

## COME DANCE WITH ME...

Location: La Sierra Community Center, Sierra Rooms 1-2  
 Dates: 4/5-5/3\*; 6/14-7/5; 7/19-8/9; 8/16-9/6 or 9/13-10/4  
 \*No class 4/19  
 Fee: \$46/4 weeks

### Baby Ballet & Gymnastics – walking-3 years

Tuesday, 9-9:45am

This is an introduction to dance and gymnastics. Basic beginner dance and gymnastics skill are combined for those students ready for instruction. Children should wear comfortable tight-fitting clothing. One parent may assist if a child needs reassurance.

### Pre-Ballet, 3-6 years

Tuesday, 9:50-10:35am

This class is designed for beginning ballet and movement. It is more concentrated on rhythm and slightly more structured with a focus on listening skills. Girls should wear pink tights, a black leotard without a skirt and ballet shoes while boy need to wear a plain white T-shirt and black shorts. You can find all of these items at your local dance supply store. If you are not sure where to get quality ballet shoes, please come to the first class with bare feet and your instructor will assist you.

### Basic Ballet, Ages 6+ years

Tuesday, 11:40am-12:25pm

This class is for the children who would like to explore the world of ballet and learn basic moves to enrich their dance techniques. Girls should wear pink tights, black leotard and pink leather ballet slippers (found at a dance supply store) or bare feet and the instructor will assist you. Boys please come in a plain white shirt and black shorts. NOTE: This class will only be available for the sessions of 6/14-7/5 and 7/19-8/9.

### Beginning Gymnastics, Ages 3-7 years

(3-5 years beginning on 8/16) – Tuesday, 10:45-11:30am

Participants will learn basic skills including rolls, handstands, cartwheels and working on the low beam and bars. Children will begin to develop flexibility and strength as well. Children should wear comfortable tight-fitting clothing.



### Under the Sea Art Adventure

Taught by Susan Frank

Ages 4-6 years

Explore the ocean wonders with a multi-media approach. Children will make underwater creations while learning drawing and painting techniques using a variety of materials from pencils and markers to tissue paper and watercolors.

Location: La Sierra Community Center, Room 810  
 Day/Time: Monday – Friday, 10:30am-Noon  
 Dates: 7/11-7/15  
 Fee: \$56



Parks **Make Life Better!**

## Tiny Tots

Ages 3 – 5 years

Tiny Tots is all about discovery and encourages children to pursue new talents and interests while building confidence. Participants enhance their skills through socialization, beginning academics, numbers, language, arts and crafts and much more. A parent information packet is available at the time of registration. Returning students have priority.

Location: Carmichael Park  
 Tiny Tots Room

### KINDERGARTEN READINESS

Day/Time: Mondays, Wednesdays  
 and Fridays, 9am – Noon  
 Dates: 2/28 – 4/8, 4/25 – 6/6  
 (no class on 5/30)  
 Fee: \$265 (6 weeks)

### Special Summer 4 Week Sessions:

Day/Time: Mondays, Wednesdays  
 and Fridays, 9am – Noon  
 Dates: Session 1: 6/13 – 7/11  
 (no class on 7/4)  
 Session 2: 7/18 – 8/12  
 Fee: \$175 (4 weeks)

### SOCIAL EXPERIENCES

Day/Time: Tuesdays and Thursdays,  
 9am – Noon  
 Dates: 3/1 – 4/7, 4/26 – 6/2  
 Fee: \$180 (6 weeks)

### Special Summer 4 Week Sessions:

Day/Time: Tuesdays and Thursdays,  
 9am – Noon  
 Dates: Session 1: 6/14 – 7/7  
 Session 2: 7/19 – 8/11  
 Fee: \$120 (4 weeks)

### Camp Paint Away

Taught by Susan Frank

Ages 4-6 years

It's time for painting madness to begin! Explore color mixing, blending, color theory and various painting methods and styles.

Paint with brushes, sponges and Q-tips to create realistic and abstract paintings.



Location: La Sierra Community,  
 Center, Room 810  
 Day/Time: Monday – Friday, 1-2:30pm  
 Dates: 7/11-7/15  
 Fee: \$56



**Are you ready to get wet and laugh on water slides?** Join us on a trip to Sunsplash Water Park. This trip is open to all children in our community between 5 and 12 years old and will be on Thursday, July 21st. The fee is \$35

per child if you are enrolled that week in one of our summer day camps and \$40 per child if you are not enrolled in our summer day camps. This fee includes ticket, transportation, and supervision. Registration begins June 14th and will continue until filled at the La Sierra Community Center's Recreation Office. Space is limited so please register early. For more information please call the La Sierra Recreation Office at (916) 483-7826

**Beginning Hip Hop for Kids, Ages 7-10 years**

*Taught by Dolly Rizzo, Certified Group Fitness Instructor*

This class teaches rhythm, coordination and age-appropriate Hip Hop choreography with no suggestive music/movements. It includes the many sub-styles of Hip Hop such as waving, popping, and locking ("breakdance" type movements that incorporate elements of gymnastics will not be taught). Hip Hop is an upbeat and energetic style that is great for kids who like to move! Participants should wear comfortable clothing and tennis shoes and bring water.

Location: La Sierra Community Center, Sierra Rooms 1-2  
 Day/Time: Wednesday, 10-11am  
 Dates: 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3 or 8/10  
 Fee: \$7/class



**POTTERY & ART CLASSES**

*Taught by Michelle Lueth*  
 Location: Arts & Crafts Bldg.,  
 7997 California Ave. in Fair Oaks

**Family Clay Camp**



*Ages 4-17 with parent*

Spend your holiday break playing in the mud! Create some wonderful works of art with clay and then paint them with underglazes before they are fired in the kiln. Bring your imagination and the emphasis is on FUN! A \$12 materials fee per person is due to the instructor at the first class.

Day/Time: 4/18-4/22, 12:30-2pm  
 6/14-6/17, 2-3:30pm  
 7/18-7/21, 2:30-4pm  
 8/15-8/18, 4-5:30pm  
 Fee: \$60 for parent & child, \$20 each add'l family member

**Family Pottery, Ages 5-17 w/parent**

Enjoy a unique family experience in this one of a kind ceramics class. Create your own masterpieces in a relaxing and encouraging environment. Participants will learn three different methods of hand building as well as have a chance at the potter's wheel. Bring your imagination! A \$12 materials fee is due to the instructor at the first class.

Day/Time: 4/26-5/24, 4:15-5:30pm  
 4/27-5/25, 6:15-7:30pm  
 6/21-7/19, 4:15-5:30pm  
 6/22-7/20, 6:15-7:30pm  
 7/7-8/4, 4:30-5:45pm  
 Fee: \$71 for parent & child, \$24 each add'l family member

**Mommy & Me Little Hands**

**Pottery** *Ages 2-6 years with parent*

Have some fun and create a memory to treasure. Decorate a plate with your little one's handprint and a personalized design. Your artwork will be clear coated and kiln fired. A \$10 materials fee is due to the instructor at the class.

Day/Time: Saturday, 10:30-11:30am  
 Dates: 4/9, 6/4 or 7/29  
 Fee: \$20 for parent & child

**Mommy & Me Art Discoveries,**

*Ages 3-6 years with parent*

Have some creative fun with your little artist in this class with small hands in mind! New and imaginative art projects will be discovered each week. Come dressed for mess and ready to have fun. A \$10 materials fee is due to the instructor at the first class.

Day/Time: Friday, 10:30-11:30am  
 Dates: 4/29-5/13, 7/8-7/22 or 8/5-8/19  
 Fee: \$38

**KID'S HANGOUT** Before & After School Care

The Kid's Hang Out Before and After School Program is held at the La Sierra Community Center, Monday through Friday throughout the school year. Kids are in a safe environment where your child can read, do homework, have a nutritional snack, socialize with their friends, and be involved in sports and other activities.

**Transportation is provided to and from your child's school, to the La Sierra Community Center.**

**BEFORE** school care program opens at 6:45am  
**AFTER** school program begins when we pick up your child from school and closes at 6:00pm.

The program runs throughout the school year and registration is ongoing.  
 We are open on Spring Break week

<b>FEES:</b>	<b>AFTER SCHOOL CARE</b>	<b>BEFORE SCHOOL CARE</b>
	\$80.00 per wk	\$30.00 per wk if enrolled in after school program
	\$60.00 per wk (any 3 days)	\$35.00 per wk not enrolled in after school program

The fee includes transportation, supplies, snacks and qualified staff.

To register or for more information please visit us at the La Sierra Community Center Sports Office, 5325 Engle Road, Suite 100, Carmichael or contact us at (916) 483-7826.

# Summer Day Camps

Voyager Camp (ages 5 - 8) and Explorer Camp (ages 9 - 12)

Need something exciting for your kids to do this summer? Voyager and Explorer day camps are what you're looking for. All boys and girls ages 5-12 have the opportunity to play games and sports, make arts & crafts, go swimming, conduct science experiments, explore nature, and appreciate dance and music. Most importantly, kids get to venture out on a thrilling fieldtrip once a week (fieldtrip costs are included). All of this supervised by our experienced, positive, and fun staff. There are 10 weekly sessions beginning June 13, 2011. Camp is open Monday through Friday from 7am to 6pm at the La Sierra Community Center.

**FEES:** \$130 per week for first child  
(\$120 per week for each additional child)  
This fee includes the cost of swimming and all fieldtrips

Half Day sessions are Monday through Friday,  
7am - noon OR 1pm - 6pm  
At \$85.00/week.  
This fee includes a full day for the fieldtrip day along  
with fieldtrip costs.

Registration begins April 12th at the La Sierra Community Center's Recreation Office. Come to our campus information night on April 12 at 6:00 pm at the La Sierra Community Center.

For more information, please call the La Sierra Recreation Office at (916) 483-7826

# TEEN XTREME

## Summer Adventures

**It's time to get outdoors  
and have some fun!**

All teens 12 - 14 years old are invited to join us for our exciting weekly summer adventures! You'll have fun while challenging yourself through thrilling teen ventures and wilderness activities. These trips include rock climbing, kayaking, paddling, hiking, paintball, Sunsplash, Six Flags and more! All trips occur on Wednesdays between June 15th - August 17th. Check out our website in April for a list of activities, dates and fees at [www.carmichaelpark.com](http://www.carmichaelpark.com). Transportation, equipment and supervision are provided for all trips.



Taught by Bob Kerr

Ages 5-10 years

Spend your spring break or your summer getting introduced to the basic fundamentals of skate boarding! Tricks like ollies and kick flips along with proper safety will be covered in a positive and safe environment. Instructor, Bob Kerr, has over 20 years experience in the field. Participants should bring a helmet and skate board.

Day/Time: Monday through Friday,  
10am-Noon

Dates: Spring: 4/18-4/22  
Summer: 6/13-6/17,  
6/20-6/24, 6/27-7/1,  
7/11-15, 7/18-7/22,  
7/25-7/29, 8/8-8/12 or  
8/15-8/19

Fee: \$50



Kids, are you ready for thrilling roller coasters and amazing animals? Our Six Flags Discovery Kingdom trip is for children ages 5 to 12 years old and will be on Thursday, July 7th. The fee is \$60 per child if you are enrolled that week in one of our summer day camps and \$65 per child if you are not enrolled in our summer day camps. This fee includes ticket, transportation, and supervision. Do you already have a season pass? Well if so you can pay just \$40 per child for transportation and supervision. Registration begins June 14th and will continue until filled at the La Sierra Community Center's Recreation Office. We only have room for 23 kids so please register early. For more information please call the La Sierra Recreation Office at (916) 483-7826

**Parks Make Life Better!**

**Quilt Away Camps**



Taught by One Thousand Threads  
Ages 10-14 years

Non-profit group One Thousand Threads is sponsoring two different camps for young adults interested in learning how to sew! Students will learn about color, fabric and basic machine sewing techniques. Each student will make their own sample quilt to take home. Bring a lunch, snacks and drinks will be provided. Note: Basic sewing equipment will be used including irons, machines and needles.

Location: La Sierra Community Center  
Day/Time: Spring: Monday through Friday, 9am-3pm  
Summer: Friday through Sunday, 9am-3pm  
Dates: Spring: 4/18-4/22  
Summer: 7/15 - 7/17  
Fee: \$25/Spring or \$15/Summer

**Fine Arts Camp**

Taught by Suzanne Bell Ages 7-13 years

In the fine arts camp the young artist will learn hands-on techniques in sketching, painting, watercolor, fabric art, charcoal, pastels and cartooning. Artistic studies include abstract, landscapes, animals, surrealism, realism and famous artists. The final project is an art show exhibiting our masterpieces. Each camp introduces new and creative lessons. Dress for mess and bring a sack lunch.



Location: Carmichael Park Vets Hall  
Day/Time: Monday through Thursday, 9am-1pm  
Dates: 6/27-6/30 or 7/18-7/21  
Fee: \$78/\$18 materials fee due to instructor at first class

**Babysitting Safety**

Taught by Sheila Evans Ages 12+ years

Babysitting Safety provides basic information for babysitters. Topics include infant and child CPR, choke management, child safety, play, feeding, diapering, emergencies and more. Upon successful course completion, each student will receive a nationally recognized completion card which is valid for 2 years.

Location: Carmichael Park  
Day/Time: Tuesday and Wednesday, 9am-1pm  
Dates: 4/19 & 4/20, 6/21 & 6/22, 7/12 & 7/13 or 8/9 & 8/10  
Fee: \$20/\$20 lab fee paid to instructor at class

*Summer Reading Skills Programs*

With the Institute of Reading Staff

**Program R:** For entering Kindergartners, **Program 1:** For 1st Graders  
**Program 2:** For 2nd Graders

At the primary level our enrichment classes encourage children to develop reading and listening skills by working with storytelling, rhyming patterns and initial sound games. In addition, we supply students and parents with instructional materials designed to improve comprehension.

**Program 3:** For 3rd Graders - **Program 4:**

For 4th and 5th Graders By studying and improving upon word attack skills, use of punctuation, and vocabulary enrichment, children internalize the mechanics of reading, which allows them to focus more on content. Additionally, we introduce comprehension strategies, which assist in reading fiction and non-fiction.

**Program 5:** For 6th, 7th and 8th Graders - **Program 6:** For 9th, 10th and 11th Graders

The programs continue to build on each child's reading foundation while providing techniques for increasing reading speed and strategies for boosting comprehension. At this level we emphasize study skills.

**\*ADULT READING PROGRAM ALSO AVAILABLE**

Program 4.....Sundays.....	9-11:15am.....	6/12-7/17 *No class 7/3
Program R.....Sundays.....	10-11:15am.....	6/12-7/17 *No class 7/3
Program 1.....Sundays.....	12:15-2:15pm.....	6/12-7/17 *No class 7/3
Program 2.....Sundays.....	12:15-2:15pm.....	6/12-7/17 *No class 7/3
Program 5.....Sundays.....	3:15-5:45pm.....	6/12-7/17 *No class 7/3
Program 6.....Sundays.....	3:15-5:45pm.....	6/12-7/17 *No class 7/3
Program 5.....Wednesday.....	4-6pm.....	6/15-7/13
Adult Class.....Wednesdays.....	7-9pm.....	6/15-7/13

Program 1.....Tues.....	3:30-5:30pm.....	7/19-8/16
Program 5.....Tues.....	6:30-9pm.....	7/19-8/16
Program R.....Mon.....	2-3:15pm.....	7/25-8/22
Program 4.....Mon.....	4:15-6:30pm.....	7/25-8/22



The Carmichael Recreation and Park District is again hosting the fun-filled Kids Carnival Night at La Sierra Community Center. Bring your loose change and try your luck at any of our challenging carnival games. Watch out though, they are harder than they look! The tickets are only 10 cents and there will be hot dogs and cotton candy for sale.

It will be held on Thursday, July 28, 2011 at the La Sierra Community Center 5325 Engle Rd, in Carmichael from 6:30pm - 8:30pm. Grab your friends and family and beat a trail to this exciting summer evening event!

For more information, please call the La Sierra Recreation Office at (916) 483-7826

## 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](http://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.

### SPRING: 4/14-6/9

LOCATION: Carmichael Park  
 DAY: Thursday  
 FEE: \$83/9 weeks

Tot/Pre Soccer..... 3.5-5 years ..... 10:15-10:50am  
 Mom/Dad & Me ..... 2-3.5 years ..... 11-11:30am  
 Pre Soccer ..... 4-5 years ..... 3:10-3:45pm  
 Soccer 1 ..... 5-6 years ..... 3:45-4:30pm  
 Soccer Skillz & ..... 7-10 years ..... 4:35-5:20pm  
 Scrimmages  
 Tot Soccer..... 3.5-4 years ..... 5:25-5:55pm

### SUMMER: 6/23-8/11

LOCATION: Carmichael Park  
 DAY: Thursday  
 FEE: \$73/8 weeks

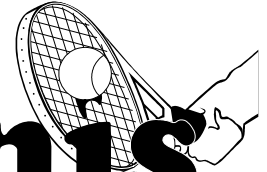
Mom/Dad & Me ..... 2-3.5 years ..... 9:15-9:45am  
 Tot Soccer..... 3.5-4 years ..... 10:00-10:30am  
 Pre-Soccer..... 4-5 years ..... 10:30-11:05am  
 Soccer 1 ..... 5-6 years ..... 11:05-11:50am  
 Soccer Skillz & ..... 7-10 years ..... 12-12:45pm  
 Scrimmages

### FALL: 9/22-11/17

LOCATION: Carmichael Park  
 DAY: Thursday  
 FEE: \$83/9 weeks

Mom/Dad & Me ..... 2-3.5 years ..... 9:30-10:00am  
 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 & ..... 7-10 years ..... 4:25-5:10pm  
 Scrimmages

# 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: Pending  
 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

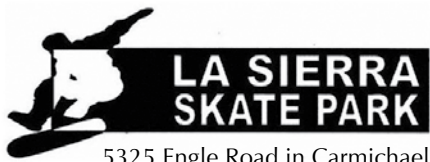
### Tuesday/Thursday Schedule

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



5325 Engle Road in Carmichael  
(near ball fields)  
(916) 480-0700

**Admission is FREE!**

**REGULAR HOURS OF OPERATION**

M-F, 3:30-8pm,

Sat & Sun, 12-6pm

**SUMMER HOURS OF OPERATION**

12-8pm daily

starting 6/11 through 8/20

The skate park is staffed during hours of operation and all participants must have a signed waiver on file. If the skater is under 18, a parent or guardian must sign the waiver in person. Skaters must wear a helmet and pads are strongly recommended.

**SKATE PARK PARTY PACKAGE**

*(Includes up to 12 guests)*

\$75 – Exclusive use of the park for 2 hours

Parties are held on Saturday and Sunday from 10am-Noon. All guests must have a signed liability waiver. Call 483-7826 to book a party!

**SKATE CAMP**



*Taught by Bob Kerr*  
Ages 5-10 years

Spend your spring break or your summer getting introduced to the basic fundamentals of skate boarding! Tricks like ollies and kick flips along with proper safety will be covered in a positive and safe environment. Instructor, Bob Kerr, has over 20 years experience in the field. Participants should bring a helmet and skate board.

Day/Time: Monday through Friday, 10am-Noon  
Dates: 4/18-4/22, 6/13-6/17, 6/20-6/24, 6/27-7/1, 7/11-15, 7/18-7/22, 7/25-7/29, 8/8-8/12 or 8/15-8/19  
Fee: \$50



Register for all the Skyhawks Sport Camps at [www.skyhawks.com](http://www.skyhawks.com)

**Skyhawks Soccer Camp (Ages 7-12)**

Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progression curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer.

Dates: June 20th – June 24th  
Days/Times: Monday – Friday, 9am – 12pm  
Fee: \$101.00  
Location: La Sierra Community Center – 5325 Engle Road

**Skyhawks Flag Football Camp (Ages 6-12)**

Flag football is the perfect introduction to “America’s Game.” Campers learn skills on both sides of the football including the core components of passing, catching and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Sports Bowl!

Dates: July 11th – July 15th  
Days/Times: Monday – Friday, 9am – 12pm  
Fee: \$101.00  
Location: La Sierra Community Center – 5325 Engle Rd

**Skyhawks Mini-Hawk Camp: Soccer, Baseball & Basketball (Ages 4-7)**

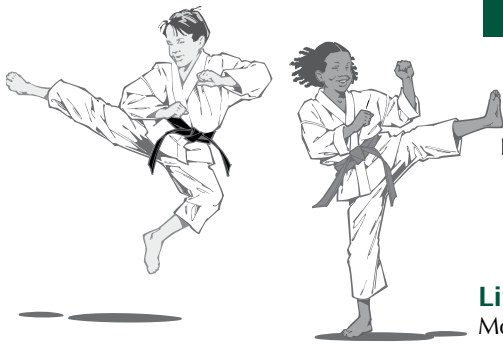
This program was developed to give 4 to 7 year-olds a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Dates: July 5th – July 8th  
Days/Times: Tuesday – Friday, 9am – 12pm  
Fee: \$81.00  
Location: La Sierra Community Center – 5325 Engle Road

**Skyhawks Capture the Flag Camp**

You know it from playgrounds, backyards and family get-togethers. We take the traditional aspects of the game and put a Skyhawks spin on it. Your young athlete will learn strategy in addition to the rules of the game while we incorporate sportsmanship and teamwork into this action packed camp. At the end of the week participants will play for the Skyhawks Flag. Bring your friends or come and make new ones in this unique and fast-paced program.

Dates: July 25th – July 29th  
Days/Times: Monday – Friday, 9am – 12pm  
Fee: \$101.00  
Location: La Sierra Community Center – 5325 Engle Road



### 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  
Fee: \$30

### KENPO FOR KIDS

Taught by Corey Boren,  
7th Degree Black Belt

Held at La Sierra Community Center,  
Room 515  
\$30/month, \$5 sibling discount  
(either course)

**Little Tigers, Ages 6-8 years**  
Monday and Wednesday, 5:45-6:30pm  
Participants will learn self confidence, build motor skills and develop concentration all while having fun!

**Junior Dragons, Ages 9-12 years**  
Monday and Wednesday, 6:45-7:30pm  
The same skills taught in Little Tigers will be developed with age appropriate techniques for this older group. Participants will learn self confidence and improve coordination while getting fit!



### Elementary Flag Football

Introduce your son or daughter to the exciting sport of football! All 3rd through 6th grade boys and girls will have fun playing flag football while learning the fundamentals of the sport from experienced coaches. This program is great for the beginning football stars and also provides skill development for the more experienced players. Let the games begin! Program runs

Dates: Saturdays, 9/10-10/8  
Times: 10am - 12pm  
Fee: \$55.00 per child  
Location: Carmichael Park

Registration begins August 9, 2011 at La Sierra Community Center Recreation Office or look online at [www.carmichaelpark.com](http://www.carmichaelpark.com).

For more information please call the La Sierra Recreation Office at (916) 483-7826

### Middle School Flag Football

Get your game face ready! All boys and girls from Barrett and Will Rogers Middle Schools can't miss our flag football league. Players will practice at their school and have the opportunity to play games against other local teams. Program runs from the beginning of September to the end of October. Please check our registration form for more specific dates.

FEE: \$90.00 per participant

Registration begins August 9, 2011 at La Sierra Community Center Recreation Office or look online at [www.carmichaelpark.com](http://www.carmichaelpark.com)

For more information please call the La Sierra Recreation Office at (916) 483-7826

### Elementary Volleyball

4th - 6th grade girls and boys won't want to miss our fun volleyball program. Youth have the opportunity to play with classmates and make new friends while learning the fundamentals of volleyball. Participants are placed on teams and practice and play games on Friday nights only. Come check out this exciting sport! Program runs from September 9th to October 29, 2011

FEE: \$65.00 per participant

Registration begins August 9, 2011 at La Sierra Community Center Recreation Office or look online at [www.carmichaelpark.com](http://www.carmichaelpark.com).

*For more information please call the  
La Sierra Recreation Office at (916) 483-7826*

### Middle School Volleyball League

Spike your way into the volleyball season! Students from Barrett and Will Rogers Middle Schools have an opportunity to play in our volleyball league. Participants practice twice a week at their school and play games twice a week at La Sierra Community Center against other local teams. Girls have a great time learning the fundamentals of volleyball while being in socially fun and safe environments. Program runs from the beginning of September to the end of October. Please check our registration form for more specific dates.

FEE: \$90.00 per participant

Registration begins August 9, 2011 at La Sierra Community Center Recreation Office or look online at [www.carmichaelpark.com](http://www.carmichaelpark.com)

*For more information please call the  
La Sierra Recreation Office at (916) 483-7826*



## Youth Summer Basketball Skills Camps

If your child loves basketball, or maybe you're looking for an active sport that gets your young one moving around, this camp is for you. All 9 to 12 year old boys and girls are invited to join our Summer Basketball Skills Camps at the La Sierra Community Center.

Dates: July 11th – July 15th  
 Days/Times: Monday – Friday, 9am – 12pm  
 Location: La Sierra Community Center  
 Fee: \$75 per participant



For more information please call the La Sierra Recreation Office at (916) 483-7826



### Junior Stars Basketball Youth Skill Development for 5–8 year olds

Introduce your child to the fun of basketball in this small and instructional weekly group setting. Our coaches teach our Junior Stars the fundamental skills needed for the game on lowered hoops so children can reach realistic goals. Limited space available.

Location: La Sierra Community Center Gymnasium  
 Day: Thursdays  
 Times: 5 & 6 year olds – 3pm – 3:50pm  
 7 & 8 year olds – 4pm – 4:50pm  
 Dates: 6/30 – 7/21, 7/28 – 8/18  
 Fee: \$40/4 weeks

# AQUATIC INFORMATION

#### AGENCY

Arden Park Recreation & Park District  
 1000 La Sierra Drive  
 Sacramento, CA 95864  
 Arden Manor Recreation & Park District  
 1415 Rushden Drive  
 Sacramento, CA 95864  
 (Off Hurley Way between Watt and Morse)  
 Fulton El Camino Recreation & Park District  
 3097 Cottage Way  
 Sacramento, CA 95827  
 Glen Oaks Swim Club  
 4301 Paradise Way  
 (Fair Oaks and San Juan)  
 Northeast YMCA  
 Aquatics – Pat Wolf  
 (916)452-9622 x 101  
 Sunrise Recreation and Park District  
 7801 Auburn Boulevard  
 Citrus Heights, CA 95621

#### PROGRAMS AVAILABLE!

Public Swim, Lessons, & Rentals  
 (916) 483-6069  
 Public Swim/ Lap Swim /Lessons/Aquasize  
 (916) 487-7851  
 Public Swim & Lessons  
 (916) 927-3802  
 Swim lessons open to the public  
 (916) 939-0872 Roxanne Mefford  
 Public Swim, Lap & Lessons held at  
 El Camino High School  
 www.sacymca.org for schedules  
 Public Swim, Lessons & Aquasize  
 (916) 726-0111

### Carmichael Beavers



Carmichael Swim Team provides a fun swimming experience where children from age 5 to 18 learn to swim in a competitive atmosphere. We are here encouraging our swimmers to give extraordinary effort to constantly improve their personal best times. We recognize all of our swimmer's effort and praise accomplishment. Our Swim Team provides our swimmers with the opportunity to achieve authentic accomplishment which builds their self-esteem. The season runs from April through July and practice is held at Del Campo High School Pool. For more information call Ron Miller at (916) 550-6078 or visit [www.cbsswim.com](http://www.cbsswim.com).