

CARMICHAEL RECREATION & PARK DISTRICT

# Activity Guide

SPRING/SUMMER 2022



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## District Office

5750 Grant Ave., Carmichael, CA 95608  
 Phone: (916) 485-5322 • Fax: (916) 485-0805  
 Email: info@carmichaelpark.com  
 Office Hours: By appointment only  
**Maintenance Shop: (916) 481-0603**

## La Sierra Recreation Office

5325 Engle Road, Suite 100, Carmichael, CA 95608  
 Phone: (916) 483-7826 • Fax (916) 483-7861  
 Email: lsoffice@carmichaelpark.com  
 Office Hours: 8:30am-5pm; Closed from 1-2pm  
**Maintenance Shop: (916) 487-6234**

## Sacramento County Board Supervisor

Honorable Rich Desmond, District 3

## Advisory Board of Directors

Joyce Carroll: Chair  
 Chris Ives  
 Joel Levine  
 Michael Rockenstein  
 Brooke Judd

*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](http://carmichaelpark.com).*

## Management Staff

Mike Blondino: District Administrator  
 Alaina Lofthus: Recreation Services Manager  
 Ingrid Penney: Administrative Services Manager  
 James Perry: Park Services Manager

## Recreation Staff

Sharlene Lal: Recreation Supervisor  
 Talesha Freidenfelt: Recreation Coordinator  
 Courtney Onstot: Recreation Coordinator  
 Matthew Zimmerling: Recreation Supervisor  
 Regina Hill: Customer Service Representative  
 Marianna Panagiotou: Customer Service Representative

## Park Staff

Darren Bewley: Building Maintenance Worker  
 Jerry Eppler: Maintenance Supervisor  
 Jonathon Houting: Maintenance Worker  
 Curtis LaDuke: Maintenance Worker  
 Clinton Salas: Maintenance Worker  
 Michael Steinbrenner: Park Maintenance Worker

## Administrative Staff

Ty Campbell: Bookkeeper  
 Sharon Reneau: Payroll/Account Clerk

## 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.



Joyce Carroll  
Chair



Joel Levine



Brooke Judd



Chris Ives



Michael Rockenstein

# Letter from the District Administrator



Hello Carmichael Community! As we look to move forward in 2022, I'd like to first look back at some major accomplishments that the Carmichael Recreation and Park District made in 2021.

The approval of the Districtwide Master Plan Update took place in November. Between on-line surveys and virtual meetings, we were able to gather the information needed to put this 10-year plan together for our parks and for La Sierra Community Center. The final document is now with Sacramento County going through the CEQA (California Environmental Quality Act) process and then final adoption by the Board of Supervisors later in 2022. Please visit [www.carmichaelparksplan.com](http://www.carmichaelparksplan.com) for more information on the plan.

One other important project that the Advisory Board and staff undertook was detailing all the deferred maintenance that needs to be done throughout the district. We now have a road map and cost estimates on the work that needs to be completed within the District. From roofs and HVAC units, to parking lots and old boiler room abatement, we are looking at 8-10 million dollars in deferred maintenance, with most of that cost for La Sierra Community Center. [www.carmichaelpark.com/facilities-assessment-report](http://www.carmichaelpark.com/facilities-assessment-report).

The district is currently working on funding strategies and looks forward to sharing that information with the public when the plan has come together. You can be part of our Advisory Board meetings as we

now offer them on Zoom each month. <https://www.carmichaelpark.com/board-meetings>

CRPD Staff continues to work through very trying times. We were happy to bring back in-person special events like: the Summer Concert Series, Founder's Day, Wall of Honor, and the Tree Lighting in 2021. Staff is already working on the Egg Hunt and the July 4th celebration for 2022! We also provided Distance Learning Camp during the 2020-21 school year and have restarted our Kids Hang Out afterschool program along with the Tiny Tot program this school year. We have a tremendously hard-working staff!

The leadership from our Advisory Board is key to our success and over the last year we have added two new members with Christopher Ives and Joel Levine joining us. They, along with the strong leadership of Chair Carrol, Directors Rockenstein and Judd, have helped us navigate the challenges of this last year.

In 2022, we look forward to continuing to bring programs and events to the great community of Carmichael.

Take care and stay safe!

**Mike Blondino**, District Administrator

## Carmichael Parks Foundation



The Carmichael Parks Foundation is a non-profit public charity of volunteers dedicated to supporting the youth and parks of our community. A core role of the Foundation is to provide scholarships to local youth so they may participate in the

many recreation programs offered by the Park District. We are proud to continue making an impact in the lives of so many families and the improvement of our parks.

### Here are a just a few highlights from our previous six months:

- Welcomed two new Board Members, Lynn Jacoby and Jackie DeLu. Both members have deep connections to Carmichael including their work with San Juan Unified School District and the Effie Yeaw Nature Center.
- Applied for and received a SMUD Shine Grant to help with much needed improvements to the 1950's Veterans Memorial Hall.
- Sponsored scholarships for swim lessons, Distance Learning Camp, Kids Hangout after school program, summer/winter camps, basketball and volleyball and more. Entered into a partnership with Project Lifelong and the District for spring skateboard camps and teen mentoring.

- Participated in the Big Day of Giving where our community gave generously.
- Implemented a Legacy Society where friends can remember the Foundation in their will or trust and Initiated work on our "Friends of the Foundation" program.
- Began planning of the Grand Opening of the newly renovated Garfield House at Jensen Botanical Gardens.

This is being penned in February where we are approaching two years of learning a new normal. We are cautiously, yet optimistically planning Dinner in the Park for September 10th and so look forward to visiting with the good friends (old and new) in our community.

### Thank you for your support of the Foundation's efforts and especially for your participation in the Foundation's fundraisers.

If you would like to know more about the Foundation's goals and activities or are interested in volunteering in a variety of areas, contact Sharon Ruffner, Foundation President at (916) 485-5322 or at [CarmichaelParksFoundation.org](http://CarmichaelParksFoundation.org).

*The Carmichael Parks Foundation is a public charity nonprofit organization 501(c)(3). Donations are fully tax deductible to the extent provided by law. Visit [carmichaelparksfoundation.org](http://carmichaelparksfoundation.org).*



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. Most of the farmers grow their crops "naturally" and some are Certified Organic. 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](mailto:commonkettle@gmail.com) for more information



### Dinners To-Go

First Thursday of the month, April-December  
5-8pm

Location: Carmichael Park, 5750 Grant Avenue

Bring your appetite to Carmichael Park the first Thursday of each month for yummy food, music, vendors and more! Please visit [carmichaelpark.com](http://carmichaelpark.com) for monthly truck lineup and more information. Events are held rain or shine April through December.

### Annual Spring Event

Saturday, April 16 • TBA

Location: Carmichael Park, 5750 Grant Avenue

The annual spring event is currently being reimagined for the 2022 year. Please visit [carmichaelpark.com](http://carmichaelpark.com) for updates and details on this NEW event!

*New!*

### Carmichael Community Parking Lot Sale

Saturday, May 7 • 8am-1pm

Location: La Sierra Community Center Main Parking Lot on Engle Road, 5325 Engle Road Carmichael, CA 95608

Fee: \$20 for a 10' x 10' square, 2 squares for \$35

CRPD and the Carmichael Community Garden invite you to join us for a community yard sale! Clean out your office, household items, collectibles, toys and other items. For booth space or questions call (916) 483-7826. All proceeds benefit the Carmichael Community Garden.



# Swim Lessons

Visit [www.DartSwimming.com](http://www.DartSwimming.com) to register now!



Scholarships available!



# CONCERTS IN THE PARK



Join us for another music filled summer at Carmichael Park. 10 FREE concerts will be offered and held at the Carmichael Park Daniel Bishop Memorial Pavilion. Thousands of people attend the concert series each summer and we look forward to another great series in 2022!

**Concert details, including performance schedule, dates and times will be available at [carmichaelpark.com](http://carmichaelpark.com).**

## HELP BRING MUSIC TO CARMICHAEL!

Join us as a sponsor for the Concerts in the Park series and help bring free music to your community! If you are interested, please contact Sharlene Lal, Recreation Supervisor, at [slal@carmichaelpark.com](mailto:slal@carmichaelpark.com) or call (916) 879-2525.

*Save the Date*



CARMICHAEL  
**FOUNDER'S DAY**  
SATURDAY, SEPTEMBER 24, 10AM-3PM  
LOCATION: CARMICHAEL PARK

Carmichael celebrates 113 years of community! This event features a car show, live music, food trucks, games, hands on activities and more!

### WOULD YOU LIKE TO BE A PART OF FOUNDERS DAY?

Sponsorships are available; please contact Sharlene Lal at (916) 879-2525 for more information.

## Lifelong Skate Nights!



Weekly skate night sessions starting in late March at Will Rogers M.S. (Not restricted to Will Rogers students.) Lifelong skate nights are open to youth of ANY experience level, ages 11 to 17. Don't have your own skateboard? No worries, we got you covered! We have ramps for all levels of skateboarders. Sorry, no scooters. Let's Shred!

Lifelong Skate Nights details and registration:  
[www.projectlifelong.org/skate-nights](http://www.projectlifelong.org/skate-nights)



Offered through continued partnership:



CARMICHAEL'S

# 4<sup>TH</sup> OF July

## FIREWORKS SHOW

SATURDAY, JULY 2 | 7PM

Join us for the annual Fireworks Show at La Sierra Community Center, 5325 Engle Road! The festivities begin at 7pm. Join us for food, music and fun! Activities include arts and crafts, inflatable's, food trucks and more. Bring your blankets, lawn chairs and shade umbrellas.

Fireworks begin at dark (approximately 9:30pm).

No dogs, personal fireworks, BBQ's, etc. allowed at La Sierra Community Center.

*Be a part of the magic!*

Sponsorship opportunities available, call Sharlene Lal at (916) 879-2525 or email [slal@carmichaelpark.com](mailto:slal@carmichaelpark.com)

The 4th of July Celebration is sponsored by:



For more information visit [carmichaelpark.com](http://carmichaelpark.com)



**Koobs Nature Area Open Days**

The Koobs Nature Area, at 5325 Engle Road in Carmichael, is open to the public the first Saturday of March through October from 10am-2pm. This free family event gives kids an opportunity to explore the nature area while participating in themed science and art activities. *This is not a CRPD sponsored program.*

**Annual Cactus and Succulent Sale**

**Saturday, May 21 • 9am-4pm | Sunday, May 22 • 9am-3:30pm**  
**Location: Carmichael Park, Clubhouse 5750 Grant Avenue**

The Carmichael Cactus and Succulent Society hosts their annual sale. This event features displays, cactus and succulent plants, dish gardens and seedlings, unusual containers and handcrafted pottery. *This is not a CRPD sponsored program.*

**Community Band Festival**

**Saturday-Sunday, June 4-5 • 12-6pm**  
**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 June 4th and 5th between noon and 6pm. Up to 15 community concert bands from the greater Sacramento Region and beyond will be performing during the festival. *This is not a CRPD sponsored program. Please check [svsba.net](http://svsba.net) for this year's lineup.*

**MISSION OAKS**  
**RECREATION & PARK DISTRICT**  
*Special Events!*

For more information call (916) 972-0336

**Kids Carnival**

**Saturday, May 21 • 10am-2pm**  
**Location: Gibbons Park, 4701 Gibbons Drive Carmichael**

**Senior Resource Fair**

**Wednesday, May 25 • 9am-1pm**  
**Location: Mission Oaks Community Center, 4701 Gibbons Drive Carmichael**

*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](http://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. Bring your work gloves and hand pruners. **For more information about the workdays at the Jensen Botanical Garden please contact Beverly Scott at [beverly.scott52@yahoo.com](mailto:beverly.scott52@yahoo.com) or at (916) 607-6597.**



**Carmichael Community Garden**

The Carmichael Community Garden is located at Sutter-Jensen Community Park off of Sutter Avenue. The community garden features sixty two 20' x 20' plots. The garden exists to create a space for community members to garden, share and learn. A love of gardening, nature, the outdoors and camaraderie unite plot holders and the garden community. Plots in the garden are renewed annually and are available on an application basis to families, individuals and community organizations. **For more information on the Carmichael Community Garden please call (916) 483-7826.**

*Stay Connected!*

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](http://carmichaelpark.com) Stay connected!

   **/CarmichaelRec**



# 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 for 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.

## Friends of Carmichael Canine Corral (FCCC)

The District partners with the FCCC, a group of volunteers, who help maintain and monitor the dog park. There are many ways to help and continue to provide a great place for pets, including purchasing annual memberships.

*If you are interested in volunteering or supporting the Carmichael Dog Park, please call (916) 483-7826 or email [info@carmichaelpark.com](mailto:info@carmichaelpark.com) for more information.*

## Have a question on

- Getting Prequalified for a Loan
- Getting a Loan
- Refinancing
- Purchase a Property
- or Selling a Property

# NEED

**A COMPLEMENTARY** market analysis on how to price your home for sale?

## Mahnaz Khazari, Broker

 916-825-1636

 [mah@mkfinance.us](mailto:mah@mkfinance.us)  [www.mkfinance.us](http://www.mkfinance.us)

CaDRE# 01357800 | NMLS# 277816



Real Estate & Loans





# LEISURE ENRICHMENT

## Painting & Vino Nights

Presented by Painting & Vino Sacramento

Ages: 21+

Location: Carmichael Park, Clubhouse

Are you ready to get creative with some paint? If your answer is YES, then we have just the thing for you! Painting & Vino's paint and sip events are the perfect activities to help you **RELAX, UNWIND, and ESCAPE!**

We will provide step-by-step Instruction on how to recreate paintings. You will be using acrylic paints to create your very own masterpiece. Remember, no experience necessary and all your supplies are provided. Painting & Vino events are great for a birthday celebration or just a night out for social painting with friends and family.

**Food and drinks are not available for purchase. Bring your own picnic style food and drinks, don't forget your wine!**

DAYS	DATES	TIMES	FEE
Fridays	5/27, 6/24, 7/29, 8/26	6-9pm	\$40(R) / \$45(NR)

## Mission Oaks Community Center

Location: 4701 Gibbons Drive

Senior services include trips, special events, leisure enrichment classes, clubs, a lunch program and more! *This is not a CRPD sponsored program.*

**Call (916) 972-0336 for more information.**

## Bubble Soccer

Ages: Must be 12 years or older

Fee: \$250 for 2 hours (\$50 per additional hour)

### What's Included:

- 10 bubbles (for 2 teams of 5)
- 2 soccer balls and 2 goals
- Shin guards
- Bubble Soccer supervisor/referee

Run, kick, SLAM! Carmichael Recreation & Park District has Bubble Soccer available to rent for your next birthday, picnic or company retreat. Bubble soccer is played similarly to soccer, except the field is smaller and everyone is outfitted with a bubble. The bubble allows for pushing and bouncing off one another making for an intense, fun and exhilarating experience! Bubble Soccer is available at the La Sierra Community Center, Carmichael Park, Del Campo Park, Jan Park, O'Donnell Heritage Park, and Glancy Oaks Park.

**For more information or to make a reservation please email [Isoffice@carmichaelpark.com](mailto:Isoffice@carmichaelpark.com) or call (916) 483-7826.**

## Carmichael Senior Citizens Club

Location: 5750 Grant Avenue

This fun-loving group meets the 2nd and 4th Thursday of the month from 10am-2pm at the Carmichael Park Clubhouse. Activities include potluck lunches, entertainment, casino bus trips, rummage sales, theatre outings and more! *This is not a CRPD sponsored program.*

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



# ADULT HEALTH, SPORTS & FITNESS

## JOIN OUR TEAM OF INSTRUCTORS!

Do you have an idea for a great class to offer the community? We are always on the lookout for new classes in leisure enrichment, fitness, sports and more! Applications are available year-round and are reviewed each winter and summer.

**For more information on how to get started, contact (916) 483-7826.**



### R=Resident and NR=Non Residents

Residents of the District receive a discount for specific programs. Please see page 26 for the District boundary map.



## 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](mailto:info@carmichaelpark.com) or call (916) 483-7826.**

## 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 the course map at [carmichaelpark.com](http://carmichaelpark.com)**



To register for all of adult sports programs please visit us online at [carmichaelpark.com](http://carmichaelpark.com), in-person at La Sierra Community Center's Recreation Office at 5325 Engle Road, Suite 100 in Carmichael, or contact us at (916) 483-7826.

*For updated league registration dates please visit our adult sports page on our website at [carmichaelpark.com](http://carmichaelpark.com)*

### Adult Volleyball Leagues

Location: La Sierra Gyms

Team Registration: \$250(R) / \$260(NR)

Teams are guaranteed 8 games including playoffs.

League champions receive championship t-shirts.

LEAGUES <i>(Skill Level A to C from highest to lowest)</i>	DAYS OF PLAY
Women's: A & B	Tuesdays
Reverse Coed Quads: A & B	Wednesdays
Coed 6's: B & C	Thursdays
Women's Quads: A & B	Thursdays

### Adult Softball Leagues

Location: Carmichael Park, Ball Field 2

Team Registration: \$470(R) / \$490(NR)

Teams are guaranteed 8 regular season games and top teams make playoffs. League champions receive championship t-shirts.

LEAGUES	DAYS OF PLAY
Coed Recreation D	Fridays

### Adult Basketball Leagues

Location: La Sierra Gyms

5-on-5 Basketball Team Registration: \$525(R) / \$535(NR)

3-on-3 Basketball Team Registration: \$125(R) / \$135(NR)

5-on-5 teams are guaranteed 8 regular season games and playoff games for top 4 teams. League champions receive championship t-shirts. 3-on-3 teams are guaranteed 8 season games.

LEAGUES	DAYS OF PLAY	STYLE OF PLAY
5-on-5 B/C	Mondays	Full Court, officials, scorekeeper
3-on-3 A/B & C	Wednesdays	Half Court, self officiated & scored

**To join a free agent list visit [carmichaelpark.com](http://carmichaelpark.com)**

### Adult Indoor Pickleball

Location: La Sierra Community Center: Big Gym

Ages: All ages

DAYS	TIMES	FEE
Tues & Thurs	9am-12pm	\$6/visit or \$40/10 visit punch card

### 5 Indoor Courts

For more information:

- Visit [carmichaelpark.com](http://carmichaelpark.com)
- Come by the La Sierra Recreation Office (5325 Engle Rd, Suite 100). Open Monday-Friday, 8:30am-5pm
- Email [mzimmerling@carmichaelpark.com](mailto:mzimmerling@carmichaelpark.com)

**Days and Times may change. Please visit us at [carmichaelpark.com](http://carmichaelpark.com) for our updated schedule**

### Senior Coed Softball League

Location: Carmichael Park Fields 3 and 4

Season starts March 31

Are you interested in getting active, socializing with others and playing ball? The Senior Softball league features competitive play in a relaxed, fun atmosphere. The main objective each morning is to enjoy the game of softball in a park setting under sunshine and blue skies!

LEAGUES	DAYS OF PLAY	TIMES
Men 75+, Women 50+	Thursdays	9:30am & 10:45am

**To find out more information and see if you can be placed on a team, visit our website at [carmichaelpark.com](http://carmichaelpark.com) to complete an Information Survey so a league representative can reach out to you.**

**Interested in forming a Wednesday League, Men 60+, Women 45+, email [mzimmerling@carmichaelpark.com](mailto:mzimmerling@carmichaelpark.com)**



**CARMICHAEL RECREATION & PARK DISTRICT BRINGS YOU ESPORTS! GAME TOGETHER IN CRPD'S ONLINE VIDEO GAME LEAGUES FOR THE CARMICHAEL COMMUNITY! YOU IN?**

**Visit [carmichaelpark.com](http://carmichaelpark.com) for season dates and game offerings**

**SIMPLY FOLLOW THE STEPS BELOW TO GET STARTED:**

**STEP 1**

Download the Free Mission Control GG App

**STEP 2**

Search for "Carmichael Recreation & Park District", join us and register for leagues, invite your friends and suggest a game!





# TINY TOTS

AGES: 3-5 YEARS | CARMICHAEL PARK, TINY TOTS ROOM, VETERAN'S HALL

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.

### Kindergarten Readiness

4-5 Year Olds. Participants must be 4 years old before September 1, 2022 to register.

Fees: \$50 Non-refundable registration fee  
 Monthly Fee:\$220(R) / \$230(NR)

DAYS	DATES	TIMES
Mon,Wed & Fri	9/7/21-5/27/22	9am-12pm

*\*For a list of program closure dates please see parent handbook*

### Social Experiences

3-4 Year Olds. Participants must be 3 years old before September 1, 2022 to register.

Fees: \$50 Non-refundable registration fee  
 Monthly Fee:\$160(R) / \$170(NR)

DAYS	DATES	TIMES
Tues & Thurs	9/7/21-5/27/22	9am-12pm

*\*For a list of program closure dates please see parent handbook*

**Registration for the 2022/2023 school year will begin Tuesday, April 19**

A parent information packet is available at [carmichaelpark.com](http://carmichaelpark.com). Returning students have priority registration.

**Interested in a Summer Preschool Program?**

Email [mzimmerling@carmichaelpark.com](mailto:mzimmerling@carmichaelpark.com) for more information

## SCHOLARSHIPS NOW AVAILABLE!

Youth program partial scholarships are now available for this age group! The Carmichael Parks Foundation has made it possible for participants in youth programs to receive scholarships.



*Please visit [carmichaelpark.com](http://carmichaelpark.com), call (916) 483-7826, or email [info@carmichaelpark.com](mailto:info@carmichaelpark.com) for more information and to see if you qualify.*



# INTELLIBRICKS SUMMER CAMPS

**IntelliBricks will provide all Lego® and touch screen 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.**

## Lego Robotics: Wizard bots

*Taught by IntelliBricks*

**Location: Carmichael Community Clubhouse, Carmichael Park**

Learn to make magic from science and technology! IntelliBricks Lego® Robotics classes give students a hands-on introduction to the basics of engineering, robotics, and coding. Students learn teamwork, critical thinking, and problem solving as they use Lego® bricks, WeDo 2.0 electronics, and simple programming in a new project every session! In our Wizard Bots theme students will be recreating classic pieces of the wizarding world like magic carpets, Hippogriffs, magical staircases, and even mighty dragons! They will also program their models bringing it to life using various sensors.

DAYS	DATES	AGES	TIMES	FEE
Mon-Fri	6/13-6/17	5-9	9am-12pm	\$190(R) / \$200(NR)

## Web Development with HTML, CSS & JavaScript

*Taught by IntelliBricks*

**Location: Carmichael Community Clubhouse, Carmichael Park**

Whether you're playing games, doing some shopping, or watching silly videos, a website can be a gateway to a world of fun! So being able to make your own is a lucrative, important, and interesting skill! That's why we're offering a new Website Development class! This class will give students an introductory level of knowledge in 3 Coding languages; HTML (Hypertext Markup Language), CSS (Cascading Style Sheets), and Javascript,

the three coding languages that make up a vast majority of the sites you'll visit! Knowing these 3 languages will allow you to create websites that can compete even with the most state of art web frameworks, with HTML to build the foundation of the site, CSS to streamline and improve the visual styling, and Javascript to make your site intuitive and interactive for your users! Students should bring their own laptops for this class, we will email the setup instructions before the camp.

DAYS	DATES	AGES	TIMES	FEE
Mon-Fri	6/13-6/17	11-15	1-4pm	\$199(R) / \$210(NR)

## Lego Robotics: Galaxy bots

*Taught by IntelliBricks*

**Location: Veterans Hall, Carmichael Park**

Take a journey out of this world with Lego® Robotics! IntelliBricks Lego® Robotics classes give students a hands-on introduction to the basics of engineering, robotics, and coding. Students learn teamwork, critical thinking, and problem solving as they use Lego® bricks, WeDo 2.0 electronics, and simple programming in a new project every session! In our Galaxy Bots theme students will be recreating wonders of the galaxy like aliens, satellites, moon walkers, and flying saucers! They will also program their models bringing it to life using various sensors.

DAYS	DATES	AGES	TIMES	FEE
Mon-Fri	6/27-7/1	5-9	9am-12pm	\$190(R) / \$200(NR)



**Game Design with Scratch**

*Taught by Intellibricks*

**Location: Veterans Hall, Carmichael Park**

It's fun to play video games, it is even more fun to design your own game! In this class you won't just learn to program the games, you will also have fun playing them. Students will not only learn the characteristics of a good game like speed, obstacles, scoring, visual appeal and sound effects, they will also learn the basics of coding like variables, if then statements, logic, loops etc. Students will learn to create cool characters (sprites) for their game and will also learn to build the backdrop for the games they create. We will provide all the equipment including laptops for this class.

DAYS	DATES	AGES	TIMES	FEE
Mon-Fri	7/11-7/15	8-12	9am-12pm	\$190(R) / \$200(NR)

**Digital Drawing & Design: The World on your Screen**

*Taught by Intellibricks*

**Location: Veterans Hall, Carmichael Park**

Give your student a world of artistic possibilities with The World on Your Screen Digital Drawing and Design Camp! With new and exciting projects (like night sky, farm house etc.) every day your student will be learning concepts fundamental to most major design programs, integrating elements of traditional art such as Form, Shape, and Texture. They will use pressure sensitive Wacom drawing pads that give all the functionality and specificity as any manual drawing tool! We will provide all the equipment including laptops and Wacom tablets for this class.

DAYS	DATES	AGES	TIMES	FEE
Mon-Fri	7/11-7/15	9-14	1-4pm	\$190(R) / \$200(NR)

*Stay Connected!*

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](http://carmichaelpark.com) Stay connected!

   [/CarmichaelRec](https://www.facebook.com/CarmichaelRec)



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*(Corner of Fair Oaks and Sunrise)*

378 NORTH SUNRISE AVE.  
SUITE 300  
ROSEVILLE, CA 95661  
*(across from the Auto Mall entrance)*

(916) 784-2255



**bobscyclecenter.com**



# SPRING CAMPS



AGES 5-12

## KIDS HANGOUT CAMP

**Location: La Sierra Community Center: Kid's Corner**

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 out our 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	4/11-4/15	7am-6pm	\$160(R) / \$170(NR)

AGES 9-13

## B STREET THEATRE CAMP

*Camp Sponsored by the Carmichael Parks Foundation*

**Location: La Sierra Community Center: John Smith Hall**

Young performers learn the fundamental tools needed to develop their physical, vocal, and emotional range in a way that is both fun and playful. Concepts are presented through a series of acting exercises, theatre games, improvisation, rehearsal process, and performance. Every program concludes with a final showcase production where our young actors show off everything they've learned. Come and join the fun!

DAYS	DATES	TIMES	FEE
Mon-Fri	4/11-4/15	10-11:30am	\$40(R) / \$45(NR)



# Kid's Hangout AFTER-SCHOOL PROGRAM

**\$** Full Time: 4 or 5 days = \$95/week(R) / \$100/week(NR)  
 Part Time: Any 3 days = \$75/week(R) / \$80/week(NR)  
 \*CMP Discount and No Transportation Needed Discount = \$10/week

1ST-8TH GRADERS



The Kid's Hangout After-School Program is held at La Sierra Community Center, Monday through Friday throughout the 2021/22 school year. Kids Hangout provides a safe environment where kids can do homework, have a nutritional snack, socialize with their friends, and be involved in sports, games, and other activities.

Transportation is provided from your child's school to La Sierra Community Center.

After-school program begins when we pick up your child from school and closes at 6pm.

Program offered to: Deterding, Carmichael, Barrett, Thomas Kelly, Del Paso Manor, Churchill, Cameron Ranch, California Montessori Project – La Sierra Community Center Campus.  
 (All schools are subject to change dependent on registration)

Don't see your school listed? Email Telly@carmichaelpark.com to see if we can pick up from your school.

The program runs throughout the school year ending June 12, 2022 and registration is ongoing.

**To register or for more information please visit the La Sierra Community Center Recreation Office, 5325 Engle Road, Suite 100, Carmichael, contact us at (916) 483-7826 or email the coordinator at telly@carmichaelpark.com.**



# SUMMER DAY CAMPS

REGISTRATION BEGINS

**4 19**



**Ages: Voyager Camp: 5-8, Explorer Camp: 9-12**  
**Location: La Sierra Community Center**  
**Dates: Open Monday-Friday, June 13-August 5**  
**Times: Open 7:30am-6pm**  
**Fees per week: \$190(R) / \$200(NR)**

Are you looking for something active and exciting for your kids to do this summer? Our Voyager and Explorer day camps are what you need. Participants in both camps will have the opportunity to play various activities including sports, games, art, dance, and music. We also schedule trips for our campers to go swimming at the Antelope Aquatic Complex and venture out on thrilling fieldtrips (fieldtrip costs are included). Past fieldtrips have included John's Incredible Pizza, Rebounderz, Rockin' Jump, and many more! All of this is supervised by our experienced, positive, and fun staff.

DAYS	DATES	TIMES	FEE
Weekly	6/13-8/5	7:30am-6pm	\$190(R) / \$200(NR)*

\*This fee includes the cost of any swimming and fieldtrips

**REGISTER AT LA SIERRA COMMUNITY CENTER'S RECREATION OFFICE OR ONLINE AT CARMICHAELPARK.COM**



KLS class status hotline 1 (888) 372-5803. Receive cancellation notifications on your smartphone by downloading the free Kidz Love Soccer app!



**Mommy/Daddy & Me Soccer | AGES: 2-3.5 YRS**  
 Introduce your toddler to the world's most popular sport! As you participate together in our fun age-appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action! Each child receives a Kidz Love Soccer jersey!

**Tot/Pre-Soccer | AGES: 3-5.5 YRS**  
 Learn the basic techniques of the game while building self-esteem and learning to follow instructions in a nurturing teaching environment. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

**Soccer 1: Techniques & Teamwork | AGES: 5-6 YRS**  
 Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her 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 soccer jersey! Shin guards are required after the first meeting.

**Soccer 2: Skillz & Scrimmages | AGES: 7-10 YRS**  
 Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! All participants receive a soccer jersey! Shin guards are required after the first meeting.

**SPRING: SATURDAYS AT CARMICHAEL PARK**

PROGRAM	DATES	TIMES	FEE
Mommy/Daddy & Me	4/16-6/4	4:35-5:05pm	\$137(R) / \$150(NR)
Tot/Pre-Soccer	4/16-6/4	3:55-4:30pm	\$137(R) / \$150(NR)
Soccer 1	4/16-6/4	2:15-3pm	\$137(R) / \$150(NR)
Soccer 2	4/16-6/4	3:05-3:50pm	\$137(R) / \$150(NR)

**SUMMER: SATURDAYS AT CARMICHAEL PARK**

PROGRAM	DATES	TIMES	FEE
Mommy/Daddy & Me	6/25-8/13	4:35-5:05pm	\$137(R) / \$150(NR)
Tot/Pre-Soccer	6/25-8/13	3:55-4:30pm	\$137(R) / \$150(NR)
Soccer 1	6/25-8/13	2:15-3pm	\$137(R) / \$150(NR)
Soccer 2	6/25-8/13	3:05-3:50pm	\$137(R) / \$150(NR)

**Carmichael Girls Softball**

Founded in 1969 as a non-profit, 100% volunteer supported organization. CGS welcome girls of all skill levels between the ages of 4 ½ to 18, and has an excellent t-ball program for our 6 and under division to help introduce them to softball: ice cream social, opening day parade, uniforms, team spirit and training from the "Positive Coaching Alliance." We support over 300 Carmichael families each year with games seven days a week, playoffs and interleague play for our older divisions, and a fun, supportive environment for all. **Seasons include:**



- Spring: Feb-May (Registration opens in Dec)
- All Stars: June-July
- Fall Ball: Aug-Nov (Registration opens in June)
- Separate Competitive Program: Jan-Dec (Tryouts Nov)

*This is not a CRPD program.*

**Visit [CarmichaelGirlsSoftball.com](http://CarmichaelGirlsSoftball.com)**

**Carmichael Little League**

- Boys and Girls ages 4-18 years old welcome!
- Fall Clinics for ages 6-8
- Multiple levels of play.
- Spring registration begins in early November
- Home Field located at the La Sierra Community Center, 5325 Engle Road, Carmichael, CA 95608



*This is not a CRPD program.*

**Sign up at [carmichaellittleleague.com](http://carmichaellittleleague.com)**

**R=Resident and NR=Non Residents**

Residents of the District receive a discount for specific programs. Please see page 26 for the District boundary map.



# FUTSAL

*Taught by Futsal Factory*

**Location:** La Sierra Community Center, Villareal Gym

**Dates:** March 20-April 10, April 24-May 15, May 29-June 19, July 10-31, August 7-28

## Kinder Kickers

This program is for any 3 to 5 year old player who likes to be active. Our program curriculum uses fun games and activities to broadly introduce futsal concepts and team sports. Kinder participants will use their hands as well as their feet to learn these concepts. As this is an introduction to the sport, there is no special skills, knowledge or equipment needed. What to expect: Many parents who register for the first time, are unsure how their child will do in the program. Sometimes our little ones are shy for the first couple of classes. We suggest that parents, siblings, or an adult stick around for the first class, and be willing to jump in to help your little guy or gal if they are feeling particularly shy. It doesn't take long for most participants to feel less anxious about being away from mom or dad.

DAYS	DATES	AGES	TIMES	FEE
Sun	See above	3-5	1-1:45pm	\$68(R) / \$74(NR)

*Stay Connected!*

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](http://carmichaelpark.com) Stay connected!

   /CarmichaelRec

## Juniors

This program is for any 6 & 7 year old player. Our Juniors program is a bridge between the more technical work of our Cadets program (for 8 to 13 year olds) and the heavily game-focused sessions of our Kinder Kickers program (3 to 5 year olds). Our curriculum uses fun games and activities to introduce and refine core futsal skills, but more attention is focused on skill development and precision than in our foundational, Kinder Kickers program. These programs are high-energy and encourage your child to challenge themselves to improve their foundational skills. While still considered an introductory session to futsal, no special skills or knowledge are needed.

DAYS	DATES	AGES	TIMES	FEE
Sun	See above	6-7	1:50-2:35pm	\$68(R) / \$74(NR)

## Cadets I & II

This program is for any 8 & 13 year old player. While incorporating fewer games into sessions than our Junior Skills program, focus is primarily given to skill development and execution. Our curriculum incorporates fun challenges and multi-skill combinations to continually challenge players as they work through a series of exercises that introduce basic to advanced 1v1 footskills. Focus is also given to increasing proficiency in core skills and correcting bad habits. Players work in an environment where they are encouraged to be creative and to gain confidence in using a variety of skills. This program is intended for all players, from new to futsal to competitive level-players.

PROGRAM	DAYS	AGES	TIMES	FEE
Cadets I	Sun	8-10	2:40-3:30pm	\$73(R) / \$80(NR)
Cadets II	Sun	11-13	3:35-4:25pm	\$73(R) / \$80(NR)

## Futsal Core Development Camp (indoors)

*Taught by Futsal Factory*

**Location:** La Sierra Community Center, Villareal Gym

Core Development camps establish a strong soccer and futsal foundations, which allows players to become better athletes and to rapidly progress to higher levels of competitive play and technical skills development. Specially designed curriculum ensures that players are developing at their full potential and working towards meeting all core skills within their age bracket. All players should wear futsal shoes, or in place of futsal shoes, indoor soccer or regular tennis shoes. No cleats please. Players should wear shin guards. All balls and equipment will be provided. **Topics covered: Overall technique, Ball manipulation, Turns, Attacking Moves, Passing & Control, and Game play.**

DAYS	DATES	AGES	TIMES	FEE
Mon-Thurs	8/1-8/4	6-13	9am-12pm	\$139(R) / \$152(NR)

# YOUTH PROGRAM PARTIAL SCHOLARSHIPS AVAILABLE!

The Carmichael Parks Foundation has made it possible for participants in our youth programs to receive scholarships.



*Please contact the District Office at (916) 485-5322 for scholarship details and to see if you qualify.*



## Summer Basketball Skills Camps | AGES 5-12

**Location: La Sierra Community Center Gyms**

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. Our experienced basketball coaches emphasize fundamentals by providing detailed instruction on shooting, dribbling, passing and defense. Most of all, our coaches make the sport fun for everyone! Players will do drills, play fun games and scrimmage throughout the course of the camp. Our Junior Stars participants will also have the opportunity to practice and play on lowered hoops designed for reachable goals!

### JUNIOR STARS: AGES 5-7

DATES	DAYS	TIMES	FEE
6/20-6/24	Mon-Fri	9-10:30am	\$85(R) / \$90(NR)

### JUNIOR STARS: AGES 8-12

DATES	DAYS	TIMES	FEE
6/27-7/1	Mon-Fri	9am-12pm	\$120(R) / \$130(NR)

## Spring Youth Volleyball Clinics | AGES 10-13

**Location: La Sierra Community Center Gyms**

These volleyball clinics focus on the fundamentals: Serving, Passing, Setting, Hitting, and Defense. Clinics will work progressively on skill building leading up to fun games the final weeks.

SEASON	DAYS	TIMES	FEE
4/22-5/27	Fridays only	6-7:30pm	\$85(R) / \$90(NR)

## Skyhawks Sports Camp | AGES 6-12

**Location: La Sierra Community Center**

Carmichael Recreation and Park District is partnering with Skyhawks Sports Camps to offer a variety of camps to keep your children active throughout the Spring and Summer.

**Visit [carmichaelpark.com](http://carmichaelpark.com) for more details**

## R=Resident and NR=Non Residents

Residents of the District receive a discount for specific programs. Please see page 26 for the District boundary map.



## PARENT VOLUNTEER COACHES

Are you a parent and looking to get involved helping your child's sports team? CRPD is looking for parent volunteer coaches for all youth sports programs. We'll provide all the necessary training to help you, your child, and your team have a fun experience while teaching and learning the fundamentals of the game. Please contact [sports@carmichaelpark.com](mailto:sports@carmichaelpark.com) or 483-7826 to learn how you can get involved.

**All coaches must pass a fingerprint background check, drug screen, and a TB test. Fingerprint background check will be provided at the expense of CRPD. Program fees discounts available for parent volunteer coaches.**



**A REGIONAL ARTS CENTER IN YOUR NEIGHBORHOOD!**

**NEW HOURS!** Tues: 11am-7pm, Wed-Fri: 11am-3pm, Sat-Sun: 11am-5pm

5330-B Gibbons Drive, Carmichael, CA 95608  
(916) 971-3713 • [sacfinearts.org](http://sacfinearts.org) • Galleries | Gift Shop | Classes

Established in 1986, the Sacramento Fine Arts Center is a facility dedicated to the creation and presentation of the visual arts. Whether you are a painter, watercolorist, sculptor, photographer, fiber artist, or work in any other media, or you just like to view art, please come visit the Center.

With four galleries, and dozens of shows annually there is always something new to see. The Center also houses a wonderful gift shop with unique items created by local artists. If you are interested in creating art please come to a club meeting or sign up for a workshop. There is something for everyone – even summer programs for the kids!

**CLUBS**

**NCA - Northern California Arts, Inc.**  
Monthly meetings are held on the 2nd Wednesday

**WASH- Watercolor Artists of Sacramento Horizons**  
Monthly meetings are held on 2nd Monday

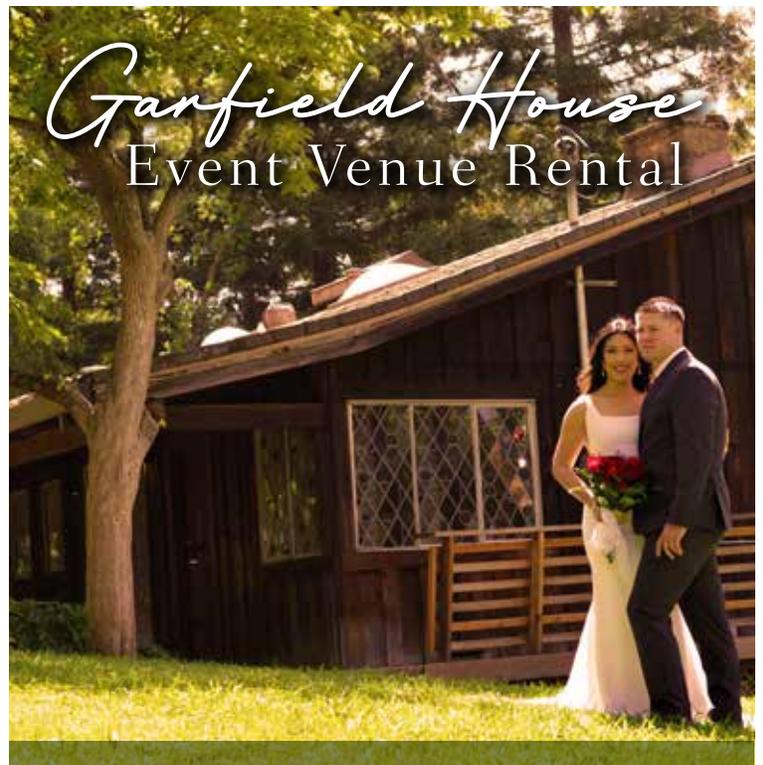
**2022 CALENDAR OF EVENTS**

Fertile Ground-NCECA	March 1-26
Awash with Color	March 29-April 16
Mira Loma High	April 19-30
NCA Member Show	May 3-21
Watery Wonders	May 24-June 18
Celebrating the Figure	June 21-July 16
Animal House	July 19-August 14



*Keeping the Arts Alive in Carmichael!*

5325 Engle Road, Suite 110, Carmichael, CA 95608  
For more info & tickets call (916) 489-PLAY (7529)  
or visit [cplayhouse.org](http://cplayhouse.org)  
Email tickets at [tickets@cplayhouse.org](mailto:tickets@cplayhouse.org)



➡ See Page 25 for ➡  
New Rental Facility!



# REGISTRATION INFO

## PROGRAM & CLASS

### Registration Information

Complete Registration Form and sign the Agreement, Waiver, and Release on page 24. Residents of the District will receive a discount for specific programs. Please see page 25 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](http://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 or Fax

A completed registration form to appropriate office:



#### **La Sierra Recreation Office**

Phone: (916) 483-7826 | Fax: (916) 485-7861

#### **Kid's Hangout Program**

Call for registration packet (916) 483-7826



### Walk-In Registration

Will be taken at La Sierra Offices Monday through Friday  
8:30am-4:30pm.



### 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. We also accept Visa and MasterCard.

## GENERAL INFORMATION

- ▶ Pre-registration is recommended to ensure class enrollment.
- ▶ Carefully read each program/class description for pertinent information.
- ▶ Payment in full must be made at the time of registration.
- ▶ CRPD will not phone or mail class confirmation. Participants will be notified if a program/class is cancelled or changed. An email receipt will be provided upon request.
- ▶ 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](http://carmichaelpark.com).
- ▶ The District reserves the right to cancel or change program offerings at any time.

### Office Closures

The District Offices will be closed on the following holidays:

- ▶ March 31
- ▶ May 30
- ▶ July 4
- ▶ September 5



**Drop Boxes Available at Both Office Locations**

**Carmichael Recreation & Park District Office**

5750 Grant Avenue, Carmichael, CA 95608 | (916) 485-5322 • Fax (916) 485-0805

**La Sierra Recreation Office**

5325 Engle Road, Suite 100, Carmichael, CA 95608 | (916) 483-7826 • Fax (916) 483-7861

**PLEASE PRINT AND COMPLETE ALL**

PARTICIPANT NAME(S)	DATE OF BIRTH	SEX	PROGRAM TITLE	SESSION DATES	TIMES	SCHOOLS	FEE

ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE (HM) \_\_\_\_\_ (WK) \_\_\_\_\_ CELL \_\_\_\_\_  
 EMERGENCY CONTACT(Name) \_\_\_\_\_ PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_ AGE \_\_\_\_\_ GRADE \_\_\_\_\_

**PAYMENT TYPE**    CHECK    MONEY ORDER         **DO NOT SEND CASH**  
 CREDIT CARD # \_\_\_\_\_ EXP DATE \_\_\_\_\_   **RECEIPT #** \_\_\_\_\_  
 AUTHORIZED SIGNATURE \_\_\_\_\_

**AGREEMENT, WAIVER, AND RELEASE**

In consideration for being permitted by the District to participate in the above-referenced activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the District (including its officers, employees, volunteers, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of active or passive negligence or carelessness on the part of the persons or entities mentioned above.

It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs, administrators, executors, and assigns and that I shall indemnify and hold the District (including its officers, employees, volunteers, and agents) free and harmless from any loss, liability, damage, cost, or expense which may arise out of or connected in any way with my participation in said activity.

Additionally, I fully understand that my participation in the above-referenced activity exposes me to the risk of personal injury, death, communicable diseases, illnesses, viruses, and/or property damage. I hereby acknowledge that I am voluntarily participating in this activity and agree to assume any such risks.

**PHOTO and LIABILITY RELEASE:** By signing this agreement, you are agreeing to release photo rights, including waiving any right of compensation, to Carmichael Recreation & Park District (CRPD). CRPD reserves the right to photograph facilities, activities, and program participants for potential future use, which may include sharing the photos with the Carmichael Recreation and Park District Foundation dba Carmichael Parks Foundation to use the photos to inform and promote the CRPD. **You further hereby release CPRD and Carmichael Parks Foundation from and against any injury or damage arising out of or related to the aforementioned activities.** All photos will remain the property of Carmichael Recreation & Park District.

**PARENTAL/GUARDIAN CONSENT:** (to be completed and signed by parent/guardian if Participant is under 18 years of age.)

I hereby consent that my child, \_\_\_\_\_, participate in the above-referenced activity, and I hereby execute the above Agreement, Waiver, and Release on their behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the District (including its officers, employees, volunteers, and agents) free and harmless from any loss, liability, damage, cost, or expense which may arise out of or connected in any way with said minor's participation in said activity.

**I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY FREE WILL.**

SIGNATURE \_\_\_\_\_ NAME (PRINTED) \_\_\_\_\_ DATE \_\_\_\_\_

FEES: R=RESIDENT NR=NON-RESIDENT



# 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) 483-7826



### John Smith Hall

This newly renovated, large venue is perfect for wedding receptions, fundraisers, crab feeds, class reunions, and large community events. Includes 12 ft. tables (30), 60" rounds (35), and 400 white folding chairs. Commercial kitchen included with rental. Dining capacity is 385.



### Cypress Room

Ideal for birthdays, baby showers, community group gatherings, and other small parties. Includes 8 ft. tables (20) and 120 chairs, a full kitchen, small stage, and easy access from parking lot. Dining capacity is 115.



### Room 800

Best-suited for meetings & trainings, classes, and small parties. Includes 8 ft. tables (8) and 50 chairs. Dining capacity is 50.

## CARMICHAEL PARK FACILITIES

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



### Community Clubhouse

A medium-sized event space perfect for wedding receptions, club meetings, fundraisers, and other gatherings. Includes 6 ft. tables (30) and 150 chairs, a full kitchen, and ample parking. Dining capacity is 150.



### Veteran's Memorial Hall & North Room

Available for small wedding receptions, meetings, and other gatherings. Includes 10 ft. tables (10) and 70 chairs, a full kitchen, fenced in playground, and ample parking. Dining capacity is 70. The North Room (available for additional fee) is located off the main hall and is perfect for small meetings and or childcare during your event.



### Raymond & Hazel Nay Memorial Picnic Area

This large gathering area is ideal for a family picnic or simply celebrated "days in the park" with your office or community group. Located in the back of the park, this space is wonderfully shaded and includes counter tops, electrical outlets, and one large barbecue grill. Dining capacity is 250.

Visit [carmichaelpark.com](http://carmichaelpark.com) for a complete listing of facilities, fees and policies.

With all paid rentals CRPD provides onsite staff to assist you.



# Garfield House Event Venue Rental

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](http://carmichaelpark.com) or call (916)483-7826



## 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](mailto:TRS@saccounty.net) or visit [sacparks.net](http://sacparks.net)**

### Park Police & Security Concerns

FEC Park Police and Rangers patrol our parks daily providing security and law enforcement services. If you would like to report observations, complaints and tips to the Park Police, please contact them at [pop@fecrecpark.com](mailto:pop@fecrecpark.com).

**For Emergencies, call 911.  
For non-emergencies call (916) 874-5115**

### 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) 485-5322
- ▶ 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)

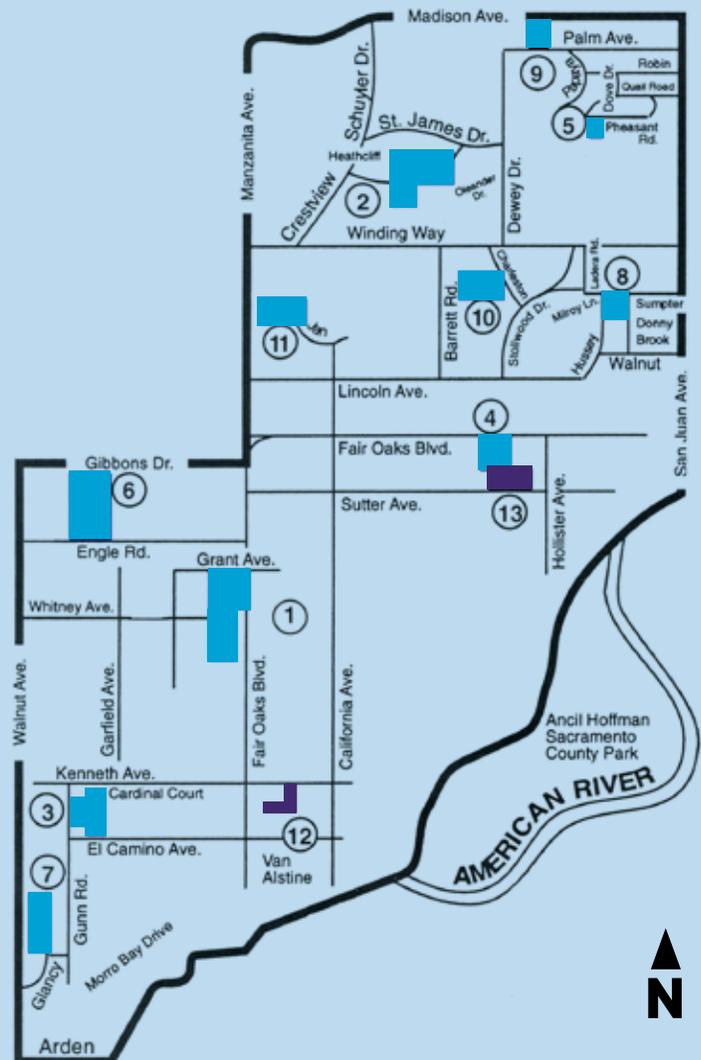
- ▶ Recreation Office: (916) 483-7826
- ▶ Maintenance Shop: (916) 487-6234
- ▶ John D. Smith Community Hall
- ▶ Meeting Rooms
- ▶ 2 Gymnasiums
- ▶ 1 Playground
- ▶ Soccer Fields
- ▶ Ball Fields
- ▶ Basketball Courts
- ▶ Chautauqua Playhouse: (916) 489-7529
- ▶ Sacramento Fine Arts Center: (916) 971-3713
- ▶ Therapeutic Recreation Services: (916) 484-2044

### 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

### Undeveloped Park Sites

12. Capra Park Site: 6600 Kenneth Avenue
13. Sutter-Jensen Community Park: 6917 Sutter Avenue





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4th

# DINNER

# *in the Park*

BENEFITING CARMICHAEL YOUTH & PARK BEAUTIFICATION PROJECTS

**SATURDAY, SEPTEMBER 10, 2022 at 5PM**

**Carmichael Community Gardens at Sutter Park  
& Jensen Botanical Gardens**

**MUSIC BY TODD MORGAN AND THE EMBLEMS  
CATERED BY HAWKS RESTAURANT**

**Individual Tickets - \$150 Table Sponsor - \$1500**

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