

CARMICHAEL RECREATION & PARK DISTRICT

ACTIVITY GUIDE

SPRING/SUMMER 2026



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District Office

5750 Grant Ave., Carmichael, CA 95608

Phone: (916) 562-4783

Email: info@carmichaelpark.com

Office Hours: By appointment only

Park Maintenance Shop: (916) 481-0603

La Sierra Recreation Office

5325 Engle Road, Suite 100, Carmichael, CA 95608

Phone: (916) 562-4783

Email: info@carmichaelpark.com

Office Hours: 8:30am-5pm; Closed from 1-2pm

Park Maintenance Shop: (916) 487-6234

Sacramento County Board Supervisor

Honorable Rich Desmond, District 3

Advisory Board of Directors

Chris Ives: Chair

Joe Leavitt

Lisa Mattos

Jessica Wall

The Advisory Board meets the third Thursday of every month at 6pm in the Clubhouse at Carmichael Park, 5750 Grant Avenue in Carmichael or remotely via Zoom. The meetings are open to the public and agendas are posted at carmichaelpark.com.

Management Staff

Stacey Yankee: District Administrator

Matt Lemcke: Administrative Services Manager

Alaina Lofthus: Recreation Services Manager

James Perry: Park Services Manager

Recreation Staff

Regina Hill: Customer Service Representative

Brooke De Los Santos: Recreation Coordinator

Trevor Lewis: Recreation Coordinator

Jennifer Weiher: Recreation Coordinator

Tori Weber: Recreation Supervisor

Cameron Wiggins: Recreation Supervisor

Park Staff

Mitchell Botts: Park Maintenance Worker II

Darren Bewley: Park Maintenance Worker II

Wes Buda: Park Maintenance Worker II

Mike Edwards: Park Maintenance Worker II

Curtis LaDuke: Park Maintenance Worker II

Matthew Owens: Park Maintenance Worker II

Clinton Salas: Lead-Worker Parks

Administrative Staff

Ty Campbell: Administrative Analyst

Brian Shaw: Finance Technician

Meet your Advisory Board of Directors

The CRPD Advisory Board of Directors consist of five local individuals who are appointed by the Sacramento County Board of Supervisors. The charge of the Board is to set policies that will guide the District. Board members serve a term from 4 to 8 years and come from a variety of backgrounds and skills. They all share one important trait - a commitment to serve the park and recreation needs of this community.



Chris Ives
Chair



Jessica Wall



Lisa Mattos



Joe Leavitt

Letter from the District Administrator

Dear Carmichael Community,

Spring has always been heralded as a time of rebirth and new beginnings. Nature reminds us of this with fresh new buds and flowers on trees and plants across the landscape, including your neighborhoods and parks in Carmichael. This is a time of transition and change, and with change comes new opportunities. How this change is perceived is greatly influenced by one's perspective.

Your parks in Carmichael Recreation and Park District have been undergoing change this past year with the continuation of Measure G Bond Projects. Glancy Oaks Park just had a ribbon cutting on a new playground structure and accessible sidewalk improvements throughout the park. The HVAC and roofing project at La Sierra Community Center is also complete.

Carmichael Park has opened a new playground at the Tot Lot behind Veteran's Memorial Building, the asphalt paving is complete in the host location for the Farmer's Market, and a brand new three stall restroom has been installed by the tennis courts. The pickleball courts are still under construction with completion anticipated this Spring. Design work has started for the rest of the asphalt paving and accessibility improvements in and around the parking areas at Carmichael Park. It is anticipated that the project will go through multiple phases before being completed in 2027.

The new natural turf soccer field and concrete walkway at La Sierra Community Center are still under construction with an anticipated completion this Spring. The new turf

will need a long growing period before activity can take place on it, therefore the Red, White and Blue Celebration will be cancelled this

year. Design work has started for asphalt paving and accessibility improvements in the parking areas at La Sierra Community Center. This will also be a multi-phased project with anticipated completion in 2027.

Cardinal Oaks Park, O'Donnell Heritage Park, and Jan Park have completed design work and are currently out to bid for construction costs. Cardinal Oaks Park will be getting a new parking lot, playground and accessible pathways. O'Donnell Heritage Park and Jan Park will be receiving new accessible pathways and improvements. A new misting stick will also be installed at Jan Park.

More Measure G Bond projects will be happening in the next series of bond improvements in 2027, and we are thankful to all of you in our community for your support of the park district.

While change seems to be a constant especially in Spring, may your perception always remain positive and your outlook inquisitive.

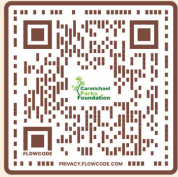
Happy Spring!

Stacey Yankee
District Administrator

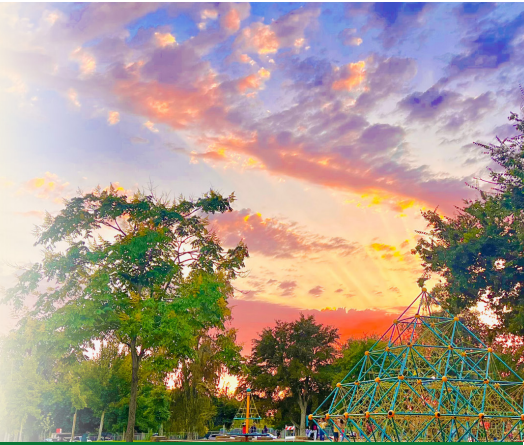


LEARN MORE ABOUT MEASURE G AT
[CARMICHAELPARK.COM](https://carmichaelpark.com)

MEASURE
G



Scan to Learn More



**Your Parks. Your Community. Your Legacy.
Preserve What We Love. Build What's Next.**

The Carmichael Parks Foundation is the philanthropic partner of the Carmichael Recreation and Park District, dedicated to strengthening public spaces, expanding access to recreation, and keeping parks at the heart of community life.

OUR MISSION

We enrich the quality of life for children, families, and residents by:

- Providing recreational scholarships so financial barriers never prevent participation.
- Supporting enhanced programs and innovative youth initiatives.
- Funding beautification, modernization, and sustainability projects throughout Carmichael's parks and facilities.

Through community partnerships, we preserve what makes Carmichael special while building a vibrant future for generations to come.

OUR IMPACT (Through December 2025)

The Foundation has invested over **\$474,295** back into our community:

- \$124,217.50 for 2,461 youth scholarships, helping kids participate in sports, camps, and after-school programs.
- \$266,059 for park and facility enhancements across Carmichael Park, La Sierra Community Center, Jensen Botanical Garden, Sutter Community Garden, and more.
- \$73,866 supporting new programs and beloved community events like Concerts in the Park and the Holiday Tree Lighting.

Every dollar stays right here in Carmichael.

CURRENT PRIORITIES

- Youth Scholarships & Camp Enrichment
- Park Infrastructure & District Projects
- Community Events That Unite Us
- Membership Growth – Become a Friend of Carmichael Parks

→ GET INVOLVED

- Make a Contribution
- Attend Dinner in the Park

- Become a Member

Visit carmichaelparksfoundation.org to learn more and get involved.

**WE'RE
HIRING!
Summer Camp
Leaders**



Check out our website for more information on how to apply or email info@carmichaelpark.com



**Thank You
to our 2026
Annual Events Sponsors!**

DIAMOND



SILVER



CONCERTS IN THE PARK 2026

CARMICHAEL PARK
5750 GRANT AVE.

6PM - 8PM
FOOD TRUCKS: 5:15PM

- 5/2 East Wind Band
- 5/9 Group Therapy
- 5/16 David Perez Band
- 5/23 Outlaws & Angels
- 6/6 Remedy7
- 6/13 Todd Morgan
- 6/20 Wasted Space
- 6/27 Hipper Than Hip



Carmichael
RECREATION AND PARK DISTRICT



COMMUNITY EVENTS

FOOD TRUCK NIGHTS 5PM-8PM Carmichael Park

3/12 MEDITERRANEAN MATCHUP

4/9 BURGER BATTLE

5/14 TACO THROWDOWN

6/11 ASIAN PACIFIC ISLANDER FUSION FACEOFF



Farmers Market

Bringing the farm to you every week!

Sundays from 9am-2pm

Location: Carmichael Park, 5750 Grant Avenue

Carmichael Farmers Market is a Certified Farmers Market at Carmichael Park! Open every Sunday, year-round, rain or shine! The market offers freshly picked, seasonal produce grown by small family farms in the region! There is a wide variety of fruits and vegetables, honey, eggs, meat, herbs, olive oil, cheese, and olives. Come get to know your farmers and learn about their farming practices. Enjoy the many craft food vendors offering hummus, yogurt, veggie dips, sauerkraut, salsa, fish, rubs, pies, cookies, bread, scones, and more!

The market is a great place to shop and stock up while enjoying the many food trucks and craft corner! Crafters offer jewelry, hand-knitted hats and scarfs, baskets, wind chimes, art, and so much more.



Interested in being a vendor?

Contact the Market Manager at commonkettle@gmail.com for more information.



Breakfast with the Bunny

Here comes Peter Cottontail, hopping down the bunny trail to Carmichael Park! Join the Bunny and the Kiwanis Club of Carmichael for a yummy pancake breakfast, crafts, pictures with the bunny, and more!

Saturday, April 4th

8am, 9am, 10am (1-hour timeslots)

Community Clubhouse at Carmichael Park (5750 Grant Ave.)

Tickets: \$5 per person

Register online at Carmichaelpark.com



Community Band Festival

Saturday June 6th & Sunday June 7th

Location: Carmichael Park, Daniel Bishop Memorial Pavilion

The annual Community Band Festival at Carmichael Park will be held at the Daniel Bishop Memorial Pavilion on the weekend of May 30th and May 31st. Up to 15 community concert bands from the greater Sacramento Region and beyond will be performing during the festival.

Please check svsba.net for this year's lineup and times.



FOUNDER'S HARVEST FESTIVAL

SATURDAY, OCTOBER 10, 10AM-2PM

LOCATION: CARMICHAEL PARK

This harvest-filled festival will feature a kid zone, live music, car show, food trucks, and more!

WOULD YOU LIKE TO BE A PART OF FOUNDER'S HARVEST FESTIVAL?

Sponsorships are available; please email info@carmichaelpark.com for more information.

CARMICHAEL & MISSION OAKS RECREATION & PARK DISTRICTS

RED, WHITE, & BLUE CELEBRATION

THIS EVENT HAS BEEN CANCELLED DUE TO MEASURE G PROJECTS.



To learn more about Measure G projects, please scan QR code or visit our website at www.carmichaelpark.com.



SPONSORSHIP OPPORTUNITIES WITH THE CARMICHAEL RECREATION AND PARK DISTRICT

Join Us to Celebrate Our Community!

CRPD encourages involvement of businesses and organizations through event and sport program sponsorship. Sponsoring an event or sport program is:

- A GREAT WAY TO ADVERTISE
- AN OUTSTANDING IMAGE TOOL
- AN ACTIVE WAY TO SHOW SUPPORT FOR YOUR COMMUNITY

FOR MORE INFORMATION, EMAIL INFO@CARMICHAELPARK.COM



Koobs Nature Area

The Koobs Nature Area is a nearly 5-acre nature reserve nestled in the heart of Carmichael. It is home to native flora and fauna, including many species of birds. On the first Saturday of the month, from March to October, the Kiwanis Club of Carmichael opens up the Koobs Nature Area from 10am–2pm for themed days filled with science and art activities for kids. They welcome families to explore the nature area while learning more about our natural environment. The Koobs Nature Area is also home to a Vietnam War Memorial and the Kiwanis Club of Carmichael hosts two annual ceremonies for Memorial Day and Veterans Day. The public open days at the Koobs Nature Area are free to attend. It is located at 5325 Engle Road, next to the La Sierra Community Center. This is a project of the Kiwanis Club of Carmichael. *This is not a CRPD sponsored program.*



Carmichael Community Garden

Located at Sutter-Jensen Community Park off of Sutter Avenue, the garden exists to promote a positive environment for community members with a passion for working outdoors to share information and gardening techniques and build camaraderie. The community garden features 62 20'x 20' plots that are renewed annually and are available on an application basis to families, individuals and community organizations. It's a wonderful way to develop a hobby, give back to the community, or practice some outdoor creativity! **For more information, check out our website carmichaelpark.com/community-garden.**



Jensen Botanical Garden

Open from Sunrise to Sunset

8520 Fair Oaks Boulevard, Carmichael, CA 95608

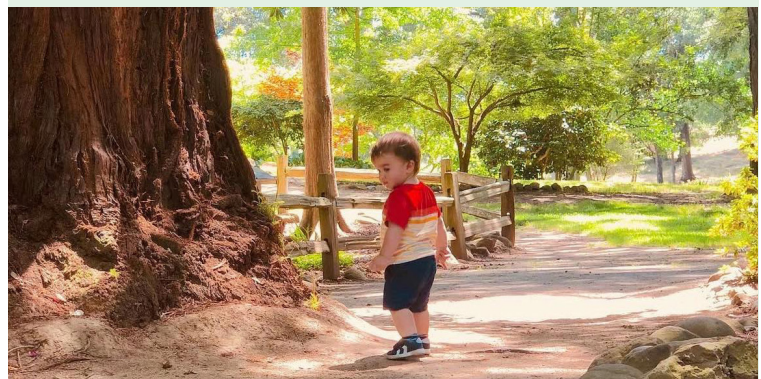
Nature Pathway for the Blind & Visually Impaired

The Nature Pathway for the Blind and Visually Impaired is a unique and tactile educational opportunity that we encourage you to experience. By feeling the different textures and experiencing the unique fragrance of the various plants, the pathway appeals to the visually impaired and those with physical challenges. **Visit us at carmichaelpark.com to read more about the pathway.**

Workday Volunteers

The Friends of the Jensen Botanical Garden hold workdays on the second Saturday of each month from 9am-1pm (June-August: 8am-10am). Bring your work gloves and hand pruners.

For more information, please contact us at: info@carmichaelpark.com



Stay Connected!



CarmichaelRec

Want the most up-to-date information on programs, events and goings-on within the District? You can get up to date information by finding us on any of the social media networks below! You can also log on to our website at carmichaelpark.com. Stay connected!



CarmichaelRec

UPCOMING THEATER *Shows*

ADULT THEATER

THE DIARY OF ANNE FRANK

February 27 - March 22

DIAL M FOR MURDER

April 17 - May 10

LAUGHTER ON THE 23RD FLOOR

June 6 - 28

CHILDREN'S THEATER

SNOW WHITE & THE SEVEN BARISTAS

March 7, 14, 21

THE PRINCESS AND THE PEAS

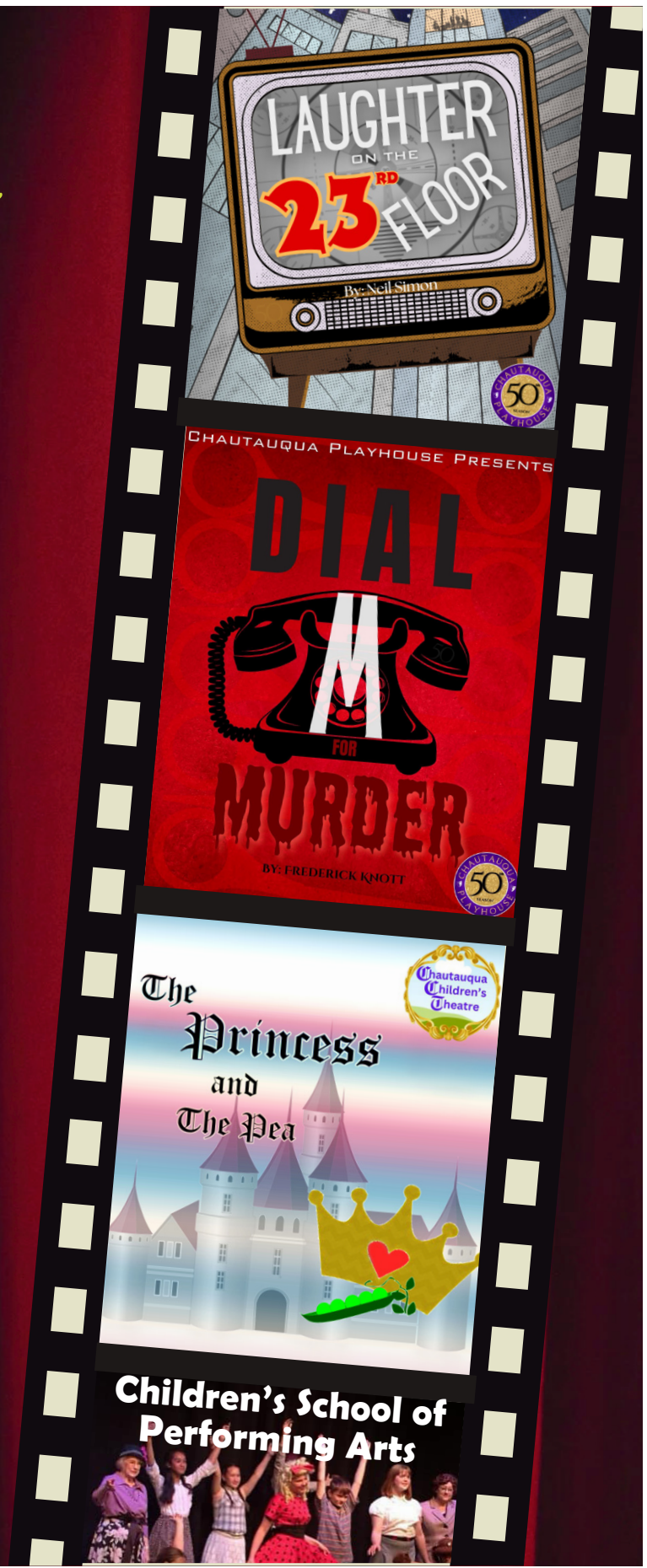
April 25, May 2 & 9



For more information call
(916) 489-7529 or visit cplayhouse.org

Tickets can be purchased online or
email us at tickets@cplayhouse.org

La Sierra Community Center, 5325 Engle Road
Suite 110 Carmichael, CA 95608



SAC FINE ARTS CENTER

Art Happens Here

Exhibits

Gail Friedman
March 3-28

**Mira Loma High School
IB Student Show**
March 17-28

Celebrating 40
March 31-April 25

Photography Group
April 1-30

Ed Chaney
April 1-30

NCA Member Show
April 28-May 16

Skip Lee
May 1-30

Animal House
May 19-June 13



Events

Second Saturdays | 5-7pm
March 14, April 11, May 9, June 13, July 11, August 8

Second Hand Art Supply Sale | 10am-1pm
March 28

BdoG Paint 10am – 2pm May 2nd

Art Trivia Night 6-7pm June 5th



Sacramento Fine Arts Center: 5330-B Gibbons Dr. Carmichael, CA 95608
HOURS: Tuesday – Friday 11am-3pm, Saturday 11am-5pm, Closed Sunday & Monday
SacFineArts.org | 916.971.3713 | Entry is free and open to the public.



Carmichael
SENIOR CITIZENS CLUB

Location: Carmichael Clubhouse, 5750 Grant Avenue
2nd & 4th Thursdays of the month • 10AM-2PM

Activities Include:

- Potluck lunches
- Entertainment
- Casino Bus Trips
- Bingo
- Rummage Sales
- Theatre Outings
- And More!

Call Valerie at (916) 487-5525 for more information.

This is not a CRPD sponsored program.

Disc Golf Course

Location: Carmichael Park

Come play disc golf at Carmichael Park! Our 9-hole course is great for beginning and intermediate play and is open during park hours (may be closed during community events). The first hole is located to the left of the tennis courts.

You can find our course map on our website at carmichaelpark.com/disc-golf-course.

BOCCE BALL COURTS
The bocce ball courts (2) at Carmichael Park are available for exclusive use through a facility rental.
If you're interested in reserving the courts, please email info@carmichaelpark.com or call (916) 562-4783.

Carmichael Parks Foundation Bocce Ball Tournament!
Visit www.carmichaelparksfoundation.com for more information.



Tai Chi for Seniors

Taught by: Terrence Nelson

Location: Carmichael Park, Veterans Hall

Tai Chi and exercises for seniors class includes basic Yang style Tai Chi and Qigong energy movements for better balance; traditional stretching and leg strengthening exercises; Silver Sneaker style strengthening exercises for both balance and physical strength. Be prepared to bring a lightweight ball to class (such as soccer, volleyball, 2 or 4 lb. medicine ball, etc.), wear loose-fitting clothes, and comfortable shoes.

For class closure dates please visit our website at carmichaelpark.com

DAYS	DATES	TIMES	MONTHLY FEE
Tues & Thurs	Monthly	8:30-9:30am	2-days/wk = \$75(R), \$79(NR)

GONE TO THE DOGS

Carmichael Dog Park

The Carmichael Recreation and Park District welcomes leashed dogs in all of its parks. For those owners of well mannered canines who enjoy a good run or a friendly romp, there's the additional option of dogs to have free play at the Carmichael Dog Park.

A healthy dog is a happy dog! Get out and enjoy the great outdoors with your pet. Carmichael Recreation and Park District offers an off-leash dog park open to the public 7 days a week for both big dogs and small dogs. The dog park is located inside of Carmichael Park at 5750 Grant Avenue.

Support Carmichael Dog Park

Do you and your dog love the dog park at Carmichael Park? Please consider supporting the dog park with donations or volunteerism.

For more information, email us at info@carmichaelpark.com or call (916) 562-4783.



SECTION 6 ADULT SPORTS, HEALTH & FITNESS



To register for all of adult sports programs please visit us at the La Sierra Community Center's Recreation Office at 5325 Engle Road, Suite 100 in Carmichael or contact us at (916) 562-4783. We also accept registration online or over the phone with a valid Visa or Mastercard. **For updated league registration dates please visit our adult sports page on our website at carmichaelpark.com/adult-sports.**



Adult Basketball Leagues

Location: La Sierra Community Center, Big Gym

3v3 Basketball Team Registration: \$145(R) / \$152(NR)

3v3 Teams are guaranteed a minimum of 8 games.

5v5 Basketball Team Registration: \$580(R) / \$609(NR)

5v5 Teams are guaranteed a minimum of 8 games and playoff games for the top 4 teams. League champions receive championship t-shirts.

LEAGUES	DAYS OF PLAY	STYLE OF PLAY
3v3 A/B & C	Wednesdays	Half Court, Self Officiated & Scored
5v5 B/C	Mondays	Full Court, Officials & Scorekeeper

Adult Softball League

Location: Carmichael Park, Ball Field 2

Team Registration: \$535(R) / \$567(NR)

Teams are guaranteed a minimum of 8 games and playoff games for the top 4 teams. League champions receive championship t-shirts.

LEAGUES	DAYS OF PLAY
Co-Ed Recreation C	Fridays

Adult Volleyball Leagues

Location: La Sierra Community Center, Big & Small Gyms

Team Registration: \$315(R) / \$331(NR)

Teams are guaranteed a minimum of 8 games and playoff games for the top 4 teams. League champions receive championship t-shirts.

LEAGUES (Skill Level A to C from highest to lowest)	DAYS OF PLAY
Women's 6's: BB & B	Tuesdays
Reverse Co-Ed Quads: A & B	Wednesdays
Coed 6's: B & C	Thursdays
Women's Quads: BB & B	Thursdays



Adult Drop-In Pickleball (5 Indoor Courts)

Location: La Sierra Community Center, Big Gym

One-Day Pass: \$7(R) / \$8(NR)

10-Visit Punch Card: \$50(R) / \$53(NR)

Ages: All ages

DAYS	TIMES	DATES
Tues & Thurs	9am-12pm	10/29/25-5/28/26

Please visit us at carmichaelpark.com/pickleball-drop-in-program for updated information.

Senior Co-Ed Softball League

Location: Carmichael Park Fields 2 and 3

Few things beat a game of softball under the morning sunshine and a beautiful blue sky. If you're interested in staying active, socializing with peers and playing ball, our Senior Softball League was made for you. It's the perfect mix of competitive play and a fun, relaxing atmosphere. Come sign up!

LEAGUES	DAYS OF PLAY	DATES	TIMES
Men 75+, Women 50+	Thursdays	3/26-9/10	9am & 11am

KID'S HANGOUT AFTER SCHOOL PROGRAM



TO REGISTER & FOR MORE INFO

Please visit the La Sierra Community Center Recreation Office, 5325 Engle Road, Suite 100, Carmichael, contact us at (916) 562-4783 or email bdelossantos@carmichaelpark.com.

FOR 1ST-8TH GRADERS

**MONDAY-FRIDAY
2025-2026 SCHOOL YEAR**

FULL TIME 4 or 5 days = \$110/week(R) / \$115/week(NR)
PART TIME Any 3 days = \$90/week(R) / \$95/week(NR)



AGES 5-12

SPRING BREAK CAMP

Ages: 5-12

Location: La Sierra Community Center: Kid's Hangout Room

Have a blast this Spring Break at our Kids Camp! Kids will play games and sports, make arts and crafts, have fun with dance and drama, and socialize with new friends. Our camp is located at the La Sierra Community Center where our campers have the opportunity to play in our two gymnasiums, open field spaces, and playground!

DAYS	DATES	TIMES	FEE
Mon-Fri	3/30-4/3	7:30am-6pm	\$210(R) / \$220(NR)

SUMMER DAY CAMP

JR LEADER VOLUNTEER PROGRAM

We are looking for Teens 13–15-year-olds who are interested in gaining leadership skills, teamwork, and want to have fun playing and leading games with children aged 5-12 years old.

**AGES: 13-15
JUNE 15-
AUGUST 7**
La Sierra Community Center

You will get to work alongside our Recreation Leaders and gain the confidence and skills to become a future Recreation Leader!

**LEARN MORE ABOUT THE PROGRAM AT
CARMICHAELPARK.COM**

YOUTH & TEEN ACTIVITIES



SUMMER DAY CAMPS

JUNE 15-AUGUST 7

VOYAGER CAMP Ages: 5-7

EXPLORER CAMP Ages: 8-12

**CAMP
CMP**

DATES
June 1st-12th

TIMES
7:30am-6pm

DAYS
Monday-Friday

FEES
\$210(R)/\$220(NR)
per week

LOCATION

La Sierra
Community
Center

TIMES

Open
7:30am-6pm

DAYS

Monday-Friday

FEES

\$220(R) / \$230(NR)
per week

*This fee includes the cost of fieldtrips.

Are you looking for something active and exciting for your kids to do this summer? Our Summer Day Camps are what you need!

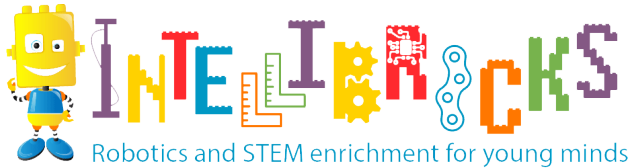
Camp participants will have the opportunity to play various activities including sports, games, art, dance, and music. Each week includes exciting bonus activities like trips, fun-in-the-sun water days and some awesome field trips (field trip cost is included). Past field trips have included John's Incredible Pizza, Rebounderz, Laser X, Fliptastic and many more! All of this is supervised by our experienced, positive, and fun staff.



**REGISTRATION
BEGINS
APRIL 17**

Add on a volleyball
or basketball camp
for 50% off when
registered for summer
camp that week.

INTELLIBRICKS CAMPS



(Please note: IntelliBricks will provide all LEGO® and computers for the camp. Children cannot take home any of their creations or LEGO® products. LEGO® group of companies does not sponsor, authorize or endorse any of our programs.)

SUMMER CAMPS

Robotics Animal Bots & Motion Machines AGES 6-10

Location: La Sierra Community Center, Cypress Room
Students will build robots that mimic real-world creatures and mechanisms—like a playful sea lion or a working hand drill—while using motors, sensors, and beginner-friendly coding to control them.

DATES	DAYS	TIMES	FEE
6/8-6/12	Mon-Fri	9am-12pm	\$195(R) / \$205(NR)

Robotics Warriors & Machines AGES 6-10

Location: La Sierra Community Center, Cypress Room
Students will build powerful machines like tanks, jets, and missile launchers—designed for strength, movement, and precision. They'll use sensors and motors to bring their creations to life and learn to program them using an easy drag-and-drop coding interface.

DATES	DAYS	TIMES	FEE
6/29-7/3	Mon-Fri	9am-12pm	\$195(R) / \$205(NR)

Robotics Space & Motion AGES 6-10

Location: La Sierra Community Center, Cypress Room
Students explore machines that spin, soar, splash, and perform dramatic actions—all while learning to code and control their creations. Each build uses rare and hard-to-find LEGO® elements to create dynamic motion and expression. Students will program motors and sensors using a beginner-friendly drag-and-drop interface.

DATES	DAYS	TIMES	FEE
7/13-7/17	Mon-Fri	9am-12pm	\$195(R) / \$205(NR)

Minecraft Animation AGES 7-12

Location: La Sierra Community Center, Cypress Room
Students will stage their own scenes from a storyboard and take photos of the scene to tell a story. Then they will edit the images in the Frames 6 animation software where they will add effects, sound and more. Finally, they will export their project to a video file that they can take home on a USB drive.

DATES	DAYS	TIMES	FEE
7/20-7/24	Mon-Fri	9am-12pm	\$198(R) / \$208(NR)

SPRING BREAK CAMP

Robotics Critters & Creatures AGES 6-10

Location: La Sierra Community Center, Cypress Room
This playful and creative theme lets students dive into the world of robotic creatures and quirky designs. From crawling caterpillars to space slings and mini Martians, each model moves in its own unique way. Students will explore robotics using motors and sensors while learning the basics of programming. As they build and test their critters, they'll uncover how gears, linkages, and motion mechanisms work—hidden behind all the fun! Perfect for curious minds who love to create and explore.

DATES	DAYS	TIMES	FEE
3/30-4/3	Mon-Fri	9am-12pm	\$195(R) / \$205(NR)





TINY TOTS

AGES: 3-4 YEARS | LOCATION: TINY TOTS ROOM, VETERAN'S MEMORIAL BUILDING IN CARMICHAEL PARK

Tiny Tots is all about discovery and encourages children to pursue new talents and interests while building confidence. We understand that children develop at different levels, therefore, we allow the children to proceed at their own pace. Participants enhance their skills through socialization, beginning academics, numbers, language, arts and crafts and much more. A parent information packet is available on our website at carmichaelpark.com/tiny-tots-program.

- ✔ **Ages: 3-4 Year Olds**
- ✔ **Days: Monday-Thursday**
- ✔ **Times: 9am-12pm**
- ✔ **Remaining Sessions & Fees**
 - Session 8: 3/2-3/26 | \$395 (R) | \$415 (NR)
 - Session 9: 4/6-4/30 | \$395 (R) | \$415 (NR)
 - Session 10: 5/4-5/28 | \$371 (R) | \$390 (NR)

A list of program closure dates and a parent information packet is available on our website at carmichaelpark.com/tiny-tots-program.

2026/2027 SCHOOL YEAR

Registration for the 2026/2027 Tiny Tots School Year will open on April 17th



EARLY TODDLER & ME EXPLORERS



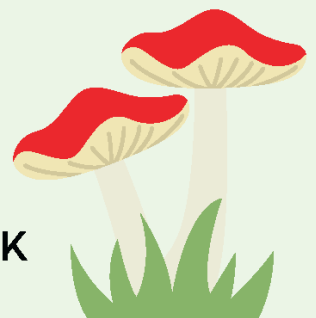
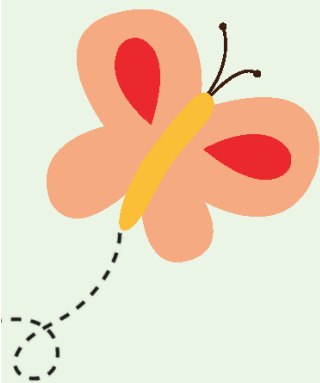
Join us for our new playful, nature-based Toddler & Me class designed for our youngest adventurers to discover the outdoors together. Each session features simple park walks, sensory play, songs, and guided activities that spark curiosity and movement

FEES:
\$60 (R) | \$63 (NR)



Lil' Scouts
Ages 1-2: Tuesdays
10:00am - 10:30am

Jr. Rangers
Ages 2-3: Tuesdays
10:45am - 11:20am



SUTTER-JENSEN COMMUNITY PARK
8520 FAIR OAKS BLVD

Music

TODDLER & ME MOVERS

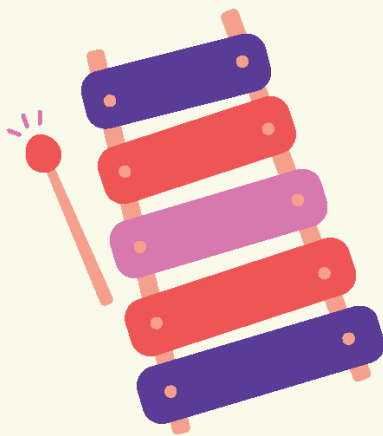


Join us for our Toddler and Me Music and Movement Class, designed for ages 1-3 and their caregivers! This interactive program fosters early development through music, movement, and bonding activities.

Tempo Tots
Ages 1-2: Thursdays
10:00am - 10:30am

Rhythm Rascals
Ages 2-3: Thursdays
10:45am - 11:20am

FEES:
\$60 (R) | \$63 (NR)



SUTTER-JENSEN COMMUNITY PARK
8520 FAIR OAKS BLVD



YOUTH SPORTS



Mommy/Daddy & Me Soccer |

AGES: 2-3.5 YRS

The fun happens on the field, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. All participants receive a Kidz Love Soccer jersey!

Tot/Pre-Soccer | AGES: 3.5-5 YRS

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game while building self-esteem. Children learn to follow instructions in a nurturing, age-appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Soccer 1 | AGES: 5-6 YRS

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Soccer 2 | AGES: 7-10 YRS

A great introduction to competitive soccer, Skillz and Scrimmages teaches advanced skill building such as dribbling, passing, and shooting in a team format, as well as an introduction to goaltending. Kids will scrimmage and learn to play together as a team. From defense and mid-field to forward and goalie...kids get exposure to playing every position and have a blast doing it. Appropriate for players of varying skill levels. And... best of all, each participant receives a Kidz Love Soccer jersey!

This instructional soccer experience includes age-appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Perfect for first time players while being fun and engaging for kids with some experience. Shin guards are required for all classes except Parent & Me.

Kidz Love Soccer class status hotline 1-888-372-5803. To receive cancellation notifications on your smartphone, download the free Kidz Love Soccer app.

SPRING: SATURDAYS, MARCH 28TH-MAY 9TH

Location: Carmichael Park

PROGRAM	TIMES	FEE
Mommy/Daddy & Me	4:35-5:05pm	\$190(R) / \$200(NR)
Tot/Pre-Soccer	3:55-4:30pm	\$190(R) / \$200(NR)
Soccer 1	2:15-3:00pm	\$190(R) / \$200(NR)
Soccer 2	3:05-3:50pm	\$190(R) / \$200(NR)



YOUTH PROGRAM SCHOLARSHIPS AVAILABLE!

The Carmichael Recreation and Park District Foundation have made it possible for participants in our youth programs to receive scholarships through the Sharon Ruffner Memorial Scholarship Program.



Apply online at carmichaelpark.com/youth-scholarships or contact our Recreation Office at 916-562-4783 or info@carmichaelpark.com

Spring PROGRAMS

Spring Youth Volleyball Clinics | AGES 9-11

Location: La Sierra Community Center Gyms

These clinics focus on the fundamentals: serving, passing, setting, hitting, and defense. Clinics will work progressively on skill building leading up to fun games in the final sessions.

Registration opens March 3

DATES	DAYS	TIMES	FEE
4/10-5/15	Fri	6-7:30pm	\$135 (R) / \$142 (NR)



Summer PROGRAMS

Summer Volleyball Skills Camps | AGES 9-11

Location: La Sierra Community Center Gyms

Our fun and active skills camp will focus on the fundamentals: serving, passing, setting, hitting, and defense. Our coaches will work with players through drills and games designed to progressively build on the skills they're learning and help them build a basis in the early part of their athletic journeys. The final days of camp will have many games and scrimmages for the kids to enjoy and showcase what they learned throughout the week.

Registration opens April 17

DATES	DAYS	TIMES	FEE
6/22-6/26	Mon-Fri	9-10:30am	\$135 (R) / \$142 (NR)



Summer Basketball Skills Camps | AGES 5-14

Location: La Sierra Community Center Gyms

If your child loves basketball or you are looking for a fun way to get them moving around during summer break, check out our basketball skills camps. Our experienced coaches emphasize fundamentals like shooting, dribbling, passing and defense. Players will complete drills and games that are meant to build on each other to create a foundation of skills. The final days of camp will have many games and scrimmages for the kids to enjoy and showcase what they learned through the week.

Registration opens April 17 for all Basketball Camps

JUNIOR STARS: AGES 5-7			
DATES	DAYS	TIMES	FEE
7/6-7/10	Mon-Fri	9-10:30am	\$135 (R) / \$142 (NR)

RISING STARS: AGES 8-10			
DATES	DAYS	TIMES	FEE
7/13-7/17	Mon-Fri	9-10:30am	\$135 (R) / \$142 (NR)

ALL STARS: AGES 11-13			
DATES	DAYS	TIMES	FEE
7/13-7/17	Mon-Fri	10:45am-12:15pm	\$135 (R) / \$142 (NR)



CARMICHAEL LITTLE LEAGUE

- Boys and girls ages 4-18 years old welcome!
- Multiple levels of play
- Spring and Fall Seasons
- Home field located at La Sierra Community Center

This is not a CRPD program

SIGN UP AT CARMICHAELLITTLELEAGUE.ORG



CARMICHAEL GIRLS SOFTBALL



**GIRLS
5-16
YEARS OLD**

Founded in 1969, Carmichael Girls Softball is a non-profit, 100% volunteer supported organization. As a member of the USA Softball, CGS provides a safe and friendly atmosphere as our girls grow into successful and competent fast-pitch softball players.

www.CarmichaelGirlsSoftball.com

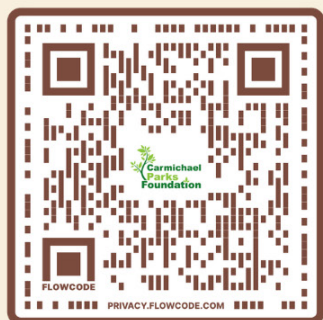
Fall Ball
Registration May-June
Season Aug-Nov

Spring League
Registration Nov-Jan
Season Feb-May

This is not a CRPD program.



Carmichael Parks Foundation



Scan to Learn More





REGISTRATION INFO

PROGRAM & CLASS

Registration Information

Residents of the District will receive a discount for specific programs. Please see page 23 for the District boundary map. R=Resident and NR=Non Residents.

Registration can be completed in one of the following ways:



Online Registration

Available for select programs at carmichaelpark.com.



Mail

Completed registration form to appropriate office:

Carmichael Recreation and Park District

Attn: Program Registration
5750 Grant Avenue, Carmichael, CA 95608

La Sierra Community Center

Attn: Program Registration
5325 Engle Road, Suite 100, Carmichael, CA 95608



Phone

La Sierra Community Center Recreation Office

Phone: (916) 562-4783



Walk-In Registration

Will be taken at La Sierra Offices: 5325 Engle Rd, Suite 100
Monday through Friday 8:30am-4:30pm, closed 1-2pm.



Drop Boxes

Available for your convenience after-hours at both District locations. Please no cash!



Payment

Please make checks payable to the Carmichael Recreation and Park District (CRPD). There is a \$25 service charge for all returned checks.

GENERAL INFORMATION

- ▶ Pre-registration is required for all classes and programs..
- ▶ Carefully read each program/class description for pertinent information.
- ▶ Payment in full must be made at the time of registration.
- ▶ Classes may be cancelled if a minimum number of participants are not met. Please register early!
- ▶ Refund Policy: View our full Refund Policy at carmichaelpark.com.
- ▶ The District reserves the right to cancel or change program offerings at any time.

Office Closures

District offices will be closed on all County of Sacramento Holidays.



FACILITY RENTALS

Carmichael Recreation and Park District offers a variety of rental facilities to suit your event needs

LA SIERRA COMMUNITY CENTER FACILITIES

5325 Engle Road, Suite 100, Carmichael, CA 95608 • (916) 562-4783



John Smith Hall

This newly renovated, large venue is perfect for wedding receptions, fundraisers, crab feeds, class reunions, and large community events.

- Room Size: 98' x 63', 6,435 sq. ft.
- Capacity: 385
- Commercial Kitchen



Cypress Room

This newly renovated venue is ideal for birthdays, baby showers, community group gatherings, and other small parties.

- Room Size: 50' x 36', 1,814 sq. ft.
- Capacity: 115
- Commercial Kitchen



Room 800

This facility is best suited for meetings and trainings, classes and small parties.

- Room Size: 31' x 31', 961 sq. ft.
- Capacity: 50

CARMICHAEL PARK FACILITIES

5750 Grant Avenue, Carmichael, CA 95608 • (916) 485-5322



Community Clubhouse

A medium-sized event space perfect for club meetings, fundraisers, parties, and other gatherings.

- Room Size: 80' x 56', 4,480 sq. ft.
- Capacity: 150
- Kitchen



Veteran's Memorial Hall & North Room

This medium-sized venue presents unique event opportunities with its "retro" charm. Perfect for parties, fundraisers, and group gatherings.

- | | |
|------------------------|------------------------|
| Main Hall: | North Room |
| • Room Size: 40' x 30' | • Room Size: 20' x 22' |
| • 1,200 sq. ft. | • 440 sq. ft. |
| • Capacity: 81 | • Capacity: 20 |
| • Kitchen | |



Raymond & Hazel Nay Memorial Picnic Area

This large gathering area is ideal for a family picnic, or simply celebrating "days in the park" with your office or community group. Located in the back of the park, this space is wonderfully shaded and includes countertops, electrical outlets, and one large BBQ grill.

- Capacity: 250

Visit carmichaelpark.com for a complete listing of facilities, fees and policies.

With all paid rentals CRPD provides a Facility Monitor.



Host your private event at the secluded Garfield House. Located inside of Sutter-Jensen Community Park, the house sits on a hill overlooking the natural olive groves and the Charles C. Jensen Botanical Gardens. The 1,900 square foot wooded home is the perfect venue for intimate weddings, family reunions, company retreats, picnics and other celebrations.



For more information visit carmichaelpark.com or call (916) 562-4783



Therapeutic
RECREATION SERVICES
PHYSICAL & DEVELOPMENTAL PROGRAMS

Therapeutic Recreation Services (TRS) provides year-round therapeutic recreation programs for people with disabilities throughout Sacramento County. Programs are provided at community centers, parks, and various locations throughout the County, as well as virtually online via Zoom. Programs include social opportunities, classes, special events, sports training, and community outings.

For more information call (916) 484-2044, email TRS@saccounty.net or visit sacparks.net



Help Us Maintain Your Parks!

Walking in the park and notice graffiti, vandalism or other maintenance issues? Call the Maintenance Line and leave a detailed message describing your observation, including your contact information, in case we need to follow up.

Park Maintenance Line: (916) 481-0603



DISTRICT FACILITIES

Carmichael Park

5750 Grant Avenue

Carmichael, CA 95608-3744 (38 Acres)

- ▶ Administrative Office: (916) 562-4783
- ▶ Maintenance Office: (916) 481-0603
- ▶ Community Clubhouse
- ▶ Veteran’s Memorial Building
- ▶ 5 Ball Fields (One lighted)
- ▶ 6 Tennis Courts (Lighted)
- ▶ Basketball Court (Lighted)
- ▶ Horseshoe Pits
- ▶ Bandshell
- ▶ Group Picnic Shelter
- ▶ 3 Playgrounds
- ▶ 1 acre Off Leash Dog Park
- ▶ 9 Hole Disc Golf Course
- ▶ 2 Bocce Ball Courts

La Sierra Community Center

5325 Engle Road, Suite 100

Carmichael, CA 95608-3091 (36 Acres)

- ▶ Recreation Office: (916) 562-4783
- ▶ Maintenance Shop: (916) 487-6234
- ▶ John D. Smith Community Hall
- ▶ Meeting Rooms
- ▶ 2 Gymnasiums
- ▶ 1 Playground
- ▶ Soccer Fields
- ▶ Ball Fields
- ▶ Basketball Courts

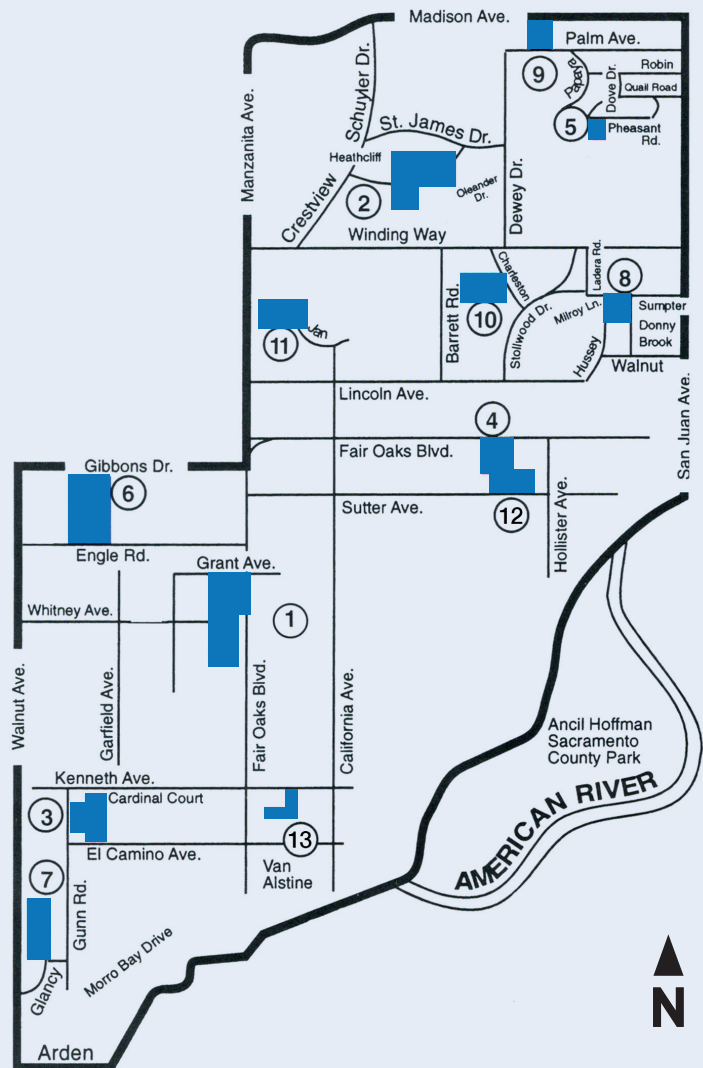


Developed Park Sites

1. Carmichael Park: 5750 Grant Avenue
2. Del Campo Park: End of Heathcliff Drive
3. Cardinal Oaks Park: On El Camino near Garfield
4. Charles C. Jensen Botanical Garden: 8520 Fair Oaks Blvd
5. Bird Track Park: West end of Pheasant Road
6. La Sierra Community Center: 5325 Engle Road
7. Glancy Oaks Park: 5292 Glancy Drive
8. Schweitzer Grove Nature Area: Off Sumpter
9. Patriots Park: 6827 Palm Avenue, Fair Oaks, CA 95628
10. O’Donnell Heritage Park: 6618 Rappahannock Way
11. Jan Park: 4310 Jan Drive
12. Sutter-Jensen Community Park: 6917 Sutter Avenue

Undeveloped Park Sites

13. Capra Park Site: 6600 Kenneth Avenue





GRAMMY-NOMINATED SAXOPHONIST ANDREY CHMUT
EXCLUSIVE WINE EXPERIENCE WITH ROMBAUER VINEYARDS
MUSICAL TRAIL OF LOCAL & REGIONAL TALENT
PASSED HORS D'OEUVRES
EXQUISITE OPEN-AIR DINNER
POST-DINNER DANCE PARTY FEATURING WASTED SPACE

AN IMMERSIVE EVENING OF MUSIC, WINE & COMMUNITY

DINNER IN THE

Park

JENSEN
BOTANICAL
GARDEN

SEPT 19
2026



SUPPORTING YOUTH SCHOLARSHIPS, PARK ENHANCEMENTS, AND RECREATION IN OUR COMMUNITY.