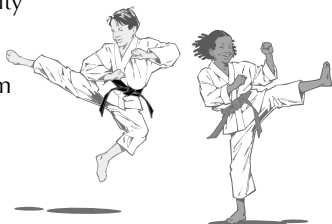


Karate for Kids

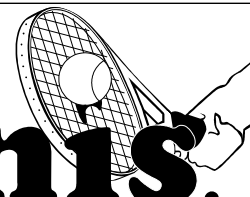
Taught by Adam Abramson

Ages 5+ years

Location: La Sierra Community Center, Room 800
 Day/Time: Tuesday and Thursday, 6-6:45pm
 Dates: Monthly
 *No class 11/24
 Fee: \$30



Tennis!



PROGRAM

Taught by Jesse Colan, Certified Tennis Professional & Brian Cuccia

Classes begin with related exercises and move into hitting drills and end with games or match play. The goal is to get participants playing the game of tennis as soon as possible!

*Please wear tennis shoes.

Munchkins

Designed for ages 5-7, this class teaches forehand and backhand ground strokes through more games while having fun. **Class is 30 minutes long.

Beginning Youth or Adult

This introductory class will cover all strokes, drills, scoring and adaptive games.

Intermediate, Youth or Adult

Designed for the player with experience, this class begins with partner warm-up and then drills and games will follow. Shot selection and stroke critique will be analyzed.

Advanced Youth or Adult

Designed for tournament players. Please call Coach Jesse for availability.

Dates: 9/12-9/29, 10/3-10/20, 10/24-11/10, 11/28-12/15, 1/9-1/26, 1/30-2/16, 2/27-3/15, 3/19-4/12*

*No class the week of 4/2
 Fee: \$55 for (6) 55-min. classes and one can of USTA approved tennis balls
 MUNCHKINS - \$30 for (6) 30-min. classes

Location: Courts 1-2 are located at Carmichael Park, 5750 Grant Avenue.

Monday/Wednesday Schedule

Class	Age	Time
Beg. Youth	8-12	5:30pm
Int. Youth	8-12	6:30pm
Beg. Adult	13+	7:30pm
Int. Adult	13+	8:30pm

Tuesday/Thursday Schedule

Class	Age	Time
Munchkins	5-7	6:00pm
Beg. Adults	13+	6:30pm
Int. Adult	13+	7:30pm

Private/Semi Private Lessons Available!

\$25/half hour - \$45/hour
 For scheduling call Jesse Colan at (916) 485-2985

KIDZ LOVE SOCCER



Participants 2-10 years of age learn the world's most popular sport from the professional coaches trained in the Kidz Love Soccer method. Sessions include age appropriate activities, skill demonstrations, fun games and instructional scrimmages conducted in a non-competitive environment. Visit their website, www.kidzlovesoccer.com for more information. Shin guards are required after the first meeting.

Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the "world's most popular game!" As you and your child participate in our fun age appropriate activities, they will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field and in this program parents are part of the action, not watching from the sidelines!

*In case of rain-outs, please call the KLS Field Hotline at 1-888-372-5803.

FALL: 9/22-11/17

Location: Carmichael Park
 Day: Thursday
 Fee: \$83/9 weeks

Mom/Dad & Me	2-3.5 years	9:30-10am
Tot Soccer	3.5-4 years	10:10-10:40am
Pre Soccer	4-5 years	10:40-11:15am
Tot/Pre-Soccer	4-5 years	3:10-3:40am
Soccer 1	5-6 years	3:40-4:25pm
Soccer Skillz & Scrimmages	7-10 years	4:25-5:10pm

Winter: 1/26-3/15

Location: Carmichael Park
 Day: Thursday
 Fee: \$74/8 weeks

Tot/ Pre Soccer	3.5-5 years	10:30-11am
Tot/ Pre Soccer	3.5-5 years	3-3:30pm
Soccer 1	5-6 years	3:30-4:15pm
Soccer Skillz & Scrimmages	7-10 years	4:15-5pm
Mom/Dad & Me	2-3.5	5:10-5:40pm



MIDDLE SCHOOL *Fall and Winter Sports Calendar*

Register for all sports programs at the La Sierra Community Center at 5325 Engle Rd. in Carmichael. For more information please contact 483-7826 or go to our website at www.carmichaelpark.com

VOLLEYBALL 6th – 8th Grade

Season:
9/7 – 10/27

Description: Participants practice twice a week at their school and play once or twice a week at the La Sierra Community Center against other local middle Girls schools.

Information Meeting: 6th/7th graders -Wednesday 9/7, 8th graders – Thursday 9/8 after-school at school site

Practice & Games: Practice days and times will be announced at the information meeting. Practices are at the school site. Games for 6th & 7th graders are Mon. & Wed. Games for 8th graders are Tues. & Thurs. at the La Sierra Community Center

Fee: \$90 per participant

FLAG FOOTBALL 6th – 8th Grade Boys & Girls

Season:
9/7 – 10/27

Description: Get your game face ready! Players practice at their school site and play games against other local middle schools.

Information Meeting: Wednesday 9/8 after-school at school site

Practice & Games: Practice and game days and times will be announced at the information meeting. All practices take place at their home school site. Games are held from 3:30pm to 6pm once or twice a week starting around the week of September 20th.

Fee: \$90 per participant

BOYS BASKETBALL 6th – 8th Grade

Season:
11/1 – 1/21

Description: All players can register for the basketball league. Teams practice twice a week and play games on Friday and Saturday at the La Sierra Community Center.

Information Meeting: Tuesday 11/1 after-school at school site

Practice & Games: Practice days and times will be announced at the information meeting. Game schedules will be available once teams are established

Fee: \$90

GIRLS BASKETBALL 6th – 8th Grade

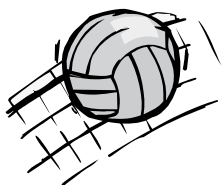
Season:
1/24 – 3/17

Description: All players can register for the basketball league. Teams practice twice a week and play game son Friday and Saturday at the La Sierra Community Center.

Information Meeting: Tuesday 1/24 after-school at school site

Practice & Games: Practice days and times will be announced at the information meeting. Game schedules will be available once teams are established

Fee: \$90



ELEMENTARY *Fall and Winter Sports Calendar*

Get your young one active all year long with our youth sports programs!

VOLLEYBALL

4th – 6th Grade
Girls & Boys
Season:
9/9 – 10/28

Description: Players have the opportunity to learn the fundamentals of volleyball. Participants are placed on teams and practice and play games on Friday evenings at the La Sierra Community Center Gymnasiums.

Clinic/Info Meeting: Fri. 9/9 5:00pm-7:00pm

Practices & Games: Friday nights between 4pm – 8:30pm

Fee: \$65.00 per participant

FLAG FOOTBALL

3rd – 6th Grade
Boys & Girls
Season:
9/10 – 10/8

Description: This program is great for the beginning football stars and for players looking for skill development. The program is on Saturdays only at Carmichael Park

Dates & Times: Saturdays starting 9/10 from 10am – 12pm

Fee: \$55 per participant

BOYS BASKETBALL

3rd – 6th Grade
Season:
12/3 – 3/3

Description: Players will learn the fundamental skills of basketball and the importance of teamwork and fair play. All practice days and times will be announced at the clinic.

Clinic/Info Meeting: Sat. 12/3 – 3rd/4th graders at 10am – 11:30am, 5th/ 6th graders at 12pm – 1:30pm at the La Sierra Community Center Gymnasiums

Practices: 3rd/4th grade on Friday evenings between 4pm – 8pm at La Sierra
5th/6th grade days, times and location will be announced at clinic

Games: Saturdays starting 12/17

Fee: \$65 per participant

GIRLS BASKETBALL

3rd – 6th Grade
Season:
12/3 – 3/3

Description: Players will learn the fundamental skills of basketball and the importance of teamwork and fair play. All practice days and times will be announced at the clinic.

Clinic/Info Meeting: Sat. 12/3 – 3rd/4th graders at 2pm – 2:30pm, 5th /6th graders at 3pm – 4:30pm at the La Sierra Community Center Gymnasiums

Practices: 3rd/4th grade on Friday evenings between 4pm – 8pm at La Sierra
5th/6th grade days, times and location will be announced at clinic

Games: Saturdays starting 12/17

Fee: \$65 per participant

JUNIOR STARS BASKETBALL

1st & 2nd Grade
Boys & Girls
Season:
1/7 – 2/18

Description: Players will learn new skills by running drills, having practices and playing games using lowered hoops. The program is on Saturdays only at the La Sierra Community Center Gymnasiums

Dates & Times: Saturdays starting 1/7

1st grade boys and girls: 9am – 10:15am

2nd grade boys and girls: 10:30am – 11:45am

Fee: \$45 per participant

Notes: Register by 12/20 and you're guaranteed a camp t-shirt. Any registration after that date does not guarantee a shirt on the first day of the program.

Register for all sports programs at the La Sierra Community Center at 5325 Engle Rd in Carmichael. For more information please contact 483-7826 or go to our website at www.carmichaelpark.com