



Recreation Program Guide



Winter 2024/25 Registration Dates

Residents:
Begins at 8 am, Tuesday,
November 19, 2024

Non-Residents:
Begins at 8 am, Tuesday,
November 26, 2024

Table of Contents

Special Events.....	16
Preschool and Youth Programs.....	18
Adult Programs.....	26
Etnies Skatepark.....	30
Special Needs Program.....	33
Adult 50 Years & Better.....	36
How to Register.....	46
Registration Form	47

Check out all of the
great Winter Season
Special Events
on pages 16 & 17

COMMUNITY SERVICES CONTACT INFORMATION

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

Community Center Rentals (949) 461-3407

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

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

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

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

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

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

Sports Fields Hotline (949) 461-3595



COMMUNITY SERVICES WINTER HOLIDAY SCHEDULE

CHRISTMAS DAY

Wednesday, December 25, 2024

NEW YEAR'S DAY

Wednesday, January 1, 2025

MARTIN LUTHER KING JR. DAY

Monday, January 20, 2025

PRESIDENTS' DAY

Monday, February 17, 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

Breakfast with Santa

• Holiday Melodies • Cookie Decorating • Storytime

Resident Fee: \$15 pp / Non-Resident Fee: \$20 pp

Location: Civic Center Campus, The Clubhouse
(100 Civic Center Drive)

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

For More Info Call: (949) 461-3408

Act#: 13040

Seating 1

Sat, Dec 7 | 8:30-10:30 am

Act#: 13041

Seating 2

Sat, Dec 7 | 11:30am-1:30 pm

Day-of registrations will not be accepted, so be sure to register early. Adults and children ages 3 and older must be registered. Children younger than 3 who would like a seat, to eat, and participate in the fun must also be registered.



Letters to Santa

Mail or Drop Off Your Letters to Santa by
Friday, December 6th

Please include a self-addressed stamped envelope for a returned letter.

Mail or Drop Off
Your Letter to:
City Of Lake Forest
Attn: Santa Claus
100 Civic Center,
Lake Forest, CA 92630

Have a
jolly, holly
holiday
season!



For more info: 949-461-3408

1ST ANGELICO TOY DRIVE



Support the 1st Air Naval Gunfire Liason Company
(1st Angelico) US Marine Corp Families at Camp Pendleton

-DONATE AN UNWRAPPED TOY OR GIFT CARD-

Toys are for newborns to 13 years of age

Gifts for the Marines can be dropped off at
Lake Forest City Hall until Wednesday, December 11

THE NORTH POLE IS CALLING!

The holidays are here, and that means Santa is on his way!

Get your family in the festive spirit with a special phone call from the jolly man himself. If your little one wants to hear from Santa, the City of Lake Forest is happy to make it happen!

Just fill out the North Pole Calling reservation form, available online at www.publicinput.com/NorthPoleCalling from November 1, 2024 through December 6, 2024. All reservations must be submitted online. Space is limited.

FREE (Lake Forest residents only)

Ages 3-8
Wed, Dec 18 • 6:30-8:30 pm

For More Info Call:
The Clubhouse (949) 461-3408

Pick Up,
It's Santa
Calling You!

ANNUAL Tree Lighting Ceremony

Do your last minute shopping at the SIP & SHOP Craft Boutique

Saturday, December 14, 3-6 pm

• Entertainment • Games • Crafts • Special Guests!

SNOW FEST

Come play in the snow!

Sleds and saucers will be available to slide down Mount Pittsford.

Pre-registration is mandatory. This event sells out! Everyone who sleds down the hill must have a pre-purchased wristband and completed a waiver.

- **Advance Purchase: \$10 per Sledder | Day of Event: \$15 per sledder, cash-only**
Purchase wristbands **IN-PERSON ONLY** at the Lake Forest Recreation Center, 28000 Rancho Parkway.
- **Location: Pittsford Park, 21701 Pittsford Dr.**

FREE SNOW PLAY AREA FOR KIDS 10 & UNDER

FUN ATTRACTIONS

FOOD & DRINK

GAMES

For more info call:

The Lake Forest Recreation Center at (949) 273-6960

Session 1	Families	Sat, Jan 25	10:30 am-11:45 am
Session 2	Families	Sat, Jan 25	12:00-1:15 pm
Session 3	Families	Sat, Jan 25	1:30-2:45 pm

Rain date for this event is February 1st.

BUNCO NIGHTS

at The Clubhouse
100 Civic Center Dr

PRIZES

APPETIZERS

BEVERAGES

Let the Good Times Roll!

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

\$13.00 Residents & Non-Residents
Adults/Seniors
[Register Online](#)

Act #:12916 Fri, Jan 17 6:30-9:00 pm

Act #:12917 Fri, Feb 7 6:30-9:00 pm

Preschool & School Aged Classes



CREATIVE KIDS CLUB – WINTER WONDERLAND CAMP

6-13 YRS

School is out, winter break is here! The Lake Forest Sports Park staff is going to bring some winter fun! This camp consists of crafts, games, and a visit from a special guest. Participants must bring snacks and a lunch. Please see camp refund policy on the *How to Register* page for information on cancellations.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$40 R | \$45 NR (1- day camp)

\$75 R | \$80 NR (2-day camp)

Activity #	Dates	Days	Time
13055	1/2	Thu	7:30am-6:00 pm
13056	1/3	Fri	7:30am-6:00 pm
13057	1/2-3	Thu-Fri	7:30am-6:00 pm

WINTER WONDERLAND PRESCHOOL PARTY

3-5 YRS

Holiday Magic is coming! Mark your calendar for the most magical holiday party in the City of Lake Forest! Get into the holiday spirit with crafts, treats, Christmas carols! Don't forget to wear an ugly Christmas Sweater! Parent participation required.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$15 R | \$20 NR

Activity #	Dates	Days	Time
13059	12/14	Sat	11:00 am-1:00 pm

Birthday Party Packages

Celebrate your birthday at the Lake Forest Sports Park!



Coming January 2025!



VALENTINE PRESCHOOL PARTY **3-5 YRS**

Spring is just around the corner, and love is in the air! It's time to thaw out this winter with fun games, crafts, music, and dancing. Our Valentine's party will be fun for one and all and will include tasty treats! Remember to wear Valentine's colors and to bring your Valentine Cards! Parent participation required.

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

\$15 R | \$20 NR

Activity #	Dates	Days	Time
13058	2/8	Sat	11:00 am-1:00 pm

MISS SARA'S SUNSHINE SEEKERS **1.5-8 YRS**

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

Instructor: Sara Stewart
 Location: Serrano Creek Park

\$160 R | \$165 NR (8-week session)

Activity #	Dates	Days	Time
13078	1/13-3/3	Mon	9:30-10:15 am

EASY KOREAN LEARNING **9-13 YRS**

Unlock the essentials of the Korean language with our "Basic Korean Alphabet and Daily Conversation" course. This interactive program is for beginners who want to learn the basics of the Korean language..

Instructor: Catharina Lee
 Location: Lake Forest Sports Park

\$160 R | \$165 NR (8-week session)

Activity #	Dates	Days	Time
13113	1/9-2/27	Thu	4:00-5:30 pm

MUSIC TOGETHER

BIRTH-4 YRS

This 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 for children and adults.

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

Location: Lake Forest Recreation Center
 28000 Rancho Parkway

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

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

Material Fee: \$20 (Demo Class) | \$44 (10-week session)

Activity #	Dates	Days	Time
12933	1/7	Tue	10:30-11:15 am (Demo Class)
12934	1/7	Tue	4:15-5:00 pm (Demo Class)
12935	1/10	Fri	9:15-10:00 am (Demo Class)
12936	1/11	Sat	9:00-9:45 am (Demo Class)
12937	1/14-3/18	Tue	10:30-11:15 am
12938	1/14-3/18	Tue	4:15-5:00 pm
12939	1/17-3/21	Fri	9:15-10:00 am
12940	1/17-3/21	Fri	10:15-11:00 am
12942	1/18-3/22	Sat	9:00-9:45 am
12943	1/18-3/22	Sat	10:00-10:45 am

MUSIC TOGETHER BABIES

0-8 MONTHS

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

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

Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$160 R | \$165 NR (7-class session)

Activity #	Dates	Days	Time
12941	1/17-3/21	Fri	11:45-12:30 pm



HOLIDAYS WITH MUSIC TOGETHER 0-6 YRS

Dance, sign and play instruments to your favorite holiday songs. Participate with your little one in this fun and musically rich social setting that supports growth and learning.

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

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$45 R | \$50 NR (2-class session)

Activity #	Dates	Days	Time
12944	12/3-12/10	Tue	10:30-11:15 am
12945	12/3-12/10	Tue	4:15-5:00 pm
12946	12/6-12/13	Fri	9:45-10:30 am
12947	12/7-12/14	Sat	9:00-9:45 am

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.

Instructor: CA Taekwondo Staff

Location: 29200 Portola Pkwy, Lake Forest

\$105 R | \$110 NR (4-Day Program)

Activity #	Dates	Days	Time
13081	12/2-12/11	M/W	3:30-4:00 pm
13082	12/3-12/12	T/TH	3:30-4:00 pm

MARTIAL ARTS FOR ELEMENTARY CHILDREN 6-12 YRS

In this class, children will learn to develop a positive attitude in an individual or team environment. They will also learn self-defense, self-discipline, self-confidence, and perseverance to achieve their individual life goals.

Instructor: CA Taekwondo Staff

Location: 29200 Portola Pkwy, Lake Forest

\$105 R | \$110 NR (4-Day Program)

Activity #	Dates	Days	Time
13083	12/2-12/11	M/W	4:10-4:50 pm
13084	12/2-12/11	M/W	5:00-5:40 pm
13085	12/3-12/12	T/TH	4:10-4:50 pm
13086	12/3-12/12	T/TH	5:00-5:40 pm

KARATE KICKSTART FOR BEGINNERS 7+ YRS

Kick in the New Year with our 6-week introduction to Martial Arts! Learn the basics of self defense in a fun, engaging atmosphere with an emphasis on fitness, self discipline, confidence and respect. It's not just for kids – we're a family oriented school, parents can join in too and do something meaningful with your child, while learning necessary skills for self protection and increased fitness! Uniform and belts are included.

Instructor: PKSA Staff

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

\$129 R | \$134 NR

\$64.50 R | \$69.50 NR (*Parent Fee if a child signed up)

Activity #	Dates	Days	Time
13051	12/2-1/22	Mon/Wed	5:00-5:45 pm
13052*	12/2-1/22	Mon/Wed	5:00-5:45 pm
13053	1/7-2/13	Tue/Thu	5:30-6:15 pm
13054*	1/7-2/13	Tue/Thu	5:30-6:15 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. Optional recital with nominal fee. January- May enrollment required to participate, recital registration deadline Feb 25th. Please read before first class: www.socaarts.com/policies-procedures.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$79 R | \$84 NR (5-week session)

Material Fee: \$5

Activity#	Dates	Days	Time
12948	1/18-2/22	Sat	9:00-9:45 am

BALLET, JAZZ, & TAP COMBO 3-6 YRS

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Optional recital with nominal fee. January-May enrollment required to participate, recital registration deadline Feb 25th. Please read before first class: www.socaarts.com/policies-procedures/.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$79 R | \$84 NR (5-week session)

Activity #	Dates	Days	Time
12949	1/18-2/22	Sat	9:50-10:35 am

BALLET, JAZZ, & TAP COMBO

2.5-4 YRS

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Optional recital with nominal fee. January-May enrollment required to participate, recital registration deadline Feb 25th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
12950	1/8-2/12	Wed	4:20-5:05 pm

HIP HOP

4-7 YRS

An upbeat, popular class for children! Dancers learn beginning hip hop and intro to breakdancing skills incorporated in dance combinations. Class helps improve coordination, rhythm, gross motor skills, and agility. All movement and songs are age-appropriate. Athletic attire and sneakers required. Optional recital with nominal fee. January-May enrollment required to participate, recital registration deadline Feb 25th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$79 R | \$84 NR (5-week session)

Activity #	Dates	Days	Time
12951	1/18-2/22	Sat	11:30-12:15 pm

BUTTERFLY BALLERINAS

3-6 YRS

For young dancers ready to “fly” into the world of ballet! Participants learn beginning ballet and gross motor skills while improving coordination, rhythm, and listening skills. Leotard, tights, and ballet shoes required. Optional recital with nominal fee. January-May enrollment required to participate, recital registration deadline Feb 25th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
12953	1/8-2/12	Wed	3:30-4:15 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. Optional recital with nominal fee. January-May enrollment required to participate, recital registration deadline Feb 25th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$79 R | \$84 NR (5-week session)

Activity #	Dates	Days	Time
12952	1/18-2/22	Sat	10:40-11:25 am

POP STAR HIP HOP

5-9 YRS

Grab your glitter microphone! Children will learn hip hop and jazz dance technique and choreography set to music from today’s popular artists in this fun, upbeat class. Movements help improve coordination, musicality, and even sports ability! All choreography/music is age-appropriate. Optional recital with nominal fee. January-May enrollment required to participate, recital registration deadline Feb 25th. Please read before first class: www.socaarts.com/policies-procedures/

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
12954	1/8-2/12	Wed	5:10-5:55 pm

PRESCHOOL (PEE WEE) GYMNASTICS

3.5-5.5 YRS | 4.5-6 YRS

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

Instructor: Us Too Gymnastics

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

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

Activity #	Ages	Dates	Days	Time
13068	3.5-5.5 yrs	1/7-1/28	Tue	1:00 pm-1:50 pm
13069	4.5-6 yrs	1/9-1/30	Thu	3:00pm-3:50pm
13070	3.5-5.5 yrs	2/4-2/25	Tue	1:00 pm-1:50 pm
13071	4.5-6 yrs	2/6-2/27	Thu	3:00pm-3:50pm

PARENT & ME (PEE WEE) GYMNASTICS

1.3-2.2 YRS | 1.6-3 YRS

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

Instructor: Us Too Gymnastics

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

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

Activity #	Ages	Dates	Days	Time
13062	1.4-2.2 yrs	1/7-1/28	Tue	9:30-10:15 am
13063	1.6-3.5 yrs	1/7-1/28	Tue	10:20-11:05 am
13064	1.6-3.5 yrs	1/8-1/29	Wed	10:00-10:45 am
13065	1.4-2.2 yrs	2/4-2/25	Tue	9:30-10:15 am
13066	1.6-3.5 yrs	2/4-2/25	Tue	10:20-11:05 am
13067	1.6-3.5 yrs	2/5-2/26	Wed	10:00-10:45 am

BREAKTHROUGH SPORTS VOLLEYBALL TRAINING ACADEMY

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

The Breakthrough Sports Training Academy is weekly training for youth volleyball players of ALL skill levels at an affordable price. With more than 20 years of experience creating youth programming for professional sports teams (LA Clippers, KC Chiefs, Anaheim Ducks), Breakthrough Sports brings their award-winning training to Lake Forest. A new curriculum will be designed weekly to work on all aspects of volleyball in addition to strength building exercises.

Instructor: Breakthrough Sports

Location: Lake Forest Recreation Center
28000 Rancho Pkwy

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

Activity #	Grades	Dates	Days	Time
13072	2nd-5th	12/1-12/22	Sun	2:00-3:00 pm
13075	6th-9th	12/1-12/22	Sun	3:00-4:00 pm
13073	2nd-5th	1/5-1/26	Sun	2:00-3:00 pm
13076	6th-9th	1/5-1/26	Sun	3:00-4:00 pm
13074	2nd-5th	2/2-2/23	Sun	2:00-3:00 pm
13077	6th-9th	2/2-2/23	Sun	3:00-4:00 pm

HUMAN BODY: WE ARE SUPER! (PART II)

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about our amazing human body from your brain, muscles, skin, bones, and more. Your child will be up close with fresh/preserved animal organs, perform many dissections, and engage in cool biology activities using lab equipment/tools. No need to take Human Body Part I to take this class.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Material Fee : \$50

Activity #	Dates	Days	Time
13008	12/5-1/16	Thu	5:00-6:00 pm

LET'S DIVE INTO THE OCEAN

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about the amazing marine animals, from sea stars, to the great white sharks, and many more. Your child will be up close with the preserved/fresh organisms, perform many dissections, and engage in cool biology experiments using lab equipment/tools.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$192 R | \$197 NR (4-day camp)

Material Fee : \$76

Activity #	Dates	Days	Time
13007	2/18-2/21	Tue-Fri	9:00 am-12:00 pm

FORENSIC SCIENCE – BIONERDS' WAY!

5-12 YRS

Come and join the fun to become a Forensic Scientist – Bionerds way! Your child will learn forensic and biology techniques, experiments, and activities to further deductive reasoning to uncover the truth following in the footsteps of Sherlock Holmes and Scotland Yard. Topics will include fingerprinting, DNA, trace evidence, dental forensic, and more.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Material Fee : \$50

Activity #	Dates	Days	Time
13009	1/23-2/27	Thu	5:00-6:00 pm

REGISTRATION DATES



RESIDENTS: Tues., Nov. 19, 2024, 8:00 am

NON-RESIDENTS: Tues., Nov. 26, 2024, 8:00 am

SUPER SOCCER STARS



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

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: 12/28, 12/29.

Activity #	Dates	Days	Time
Winter Session 1: \$125 R \$130 NR (5-week session)			
12982	12/7-1/11	Sat	9:00-9:40 am
12984	12/7-1/11	Sat	11:30-12:10 pm
12986	12/8-1/12	Sun	9:45-10:25 am
Winter Session 2: \$150 R \$155 NR (6-week session)			
12983	1/25-3/1	Sat	9:00-9:40 am
12985	1/25-3/1	Sat	11:30-12:10 pm
12987	1/26-3/2	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: 12/28, 12/29.

Activity #	Dates	Days	Time
Winter Session 1: \$125 R \$130 NR (5-week session)			
12988	12/7-1/11	Sat	8:15-8:55 am
12990	12/7-1/11	Sat	9:50-10:30 am
Winter Session 2: \$150 R \$155 NR (6-week session)			
12989	1/25-3/1	Sat	8:15-8:55 am
12991	1/25-3/1	Sat	9:50-10:30 am
12992	1/26-3/2	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: 12/28, 12/29.

Activity #	Dates	Days	Time
Winter Session 1: \$125 R \$130 NR (5-week session)			
12993	12/7-1/11	Sat	9:00-9:45 am
12995	12/8-1/12	Sun	10:35-11:20 am
Winter Session 2: \$150 R \$155 NR (6-week session)			
12994	1/25-3/1	Sat	9:00-9:45 am
12996	1/26-3/2	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: 12/28, 12/29.

Activity #	Dates	Days	Time
Winter Session 1: \$125 R \$130 NR (5-week session)			
12997	12/7-1/11	Sat	10:35-11:25 am
12999	12/8-1/12	Sun	11:25-12:15 pm
Winter Session 2: \$150 R \$155 NR (6-week session)			
12998	1/25-3/1	Sat	10:35-11:25 am
13000	1/26-3/2	Sun	11:25-12:15 pm

SUPER SOCCER STARS

5-7 YRS

The goal of the program at this stage is to improve children's elementary capacity through fun games, technical skill development and group activities. The primary focus is to increase familiarity of space to enable children to develop team skills in a game environment. Emphasis is placed on awareness of teammates constantly so that these skills can be easily transferred into the soccer game. Soccer Ball required. No Class: 12/28, 12/29.

Activity #	Dates	Days	Time
Winter Session 1: \$125 R \$130 NR (5-week session)			
13001	12/7-1/11	Sat	9:50-10:50 am
13003	12/8-1/12	Sun	12:20-1:20 pm
Winter Session 2: \$150 R \$155 NR (6-week session)			
13002	1/25-3/1	Sat	9:50-10:50 am
13004	1/26-3/2	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: 12/28, 12/29.

Activity #	Dates	Days	Time
Winter Session 1: \$130 R \$135 NR (5-week session)			
13005	12/7-1/11	Sat	11:00-12:00 pm
Winter Session 2: \$156 R \$161 NR (6-week session)			
13006	1/25-3/1	Sat	11:00-12:00 pm

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

SKYHAWKS YOUTH SPORTS



MULTI-SPORTTOTS

2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation required for 2-3.5 age group.

\$149 R | \$154 NR (8-week session)

Activity #	Ages	Dates	Days	Time
12959	2-3.5 yrs	1/11-3/1	Sat	9:00-9:40 am
12960	2-3.5 yrs	1/11-3/1	Sat	9:50-10:30 am
12961	3.5-4.5 yrs	1/11-3/1	Sat	10:40-11:20 am
12962	4.5-5 yrs	1/11-3/1	Sat	11:30-12:10 pm
12963	2-3.5 yrs	1/7-2/25	Tue	4:00-4:40 pm
12964	3.5-4.5 yrs	1/7-2/25	Tue	4:50-5:30 pm
12965	4.5-5 yrs	1/7-2/25	Tue	5:40-6:20 pm

MULTI-SPORT

6-8 YRS

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

\$149 R | \$154 NR (8-week session)

Activity #	Dates	Days	Time
12966	1/11-3/1	Sat	12:20-1:00 pm
12967	1/7-2/25	Tue	6:30-7:10 pm

BASKETBALL

6-8 YRS | 9-12 YRS

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

6-8 yrs: \$149 R | \$154 NR (8-week session)

9-12 yrs: \$155 R | \$160 NR (8-week session)

Activity #	Ages	Dates	Days	Time
12968	6-8 yrs	1/9-2/27	Thu	5:40-6:20 pm
12969	9-12 yrs	1/9-2/27	Thu	6:30-7:30 pm

HOOPSTERTOTS

3.5-4.5 YRS | 4.5-5 YRS

These classes focus on dribbling, shot technique, passing, and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

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

Activity #	Ages	Dates	Days	Time
12970	3.5-4.5 yrs	1/9-2/27	Thu	4:00-4:40 pm
12971	4.5-5 yrs	1/9-2/27	Thu	4:50-5:30 pm

SOCcertTOTS 2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

SoccerTots is our flagship program! Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. *Parent participation required for 2-3.5 age group.

\$149 R | \$154 NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
12972	2-3.5 yrs	1/10-2/28	Fri	4:00-4:40pm
12973	3.5-4.5 yrs	1/10-2/28	Fri	4:50-5:30pm
12974	4.5-5 yrs	1/10-2/28	Fri	5:40-6:20pm

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.

\$149 R | \$154 NR (8-week session)

Activity #	Dates	Days	Time
12975	1/10-2/28	Fri	6:30-7:10pm



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

\$115 R | \$120 NR (6-week session)

Activity #	Dates	Days	Time
12976	1/6-2/24	Mon	4:00-4:40pm

SKYHAWK TENNIS

5-8 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

\$115 R | \$120 NR (6-week session)

Activity #	Ages	Dates	Days	Time
12977	5-6 yrs	1/6-2/24	Mon	4:50-5:30 pm
12978	7-8 yrs	1/6-2/24	Mon	5:40-6:20 pm

SKYHAWKS SOCCER WORKSHOP

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

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

Activity #	Ages	Date	Days	Time
12979	4-6 yrs	1/12	Sun	9:00 am-12:00 pm
12980	7-12 yrs	1/12	Sun	9:00 am-12:00 pm

SKYHAWKS FLAG FOOTBALL WORKSHOP

7-12 YRS

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

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

Activity #	Date	Days	Time
12981	2/2	Sun	9:00 am-12:00 pm

READING DEVELOPMENT—GRADES K-1

4.5-6.5 YRS

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

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$129 R | \$134 NR (6 classes)

Activity #	Dates	Days	Time
13034	1/6-1/27	Mon/Wed	3:30-4:25 pm
13035	2/3-2/26	Mon/Wed	3:30-4:25 pm

READING DEVELOPMENT—GRADES 2-6

6.5-11.5 YRS

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

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$129 R | \$134 NR (6 classes)

Activity #	Dates	Days	Time
13036	1/6-1/27	Mon/Wed	4:30-5:25 pm
13037	2/3-2/26	Mon/Wed	4:30-5:25 pm

MATH DEVELOPMENT—GRADES 2-6

6.5-11.5 YRS

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

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$129 R | \$134 NR (6 classes)

Activity #	Dates	Days	Time
13038	1/6-1/27	Mon/Wed	5:30-6:25 pm
13039	2/3-2/26	Mon/Wed	5:30-6:25 pm

BEGINNING GUITAR & UKULELE ENSEMBLE FOR CHILDREN **8-13 YRS**

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

Instructor: Ron Gorman
Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
12955	1/6-2/10	Mon	6:30-7:30 pm

TAYLOR SWIFT BEGINNING GUITAR CLASS **12+ YRS**

Enjoy learning to play hit songs from Taylor's vast catalog. Learn to read and play easy chords. No previous musical experience required. Must bring your own guitar to class

Instructor: Ron Gorman
Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
12957	2/12-3/12	Wed	6:45-7:45 pm

KIDS KEYBOARD **5-14 YRS**

This is a Beginners class. In it you will learn music fundamentals on your keyboard. You'll also learn familiar songs and create your own. Let's have some fun making music together.

Instructor: Shawn Smith
Location: Lake Forest Recreation Center

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

Activity #	Dates	Days	Time
13088	1/10-2/28	Fri	2:45-3:30 pm

KIDS KEYBOARD CONTINUED **5-14 YRS**

This is a continuation of the Beginners class from the previous season. We will continue to learn the basics of music. Symbols, terminology, etc. You'll learn more new songs while you learn to read music. Then you'll create your own songs using both hands. Let's keep the music going!

Instructor: Shawn Smith
Location: Lake Forest Recreation Center

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

Activity #	Dates	Days	Time
13089	1/10-2/28	Fri	3:45-4:30 pm

CHESS WIZARDS INC. **6-12 YRS**

Join us for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, and work out your most powerful muscle-your brain! Our classes include fun team chess games, tournaments, and puzzles. Each participant receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary. Unleash your brain power and have fun with Chess Wizards!

Instructor: Chess Wizards Staff
Location: Lake Forest Recreation Center

\$298 R | \$303 NR (8-week sessions)

Activity #	Dates	Days	Time
13026	1/21-3/11	Tue	4:00-5:00 pm

YOUNG ADULT KEYBOARD **15-25 YRS**

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

Instructor: Shawn Smith
Location: Lake Forest Recreation Center

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

Activity #	Dates	Days	Time
13090	1/10-2/28	Fri	4:45-5:30 pm

Adult Classes

BALLROOM & SWING 1

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

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

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

Activity #	Dates	Days	Time
13042	1/10-2/14	Fri	6:00-6:45 pm

SALSA 1

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

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
13049	1/10-2/14	Fri	7:00-7:45 pm

COUNTRY TWO STEP 1

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

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
13043	12/4-1/22	Wed	6:00-6:45 pm
13044	1/29-3/5	Wed	6:00-6:45 pm

LINE DANCING 1

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

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
13045	12/4-1/22	Wed	7:00-7:45 pm
13046	1/29-3/5	Wed	7:00-7:45 pm

BRIDE AND GROOM INTRODUCTORY WEDDING DANCE LESSON

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

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$120 R per couple | \$125 NR per couple (1-class session)

Activity #	Dates	Days	Time
13047	12/6	Fri	6:30-7:45 pm
13048	2/21	Fri	6:30-7:45 pm

FIRST DANCE PRIVATE LESSONS: 4 SESSIONS

Are you getting ready for your wedding, a cruise, a company party, or just a fun date night? Our private dance lessons are perfect for beginners, and we'd love to have you join us! You and your partner will get expert guidance to make sure your first dance is amazing. Everyone is welcome! Even if you've never danced before, we'll help you make your first dance truly special. And it's not just for weddings; you can also learn social dances for any event! Registration is for one couple. If it's your first dance, please send us your music before the first lesson to: dancingwithyuka@gmail.com. Choose from various days and times that suit your schedule.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
13050	TBD	TBD	TBD

PIANO KEYBOARD FOR ADULTS 25+ YRS

Beginners of all ages. Learn to play piano, read music, songs, create your own music, all at your own pace.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center

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

Activity #	Dates	Days	Time
13112	1/10-2/28	Fri	1:45-2:30 pm



YIN YOGA

18+ YRS

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

Instructor: Amy Harper

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

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

Activity #	Dates	Days	Time
13010	12/10-1/14	Tue	7:45-8:45 pm
13011	1/28-2/25	Tue	7:45-8:45 pm*

GET OFF YOUR BOOTY CAMP

18+ YRS

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

Instructor: Maryam Stevenson

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$67.50 R | \$72.50 NR (5-class sessions)

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

Activity #	Dates	Days	Time
13027	12/3-12/17	Tue/Thu	6:00-6:45 pm
13028	1/2-1/28	Tue/Thu	6:00-6:45 pm
13029	2/4-2/27	Tue/Thu	6:00-6:45 pm

ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

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

Instructor: Angela Velez

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Activity #	Package	Cost
13030	5-class package	\$35 R \$40 NR
13031	10-class package	\$50 R \$55 NR
13032	15-class package	\$75 R \$80 NR
13033	20-class package	\$100 R \$105 NR

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

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

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

Activity #	Dates	Days	Time
12956	1/6-2/10	Mon	7:30-8:30 pm
12958	2/12-3/12	Wed	7:45-8:45 pm

PICKLEBALL DRILLS, SKILLS AND STRATEGY 201 CLINIC

14+ YRS

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

Instructor: Shelly Booth

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$55 R | \$60 NR (1-day clinic)

Activity #	Dates	Days	Time
13017	12/8	Sun	10:15-12:15 pm



LAKE FOREST SPORTS PARK & RECREATION CENTER



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

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Pickleball • Futsal Soccer

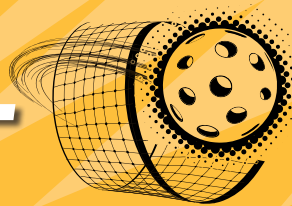
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PICKLEBALL

Fun For All



Instructor
Shelly Booth

at Portola Park, 28040 Glenn Ranch Road, Lake Forest

PICKLEBALL “DEFENSIVE SHOTS” INTERMEDIATE CLINIC

14+ YRS

Transition, reset, and recovery strategies through defensive dinks, drops and resets. Shot selection and execution designed to get you “out of trouble”, to the kitchen and back in the game.

Instructor: Shelly Booth

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$55 R | \$60 NR (1-day clinic)

Activity #	Dates	Days	Time
13015	2/9	Sun	10:15-12:15 pm

PICKLEBALL OFFENSIVE “SPEED UPS” INTERMEDIATE CLINIC

14+ YRS

Transition, reset, and recovery strategies through defensive dinks, drops and resets. Shot selection and execution designed to get you “out of trouble”, to the kitchen and back in the game.

Instructor: Shelly Booth

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$55 R | \$60 NR (1-day clinic)

Activity #	Dates	Days	Time
13016	1/12	Sun	10:15-12:15 pm

PICKLEBALL BEGINNER 101 CLASS

14+ YRS

This 5-week beginner class is for pickleball newbies and current novice players that lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended. No Class 12/25/2024 and 1/1/2025.

Instructor: Shelly Booth

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
13021	12/4-1/15	Wed	8:30-9:30 am
13025	1/29-2/26	Wed	8:30-9:30 am
13024	12/5-1/16	Thu	6:30-7:30 pm
13020	1/30-2/27	Thu	6:30-7:30 pm

PICKLEBALL 201 SKILLS AND STRATEGY INT NIGHT CLASS

14+ YRS

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

Instructor: Shelly Booth

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
13019	12/5-1/16	Thu	7:30-8:30 pm
13018	1/30-2/27	Thu	7:30-8:30 pm

PICKLEBALL SKILLS, DRILLS AND STRATEGY INT CLASS

14+ YRS

This 5-week class will focus on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court. No Class 12/25/24 and 1/1/25.

Instructor: Shelly Booth

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
13023	12/4-1/15	Wed	9:30-10:30 am
13022	1/29-2/26	Wed	9:30-10:30 am

PICKLEBALL 101 “LEARN TO PLAY” BEGINNER CLINIC

14+ YRS

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

Instructor: Shelly Booth

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$55 R | \$60 NR (1-day clinic)

Activity #	Dates	Days	Time
13014	12/8	Sun	8:00-10:00 am
13013	1/12	Sun	8:00-10:00 am
13012	2/9	Sun	8:00-10:00 am

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**WINTER 2024/25
SKATEPARK HOURS & HOLIDAYS**

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

Holiday Hours

- December 24: 10 am-5 pm
- December 25: Closed
- December 31: 10 am-5 pm
- January 1: 12 pm-9 pm

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

www.EtniesSkatePark.com

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

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ETNIES WINTER SKATE CAMP

5-17 YRS

Choose this winter break to spend at one of the best skate camps around! We have been offering camps since 2003 and have worked hard to make it an experience to remember. Whether you’re a beginner or a more advanced rider, winter skate camp is a great way to make lifelong friends and memories! All camp activities will be held by experienced Skatepark staff that have a proven successful track record in improving skateboard skills. Learn to shred at one of California’s largest skateparks, including a skull bowl, the flow bowl, two large flow courses, Orange County’s only cradle, and world class street areas. Each participant will receive a limited edition Etnies Skatepark Summer Camp hat. **No Camp 12/25/24 or 1/1/25.**

The week of fun will include group and individual skateboard instruction, games, lunch, snacks, water, and Gatorade throughout the camp. Please make sure your camper brings a skateboard, helmet, elbow/knee pads.

Instructors: Skatepark Staff

Dec 23-27 & Dec 30-Jan 3 Fee: \$199.00 per person

Feb 17-21 Fee: \$249.00 per person

Limited to 20 per session

Activity #	Dates	Days	Times
13095	12/23-12/27	Mon-Fri	10:00 am-2:00 pm
13096	12/30-1/3	Mon-Fri	10:00 am-2:00 pm
13097	2/17-2/21	Mon-Fri	10:00 am-2:00 pm



ETNIES WINTER DAY CAMPS

Whether you're a beginner or a more advanced rider, Etnies day camps are a great way to spend your school holiday. The day of fun will include group and individual skateboard instruction, games, lunch, snacks, water, and Gatorade throughout the camp. Please make sure your camper brings a skateboard, helmet, elbow/knee pads.

Fee: \$55.00 per person | Limited to 20 per session.

Activity #	Dates	Days	Times
13098	1/20	Mon	10:00 am-2:00 pm
13099	1/27	Mon	10:00 am-2:00 pm

SKATEPARK SAFETY/ETIQUETTE CLASS

4+ YRS

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

Instructor: Skatepark Staff

**Fee: Free | Limited to four per session
15 minute Course**

PRIVATE LESSONS-SKATEBOARD & ROLLER SKATE

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.

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

Instructor: Skatepark Staff

**Fee: \$50 per hour
(A max of two children are allowed per private lesson).
BEGINNING AND INTERMEDIATE GROUP**

SKATEBOARD LESSONS

5-17 YRS

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

Instructor: Skatepark Staff

Fee: \$40 per person | Limited to 5 per session

BEGINNING SKATEBOARD LESSONS

Act#:	Day	Date	Time
13100	Sat	12/07 & 12/14	10:00-11:00 am
13101	Sat	12/21 & 12/28	10:00-11:00 am
13102	Sat	01/04 & 01/11	10:00-11:00 am
13103	Sat	01/18 & 01/25	10:00-11:00 am

INTERMEDIATE SKATEBOARD LESSONS

Act#:	Day	Date	Time
13104	Sat	12/07 & 12/14	11:00 am-12:00 pm
13105	Sat	12/21 & 12/28	11:00 am-12:00 pm
13106	Sat	1/04 & 1/11	11:00 am-12:00 pm
13107	Sat	1/18 & 1/25	11:00 am-12:00 pm



CANCELLATION and USE POLICY

If a class is canceled 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.

HAVE YOUR BIRTHDAY PARTY @

eetnies

SKATEPARK OF LAKE FOREST



**AN EPIC
DAY OF FUN!**

HAPPY BIRTHDAY

**Three birthday party
packages available**

www.etnieskatepark.com

Special Needs

For more information on the City's Special Needs Programs, contact Recreation Supervisor, Kevin Fernandez at kfernandez@lakeforestca.gov.

FOLLOW US  @lake_forest_special_needs



Down Syndrome Achievement Centers
educate. inspire. believe.

GIGI'S PLAYHOUSE ORANGE COUNTY

The City of Lake Forest and GiGi's Playhouse have partnered up to offer an assortment of FREE in-person and online recreational and educational classes! There are a wide variety of programs available, for all ages. 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!

Contact us to RSVP today! If you'd like more information, email orangecounty@gigisplayhouse.org or contact Lake Forest Recreation Supervisor Kevin Fernandez.

www.gigisplayhouse.org/gigisathome/calendar/
Free!



The Not-So-Silent NIGHT DANCE

10 YRS+

Silent Night?! Think again! Come on down and help us celebrate a holiday ho-ho-hooplah like no other! We'll have a DJ spinning tunes, crafts, snacks, and even a very special tree which you all will help us decorate. Don't forget to wear your dancing shoes and favorite holiday-themed attire for the photo booth!

Location: Lake Forest Clubhouse
100 Civic Center Dr.

Act#:	Date	Day	Time
13108	12/7	Sat	6:00-8:00 pm

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

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



SOCIAL GROUP FOR CHILDREN ON THE AUTISM SPECTRUM **2-19 YRS**

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

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

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

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

Dates	Days	Time
Ongoing	Mon-Sat	varies



REGISTER ONLINE

WWW.LFPARKSANDRECCA.COM

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 Self Defense Academy Defense Accredited Instructor

Location: United Self Defense Academy
 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@LNYSO.org or Sandy Castillo at scastillo@calsouth.com

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 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





Take Me HOME PROGRAM

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

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

To register your loved one, please visit apps.ocsd.org/Info/TakeMeHome



LAKE FOREST LITTLE LEAGUE *Challenger Baseball*

a Little League program for boys and girls with special needs.

Children 6 to 18 years of age with any physical and/or developmental disability are welcome.

**Register online at [LFL.org](https://lfl.org)
For more information email info@lfl.org.**

Welcome to The Clubhouse for Seniors



CITY OF LAKE FOREST
THE CLUBHOUSE CALENDAR

 www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | DEC '24 - FEB '25



It's a Holly Jolly Holiday Season!



SPECIAL HIGHLIGHTS INCLUDE:
BETTER IN BOOTS DANCE
BUNCO NIGHTS AT THE CLUBHOUSE
CARS & COFFEE POP-UP EVENT
HOLLY JOLLY HOLIDAY LUNCHEON
HUNTINGTON LIBRARY EXCURSION
SENIOR SANTA & FRIENDS
SOUNDSATIONS & CHORALISTICS AT THE CLUBHOUSE

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

Table of Contents

Classes.....	37
HICAP.....	41
Phone Directory.....	42
Emeritus Classes.....	43
Transportation Options.....	45

*Don't miss out
on The Clubhouse Calendar!*

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

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

Follow Us



@lakeforest.clubhouse

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

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

Adults— 50 Years & Better

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



Adults—50 Years & Better

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.

Fee: Free

Dates	Days	Time
12/2	Mon	10:00 am-2:00 pm
1/6	Mon	10:00 am-2:00 pm
2/3	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.

Fee: Free

Dates	Days	Time
12/30	Mon	10:00 am-2:00 pm
1/27	Mon	10:00 am-2:00 pm
2/24	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.

Fee: Free

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

THURSDAY CLUBHOUSE LUNCH

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

Activity # **Dates** **Days** **Time**
Holly Jolly Holiday Luncheon – Hams & Yams
\$4 R | \$7 NR

12918 12/12 Thu 12:00 pm

Frostfire Fiesta – Chicken Enchiladas
\$2 R | \$4 NR

12919 1/30 Thu 12:00 pm

Mardi Gras Masquerade – Pesto Chicken Pasta
\$2 R | \$4 NR

12920 2/27 Thu 12:00 pm

HUNTINGTON LIBRARY EXCURSION

The Huntington Library, Art Museum and Botanical Gardens is a collections-based educational and research institution in San Marino, California. In addition to the library and its 430,000 rare books, the museum houses an extensive art collection with a focus on 18th and 19th century European art and 17th to mid-20th century American art. The property also has approximately 120 acres of specialized botanical landscaped gardens. Various dining options are available throughout the grounds.

\$59 R | \$64 NR

Activity #	Dates	Days	Time
12921	2/19	Wed	9:00 am-6:00 pm

SOUNDSATIONS & CHORALISTICS AT THE CLUBHOUSE

Our very own El Toro High School has two outstanding vocal performance teams, Soundsations and Choralistics! There are over 50 students in these two singing and dancing groups, and they have won top honors and several gold level awards in their competitions!

Fee: Free

12/5	Thu	1:00 pm
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REGISTRATION DATES



RESIDENTS: Tues., Nov. 19, 2024, 8:00 am

NON-RESIDENTS: Tues., Nov. 26, 2024, 8:00 am

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

Fee: Free

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



PING PONG

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

Fee: Free

Activity #	Dates	Days	Time
12923	Ongoing	Mon	10:00 am-3:00 pm
	Ongoing	Tue	12:45 pm-3:00 pm
	Ongoing	Wed	10:00 am-12:15 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.

Fee: Free

Dates	Days	Time
Ongoing	Mon/Wed/Thu	10:00 am-3:00 pm
	Tue	10:00 am-12:30 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 R | \$3 NR

Activity #	Dates	Days	Time
<i>Winter Candle Holder</i>			
12924	12/17	Tue	10:30 am
<i>Wooden Heart Bouquet</i>			
12925	1/21	Tue	10:30 am
<i>Button Flower Canvas</i>			
12926	2/18	Tue	10:30 am

BETTER IN BOOTS

Dance

**FRIDAY,
FEBRUARY 28**

5 TO 8 PM

Saddle up, y'all!

We're wranglin' in some fun at our "Better in Boots" western dance! Dust off your cowboy hats and shine those boots!

- ★ DANCING★
- ★ DINNER★
- ★ PHOTO BOOTH★
- ★ SNACKS AND REFRESHMENTS★
- ★ ENTERTAINMENT★

Fee: \$15 Residents & Non-Residents

Activity # 12922 Seniors

FUN



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!

Fee: Free

Activity #	Dates	Days	Time
Planning for the Unexpected: Gardening Emergencies			
12927	12/3	Tue	10:30-11:30 am
Homesteading Suburban Wellness			
12928	1/7	Tue	10:30-11:30 am
What's New in Gardening			
12929	2/4	Tue	10:30-11:30 am

YOUNG AT HEART - LAKE FOREST BOOK CLUB

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

Fee: Free

Dates	Days	Time
The Santa Suit in Wales by Mary Kay Andrews		
12/19	Thu	10:00 am
By Any Other Name by Jodi Picoult		
1/16	Thu	10:00 am
Good Night Irene by Luis Alberto Urrea		
2/20	Thu	10:00 am

SENIOR SANTA & FRIENDS

at The Clubhouse

'TIS THE SEASON TO SPREAD JOY AND MAKE SOMEONE'S HOLIDAY TRULY SPECIAL!

This gift-giving program brings cheer to older adults with physical disabilities, whose limited income is just above the federal poverty level. Let's brighten their season with a thoughtful gesture!

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



ITEMS NEEDED (Must Be New and Unused):

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

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



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.

Fee: Free

Date	Day	Time
12/9	Mon	10:00-11:00 am
1/13	Mon	10:00-11:00 am
2/10	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.

Fee: Free

Dates	Days	Time
2/27	Thu	10:00 am-1:00 pm



NEED LEGAL ADVICE?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues including government benefits, health, housing, consumer problems, and elder abuse.

To qualify for an appointment, you must be:

- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.

Appointments are scheduled for 20 minutes. To receive the most out of your appointment, please write down questions for the attorney. To make an appointment call (949) 461-3408.

Fee: Free

Dates	Days	Time
12/5	Thu	1:00-3:00 pm
1/7	Tue	1:00-3:00 pm
2/6	Thu	1:00-3:00 pm

AARP DRIVER SAFETY TWO-DAY COURSE

50+ YRS

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

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

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

Activity #	Dates	Days	Time
13061	1/22-1/23	Wed/Thu	9:00 am-1:00 pm



AARP DRIVER SAFETY REFRESHER COURSE

50+ YRS

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

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

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

Location: The Clubhouse, 100 Civic Center Dr.

Activity #	Dates	Days	Time
13060	2/13	Thu	9:00 am-1:00 pm



HICAP Health Insurance Counseling and Advocacy Program

TUESDAYS
10:00 am-1:00 pm

December 10
January 14
February 11

FREE

HICAP can help you understand:

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

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

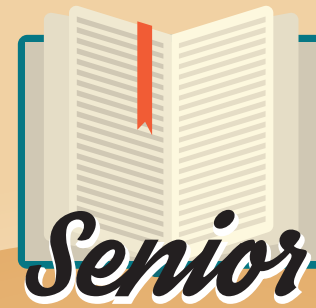
HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you understand health insurance regulations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

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



PHONE DIRECTORY

- AARP** (888) 687-2277
- Access**
(Reservations/Information) (877) 628-2232
- Access (Eligibility)** (714) 560-5956
- Age Well Senior Services, Inc.**(949) 855-8033
- City of Lake Forest City Hall** (949) 461-3400
- Council on Aging** (714) 479-0107
- Non-Disabled Housing Information** (714) 480-2864
- Elder/Disabled Adult Abuse** (800) 451-5155
- Hazardous Waste, Disposal of Expired Unused Medicine & Old Cell Phones** (714) 834-4000
- HICAP Services**(800) 434-0222
- Human Services Information** 211
- Irvine Valley College/Emeritus**(949) 367-8343
- Meals on Wheels** (949) 380-0155 ext.12
- Medicare Fraud Hot-line**(800) 447-8477
- OCTA (Transportation)** (800) 636-7433
- Office on Aging** (800) 510-2020
- Orange Caregiver Resource Center** (800) 543-8312
- Saddleback College/Emeritus** (949) 582-4835



Senior Emeritus Classes

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

OPEN ENROLLMENT BEGINS
November 18th, 2024

CLASSES BEGIN
Week of January 13th

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

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

IRVINE VALLEY COLLEGE

New or returning students (those who skipped the fall or spring semester) will need to fill out the online Emeritus Application at dynamicforms.ngwebsolutions.com or call (949) 367-8343 for more information.

Emeritus Website: www.ivc.edu/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/cs

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

SENIOR EMERITUS CLASSES

Irvine Valley College Classes



AQUA FITNESS TRAINING

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

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

Tic #	Dates	Days	Time
65500	1/14-5/20	Tue	2:00-2:50 pm
65510	1/16-5/11	Thu	2:00-2:50 pm

BEGINNING CONVERSATION

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

Fee: Free

Location: The Clubhouse, 100 Civic Center Dr

Tic #	Dates	Days	Time
63260	1/13-5/21	Mon/Wed	1:30-2:45 pm

CHAIR EXERCISE

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

Tic #	Dates	Days	Time
65555	1/13-5/19	Mon	11:30 am-12:20 pm
65735	1/16-5/15	Thu	12:30-1:20 pm

CIRCUIT TRAINING

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

Tic #	Dates	Days	Time
65740	1/15-5/21	Wed	10:30-11:20 am

DYNA-BAND WORKOUT

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

Tic #	Dates	Days	Time
65720	1/14-5/20	Tue	12:30-2:20 pm

INTERMEDIATE IDIOMS

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

Fee: Free

Location: The Clubhouse, 100 Civic Center Dr

Tic #	Dates	Days	Time
63455	1/14-5/15	Tue/Thu	1:30-2:45 pm

LINE DANCE

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

Tic #	Dates	Days	Time
65640	1/14-5/20	Tue	10:30-11:20 am
65620	1/14-5/20	Tue	11:30 am-12:20 pm
65755	1/16-5/15	Thu	1:30-2:20 pm

PHYSICAL FITNESS

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

Tic #	Dates	Days	Time
65525	1/15-5/21	Wed	11:30-12:20 pm
65670	1/16-5/15	Thu	10:30-11:20 am

PILATES

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

Tic #	Dates	Days	Time
65645	1/14-5/20	Tue	10:30 am-12:20 pm

STRENGTH & BALANCE

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

Fee: Free

Location: The Clubhouse, 100 Civic Center Dr.

Tic#	Dates	Day	Time
65635	1/13-5/19	Mon	10:30-11:20 am

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

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

TAI CHI MOBILITY

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

Location: The Clubhouse, 100 Civic Center Dr.

Tic#	Dates	Day	Time
65505	1/15-5/21	Wed	1:00-1:50 pm

YOGA

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

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



Saddleback College Classes

INTERMEDIATE KNITTING

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

Instructor: Emeritus Staff

Location: The Clubhouse , 100 Civic Center Dr.

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

INTERMEDIATE PRACTICAL SPANISH

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

Instructor: Emeritus Staff

Location: The Clubhouse, 100 Civic Center Dr.

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

LIFE AND TECHNOLOGY INTEGRATION FOR OLDER ADULTS

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

Instructor: Emeritus Staff

Location: The Clubhouse, 100 Civic Center Dr.

Tic #	Dates	Days	Time
11895	1/14-5/20	Tue	1:00-2:50 pm

CITY OF LAKE FOREST

Transportation Options for Seniors

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

For additional information, call (949) 461-3408.



California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or own a vehicle? We have transportation for you with California Yellow Cab!

OPTIONS AND RATES:

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

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

- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.



NOTE: All Taxi passengers must be 60 years of age or better. It may take up to two weeks from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation.

Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation and pay the taxi driver directly with either cash or a credit card.

AWSS Bus Service

JOIN THE FUN!

FREE

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





HOW TO Register for Programs

Winter 2024/25 Registration Dates

Lake Forest Residents: Tuesday, Nov. 19, 2024 beginning at 8am | **Non-Residents:** Tuesday, Nov. 26, 2024 beginning at 8am

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

3 Easy Ways to Register

1 Online Registration



To set up a family account in the City's registration system please go to:
www.lfparksandrecca.com

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

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

2 Mail-In Registration



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

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

3 Walk-In Registration



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

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

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
5. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
6. Please allow for up to 30 days for your refund to be processed.

Refund Policy

1. A full refund (minus the 3% credit card fee) will be given for any activity cancelled by the City of Lake Forest; the 3% credit card fee is non-refundable.
2. Registrations for City of Lake Forest Excursions are non-transferable.
3. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
4. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).
5. All Camp cancellations requesting refunds (for Little Wranglers, Creative Kids Club camps and Lake Forest Rocks) must be submitted by 5 pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee. All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee. All refund requests for Little Wranglers and Creative Kids Club Camps must call the Recreation Supervisor at (949) 273-6975.
6. Requests for Gazebo Rental Refunds will only be granted if the rental day is rained out or if the request is received one full week prior to your rental date. A \$10 admin fee will be charged to complete the refund.

City of Lake Forest Community Services Program Registration Form

Photocopy if more than one registration form is needed



Primary Contact (Responsible adult for registering persons into courses)

Last Name: _____ First Name: _____ Male female

Birthdate (Required) _____ Email (Required) _____

Street Address: _____ City, State, Zip: _____

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

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

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

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

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

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

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

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

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

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

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

DATE: _____

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

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



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

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

Office Use Only

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

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

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

NOT FOR EMERITUS PROGRAM REGISTRATION



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

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

POSTAL CUSTOMER

ECRWSS

Spring Fun!

SPRING 2025 PROGRAMS

RESIDENT REGISTRATION BEGINS

Tuesday, Feb 11 at 8:00 am



NON-RESIDENT REGISTRATION BEGINS

Tuesday, Feb 18 at 8:00 am



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


 By mail


 In Person
 Lake Forest Sports Park and Recreation Center
 28000 Rancho Parkway


 Online
www.lfparksandrecca.com

THREE EASY WAYS TO REGISTER FOR PROGRAMS:

CITY TELEPHONE NUMBERS

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

FIND US ONLINE

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

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

