



EVENT AND CLASS OFFERINGS

FEBRUARY THRU MARCH 2010

CITY SPONSORED EVENTS

February 13: Valentine's Day Dance. Hosted by the Las Palmas Senior Club at Las Palmas Park, 7 p.m. to 12:00 a.m. Cost: \$8 for members, \$12 for non-members. **More info: (818) 898-7340.**

March 13: St. Patrick's Day Dance: Hosted by the Las Palmas Senior Club at Las Palmas Park, 7:00 p.m. to 12:00 a.m. Cost: \$8 for members, \$12 for non-members. **More info: (818) 898-7340.**

April 3: Easter Eggstravaganza. Everybunny's invited to the annual egg hunt event at Las Palmas Park, noon to 2:30 p.m. Carnival games, arts and crafts, and refreshments will be available. Free admission. **For more info: (818) 898-1290.**

CITY FACILITY LOCATIONS

Recreation Park &
Regional Pool Facility
208 Park Ave.
(818) 898-1290

Las Palmas Park
505 S. Huntington St.
(818) 898-7340

CLASSES AND ACTIVITIES

*Registration is open for the following classes and activities.
Call (818) 898-1290 to register or for more information.*

ADULT FITNESS

Adult Karate. Focuses on traditional Lima Lama martial arts with an emphasis on life-protection techniques. Formal belt ranking is available. For ages 18 and older. Meets at Las Palmas Park on Wednesdays, 6 to 8 p.m., and Saturdays, 10:30 a.m. to 12:30 p.m. Cost: \$35/mo.; does not include karate gi or belt. **Registration is on-going.**

Cardio Kickboxing. Combines kickboxing with aerobic movements for a high-energy, low-impact workout. For ages 16 and older. Meets Mondays and Wednesdays at Recreation Park, 6:30 to 7:30 p.m. Cost: \$35/mo. **Registration is on-going.**

Men's Adult Softball. Recreational teams compete in a fast paced softball league. For ages 16 and older. League play is Wednesday evenings at Recreation Park. Cost: \$320 per team. **Registration deadline is March 5. For more information or registration packet: (818) 898-1290.**

Co-ed Adult Kickball. Recreational teams compete in this new and exciting sport. For ages 16 and older. League play is Thursday evenings at Recreation Park. Cost: \$300 per team. **Registration deadline is March 5. For more information or registration packet: (818) 898-1290.**

Men's Adult Basketball. Recreational teams compete in an energetic basketball league. For ages 16 and older. League play is Tuesday and Thursday evenings at Recreation Park. Cost: \$300 per team. **Registration deadline is March 5. For more information or registration packet: (818) 898-1290.**

Maximum Fitness Classes. Multi-disciplinary cardio workouts designed to help increase muscular strength and body conditioning. For ages 15 and older. Meets Mondays, Tuesdays, and Thursdays at Recreation Park, 7:00 to 8:00 p.m. Cost: \$180/mo with the option of bi-monthly and weekly payments. **Registration is on-going. For more information or registration packet: (818) 898-1290.**

ARTS AND CULTURE

Aztec Dance. Explore the music, choreography and poetry of this ancient dance tradition. For ages 5 and older. Meets Fridays at Recreation Park, 7 to 9 p.m. Cost: \$10/eight-week session. **Registration ends February 26; next session begins March 5.**

Cardio Latin Dance. Combine aerobic movements with basic dance rhythms to learn Cha-Cha, Salsa and Rumba. For ages 16 and older. Meets Tuesdays and Thursdays at Recreation Park, 6:30 to 7:30 p.m. Cost: \$35/mo. **Registration is on-going.**

Mariachi Master Apprentice Program. Unites youth ages 11 to 18 with mariachi music masters. Focuses on instrument instruction, arrangement and performance skills. **More info: (818) 361-7155.**

Beginning Guitar. Introduction to basic guitar strums for the beginning student. For ages 8 and older. Meets Mondays and Thursdays at Las Palmas Park, 6:30 to 7:30 p.m. Cost: \$35/mo. **Registration is on-going.**

Mexican Folklorico Dance. Experience the regional dances of Mexico through movement and music. For ages 5 to adult. Meets Mondays, Wednesdays and Fridays at Las Palmas Park, 6:30 to 8 p.m. Cost: \$45/twelve-week session. **Next session begins April 2, 2010.**

AQUATICS

Lap Swim. Take to the water with health and fitness without interruption from other swimmers. Lap swim is available at the San Fernando Regional Pool Facility Monday through Friday at the following times: 6:00 a.m. to 2:00 p.m. and 5:30 to 7:30 p.m. Admission: \$3/day or \$25/mo.

Swim Lessons. Available to all ages and skill levels from beginner to expert at the San Fernando Regional Pool Facility. **Two-week group sessions will begin when enough students register** and consist of ten 40-minute lessons starting at 5:40 and 6:20 p.m. Cost: \$50/two-week session. Private lessons are also available. **More info: (818) 898-1290.**

Water Aerobics. Offers a fun, fast paced workout that gets you into shape without stress on the back or knees. For ages 18 and older. Meets Mondays through Thursdays, 9 to 10 a.m., at the San Fernando Regional Pool Facility. Cost: \$40/mo. or \$4/day.

SENIOR PROGRAMS

Arts and Crafts: The Crafty Ladies. Interact and share different crocheting techniques and projects. Meets Wednesdays at Las Palmas Park, 9 to 11 a.m. Free.

Bingo. Try your luck playing a game or two. Meets Mondays, Wednesdays, and Fridays at Las Palmas Park, 10 to 11 a.m.; and on Tuesdays at Recreation Park, 9:30 to 11:00 a.m. Cost: \$2 for 6 cards totaling 13 games. Participants play for prizes, no cash awards.

Elderly Nutrition Program. Socialize with others while eating a nutritious meal. Provided on a first-come, first-serve basis Monday through Friday, 9 a.m. to 1 p.m., at Las Palmas Park. For ages 60 and older. Suggested donation is \$2.00. Pre-registration is required.

Excursions

The City of San Fernando Senior Programs and the Las Palmas Senior Club offer a variety of trips throughout the year. Enjoy turn-arounds to local casinos and shows as well as multiple-day trips to Laughlin, Whiskey Pete's and San Francisco just to name a few. **More information: (818) 898-7341.**

Line Dance. Learn the basic steps of line dancing. Meets Fridays at Recreation Park, 10:30 to 11:30 a.m. Cost: \$10 for an eight-week session.

Lotería. Learn a game of chance that is similar to Bingo but uses pictures and cards in place of numbered ping pong balls. Meets Tuesdays and Thursdays at Las Palmas Park, 10 to 11 a.m. Cost: \$2 for 6 cards totaling 13 games. Participants play for prizes, no cash awards.

Music: The Golden Dreams. Participate in an instrumental ensemble and singing group. Meets Mondays at Las Palmas Park; and Tuesdays and Thursdays at Recreation Park, 9 to 11 a.m. No cost; donations are accepted. Registrations are taken on-site by the instructor.

Senior Fitness and Yoga

Note: Registrations are taken on-site by the instructor. Cost: \$10 per semester, semester begins February 8, 2010.

Senior Fitness. Focuses on cardiovascular endurance followed by a seated muscle-toning workout. Meets Mondays and Wednesdays at Las Palmas Park, 8:30 to 10 a.m.

Yoga for Seniors. Offers a combination of balance, aerobics and muscle strengthening exercises. Uses Chi-Gong, Yoga and other relaxation methods. Meets Tuesdays and Thursdays at Las Palmas Park, 9 to 11 a.m.

YOUTH SPORTS AND ACTIVITIES

After School Enrichment Program. Provides children a safe and supervised environment at the end of each school day until 6 p.m. Offers homework assistance, reading and literacy activities, recreational programming and an afternoon snack. Free; participation is limited to students who attend Gridley and Morningside Elementary. **More info: (818) 898-7362.**

Kids Karate. Teaches traditional Lima Lama martial arts and allows kids to discover self-confidence and discipline. Formal belt ranking is available. For ages 5 to 17. Meets at Las Palmas Park on Wednesdays, 6 to 8 p.m., and Saturdays, 10:30 a.m. to 12:30 p.m. Cost: \$35/mo.; does not include karate gi or belt. **Registration is on-going.**

Teen Volunteer Program. Allows teens to gain valuable work experience and to fulfill their community service requirement for school. Assignments include assisting city staff with youth programs and special events. Limited to students ages 14 through 19. **More info: (818) 361-7156.**

Tiny Tot Tumbling. Gives children ages 3 to 6 a fun and safe way to learn proper stretching techniques, front rolls and hand stands. Meets Saturdays at Las Palmas Park, 11 a.m. to noon. Cost: \$25/mo. **Registration is on-going.**