



EVENT AND CLASS OFFERINGS

JUNE THRU SEPTEMBER 2010

CITY SPONSORED EVENTS

4th of July Fireworks Extravangaza. Celebrate our Country's Independence Day at Recreation Park with excellent live music, special entertainment, food booths, an invitational car show, and a spectacular all-aerial fireworks display. Free Admission. For more info: **(818) 898-1290.**

Senior Dances: June 12, July 17, August 14 and September 18. Hosted by the Las Palmas Senior Club at Las Palmas Park, 7 p.m. to 12:00 a.m. Cost varies. More info: (818) 898-7340

Summer Concerts in the Park: August 22 and August 29. All concerts are free of charge, seating is festival-style, and concert-goers may bring lawn chairs and picnic dinners. Concerts begin at 6:30 p.m. at Recreation Park.

August 22: Mariachis under the stars with an opening performance by the City's nationally acclaimed Mariachi Master Apprentice Program.



August 29: BombaChante is an explosive ensemble that brings an awesome energy and presence to the stage. The crowds will be on their feet and dancing in the park. BombaChante also features Gabriel Gonzalez on lead vocals.
This Concert Is Sponsored By Los Angeles County Supervisor Zev Yaroslavsky.

Friday Family Dive-In Movies: July 9 & 23 and August 13 & 27. Bring the family on a hot summer night and take a dip in the pool, enjoy refreshments from our concession stand and watch a feature film. 7 p.m. to 10 p.m. at the San Fernando Regional Pool. Cost: \$3 children and seniors, \$4 adults. Buy pre-sale tickets and save \$1. For more info: **(818) 898-1290.**

Teen Splash Friday Night Dances: Middle School July 2 and August 6, High school July 16 and August 20. Now there's something fun for teens to do that won't break the bank. Dance and Swim while a DJ spins the latest hits. School ID must be presented at the door. Regular swim rules and attire enforced. Cost: \$3. Buy pre-sale tickets and save \$1. 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 up. 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 over. Meets Mondays and Wednesdays at Recreation Park, 6:30 to 7:30 p.m. Cost: \$35/mo. **Registration is on-going.**

Registration for Fall Men's Adult Softball*. Recreational teams compete in a fast paced softball league. For ages 16 and over. League play is Wednesday evenings at Recreation Park. Cost: \$340 per team. **Registration will begin August 2 and end August 27.**

Registration for Fall Co-Ed Adult Softball*. Recreational teams compete in a fast paced softball league. For ages 16 and over. League play is Tuesday evenings at Recreation Park. Cost: \$340 per team. **Registration will begin August 2 and end August 27.**

Registration for Fall Co-ed Adult Kickball*. Recreational teams compete in this new and exciting sport. For ages 16 and over. League play is Thursday evenings at Recreation Park. Cost: \$280 per team. **Registration will begin July 12 and end August 6.**

Registration for Men's Adult Basketball for Fall Season*. Recreational teams compete in an energetic basketball league. For ages 16 and over. League play is Tuesday and Thursday evenings at Recreation Park. Cost: \$300 per team. **Registration will begin August 23 and end September 17.**

For more information or to receive a registration packet call the Recreation and Community Services Department at (818) 898-1290.

ARTS AND CULTURE

Aztec Dance. Explore the music, choreography and poetry of this ancient dance tradition. For ages 5 and up. Meets Fridays at Recreation Park, 7 to 9 p.m. Cost: \$10/eight-week session. **Next session begins July 2.**

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 July 9, 2010.**

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, 10 to 11 a.m., at Las Palmas Park; and on Tuesdays, 9:30 to 11:00 a.m., at Recreation Park. 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 over. 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 Lake Tahoe, Las Vegas and Whiskey Pete's just to name a few. **More information: (818) 898-7341.**

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

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*. 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. Cost: \$25 for summer session. **Summer session begins July 12.**

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. Cost: \$5 seniors / \$10 non-seniors for summer session. **Summer session begins July 12.**

***Note: Senior Fitness** Registrations are taken at Las Palmas Park. **Yoga for Seniors** Registrations are taken on-site by the instructor. Summer session runs from July 12, through August 20, 2010.

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, literacy and enrichment activities, educational and 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 Wednesdays, 6 to 8 p.m., and Saturdays, 10:30 a.m. to 12:30 p.m., at Las Palmas Park. 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.**

Tiny Tot Soccer. An introductory class to this fun and popular sport. Students learn to kick, dribble and pass. Fundamental skills and good sportsmanship are emphasized. For ages 3 and 4. Meets at Recreation Park for the months of September, October and November. Cost: \$25/mo. **Registration will begin June 25 and end August 31.**

AQUATICS

For more information on the San Fernando Regional Pool Facility please click on the Link below: <http://www.ci.san-fernando.ca.us/pool/>