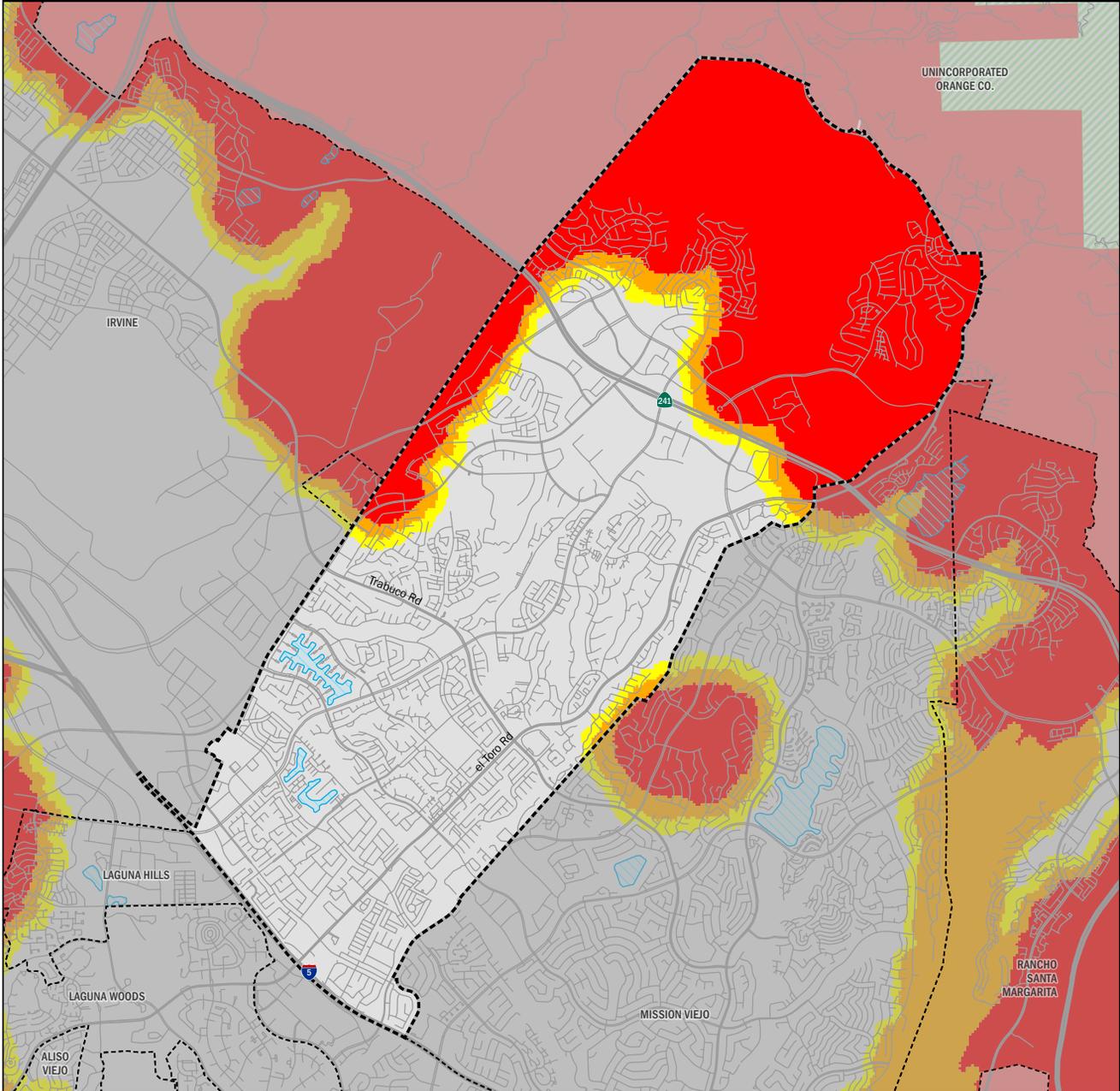
CITY OF LAKE FOREST – ORANGE COUNTY



Local Responsibility Area Fire Hazard Severity Zones

As Identified by the
State Fire Marshal

March 24, 2025

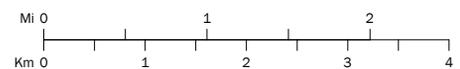


Fire Hazard Severity Zones (FHSZ) in Local Responsibility Area (LRA), as Identified by the State Fire Marshal

- Very High
- High
- Moderate

Fire Hazard Severity Zones in State Responsibility Area (SRA), Effective April 1, 2024

- Very High
- High



Projection: NAD 83 California Teale Albers
Scale: 1:49,000 at 11" x 17"

- Incorporated City
- Waterbody
- Unzoned LRA
- Federal Responsibility Area (FRA)

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

BUILDING A BETTER LAKE FOREST: A LOOK AT 2025 CAPITAL IMPROVEMENTS

Lake Forest continues to enhance the City's infrastructure with 70 Capital Improvement Projects (CIP) in progress and a \$36 million investment dedicated to improving streets, parks, and public spaces. These projects ensure residents enjoy safer roads, upgraded recreational facilities, and modernized public amenities.

Enhancing Streets & Traffic Flow

Recent road enhancements have made a significant impact. The City has completed slurry sealing on Jeronimo and Muirlands, installed a new raised median at Rockfield and Lake Forest, and resurfaced Trabuco Road between Bake and Peachwood.

Additionally, the popular trail along Trabuco Road has been resurfaced, making it safer and more accessible for pedestrians and cyclists. Looking ahead, upcoming projects include street improvements at Bake and Trabuco, as well as raised medians and fresh asphalt along El Toro Road.

Parks & Recreation: Expanding Community Spaces

Parks and Recreation upgrades are also a priority. The Pittsford Park gazebo has been refurbished, creating an even better gathering space for community events. The City is preparing to install its first-ever box lacrosse rink at Foothill Ranch, adding a unique sports facility for residents.

Other projects

Other projects include replacing synthetic turf at Baker Ranch Park and the Lake Forest Sports Park to enhance playability and safety. Lighting at Heroes Park will be also upgraded to provide better visibility for evening visitors.

Pickleball Courts: More Ways to Play!

Pickleball enthusiasts will be excited about the City's investment in expanding court availability:

- At El Toro Park, existing sand volleyball courts will be converted into two pickleball courts.
- At Pittsford Park, one tennis court will be restriped to accommodate two pickleball courts.
- Basketball courts at Foothill Ranch and Borrego Parks will be restriped to create two pickleball courts at each location, offering even more space for this growing sport. The courts at Baker Ranch has already been restriped.

What's Next?

With 31 projects completed, 11 under construction, 11 in pre-construction, and 10 currently in design, the City of Lake Forest is continuously working to enhance infrastructure and recreation opportunities for residents. These improvements reflect the City's commitment to providing high-quality public spaces while ensuring a safe and vibrant community.

For more information on ongoing and upcoming Capital Improvement Projects, visit www.lakeforestca.gov.



CITY OF LAKE FOREST HOUSING REHABILITATION LOAN PROGRAM

The City of Lake Forest Housing Rehabilitation Program offers a zero percent deferred interest loan for homes, condominiums and mobile homes. To qualify for this loan provided by the City, you must first meet the required income qualifications. As a part of the qualifying review, current household income and income for the past two years will be evaluated.

The zero percent (0%) interest deferred loan has no monthly payments. Total payment is due if you are no longer residing in the home, at the time of sale, refinance or transfer of title. Mobile homeowners are eligible to receive up to \$25,000 and homeowners are eligible to receive up to \$40,000.

There are other requirements to qualify for these loans, including but not limited to: applicants must live on the property, may not have received assistance previously, not exceed the asset limitation, and have sufficient equity in the home as well as other requirements.

Most home improvement items are eligible for assistance. However, any code violations or health and safety items in the home **MUST** be corrected as a condition of funding. Any homes built prior to January 1, 1978, must meet the new federal regulations regarding lead-based paint. Eligible repairs for this Program include stucco, windows, painting, roofing, plumbing, electrical, energy and weatherization items, garage doors, fumigation, flooring and other items necessary for the health and safety of occupants. Examples of items that are not eligible are room additions, barbecue pits, ceiling fans, swimming pools, fireplace, and other items determined ineligible.

If you have any questions regarding the loan program please call Theresa Dobbs at (949) 461-3473 or email tdobbs@lakeforestca.gov. All applications must be submitted to Lake Forest City Hall, 100 Civic Center Drive, Lake Forest, CA 92630.

CITY OF LAKE FOREST PAINT PROGRAM

The City established its Paint Grant Program to help maintain and improve the character, aesthetic quality and property values in the community. This Program is funded with the City's Community Development Block Grant and provides the opportunity for qualified homeowners to have the exterior of their home painted and termite treatments as necessary. Grants for single family homes cannot exceed \$12,000 and mobile homeowners cannot exceed \$7,500.

Eligibility: (1) properties must be owner-occupied, (2) the home or mobile home must be in need of painting as determined by the City, (3) owners may not have assets in excess of \$75,000, excluding the value of the home, (4) the existing exterior paint must be lead-free and (5) households must not exceed maximum moderate-income limits (listed in the table to the right), by household size, (per U.S. Department of Housing and Urban Development (HUD)) for the previous two years.

If interested in applying, please email tdobbs@lakeforestca.gov to request an application, call (949) 461-3473 or pick up an application at City Hall reception desk. This Program is first come first served, as funding permits.

Return a completed application to the City of Lake Forest, 100 Civic Center Drive, Lake Forest, California 92630, Attention: Theresa Dobbs, If you have any questions, please contact tdobbs@lakeforestca.gov or contact (949) 461-3473.



MAXIMUM INCOME LIMIT BY HOUSEHOLD SIZE

Household Size	Annual Household Income Limit
1	\$ 88,400
2	\$101,000
3	\$113,650
4	\$126,250
5	\$136,350
6	\$146,450
7	\$156,550





WHAT'S HOUSEHOLD HAZARDOUS WASTE GOT TO DO WITH IT?

Household Hazardous Waste Collection Event

Join the City for the annual Household Hazardous Waste and Universal Waste Collection Event hosted by the City of Lake Forest and CR&R Environmental Services on June 28-29. Hours are 8 a.m. to 4 p.m. on Saturday and 8 a.m. to 3 p.m. on Sunday.

To protect our environment and community health, it's important to safely dispose of household hazardous waste. Common hazardous items include paint, cleaning products, aerosol cans, electronic waste (e-waste), batteries, and fluorescent or LED light bulbs. These materials contain harmful substances that should never be placed in your regular trash, recycling, or green waste carts.

Please note that certain items are not accepted at standard collection facilities, including asbestos, propane tanks, helium canisters, medical waste (such as sharps or pharmaceuticals), and large bulky items. Improper disposal of these materials can pose serious risks to sanitation workers, pollute waterways, and damage local ecosystems.

The County of Orange operates drop-off centers year-round. Visit www.oilandfills.com or call the County's hotline at (714) 834-6752 for more information. The nearest center to Lake Forest is at 6411 Oak Canyon, Irvine, CA 92618.

Household Hazardous Waste & Universal Waste Collection

hosted by the City of Lake Forest and CR&R Environmental Services



JUNE 28
8 A.M. TO 4 P.M.

JUNE 29
8 A.M. TO 3 P.M.



Still Waiting For Carts?

Thank you for patiently waiting for your new CR&R carts. The Lake Forest Residential Cart Exchange is scheduled through September 30, 2025.

Please visit the City's website, www.lakeforestca.gov/en/trashandrecycling, to find your scheduled cart exchange date.

You will also receive an automated CR&R phone call the Friday preceding the week of your cart exchange date.

NEW CARTS



If you have any questions regarding your designated cart exchange, please contact the dedicated Lake Forest Customer Service at **(949) 520-6005**.



RIDE SAFE, RIDE SMART

The City and Orange County Sheriff's Department are cracking down on reckless e-bike use. Riding an illegal e-motorcycle can lead to serious fines. Parents—make sure your child is riding safely and on the right type of bike. Bikes without pedals may be classified as electric motorcycles. Learn more at www.lakeforestca.gov/ebikes.



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 \$93. 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.

How to Participate and Apply

An application is required for participants of the Expand the Forest program. The application includes a selected tree palette of approved trees and available parks. Submit an application indicating your tree and park preference, along with a check for \$93 made out to “The City of Lake Forest.” The fee includes a 15 gallon tree, location study, planting, staking, fertilization, and other maintenance as needed.

SPONSORS	DEDICATION	TREE SPECIES	PARK
Ed Bisbines & Shawn McGuire	May Aaron Heaton's memory will always be in the natural world	Sycamore	Concourse Park
The Piccollo and Hibbert Families	In loving memory of Norberto Hugo Piccollo (Nono)	Sycamore	Rancho Serrano Park
The Jewell Family	In loving memory of Eric Jewell, an amazing father and husband	Canary Island Pine	Rancho Serrano Park
Jack, Katheryn, Michael & Kellie	In loving memory of Papa. You are deeply missed everyday.	Crape Myrtle	Rancho Serrano Park
Her children and grandchildren	In loving memory of Zivar (Mahin) Dehnadi-Yeganeh	Sycamore	Rancho Serrano Park
The Wesselius Family	In loving memory of Dr. Lewis F. Wesselius	Sycamore	Rancho Serrano Park
Michael Beaty	In loving memory of Louise Beaty, an amazing wife and mother	Crape Myrtle	Regency Park
Danielle and Nick Navaroli	To Faith, whose love was as deep as the roots of an ancient tree and as boundless as the sky above	Crape Myrtle	Rancho Serrano Park
Nick and Danielle Navaroli	In loving memory of Drew Monohan, a loving father and best friend	Crape Myrtle	Rancho Serrano Park
Sally Gard and Family	In loving memory of Marie Kelly, dear friend	Crape Myrtle	Rancho Serrano Park
Leta and Bob Bender on behalf of the Sugg Family	In memory of Ralph Sugg, loving brother, husband, father, and grandfather. He was an amazing person and will be in our hearts always	Canary Island Pine	Peachwood Park
Malaya's Family and Friends	In loving memory of Malaya, a beautiful daughter, sister and friend	Crape Myrtle	Borrego Park
Charlie and Dorothy (family) Walther	In loving memory of Sharyl Martinez (a great friend)	Crape Myrtle	Rancho Serrano Park
The Yerrick Family	In memory of William Yerrick, loving husband and father	Canary Island Pine	Peachwood Park



IRRIGATION, POLLUTION & PUBLIC SAFETY POWER SHUTOFF (PSPS)

Preventing Water Waste and Pollution Starts With Your Irrigation Controller

Did you know that nearly 50% of residential water use goes toward outdoor landscaping? In places like Orange County, where drought conditions and water conservation are ongoing concerns, maintaining an efficient irrigation system isn't just about keeping your yard green—it's about being a responsible member of the community. An inefficient or malfunctioning irrigation system can waste hundreds of gallons of water, drive up your utility bills, and contribute to environmental pollution. Fortunately, a little routine maintenance can go a long way in protecting our water resources, preventing runoff, and saving you money.

Why Irrigation Runoff Matters

When your irrigation system is running inefficiently—whether due to broken sprinkler heads, misaligned nozzles, or outdated programming—it can result in runoff. This excess water flows off your property and into the storm drain system, carrying with it pollutants like fertilizers, pesticides, sediment, and bacteria. Unlike water that goes down the sink or toilet, runoff from irrigation doesn't get treated. It flows directly into our local creeks, rivers, and eventually the ocean, where it can cause serious harm to aquatic life and compromise water quality.

Local regulations prohibit this kind of runoff, not just because it's wasteful, but because of the threat it poses to the environment. That's why it's crucial to keep your system running properly—not just for the health of your yard, but for the health of our ecosystem.

The Hidden Risk: Power Outages and Irrigation Controllers

One often-overlooked contributor to irrigation runoff is the loss of power. Most irrigation controllers rely on a consistent supply of electricity to maintain their programmed schedules. In the event of a power outage, controllers may revert to their factory default settings—often overwatering your landscape with frequent, unnecessary cycles. While many controllers are equipped with backup batteries, those batteries need to be checked and replaced periodically to ensure they still hold a charge.

In recent years, Public Safety Power Shutoffs (PSPS) have become more common in California. These intentional

outages are designed to reduce the risk of wildfires during extreme weather conditions, such as high winds or heat waves. While PSPS events are important for public safety, they can unintentionally cause your irrigation controller to lose its settings, leading to overwatering and pollutant runoff once power is restored.

Simple Steps to Protect Your Water and Your Wallet

The good news is that avoiding these problems is easy, and it starts with a little awareness and a few quick checks. Here are three simple steps every homeowner should take:

- Check and replace your backup battery regularly. Make it part of your seasonal home maintenance routine, just like testing your smoke detectors. A fresh battery can preserve your irrigation settings during a power outage and prevent unintentional water waste.
- Inspect your controller after a power outage or PSPS event. Confirm that the date, time, and watering schedule are still correct. If your controller has reset, reprogram it based on your landscape's seasonal needs.
- Adjust irrigation schedules with the seasons. Plants need less water in the cooler months and more in the heat of summer. Updating your schedule ensures your plants stay healthy without wasting water.

Resources to Help You Get It Right

Managing your irrigation system doesn't have to be overwhelming. Orange County residents have access to a wealth of resources designed to make water conservation easier and more effective. Visit the county-wide collaborative water resource website at www.H2OC.org for helpful tips, guides, and seasonal recommendations.

You can also contact your local water district for specific support, rebates, or workshops:

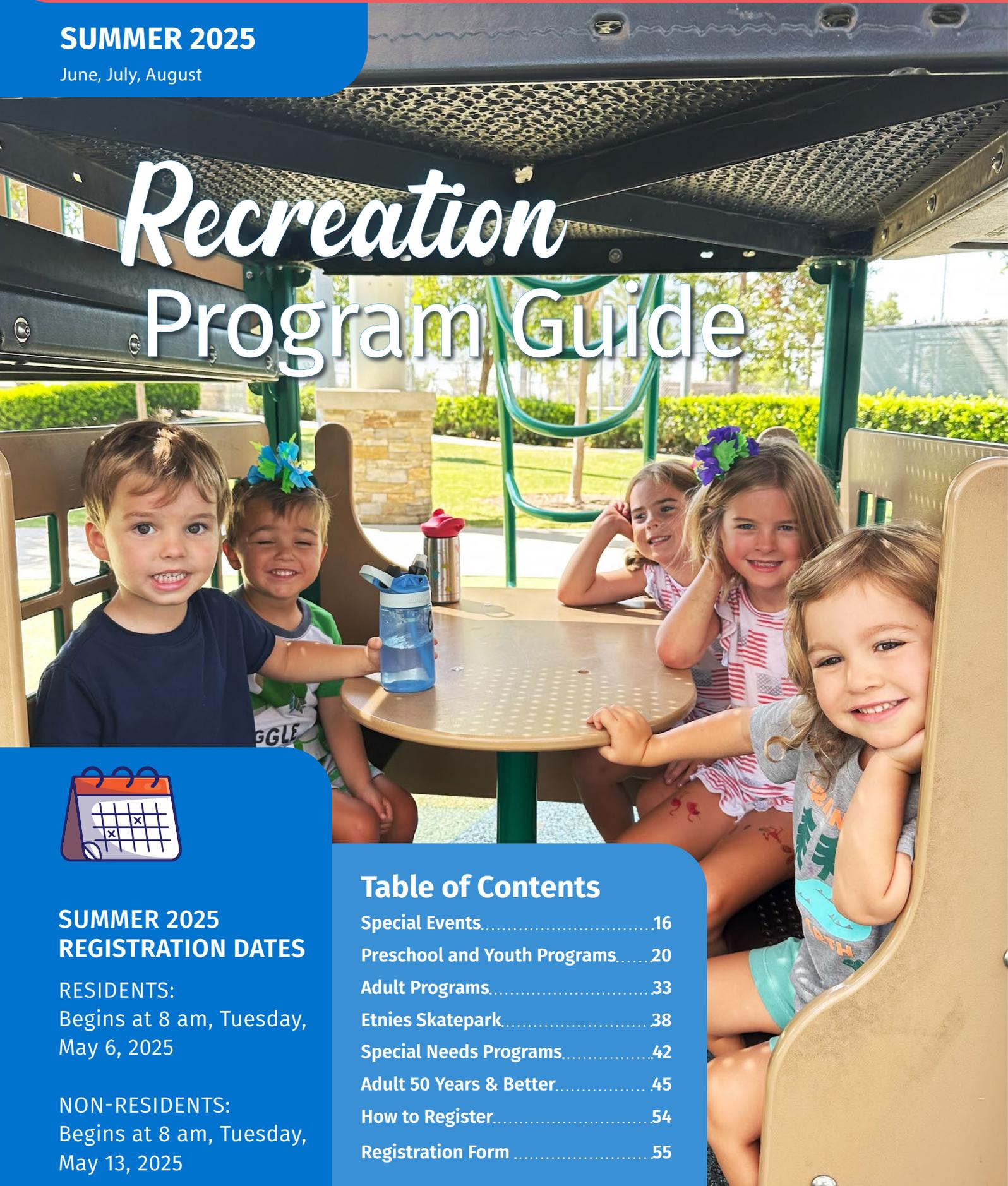
- El Toro Water District – www.etwd.com
- Irvine Ranch Water District – www.irwd.com
- Trabuco Canyon Water District – www.tcwd.ca.gov

By staying informed and making small adjustments to your irrigation habits, you can make a big difference in protecting our environment, conserving water, and keeping your landscape thriving all year long.

SUMMER 2025

June, July, August

Recreation Program Guide



SUMMER 2025 REGISTRATION DATES

RESIDENTS:
Begins at 8 am, Tuesday,
May 6, 2025

NON-RESIDENTS:
Begins at 8 am, Tuesday,
May 13, 2025

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COMMUNITY SERVICES CONTACT INFORMATION

- Community Services (949) 273-6960
- Community Center Rentals (949) 461-3407
- Etnies Skatepark
of Lake Forest (949) 916-5870
- Lake Forest Sports Park &
Recreation Center (949) 273-6960
- The Clubhouse
(Senior Center) (949) 461-3408
- Lake Forest Performing
Arts Center (949) 461-3457
- Saddleback College
Emeritus Registration (949) 582-4835
- Irvine Valley College
Emeritus Registration (949) 451-5555
- Sports Fields Hotline (949) 461-3595



Join Little Wranglers for some Summer Fun! See page 19.

COMMUNITY SERVICES SUMMER HOLIDAY SCHEDULE

INDEPENDENCE DAY
July 4, 2025
LABOR DAY
September 1, 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



SUMMER CONCERT SERIES

5:30PM | LAKE FOREST SPORTS PARK & RECREATION CENTER
28000 Rancho Parkway

For more information call (949) 273-6960.



SWIFT NATION
AN UNOFFICIAL TAYLOR SWIFT SING-ALONG TRIBUTE SHOW

SATURDAY, JUNE 28
Swift Nation—Taylor Swift Tribute
@swiftnationtribute



SATURDAY, JULY 26
Family Style —70's to Present
@familystuleusa



SATURDAY, AUGUST 23
Diego's Garage with Flashback Heart Attack & Car Show—80's Tribute Band
@diegos.garage.oc | @flashbackheartattack
If you have a classic car that you would like to show, please contact Ken Sipes at ksipes@lakeforestca.gov

—2025— MOVIES IN THE PARK

- **JUNE 13**
Inside Out 2
- **JULY 11**
Moana 2
- **AUGUST 8**
Encanto

7:30PM
Lake Forest Sports Park Common
Grass Area
28000 Rancho Parkway



Bring your friends, family, and a blanket!





ALL AGES
WELCOME!

32nd Annual 4th of July Parade

9:30am • FRIDAY, JULY 4

FREE!



Friday, July 4th · SCHEDULE OF EVENTS

PARADE VIEWING

Parade Start: corner of Toledo Way and Ridge Route Drive

Parade End: on Serrano Road and Ridge Route Drive

For additional information, call the Community Services Department at (949) 461-3451.

Parking Information: In the shopping center of El Toro Road and Serrano Road (Grocery Outlet). Parking can also be found off Lake Forest Drive and Trabuco Road (Ralphs Shopping Center) or Lake Forest Drive and Serrano Road (Rancho Cañada Elementary School).

BE IN THE PARADE! *Register now!*

Interested in being an entry in the parade?

We are looking for non-profit groups, businesses, community organizations, car clubs, etc. to participate in this patriotic event!

Register online at bit.ly/Parade-Registration by 5:00pm, Monday, June 2.

For more information, contact Laura Hunter at lhunter@lakeforestca.gov or (949) 461-3451.

El Toro
Chargers 5K

EL TORO CHARGERS 5K & 1K Run/Walk

7:00am | 8:00am

\$20 Student (5k & 1k)

\$40 Non- Student (5K)

www.ElToroChargers5k.org

Proceeds benefit a variety of ETHS programs. The run starts and finishes at the corner of Lake Forest Dr. & Chinook Dr.



KIWANIS PANCAKE BREAKFAST

7:00am to 10:00am

\$10 per person

Located on the corner of Toledo and Ridge Route.

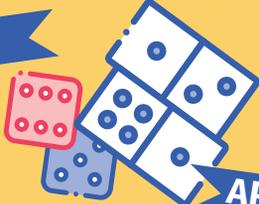
Proceeds benefit the Key Club-youth volunteer groups.



BUNCO NIGHTS

PRIZES

at The Clubhouse
100 Civic Center Dr



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 # 13481:
June 6, 6:30-9:00 pm

Activity # 13482:
Aug 1, 6:30-9:00 pm

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

\$15 R
\$20 NR

Family Campout

Enjoy the evening playing games, making crafts, and singing campfire songs under the night sky.

JULY 12-13
at the Sports Park

28000 Rancho Pkwy

Bring your tents, sleeping bags, and any other personal items.

Do not forget to bring your appetite because dinner, dessert, and breakfast are included!



EVERY family member 4 years and older MUST be registered.
Act#: 13660 4 yrs+ Sat & Sun, Jul 12-12 5:30pm-9:00am

2nd Annual

Multicultural Festival

Saturday, June 28

3 p.m. to 7 p.m.

Civic Center Campus, 100 Civic Center Drive

Dance & Music Performances, Entertainers,
Artists, Food Vendors, and More!



For more information, contact Courtney Wsocki at cwsocki@lakeforestca.gov or (949) 461-3439.

KIDS SUMMER CAMPS



CREATIVE KIDS CLUB

6-13 YRS

It's that time of year again - schools out, and summer camp is IN! Join our Creative Kids Club for 8 awesome weeks of crafts, games, special guests, and fun! Participants must bring snacks and lunch. No transfers or refunds for missed days. NO CAMP June 30-July 4. Please see below for City of Lake Forest Camp Refund Policy regarding cancellations.

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

\$200 R | \$205 NR (per week)

Activity #	Dates	Days	Time
Circus			
13405	6/9-6/13	Mon-Fri	7:30 am-6:00 pm
Secret Agent			
13406	6/16-6/20	Mon-Fri	7:30 am-6:00 pm
Nature			
13407	6/23-6/27	Mon-Fri	7:30 am-6:00 pm
Science			
13408	7/7-7/11	Mon-Fri	7:30 am-6:00 pm
Animal Kingdom			
13409	7/14-7/18	Mon-Fri	7:30 am-6:00 pm
Space			
13410	7/21-7/25	Mon-Fri	7:30 am-6:00 pm
Under the Sea			
13411	7/28-8/1	Mon-Fri	7:30 am-6:00 pm
Western			
13412	8/4-8/8	Mon-Fri	7:30 am-6:00 pm

LITTLE W RANGLERS

3-6 YRS

"Giddy on Up!" and join us for fun-filled activities including music, crafts, games, circle time and special visitors. Your little wrangler will play, imagine, and create while engaging in age-appropriate activities staff has planned. No transfer or refunds for missed days. **ALL LITTLE WRANGLERS MUST BE POTTY TRAINED.** NO CAMP June 30-July 4. Please see City of Lake Forest Camp Refund Policy regarding cancellations*.

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

\$100 R | \$105 NR (per week)

Activity #	Dates	Days	Time
Circus			
13413	6/9-6/13	Mon-Fri	9:00 am-12:00 pm
Secret Agent			
13414	6/16-6/20	Mon-Fri	9:00 am-12:00 pm
Nature			
13415	6/23-6/27	Mon-Fri	9:00 am-12:00 pm
Science			
13416	7/7-7/11	Mon-Fri	9:00 am-12:00 pm
Animal Kingdom			
13417	7/14-7/18	Mon-Fri	9:00 am-12:00 pm
Space			
13418	7/21-7/25	Mon-Fri	9:00 am-12:00 pm
Under the Sea			
13419	7/28-8/1	Mon-Fri	9:00 am-12:00 pm
Western			
13420	8/4-8/8	Mon-Fri	9:00 am-12:00 pm

2025 CAMP CANCELLATION POLICY

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

Youth Classes

Preschool & School Aged Classes

PINOCCHIO, A MUSICAL: 1 WEEK IMMERSION CAMP

5-12 YRS

Be in a musical, complete with lights, costumes, big dance numbers and memories to last a lifetime. Instructed by professionals in drama, dance and voice, CKP is known for quality theatre education. Follow Pinocchio through his adventures as he tries to become a real live boy. With so many different and fun roles to play, your actor will have a blast! Learn more at www.CreativeKidsPlayhouse.org

Instructor: Creative Kids Playhouse
Children's Theatre of OC

Location: Lake Forest Performing Arts Center
100 Civic Center Dr, Lake Forest

\$195 R | \$200 NR (1-week camp)

Activity #	Dates	Days	Time
13371	7/28-8/1	Mon-Fri	9:00 am-12:30 pm

LITTLE NINJAS

4-6 YRS

Especially designed for 4-6-year-olds, this exciting introduction to martial arts is one you won't want to miss! From a parent's point of view, your child will be taught important skills to help keep them safe, develop hand/eye coordination, self-control, focus, respect, teamwork, and learning to work towards a goal with perseverance. From a child's point of view, they'll be learning cool karate moves, playing fun games and making new friends. Uniforms are included!

Instructor: PKSA Staff

Location: 22600 F Lambert St, #1205
Lake Forest

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

Activity #	Dates	Days	Time
13680	6/3-7/17	T/Th	5:00-5:45 pm
13681	7/22-8/28	T/Th	5:00-5:45 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, Lake Forest

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

Activity #	Dates	Days	Time
13369	6/23-8/18	Mon	9:30-10:15 am
13370	6/25-8/20	Wed	3:30-4:15 pm

MUSIC TOGETHER

BIRTH-4 YRS

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

Instructor: Elena Salisbury

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

Material Fee: \$35

Activity #	Dates	Days	Time
13372	6/24-8/12	Tue	10:30-11:15 am
13373	6/24-8/12	Tue	4:15-5:00 pm
13374	6/27-8/22	Fri	9:15-10:00 am
13375	6/27-8/22	Fri	10:15-11:00 am
13376	6/28-8/16	Sat	9:00-9:45 am
13377	6/28-8/16	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: 7/5.

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

\$99 R | \$104 NR (6-week session)

\$132 R | \$137 NR (8-week session)

Activity #	Ages	Dates	Days	Time
13383	3-6 yrs	6/14-7/26	Sat	9:50-10:35 am
13384	2.5-4 yrs	6/18-8/6	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: 7/5.

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

\$99 R | \$104 NR (6-week session)

Activity #	Dates	Days	Time
13379	6/14-7/26	Sat	10:40-11:25 am

ALL IN ONE DANCE CAMP

5-9 YRS

Participants embark on an action-packed learning experience, exploring hip hop, jazz, and ballet while improving their stamina, flexibility, and strength! This camp includes daily crafts, team building games, and kindness discussions. Last day performance for family. More info: www.socaarts.com

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

\$199 R | \$204 NR (1-week camp)

Material Fee: \$25

Activity #	Dates	Days	Time
13627	7/7-7/11	Mon-Fri	9:00 am-12:00 pm

BUTTERFLY BALLERINA

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/.

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

\$132 R | \$137 NR (8-week session)

Activity #	Dates	Days	Time
13385	6/18-8/6	Wed	3:30-4:15 pm

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: 7/5.

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

\$99 R | \$104 NR (6-week session)

Activity #	Dates	Days	Time
13386	6/14-7/26	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/.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

\$132 R | \$137 NR (8-week session)

Activity #	Dates	Days	Time
13387	6/18-8/6	Wed	5:10-5:55 pm

POP STAR SING & DANCE CAMP

5-9 YRS

A dancer and parent favorite, Pop Star Camp is back! Campers learn lyrics and beginning hip hop/jazz choreography to kids' favorite, popular artists. "I Am Kind" program discussion and activities, themed games, and themed crafts done daily. All songs and choreography are age-appropriate. Last day performance for family! More info: www.socaarts.com.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

\$199 R | \$204 NR (1-week camp)

Material Fee: \$25

Activity #	Dates	Days	Time
13628	7/21-7/25	Mon-Fri	9:00 am-12:00 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: 7/5.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

\$99 R | \$104 NR (6-week session)

Material Fee: \$5

Activity #	Dates	Days	Time
13388	6/14-7/26	Sat	9:00-9:45 am

PRINCESS ACADEMY "FROZEN IN SUMMER"

3.5-7 YRS

Welcome to the Princess Academy! Participants will enjoy a fantasy "winter wonderland" with songs, play, basic etiquette and kindness lessons, beginning ballet, and crafts themed around their favorite winter sisters and clumsy snowman. Last day camp "royal performance" for family! More info: www.socaarts.com.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

\$199 R | \$204 NR (1-week camp)

Material Fee: \$25

Activity #	Dates	Days	Time
13626	6/16-6/20	Mon-Fri	9:00 am-12:00 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. No Class: 7/3.

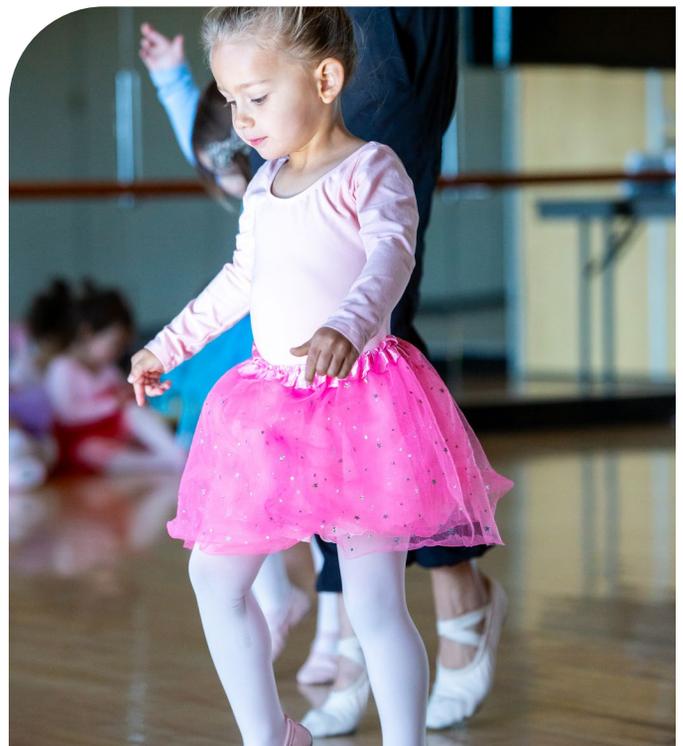
Instructor: Beauty of Music

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

Material Fee: \$30

Activity#	Ages	Dates	Days	Time
13586	3-6 yrs	6/12-8/7	Thu	3:00-4:00 pm
13587	7-12 yrs	6/12-8/7	Thu	4:15-5:15 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.

<u>Residents</u>	<u>Non-Residents</u>
\$5 Daily	\$10 Daily
\$120 Yearly Pass	\$240 Yearly Pass

Open Gym ID Card Replacement \$15

Basketball:

Monday-Friday 11:00 am–1:00 pm
 Monday (30 and older) 6:30 pm–9:30 pm
 Saturday 3:00–6:00 pm

Volleyball:

Friday 6:30–9:30 pm
 Saturday 6:30–9:30 pm
 Sunday 10:00 am–2:00 pm

Pickleball:

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

Futsal Soccer:

Thursday 6:30–9:30 pm

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

Holiday closures:
 July 4, 2025
 September 1, 2025

FOLLOW US  
 @lfsportspark @lakeforest_sportspark

BRUSH GAME 3-6 YRS | 7-12 YRS

Unleash your child's inner artist in Brush Games. This class explores the world of watercolor painting, nurturing creativity and painting skills in a vibrant and supportive environment. No Class: 7/4.

Instructor: Beauty of Music
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway, Lake Forest

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

Activity#	Ages	Dates	Days	Time
13588	3-6 yrs	6/13-8/8	Fri	3:00-4:00 pm
13589	7-12 yrs	6/13-8/8	Fri	4:15-5:15 pm

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. No Class: 7/2.

Instructor: Beauty of Music
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway, Lake Forest

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

Activity#	Ages	Dates	Days	Time
13590	3-6 yrs	6/11-8/6	Wed	4:15-5:15 pm
13591	7-12 yrs	6/11-8/6	Wed	5:30-6:30 pm

LIFE SKILLS FOR PRE-TEENS 9-12 YRS

Our exclusive program helps pre-teens understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Through interactive lessons, we teach essential life skills that will help them succeed in all areas of their lives. Some of the lessons included are: Introductions, Dining Etiquette, Peer Pressure, Valuing Yourself & Others, Acts of Kindness, Communication, Social Media, Character Counts and MORE!

Instructor: The Etiquette Factory
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway, Lake Forest

\$149 R | \$154 NR (1-week session)

Material Fee: \$20

Activity#	Dates	Days	Time
13389	6/9-6/12	Mon-Thu	9:00 am-12:00 pm

REGISTRATION DATES



Residents: Tues., May 6, 2025, 8:00 am
 Non-Residents: Tues., May 13, 2025, 8:00 am

SKYHAWKS YOUTH SPORTS

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

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 7/5.

\$119 R | \$124 NR (6-week session)

Activity #	Ages	Dates	Days	Time
13470	2-3.5 yrs	6/28-8/9	Sat	9:00-9:40 am
13471	2-3.5 yrs	6/28-8/9	Sat	9:50-10:30 am
13472	3.5-4.5 yrs	6/28-8/9	Sat	10:40-11:20 am
13473	4.5-5 yrs	6/28-8/9	Sat	11:30-12:10 pm
13474	2-3.5 yrs	6/24-7/29	Tue	4:00-4:40 pm
13475	2-3.5 yrs	6/24-7/29	Tue	4:50-5:30 pm
13476	3.5-5 yrs	6/24-7/29	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 7/5.

\$119 R | \$124 NR (6-week session)

Activity #	Dates	Days	Time
13477	6/28-8/9	Sat	12:20-1:00 pm
13478	6/24-7/29	Tue	6:30-7:10 pm

BASKETBALL 6-8 YRS | 9-12 YRS

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program 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! No class: 7/3.

6-8 yrs: \$119 R | \$124 NR (6-week session)

9-12 yrs: \$125 R | \$130 NR (6-week session)

Activity #	Ages	Dates	Days	Time
13479	6-8 yrs	6/26-8/7	Thu	5:40-6:20 pm
13480	9-12 yrs	6/26-8/7	Thu	6:30-7:30 pm



HOOPSTERTOTS 3.5-4.5 YRS | 4.5-5 YRS

Discover the joy of basketball with HoopsterTots! This fun program focuses on dribbling, shooting, passing, and teamwork using adjustable hoops for age-appropriate challenges. Join HoopsterTots to shoot and score foundational skills! No class: 7/3.

\$119 R | \$124 NR (6-week session)

Activity #	Ages	Dates	Days	Time
13497	3.5-4.5 yrs	6/26-8/7	Thu	4:00-4:40 pm
13498	4.5-5 yrs	6/26-8/7	Thu	4:50-5:30 pm

SOC CERTOTS 2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

Kickstart a passion for soccer with SoccerTots, an active, game-based introduction for young athletes. This program enhances motor skills and self-confidence with engaging activities that focus on developing core soccer skills and introducing friend competition. Parent participation required for ages 2-3.5 years. No class: 7/4.

FRIDAY SESSION LOCATION:

Pittsford Park, 21701 Pittsford Dr

WEDNESDAY SESSIONS LOCATION:

Lake Forest Sports Park, 28000 Rancho Pkwy

\$119 R | \$124 NR (6-week session)

Activity #	Ages	Dates	Days	Time
13499	2-3.5 yrs	6/27-8/8	Fri	4:00-4:40 pm
13500	3.5-4.5 yrs	6/27-8/8	Fri	4:50-5:30 pm
13501	4.5-5 yrs	6/27-8/8	Fri	5:40-6:20 pm
13502	2-3.5 yrs	6/25-7/30	Wed	4:00-4:40 pm
13503	3.5-4.5 yrs	6/25-7/30	Wed	4:50-5:30 pm
13504	4.5-5 yrs	6/25-7/30	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. No class: 7/4.

FRIDAY SESSION LOCATION:

Pittsford Park, 21701 Pittsford Dr

WEDNESDAY SESSIONS LOCATION:

Lake Forest Sports Park, 28000 Rancho Pkwy

\$119 R | \$124 NR (6-week session)

Activity #	Dates	Days	Time
13505	6/27-8/8	Fri	6:30-7:10 pm
13506	6/25-7/30	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.

Location: Pittsford Park Tennis Courts

\$119 R | \$124 NR (6-week session)

Activity #	Dates	Days	Time
13507	6/23-7/28	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.

Location: Pittsford Park Tennis Courts

\$119 R | \$124 NR (6-week session)

Activity #	Ages	Dates	Days	Time
13508	5-6 yrs	6/23-7/28	Mon	4:50-5:30 pm
13509	7-8 yrs	6/23-7/28	Mon	5:40-6:20 pm

SKYHAWKS FLAG FOOTBALL FUELED BY USA FOOTBALL

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using the curriculum developed by the experts from USA Football, coaches will teach skills like passing receiving, kicking, and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

\$199 R | \$204 NR (1-week session)

Activity #	Ages	Dates	Days	Time
13510	7-12 yrs	6/9-6/13	Mon-Fri	9:00 am-12:00 pm
13511	7-12 yrs	8/4-8/8	Mon-Fri	9:00 am-12:00 pm





Skyhawks

SUMMER CAMPS



MINI-HAWK CAMP (SOCCER, BASEBALL & BASKETBALL) 4-6 YRS

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

\$199 R | \$204 NR (1-week camp)

\$155 R | \$160 NR (3-day camp)

Activity #	Ages	Dates	Days	Time
13512	4-6 yrs	6/9-6/13	Mon-Fri	9:00 am-12:00 pm
13513	4-6 yrs	6/30-7/3	Mon-Thu	9:00 am-12:00 pm
13514	4-6 yrs	7/21-7/25	Mon-Fri	9:00 am-12:00 pm
13515	4-6 yrs	8/4-8/8	Mon-Fri	9:00 am-12:00 pm

BASKETBALL CAMP 7-12 YRS

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

\$199 R | \$204 NR (1-week camp)

Activity #	Ages	Dates	Days	Time
13516	7-12 yrs	6/16-6/20	Mon-Fri	9:00 am-12:00 pm
13517	7-12 yrs	7/7-7/11	Mon-Fri	9:00 am-12:00 pm
13518	7-12 yrs	7/21-7/25	Mon-Fri	9:00 am-12:00 pm

BEGINNING GOLF CAMP 5-8 YRS

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

\$199 R | \$204 NR (1-week camp)

Activity #	Ages	Dates	Days	Time
13519	5-8 yrs	6/16-6/20	Mon-Fri	9:00 am-12:00 pm
13520	5-8 yrs	7/7-7/11	Mon-Fri	9:00 am-12:00 pm
13521	5-8 yrs	7/28-8/1	Mon-Fri	9:00 am-12:00 pm
13522	5-8 yrs	8/4-8/8	Mon-Fri	9:00 am-12:00 pm

SOCCER CAMP

4-6 YRS | 7-12 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.

\$199 R | \$204 NR (1-week camp)

Activity #	Ages	Dates	Days	Time
13523	4-6 yrs	6/23-6/27	Mon-Fri	9:00 am-12:00 pm
13524	7-12 yrs	6/23-6/27	Mon-Fri	9:00 am-12:00 pm
13525	4-6 yrs	7/14-7/18	Mon-Fri	9:00 am-12:00 pm
13526	7-12 yrs	7/14-7/18	Mon-Fri	9:00 am-12:00 pm

TENNIS CAMP

7-12 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.

\$199 R | \$204 NR (1-week camp)

\$155 R | \$160 NR (4-day camp)

Activity #	Ages	Dates	Days	Time
13527	7-12 yrs	6/30-7/3	Mon-Thu	9:00 am-12:00 pm
13528	7-12 yrs	7/28-8/1	Mon-Fri	9:00 am-12:00 pm



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! No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13444	6/14-7/19	Sat	9:00-9:40 am
13445	6/14-7/19	Sat	11:30 am -12:10 pm
13446	6/15-7/20	Sun	9:45-10:25 am
13447	8/2-8/30	Sat	9:00-9:40 am
13448	8/2-8/30	Sat	11:30 am -12:10 pm
13449	8/3-8/31	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! No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13450	6/14-7/19	Sat	8:15-8:55 am
13451	6/14-7/19	Sat	9:50-10:30 am
13452	6/15-7/20	Sun	9:00-9:40 am
13453	8/2-8/30	Sat	8:15-8:55 am
13454	8/2-8/30	Sat	9:50-10:30 am
13455	8/3-8/31	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. No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13456	6/14-7/19	Sat	9:00-9:45 am
13457	6/15-7/20	Sun	10:35-11:20 am
13458	8/2-8/30	Sat	9:00-9:45 am
13459	8/3-8/31	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. No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13460	6/14-7/19	Sat	10:35-11:25 am
13461	6/15-7/20	Sun	11:25 am-12:15 pm
13462	8/2-8/30	Sat	10:35-11:25 am
13463	8/3-8/31	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. No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13464	6/14-7/19	Sat	9:50-10:50 am
13465	6/15-7/20	Sun	12:20-1:20 pm
13466	8/2-8/30	Sat	9:50-10:50 am
13467	8/3-8/31	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. No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13468	6/14-7/19	Sat	11:00 am-12:00 pm
13469	8/2-8/30	Sat	11:00 am-12:00 pm

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

KICKSTART KARATE CHALLENGE **7+ YRS**

Make this summer unforgettable with our family-friendly martial arts class! Learn self-defense, boost confidence, build focus and respect—all in a fun, supportive environment for both kids and parents. Includes uniforms and belts!

Instructor: PKSA Staff
Location: 22600 F Lambert St, #1205
Lake Forest

\$129 R | \$134 NR (6-week session)
\$79 R | \$84 NR (Parent registration fee, child must be registered)

Activity#	Dates	Days	Time
13678	6/2-7/16	M/W	5:00-5:45 pm
13679	7/21-8/27	M/W	5:00-5:45 pm

MANNERS, CHARACTER, & SOCIAL SKILLS "FOUNDATIONS" **5-9 YRS**

The Etiquette Factory is a unique learning experience designed to change the world, one child at a time. We define manners as: Helping those around you to feel valued. Our exclusive program helps children understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Over 50 different etiquette skills are taught using games, role play, music, activities, stories, and discussion. Some of the skills included are: Introductions, Dining Etiquette, Kindness, Tact, Communication, Being a Guest, Sharing/Borrowing, Sincere Apologies and so much more! Who knew learning manners could be so much fun!

Instructor: The Etiquette Factory
Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

\$149 R | \$154 NR (1-week session)
Material Fee: \$20

Activity#	Dates	Days	Time
13390	6/16-6/19	Mon-Thu	9:00 am-12:00 pm

READING DEVELOPMENT— GRADES K-2 **4.5-7.5 YRS**

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

Instructor: Readwrite Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

Activity#	Dates	Days	Time
13391	6/9-6/25	Mon/Wed	3:30-4:25 pm
13392	6/30-7/16	Mon/Wed	3:30-4:25 pm
13393	7/21-8/6	Mon/Wed	3:30-4:25 pm

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.

Instructor: Readwrite Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

Activity#	Dates	Days	Time
13394	6/9-6/25	Mon/Wed	4:30-5:25 pm
13395	6/30-7/16	Mon/Wed	4:30-5:25 pm
13396	7/21-8/6	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.

Instructor: Readwrite Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

Activity#	Dates	Days	Time
13397	6/9-6/25	Mon/Wed	5:30-6:25 pm
13398	6/30-7/16	Mon/Wed	5:30-6:25 pm
13399	7/21-8/6	Mon/Wed	5:30-6:25 pm

NATIONAL NIGHT OUT

AUGUST 5, 2025
5:00 - 8:00 PM
LAKE FOREST SPORTS PARK

Fun for all!

Explore public safety displays, emergency response vehicles, crime prevention resources, family activities, and more!

SPEED READING & VOCABULARY BUILDING

12-17 YRS

Your child will read two to ten times faster and improve comprehension in this class! We will go over methods to increase speed, how to overcome reading roadblocks, and how to build comprehension and recall. Students will improve concentration and find self-confidence as well as develop an enjoyment for reading! More info: 949-263-0633.

Instructor: Readwrite Staff
 Location: Norman P. Murray Community and Senior Center
 24932 Veterans Way, Mission Viejo

\$145 R | \$150 NR (4-week session)

Activity#	Dates	Days	Time
13400	7/11-8/1	Fri	1:30-3:30 pm

STUDY SKILLS & TEST TAKING TECHNIQUES

12-17 YRS

Prepare for the new school year! Students will learn to be more productive during school and study time. We'll go over effective note taking skills, study techniques, smart approaches to test taking, concentration strategies, and how to get the most out of a textbook. More info: 949-263-0633.

Instructor: Readwrite Staff
 Location: Norman P. Murray Community and Senior Center
 24932 Veterans Way, Mission Viejo

\$115 R | \$120 NR (4-week session)

Activity#	Dates	Days	Time
13401	7/11-8/1	Fri	3:45-5:15 pm

SPOOKY SCIENCE WITH BOO-IONERDS!

5-12 YRS

Come and join us on a journey where we learn about some creepy and crawly topics, from animals like bats and spiders, to things like skeletons. Your child will be up close and personal with live/fresh/preserved organisms, perform some dissections, and engage in cool biology experiments using lab equipment/tools.

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

\$240 R | \$245 NR (1-week session)

Material Fee: \$95

Activity#	Dates	Days	Time
13402	6/23-6/27	Mon-Fri	9:00 am-12:00 pm

DECOMPOSERS: EARTH'S BEST FRIENDS!

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn why and how organisms, from worms, beetles, crustaceans, and more, are called Earth's best friends. Your child will be up close with live/preserved organisms, perform some dissections, and engage in cool biology activities using lab equipment/tools.

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

\$240 R | \$245 NR (1-week session)

Material Fee: \$95

Activity#	Dates	Days	Time
13403	6/23-6/27	Mon-Fri	1:00-4:00 pm

FROM SPOOKY SCIENCE TO DECOMPOSERS

5-12 YRS

Join fun hands-on biology workshop for kids! Learn creepy crawly topics, from bats to skeletons in the morning. Learn why some organisms, from worms to beetles, are called Earth's best friends in the afternoon. Up close and personal with live/fresh/preserved organisms, perform some discussions and cool biology activities using lab equipment/tools.

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

\$450 R | \$455 NR (1-week session)

Material Fee: \$127

Activity#	Dates	Days	Time
13404	6/23-6/27	Mon-Fri	9:00 am-4:00 pm



CHESS WIZARDS INC. CAMP

5-12 YRS

Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle-your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate, but full-day kids should bring lunch. Unleash your brain power and spend part of your vacation with Chess Wizards!

Instructor: Chess Wizards Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

AM/PM Session: \$336 R | \$341 NR (1-week session)

Full Day Session: \$479 R | \$484 NR (1-week session)

Activity#	Dates	Day	Time
13583	7/28-8/1	Mon-Fri	9:00 am-12:00 pm
13584	7/28-8/1	Mon-Fri	12:00-3:00 pm
13585	7/28-8/1	Mon-Fri	9:00 am-3:00 pm

STRATEGIC KIDS-STEAM CAMP!

7-11 YRS

Join the fun at Strategic Kids STEAM camps! We include a combination of our enrichment programs from the school year! Camp activities include LEGO, chess, cartooning, origami, magic, & more! Please check out our website for further information at www.Strategickids.com.

Instructor: Strategic Kids Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

\$223 R | \$228 NR (1-week session)

Material Fee: \$10

Activity#	Dates	Day	Time
13421	6/9-6/13	Mon-Fri	1:00-4:00 pm
13422	8/4-8/8	Mon-Fri	1:00-4:00 pm

YOUTH JIU JITSU

7+ YRS

Learn self-defense, through practical martial art, in a fun and safe environment.

Instructor: Open Mat Jiu Jitsu Staff

Location: 26923 Fuerte Dr, Lake Forest

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

Activity #	Dates	Days	Time
13612	7/16-8/13	Wed	5:00-6:00 pm

WOMEN'S JIU JITSU

14+ YRS

Gain confidence and a life skill by learning self-defense through jiu jitsu.

Instructor: Open Mat Jiu Jitsu Staff

Location: 26923 Fuerte Dr, Lake Forest

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

Activity #	Dates	Days	Time
13613	7/16-8/13	Wed	6:00-7:00 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 Friday. For more information, please contact CA Taekwondo at (949) 461-7898.

Instructor: Master Choi

Location: 29200 Portola Pkwy, Lake Forest

\$109 R | \$114 NR (4-class session)

Activity #	Dates	Days	Time
13608	6/1-8/30	Mon-Fri	3:30-4:00 pm

MARTIAL ARTS FOR 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 Friday. For more information, please contact CA Taekwondo at (949) 461-7898.

Instructor: Master Choi

Location: 29200 Portola Pkwy, Lake Forest

\$109 R | \$114 NR (4-class session)

Activity #	Dates	Days	Time
13609	6/1-8/30	Mon-Fri	4:05-4:45 pm
13610	6/1-8/30	Mon-Fri	4:50-5:30 pm
13611	6/1-8/30	Mon-Fri	5:35-6:15 pm

REGISTRATION DATES



Residents: Tues., May 6, 2025, 8:00 am

Non-Residents: Tues., May 13, 2025, 8:00 am

PARENT & ME GYMNASTICS 1.4-2.2 YRS | 1.6-3.5 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: 25 Spectrum Pointe Dr, St. 405, Lake Forest

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

Activity#	Ages	Dates	Days	Time
13423	1.4-2.2 yrs	6/3-6/24	Tue	9:45-10:30 am
13424	1.6-3.5 yrs	6/3-6/24	Tue	10:35-11:20 am
13425	1.6-3.5 yrs	6/4-6/25	Wed	10:00-10:45 am
13426	1.6-3.5 yrs	6/4-6/25	Wed	10:55-11:40 am
13427	1.4-2.2 yrs	7/8-7/29	Tue	9:45-10:30 am
13428	1.6-3.5 yrs	7/8-7/29	Tue	10:35-11:20 am
13429	1.6-3.5 yrs	7/9-7/30	Wed	10:00-10:45 am
13430	1.6-3.5 yrs	7/9-7/30	Wed	10:55-11:40 am
13431	1.4-2.2 yrs	8/5-8/26	Tue	9:45-10:30 am
13432	1.6-3.5 yrs	8/5-8/26	Tue	10:35-11:20 am
13433	1.6-3.5 yrs	8/6-8/27	Wed	10:00-10:45 am

PRESCHOOL GYMNASTICS 3.5-5.5 YRS | 4.5-6 YRS

This is a beginner's level gymnastics class for girls and boys. Students will learn different body positions and gymnastics skills using bars, vault, and balance beam. This class will help students improve their balance and coordination, and other gross motor skills such as running, jumping, and climbing. This class is great for children who are ready to be in a structured class without parents' assistance.

Instructor: Us Too Gymnastics

Location: 25 Spectrum Pointe Dr, St. 405, Lake Forest

\$85 R | \$90 NR (4-week session)

Activity#	Ages	Dates	Days	Time
13434	3.6-5.5 yrs	6/3-6/24	Tue	1:00-1:50pm
13435	4.5-6 yrs	6/4-6/25	Wed	11:45-12:35pm
13436	4.5-6 yrs	6/5-6/26	Thu	3:00-3:50pm
13437	3.5-5.5 yrs	7/8-7/29	Tue	11:30-12:20 pm
13438	4.5-6 yrs	7/9-7/30	Wed	11:45-12:35pm
13439	4.5-6 yrs	7/10-7/31	Thu	3:00-3:50pm
13440	3.5-5.5 yrs	8/5-8/26	Tue	1:00-1:50pm
13441	4.5-6 yrs	8/7-8/28	Thu	3:00-3:50pm

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, Lake Forest

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

Activity#	Grades	Dates	Days	Time
13592	3rd-5th	6/8-6/29	Sun	2:00-3:00 pm
13593	6th-8th	6/8-6/29	Sun	3:00-4:00 pm
13594	3rd-5th	7/13-8/3	Sun	2:00-3:00 pm
13595	6th-8th	7/13-8/3	Sun	3:00-4:00 pm
13596	3rd-5th	8/10-8/31	Sun	2:00-3:00 pm
13597	6th-8th	8/10-8/31	Sun	3:00-4:00 pm

City of Lake Forest
DECEMBER 20, 1991

Birthday Parties

AT THE LAKE FOREST SPORTS PARK

Celebrate with us starting in September!

PICK YOUR THEME!

Dinosaur Adventure

Royal Tea Party

Host your child's next birthday at the Lake Forest Sports Park! Birthday parties will be catered to children ages 3-7 and held on the first Saturday of every month. Activities will be led by Community Services staff. Ask for an information sheet at the Front Desk!
Please send all applications to kgodfrey@lakeforestca.gov.

RESIDENTS: \$150
NON-RESIDENTS: \$200

EVENT TIME: 10AM-1PM
FOR MORE INFORMATION
CALL 949.273.6964

Parties include:
1 Craft & 2 Games
Light Refreshments
Room Decorations
Coloring Sheets & Crayons

NINJA PLAY

2-5 YRS

To learn foundational skills necessary to develop skills around agility, stability, balance, jumping distance, and more. Skills will focus on cardiovascular endurance, muscular strength, and endurance while improving overall fitness.

Instructor: Kidokinetics

Location: Lake Forest Sports Park
28000 Rancho Pkwy, Lake Forest

\$250 R | \$255 NR (1-week camp)

Activity #	Dates	Days	Time
13661	6/2-6/5	Mon-Thu	9:00-11:00 am

OBSTACLE COURSES

2-5 YRS

In this engaging and dynamic class, students will develop fundamental movement skills by navigating through a variety of obstacles. They will learn to follow simple instructions to complete tasks efficiently while activating bilateral coordination to move through challenges with control and precision. The course will also incorporate health-related fitness concepts such as muscular and cardiovascular endurance, flexibility, and overall physical well-being. Additionally, students will enhance their performance-related fitness by improving speed, agility, power, balance, and coordination.

Instructor: Kidokinetics

Location: Lake Forest Sports Park
28000 Rancho Pkwy, Lake Forest

\$250 R | \$255 NR (1-week camp)

Activity #	Dates	Days	Time
13662	6/9 - 6/12	Mon-Thu	9:00-11:00 am

BEAN BAGS

2-5 YRS

Introduce preschool kids to object control/manipulation skills using a bean bag to practice self-control, rhythm, bilateral coordination, directions, body identification, eye-hand coordination, throwing, and catching.

Instructor: Kidokinetics

Location: Lake Forest Sports Park
28000 Rancho Pkwy, Lake Forest

\$250 R | \$255 NR (1-week camp)

Activity #	Dates	Days	Time
13663	6/16-6/19	Mon-Thu	9:00-11:00 am

NOODLE PLAY

2-5 YRS

To learn foundational skills necessary to grow in coordination, and cardiovascular endurance while improving balance, hand-eye coordination, accuracy, and overall fitness.

Instructor: Kidokinetics

Location: Lake Forest Sports Park
28000 Rancho Pkwy, Lake Forest

\$250 R | \$255 NR (1-week camp)

Activity #	Dates	Days	Time
13664	6/23-6/26	Mon-Thu	9:00-11:00 am

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, Lake Forest

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

Activity #	Dates	Days	Time
13529	6/16-7/14	Mon	6:30-7:30 pm
13530	7/23-8/20	Wed	6:45-7:45 pm



KIDS KEYBOARD BEGINNERS

5-14 YRS

Children just starting to learn music on the piano keyboard. No Class: 7/4.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

\$60 R | \$ 65 NR (4-week session)

Activity #	Dates	Days	Time
13536	6/13-8/8	Fri	4:00-4:45 pm
13538	8/15-9/5	Fri	4:00-4:45 pm

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



KIDS KEYBOARD CONTINUED

5-14 YRS

This class is for students who have had at least 1 of my other Beginner classes and are ready to move on further. No Class: 7/4.

Instructor: Shawn Smith
Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

\$60 R | \$ 65 NR (4-week session)

Activity #	Dates	Days	Time
13540	6/13-8/8	Fri	5:00-5:45 pm
13541	8/15-9/5	Fri	5:00-5:45 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, Lake Forest

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

Activity #	Dates	Days	Time
13531	6/16-7/14	Mon	7:30-8:30 pm
13532	7/23-8/20	Wed	7:45-8:45 pm

Adult Classes

KEYBOARD FOR ADULTS

25+ YRS

Learn to play songs on the keyboard and read music. Work at your own pace. No Class: 7/4.

Instructor: Shawn Smith
Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

\$60 R | \$65 NR (4-week session)

Activity #	Dates	Days	Time
13542	6/13-8/8	Fri	3:00-3:45 pm
13543	8/15-9/5	Fri	3:00-3:45 pm

ADULT JIU JITSU

18+ YRS

Learn how to defend yourself through a practical martial art while getting a good workout in.

Instructor: Open Mat Jiu Jitsu Staff
Location: 26923 Fuerte Dr, Lake Forest

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

Activity #	Dates	Days	Time
13614	7/15-8/12	Tue	7:00-8:00 pm

CLICKSTART'S CANINE ESSENTIALS

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!

Instructor: Clickstart Dog Academy staff
Location: Pittsford Park
21701 Pittsford Dr, Lake Forest

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

Activity #	Dates	Days	Time
13544	7/20-8/24	Sun	5:00-6:00 pm

PET CPR & FIRST AID CERTIFICATION CLASS

18+ YRS

This 5-hour hands-on, certification class covers Pet CPR techniques and critical first aid knowledge for dogs and cats. Additionally, the class includes our PetSaver® 40-page handbook and, upon successful completion, each participant will receive a 2-year certification card. Whether you're a pet professional or a pet guardian, sometimes the unexpected happens...Will you be prepared to take action when it does?

Instructor: Clickstart Dog Academy staff
Location: Pittsford Park
21701 Pittsford Dr, Lake Forest

\$125R | \$130 NR (1-day session)

Activity #	Dates	Days	Time
13615	6/29	Sun	10:00 am-3:00 pm



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 email yogagarage@gmail.com.

Instructor: Amy Harper

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

Activity #	Dates	Days	Time
13552	6/3-7/8	Tue	7:30-8:30 pm
13553	7/22-8/26	Tue	7:30-8:30 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, Lake Forest

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

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

Activity #	Dates	Days	Time
13545	6/3-6/26	Tue/Thu	6:00-6:45 pm
13546	7/8-7/31	Tue/Thu	6:00-6:45 pm
13547	8/5-8/28	Tue/Thu	6:00-6:45 pm



ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

Zumba Gold provides all the fun of a regular Zumba class, but, with modified, low-impact moves. While the toning part of this class utilizes one-pound weights to help you build strength and tone your body, the low impact format is a safe way to keep up with your fitness routine. It's effective, improves balance, flexibility and coordination. If you're new to group fitness or looking for a welcoming community, our Zumba Gold + Toning class is a fantastic entry point. This class is more than a workout option for seniors; it's a fun, and effective fitness choice for younger adults as well. Whether you're looking to manage stress, improve balance and flexibility, or just add variety to your workout routine, Zumba Gold + Toning has the benefits you are looking for. Be ready to have fun, make friends and tone up!

Instructor: Angie Velez

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

Activity#	Package	Cost
13548	5-class package	\$30 R \$35 NR
13549	10-class package	\$50 R \$55 NR
13550	15-class package	\$75 R \$80 NR
13551	20-class package	\$100 R \$105 NR

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

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, Lake Forest

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

Activity#	Dates	Days	Time
13554	7/21-8/25	Mon	6:00-6:45 pm

REGISTRATION DATES



Residents: Tues., May 6, 2025, 8:00 am

Non-Residents: Tues., May 13, 2025, 8:00 am

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, Lake Forest

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

Activity#	Dates	Days	Time
13555	7/21-8/25	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, Lake Forest

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

Activity#	Dates	Days	Time
13556	7/23-8/27	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!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

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

Activity#	Dates	Days	Time
13557	7/24-8/28	Thu	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, Lake Forest

\$60 R | \$65 NR per couple

Activity#	Dates	Days	Time
13558	7/24	Thu	7:00-7:50 pm
13559	8/21	Thu	7:00-7:50 pm
13560	7/30	Wed	7:00-7:50 pm

PRIVATE DANCE LESSON 18+ YRS

Nervous about dancing in front of others? 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, Lake Forest

\$100 R | \$105 NR

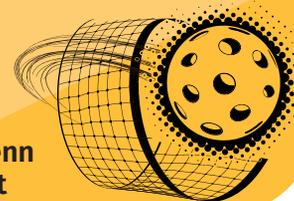
Activity#	Dates	Days	Time
13561	TBD	TBD	TBD

PICKLEBALL

For Adults

Instructor
Shelly Booth

at Portola Park, 28040 Glenn
Ranch Road, Lake Forest



PICKLEBALL 101- INTRO TO PICKLEBALL CLASS **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.

\$120 R | \$125 NR (2-week session*)

\$90 R | \$95 NR (3-week session)

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

Activity#	Dates	Days	Time
13562	6/11-6/25	Wed	8:00-9:00 am
13565	7/9-7/30	Wed	8:00-9:00 am
13563	6/11-6/25	Wed	6:30-7:30 pm
13566	7/9-7/30	Wed	6:30-7:30 pm
13567	8/6-8/13	Wed	5:30-7:30 pm

PICKLEBALL 101- INTRO TO PICKLEBALL 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.

\$60 R | \$65 NR (1-day clinic)

Activity#	Dates	Days	Time
13564	7/20	Sun	10:00 am-12:00 pm

PICKLEBALL 201 “DINK, DROP, & VOLLEY” INTERMEDIATE CLASS **14+ YRS**

This class is for intermediate players that are consistent in their skills and can maintain a rally. The focus will be on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

\$90 R | \$95 NR (3-week session)

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

Activity#	Dates	Days	Time
13573	6/11-6/25	Wed	9:00-10:00 am
13575	7/9-7/30	Wed	9:00-10:00 am
13574	6/11-6/25	Wed	7:30-8:30 pm
13576	7/9-7/30	Wed	7:30-8:30 pm

PICKLEBALL 201 “GET TO THE KITCHEN” INTERMEDIATE CLINIC **14+ YRS**

This class is for players that are consistent in their skills and can maintain a rally. The focus will be on how to transition safely from the baseline to the kitchen. At the kitchen you will learn how to strategically move your opponents out of position to open up space on the court.

\$60 R | \$65 NR (1-day clinic)

Activity#	Dates	Days	Time
13577	6/22	Sun	8:00-10:00 am
13578	7/20	Sun	8:00-10:00 am

PICKLEBALL 301 WINNING DOUBLES AND SKILLS STRATEGY INT/ADV NIGHT CLASS **14+ YRS**

This class is for 3.5+ intermediate/advanced players that are very consistent in their skills. The focus will be on shot selection, shot placement, defense to offense and dominating the kitchen. You will learn how to create opportunities by moving your opponents, opening up spaces and capitalizing on poor court and paddle positioning. * Please note 2-week session class is a two-hour class per session.

\$90 R | \$95 NR (3-week session)

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

\$120 R | \$125 NR (2-week session)

Activity#	Dates	Days	Time
13579	6/11-6/25	Wed	8:30-9:30 pm
13580	7/9-7/30	Wed	8:30-9:30 pm
13581	8/6-8/13	Wed	7:30-9:30 pm

PICKLEBALL 301 “TRANSITION ZONE WIZARDRY” INT/ADV CLINIC **14+ YRS**

This clinic is for 3.5+ intermediate/advanced players that are very consistent in their skills. The focus will be how to transition to the net safely thereby allowing a switch from defense to offense.

\$60 R | \$65 NR (1-day clinic)

Activity#	Dates	Days	Time
13582	8/17	Sun	8:00-10:00 am



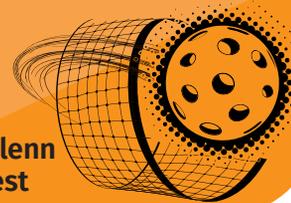
WWW.LFPARKSANDRECCA.COM

PICKLEBALL

For Kids

Instructor
Shelly Booth

at Portola Park, 28040 Glenn
Ranch Road, Lake Forest



PICKLEBALL 101 - "YOUTH INTRO TO PICKLEBALL" CLASS

8-13 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.

\$90 R | \$95 NR (3-week session)

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

Activity#	Dates	Days	Time
13568	6/11-6/25	Wed	10:00-11:00 am
13569	7/9-7/30	Wed	10:00-11:00 am

PICKLEBALL YOUTH "NEXT LEVEL" CLINIC

8-13 YRS

This clinic is for intermediate players that are consistent in their skills and can maintain a rally. The focus will be on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

\$60 R | \$65 NR (1-day clinic)

Activity#	Dates	Days	Time
13572	8/17	Sun	10:00 am-12:00 pm

PICKLEBALL 101 - "YOUTH INTRO TO PICKLEBALL" CLINIC

8-13 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.

\$60 R | \$65 NR (1-day clinic)

Activity#	Dates	Days	Time
13570	6/22	Sun	10:00 am-12:00 pm

PICKLEBALL YOUTH "NEXT LEVEL" NIGHT CLASS

8-13 YRS

This class is for intermediate players that are consistent in their skills and can maintain a rally. The focus will be on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

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

Activity#	Dates	Days	Time
13571	7/9-7/30	Wed	5:30-6:30 pm



REGISTRATION DATES



Residents: Tues., May 6, 2025, 8:00 am

Non-Residents: Tues., May 13, 2025, 8:00 am

Etnies

SKATEPARK OF LAKE FOREST

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

SUMMER 2025 SKATEPARK HOURS

Monday - Sunday: 10:00 am - 10:00 pm

Holiday Hours:

**Closed July 4, 2025 and
September 1, 2025**

*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

FOLLOW US
@Etniesskatepark



SUMMER CAMPS!



**Monday - Friday
ALL SUMMER LONG!**

ETNIES SUMMER SKATE CAMP

5-17 YRS

Choose this summer break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Make friends and learn the basics of skateboarding in a fun and supportive environment. Each participant will receive a limited edition Etnies Skatepark Summer Camp Tote Bag . **Lunch, snacks and water are provided daily.** Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

Each week of camp is limited to 20 participants who will be under the supervision of 2 certified instructors.

\$249 per person

Activity#	Date	Day	Time
13616	6/9-6/13	Mon-Fri	10:00 am-2:00 pm
13618	6/16-6/20	Mon-Fri	10:00 am-2:00 pm
13619	6/23-6/27	Mon-Fri	10:00 am-2:00 pm
13620	*6/30-7/3	Mon-Fri	10:00 am-2:00 pm
13621	7/7-7/11	Mon-Fri	10:00 am-2:00 pm
13622	7/14-7/18	Mon-Fri	10:00 am-2:00 pm
13623	7/21-7/25	Mon-Fri	10:00 am-2:00 pm
13624	7/28-8/1	Mon-Fri	10:00 am-2:00 pm
13625	8/4-8/8	Mon-Fri	10:00 am-2:00 pm



NECTAR'S PRESCHOOL SKATE SCHOOL

4 -7 YRS

This program is geared specifically to younger riders as an introduction to skateboarding and the Skatepark. Students will navigate through the Skatepark with their instructor using Nectar's interactive game board. The game board will help students learn beginner skills, general skateboard safety, and how to have fun and make friends inside a skatepark. We will also host skateboard-related crafts, and an ice cream party on the final day of camp. Water and snacks are provided. Skateboard, helmet, elbow/knee pads are required.

\$75 per person | Limited to 5 students per session.

Activity#	Date	Day	Time
13631	6/10 & 6/12	Tue, Thu	10:00 am-12:00 pm
13632	6/24 & 6/26	Tue, Thu	10:00 am-12:00 pm
13633	7/8 & 7/10	Tue, Thu	10:00 am-12:00 pm
13634	7/22 & 7/24	Tue, Thu	10:00 am-12:00 pm
13635	8/5 & 8/7	Tue, Thu	10:00 am-12:00 pm

PRIVATE SKATEBOARD & 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. Can include up to two students.

For more info or to schedule a private lesson call the skatepark at (949) 916-5870.



parenting
READERS' CHOICE
2024

BIRTHDAY PARTIES!

ONLY \$275

for more info email kfernandez@lakeforestca.gov or call (949) 916-5870



BEGINNING & 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. Equipment needed: Skateboard, helmet, elbow/knee pads

\$40 per person | Limited to 5 per session

BEGINNING SKATEBOARD LESSONS

Activity #	Day	Date	Time
13636	Thu	6/5 & 6/12	4:00-5:00 pm
13637	Thu	6/19 & 6/26	4:00-5:00 pm
13638	Thu	7/3 & 7/10	4:00-5:00 pm
13639	Thu	7/17 & 7/24	4:00-5:00 pm
13640	Thu	8/7 & 8/14	4:00-5:00 pm
13641	Thu	8/21 & 8/28	4:00-5:00 pm

INTERMEDIATE SKATEBOARD LESSONS

Activity #	Day	Date	Time
13648	Thu	6/5 & 6/12	5:00-6:00 pm
13649	Thu	6/19 & 6/26	5:00-6:00 pm
13650	Thu	7/3 & 7/10	5:00-6:00 pm
13651	Thu	7/17 & 7/24	5:00-6:00 pm
13652	Thu	8/7 & 8/14	5:00-6:00 pm
13653	Thu	8/21 & 8/28	5:00-6:00 pm

BEGINNING SKATEBOARD LESSONS

Activity #	Day	Date	Time
13642	Sat	6/7 & 6/14	10:00-11:00 am
13643	Sat	6/21 & 6/28	10:00-11:00 am
13644	Sat	7/5 & 7/12	10:00-11:00 am
13645	Sat	7/19 & 7/26	10:00-11:00 am
13646	Sat	8/2 & 8/9	10:00-11:00 am
13647	Sat	8/16 & 8/23	10:00-11:00 am

INTERMEDIATE SKATEBOARD LESSONS

Activity #	Day	Date	Time
13654	Sat	6/7 & 6/14	11:00 am-12:00 pm
13655	Sat	6/21 & 6/28	11:00 am-12:00 pm
13656	Sat	7/5 & 7/12	11:00 am-12:00 pm
13657	Sat	7/19 & 7/26	11:00 am-12:00 pm
13658	Sat	8/2 & 8/9	11:00 am-12:00 pm
13659	Sat	8/16 & 8/23	11:00 am-12:00 pm

SOUND SESSIONS

FREE SHOWS LOCAL BANDS

instagram for info/showtimes:
@etnisskatepark

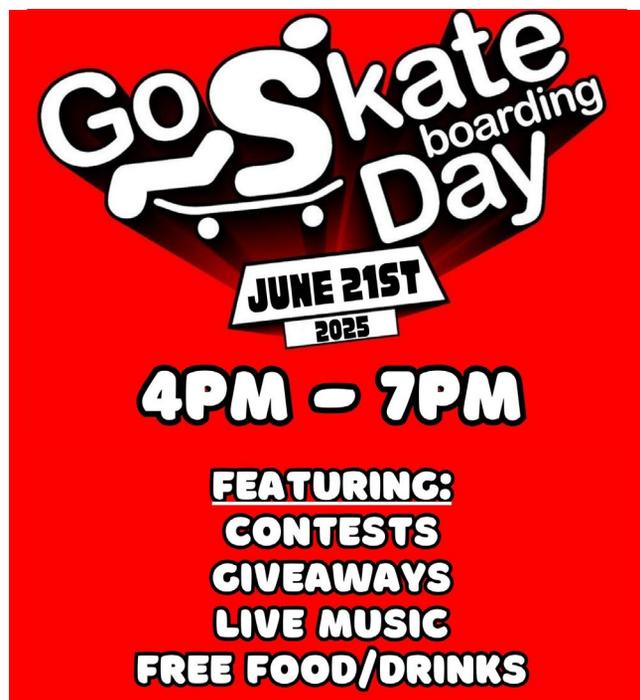
DROP-IN ROLLER SKATE CLINIC & MARKETPLACE

This event is designed with the community in mind and focuses on beginner to intermediate roller skaters while welcoming all levels of skating. We will have skatepark and dance classes, as well as yoga at the beginning, middle, and at the end of the day. Whether you're looking to improve your skills or try something new, we have something for everyone. In addition to the classes, we also have a free vendor village where you can shop from local skater owned vendors and makers. This is the perfect opportunity to meet other skaters in the community and have a fun day out. And as just a reminder, no rental equipment will be available, and helmet and pads are required. We can't wait to see you!

\$55 per person

Date: Sunday, June 29th

Visit www.EtniesSkatePark.com for registration information.



Go Skateboarding Day
JUNE 21ST
2025
4PM - 7PM
FEATURING:
CONTESTS
GIVEAWAYS
LIVE MUSIC
FREE FOOD/DRINKS



SUMMER SKATEPARK CAMPOUT
August 8 - 9
10pm - 7am
 FOR MORE INFO VISIT ETNISSKATEPARK.COM OR CALL (949) 916-5870

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



SUMMER BUDDIES BBQ

Saturday,
June 7
6-8pm

Lake Forest Clubhouse
100 Civic Center Dr.

Food • Live Music
Games • Crafts

Enjoy the season of
sun and fun!
Bring your friends!
Activity # 13668

For more info call: (949) 273-6978
or email kfernandez@lakeforestca.gov



Down Syndrome Achievement Centers
educate. inspire. believe.

GIGI'S PLAYHOUSE—AT HOME CLASSES

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

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

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

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

www.gigisplayhouse.org/gigisathome/calendar/

Free

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!

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

For more info call: Autism Behavior Services at (949) 581-0100, intakes@autismbehaviorservices.com

Instructor: Behavior Analyst, TBD

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

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

We also accept most insurances!

Dates	Days	Time
Ongoing	Mon-Thu	varies

GYMNASTICS FOR KIDS WITH SPECIAL NEEDS **4-15 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 and to register 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

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!

For more info and to register call: (949) 273-6978 or email kfernandez@lakeforestca.gov.

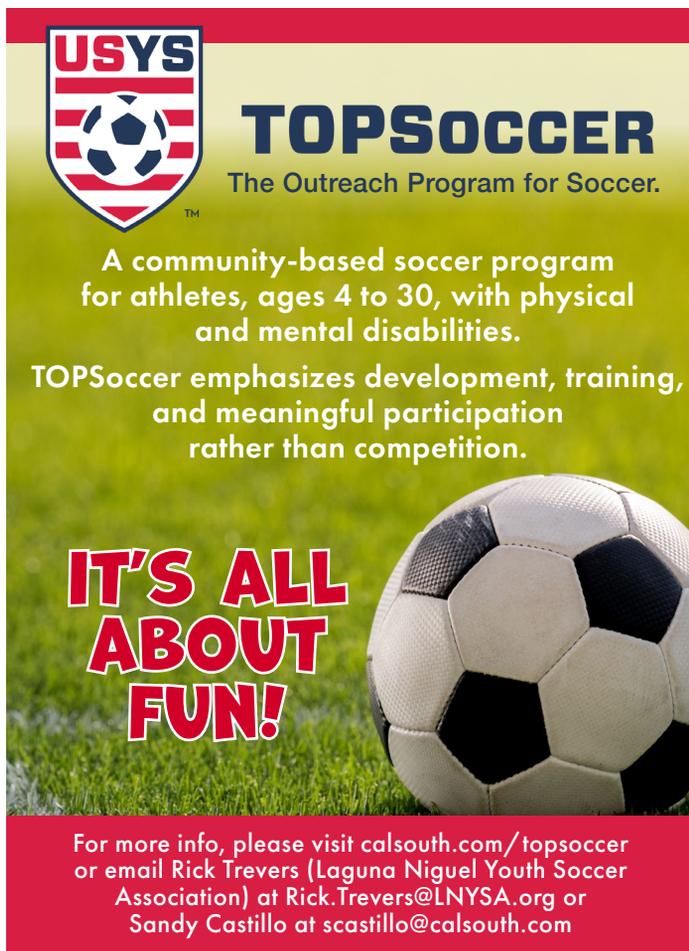
Instructor: United Studios of Self Defense
Accredited Instructor

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@LNYSAA.org or Sandy Castillo at scastillo@calsouth.com



JOIN THE TEAM!

Region 4: Orange County

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 Summer Sports Season!

Individuals with an intellectual disability gain confidence, self-esteem & develop life skills in a fun, supportive team environment. Volunteers enjoy a rewarding experience helping as coaches & assistant coaches.



Summer Sport Offered: **Bowling**

FOR SPORTS AND PROGRAMS
INQUIRIES PLEASE CONTACT

Steve Munoz: Manager, Sports
smunoz@sosc.org
Mark Bermudez: Manager, Sports
mbermudez@sosc.org



Special
Olympics
Southern California

FOR VOLUNTEER OPPORTUNITIES
AND QUESTIONS PLEASE CONTACT

Jeremiah Skippis: Manager, Volunteers
jskipps@sosc.org



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

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | JUNE - AUGUST '25



LET THE SUMMER FUN BEGIN!



- SPECIAL HIGHLIGHTS INCLUDE:**
- ANNUAL 4TH OF JULY PARADE
 - BUNCO NIGHTS AT THE CLUBHOUSE
 - FATHER'S DAY LUNCHEON
 - PALA CASINO EXCURSION
 - SENIOR TAXI TRANSPORTATION UPDATES
 - SUMMER PING PONG HOURS

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

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Don't miss out on The Clubhouse Calendar!

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

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

Follow Us



@lakeforest.clubhouse

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

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

Excursion

PALA CASINO EXCURSION

50+ YRS

Experience non-stop fun with over 2,000 slot machines, table games, shopping, and many dining options at Pala Casino! Activity fee includes transportation, snacks, and non-alcoholic refreshments.

\$30 R | \$35 NR

Activity	Date	Day	Time
13486	6/25	Wed	9:00 am-5:00 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
6/2	Mon	10:00 am-2:00 pm
7/7	Mon	10:00 am-2:00 pm
8/4	Mon	10:00 am-2:00 pm

BINGO MANIA

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

FREE

Dates	Days	Time
6/23	Mon	10:00 am-2:00 pm
7/28	Mon	10:00 am-2:00 pm
8/25	Mon	10:00 am-2:00 pm

BINGO THURSDAYS!

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

FREE

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

Pirates & Pearls Dance Party

Ahoy, Seniors!

Dress in your best pirate attire or sparkle like a treasure in pearls.



DANCING
DINNER
REFRESHMENTS
PHOTO BOOTH
ENTERTAINMENT



Join the pirate party!

\$15

Resident & Non-Resident

Act # 13539
Friday, August 22
5-8 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.

\$2 R | \$5 NR:

Activity #	Dates	Days	Time
Liberty Luau-Teriyaki Chicken and Rice			
13483	6/26	Thu	12:00 pm

Sun, Sand, and Sandwiches-Subway Sandwiches			
13484	7/31	Thu	12:00 pm

Happy Campers-Vegetable Lasagna			
13485	8/28	Thu	12:00 pm

PALA CASINO EXCURSION

Experience non-stop fun with over 2,000 slot machines, table games, shopping, and many dining options at Pala Casino! Activity fee includes transportation, snacks, and non-alcoholic refreshments.

\$30 R | \$35 NR

Activity#	Dates	Days	Time
13846	6/25	Wed	9:00 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 • Mahjong
- Puzzles • Rummikub
- Various Card Games and Books to Read

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	10:00 am-3:00 pm

PING PONG - SUMMER HOURS

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
13487	Ongoing	Mon/Tue	10:00 am-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
Patriotic Door Hang			
13488	6/17	Tue	10:30 am
Floral Photo Frame			
13489	7/15	Tue	10:30 am
Fall Centerpiece			
13490	8/19	Tue	10:30 am

THE CLUBHOUSE GARDEN CLUB

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

Free

Activity #	Dates	Days	Time
Pro-Pollinator Planting			
13491	8/5	Tue	10:30-11:30 am

YOUNG AT HEART - LAKE FOREST BOOK CLUB

The Young At Heart - Lake Forest Book Club meets once a month to discuss selected books. The City provides snacks for you to enjoy during each discussion. Please call The Clubhouse front desk at (949) 461-3408 for more information.

FREE

Dates	Days	Time
The Tea Girl of Hummingbird by Lisa See		
6/10	Tue	10:00 am
The Frozen River by Ariel Lawhon		
7/8	Tue	10:00 am
The Devil in the White City by Erik Larson		
8/12	Tue	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
13492	6/16	Mon	10:30-11:30 am
13493	7/21	Mon	10:30-11:30 am
13494	8/18	Mon	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 Monday of each month.

Free

Date	Day	Time
6/9	Mon	10:00-11:00 am
7/14	Mon	10:00-11:00 am
8/11	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
7/24	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
6/5	Thu	1:00-3:00 pm
7/3	Thu	1:00-3:00 pm
8/7	Thu	1:00-3:00 pm

REGISTRATION DATES



Residents: Tues., May 6, 2025, 8:00 am

Non-Residents: Tues., May 13, 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
13496	7/15-7/16	Tue/Wed	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	Day	Time
13495	6/25	Wed	9:00 am-1:00 pm



HICAP Health Insurance Counseling and Advocacy Program

TUESDAYS
10:00 am-1:00 pm

June 10

July 8

August 12

FREE

HICAP can help you understand:

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

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.

To make an appointment, please call (949) 461-3408. Leave your name and phone number.



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

SUMMER PRIORITY REGISTRATION

April 23 through April 25
and April 27 through April 28, 2025

OPEN ENROLLMENT BEGINS

April 29, 2025

CLASSES BEGIN

Week of May 26th

NO CLASSES ON

May 26, June 19, July 3, and July 4, 2025

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/emmeritus
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/emmeritus or call (949) 582-4835 for more information.

Class Schedule: www.saddleback.edu/emmeritus

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

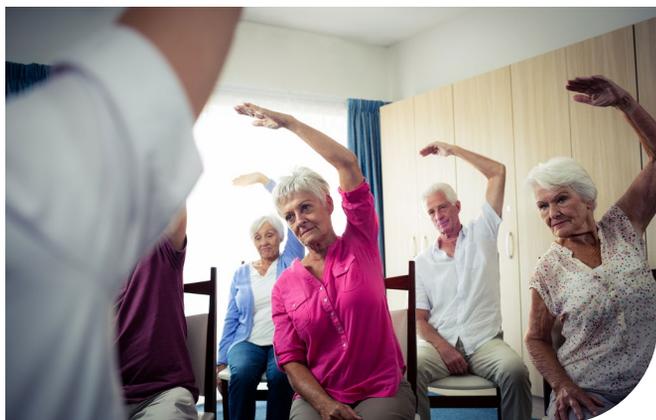
Irvine Valley College Classes

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
60540	5/27-7/24	Tue/Thu	2:00-2:50 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
60655	6/2-8/4	Mon	12:00-1:20 pm
60560	5/29-8/7	Thu	11:45 am-1:15 pm

CIRCUIT & BALANCE

Addresses the physical and mental health of the older adult through fitness activities with emphasis on staying active and independent.

Tic #	Dates	Days	Time
60765	6/2-8/4	Mon	1:30-2:50 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
62600	6/2-8/4	Mon	10:30-11:50 am
60575	5/28-8/6	Wed	10:30-11:45 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
60660	5/27-8/5	Tue	12:00-1:15 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
60485	5/28-8/6	Thu	1:30-3:00 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
60525	5/28-8/6	Wed	12:00-1:15 pm
60555	5/29-8/7	Thu	10:00-11:30 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
60670	5/27-8/5	Tue	10:30-11:45 am

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
60535	6/2-8/4	Mon	10:30-11:50 am

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

Tic#	Dates	Day	Time
60595	5/28-8/6	Wed	10:00-11:15 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
60795	5/28-8/6	Wed	1:00-2:15 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
60570	5/28-8/6	Wed	1:30-2:45 pm
60480	5/29-8/7	Thu	11:45 am-1:15 pm

Saddleback College Classes

NEW!

INTERMEDIATE TECHNOLOGY

Designed for the older adult, intermediate concepts are introduced related to current technologies to expand skill sets through the integration of technology into life.

Instructor: Emeritus Staff

Tic#	Dates	Day	Time
13055	6/3-7/24	Tue/Thu	10:00 am-12:05 pm

LIFE AND TECHNOLOGY INTEGRATION FOR OLDER ADULTS

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

Instructor: Emeritus Staff

Tic #	Dates	Days	Time
13050	6/3-7/24	Tue/Thu	12:30-2:35 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!

NEW OPTIONS AND RATES BEGINNING JULY 1, 2025:

- **FREE!** To the Civic Center Campus/The Clubhouse Senior Center and the Lake Forest Sports Park & Recreation Center)
- **\$2.00 One-Way (\$4.00 Round Trip)** Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.
- **\$10.00 One-Way (\$20.00 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: \$15.00 One-Way (\$30.00 Round Trip)**
- **John Wayne Airport—Cost: \$25.00 One-Way (\$50.00 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

Summer 2025 Registration Dates

Lake Forest Residents: Tuesday, May 6, 2025 beginning at 8am | **Non-Residents:** Tuesday, May 13, 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	Gender
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F

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

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

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

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

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

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

DATE: _____

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

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



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

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

Office Use Only

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

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

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

NOT FOR EMERITUS PROGRAM REGISTRATION



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

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POSTAL CUSTOMER

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SPOOKTACULAR

OCTOBER 25, 2025

2-6PM

LAKE FOREST SPORTS PARK



JOIN US FOR A SPOOKY FUN TIME!

Register for
FALL FUN!

Resident Registration

Tuesday, August 5th at 8am

Non-Resident Registration

Tuesday, August 12th at 8am

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, Instagram @CityofLakeForestCA, and Nextdoor.

