

RECREATION AND COMMUNITY SERVICES DEPARTMENT

**JOIN US FOR
OUR FUN
SPRING
ACTIVITIES!**

FITNESS & WELLNESS

pg. 2

TRANSIT SERVICES

pg. 2

SENIOR PROGRAMS

pg. 3

ARTS

pg. 3

UPCOMING SPECIAL

EVENTS

pg. 4

SPORTS & ACTIVITIES

pg. 4

**RECREATION
FACILITIES**

Recreation Park

208 Park Ave.

(818) 898-1290

Office Hours:

Mon-Thurs: 9:00am-1:00pm &
3:00pm-6:00pm

Fri: 9:00am-12:00pm

Las Palmas Park

505 S. Huntington St.


(818) 898-7340

Mon-Thurs: 8:00am-5:00pm

Fri: 8:00pm-2:00pm



VISIT US AT:

www.SFRCS.com —  Healthy San Fernando — www.HealthySanFernando.com

For more information on all programs and special events, please call 818-898-1290
Si necesita asistencia en la traducción, llama al 818-898-1290

FITNESS & WELLNESS

FATHER & CHILD FITNESS CLASS

Mondays & Wednesdays | 5:30pm-6:15pm | March 14th—April 20th

Fee: \$20/Pair or FREE (if currently enrolled in City Programs, Santa Rosa Baseball League, or San Fernando Little League)

Bond & improve your fitness with your child with this full-body exercise program (uncles/grandfathers welcome)! Children must be 10 years of age or older. Meets at Recreation Park.



FIT PASS CLASSES

Fit Pass is required to attend classes.

Purchase your Fit Pass at Recreation Park Department Office.



TOTAL BODY CONDITIONING

Mondays | 6:30pm

Prepare to sweat in this full-body workout! Engage in moderate-to-high intensity cardio and resistance exercises for all levels. Meets at Recreation Park.

MAT PILATES

Tuesdays | 8:15am

Improve your posture, balance, and coordination while exhaling your way to a stronger body. Designed for all fitness levels. Mat required. Meets at Recreation Park.

CYCLING

Wednesdays | 6:30pm

Ready to increase your cardiovascular endurance? This class is a vigorous workout on stationary bikes that burns calories for all levels! Meets at Recreation Park.

YOGA

Thursdays | 8:15am

Learn the principles of yoga to enhance flexibility, coordination, balance, muscle tone, and breathing capacity. Mat required. Meets at Recreation Park.

ZUMBA PASS CLASSES

Zumba Pass is required to attend classes.

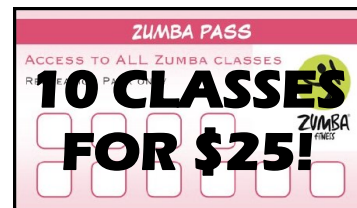
Purchase your Zumba Pass at Recreation Park Department Office.

ZUMBA

Mondays & Wednesdays | 5:20pm

Tuesdays & Thursdays | 6:30pm

Dance to non-stop choreographed routines to improve cardiovascular endurance while having a "fitness party"! Meets at Recreation Park.



FREE PROGRAMS

Participants must be 18+



**Nationally Recognized by
First Lady Michelle Obama**

100 CITIZENS: ADULT FITNESS

Mondays, Wednesdays, Fridays | 8:15am

Exercise stations for all fitness levels that focus on improving strength, endurance, balance, and agility with the goal of achieving a healthy-active lifestyle. Meets outside at Recreation Park.

100 CITIZENS: SENIOR FITNESS

Mondays, Wednesdays, Fridays | 8:15am

Targets fall prevention and improves the quality of daily living through balance, strength, and flexibility. Meets outside at Recreation Park.

100 CITIZENS: HEALTHY YOU

Mondays & Wednesdays | 9:30am

Health education classes to help with nutrition, weight management, stress control, motivation, and living a healthy lifestyle. Contact Nicole Mayo at nicole.mayo.599@my.csun.edu for more information. Meets at Recreation Park.

TRANSIT SERVICES

MISSION CITY TRANSIT

Transportation within San Fernando and to certain medical sites outside of the City.

Make your reservation: 818-366-4119

CITY OF SAN FERNANDO TROLLEY

Convenient and affordable family transportation within the City of San Fernando.

For more information: 818-898-1290

CITY RIDE

Senior transportation living in Arleta, Chatsworth, Granada Hills, Lake View Terrace, Mission Hills, Northridge, Pacoima, Panorama City, Sunland, and Tujunga. Make your reservation: 818-908-1901

DIABETES EMPOWERMENT EDUCATION PROGRAM

Tuesdays | 9:30am-11:30am | March 8th—April 12th

Learn how to better manage and live with diabetes by engaging in this hands-on workshop. Focuses on nutrition, physical activity, and more. Provided in Spanish by a trained health educator. Meets at Las Palmas Park.

NUTRITION PROGRAM

Monday—Friday | 10:00am

Fee: Suggested donation is \$2.00

Socialize while eating a nutritious meal. Home Delivered

Meals offered if qualifications are met. For ages 60+.

Pre-registration required. Meets at Las Palmas Park.

(Partially funded by Los Angeles County Community & Senior Services)

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

April 4th, May 2nd, June 6th | 9:00am-11:00am

Food assistance (1 free food kit) for low-income senior citizens (60+). Proof of income and identification required to qualify. Conducted by L.A. Regional Food Bank.

AARP Driver Safety Courses

Fee: \$15 (AARP Members) / \$20 (Non-Members)

Refresh your driving skills and possibly qualify for a discount on your car insurance. Offered monthly. Call 818-898-7340 for more information. Meets at Las Palmas Park.

ARTS & CRAFTS CLUB “The Crafty Ladies”

Wednesdays | 9:00am

Fee: Free

Share different crochet techniques and collaborate on special projects. Meets at Las Palmas Park.

RECREATION LOUNGE (AT LAS PALMAS PARK)

Play card games, dominos, or billiards. Room is equipped with a television. NO GAMBLING ALLOWED.

FITNESS CLASSES

at Las Palmas Park

April 4th—May 13th & May 16th—June 24th

\$30/6-week session (\$5 off if registered before first class)

STRETCH TO THE MUSIC

Mondays & Wednesdays | 9:00am-10:00am

Low-impact class to the beat of the music with emphasis on strength training, flexibility, balance and endurance.

CARDIO & STRENGTH

Mondays & Wednesdays | 10:30am-11:45am

This class will focus on cardiovascular exercise followed by Tai-Chi and strength building with hand weights.

MOVIN’ & GROVIN’ TO ZEN

Tuesdays & Thursdays | 8:30am-9:30am

Manage arthritis pains, improve cardiovascular endurance and flexibility with yoga and Tai-Chi movements.

BINGO

Recreation Park: Tuesdays | 9:30am

\$4 per card or \$6 for 2 cards

Las Palmas Park: Mondays, Wednesdays, Fridays | 10:00am

\$1 per card

Participants play for prizes, no cash prizes.

LAS PALMAS SENIOR CLUB (AT LAS PALMAS PARK)

Board Members Available: Mon/Wed/Fri | 9:00am-11:00am

Fee: Membership \$36 per year/\$18 per 6 months

Socialize with monthly meetings, dances and trips.

PARK AVE CLUB (AT RECREATION PARK)

Tuesdays | 9:00am

Fee: Free

Gathers for crocheting, bingo and monthly potlucks.

ARTS

MEXICAN FOLKDANCE

Beginner/Intermediate: Fridays | 7:00pm

Intermediate/Advanced: Wednesdays | 7:00pm

Fee: \$45/12-week session

Ages 5+. Meets at Las Palmas Park.

ALL ABILITIES ART CLASS

Thursdays | 4:00pm

Fee: \$35 (City Residents*) / \$40 (Non-Residents*) per month

*Proof of City Residency must be provided

Integrated arts class for elementary school aged children with and without disabilities! Meets at Las Palmas Park.

MUSIC CLASS

Tuesdays | 9:30am-11:30am

Fee: \$20/month

Learn instrument and singing techniques. Open for adults and seniors. Meets at Las Palmas Park.

MARIACHI MASTER APPRENTICE PROGRAM

Unites youth ages 11 to 18 with mariachi music masters. For more information: 818-361-7155.



AZTEC DANCE

Thursdays | 7:00pm

Fee: \$10/8-week session

Explore the music and poetry of ancient traditions. Meets at Las Palmas Park.

LINE DANCE

Fridays | 10:30am

Fee: \$10/8-week session

Learn basic Line Dancing. Meets at Recreation Park.

UPCOMING SPECIAL EVENTS



SIZZLIN' SUMMER NIGHTS

Recreation Park

Join us in June, July, and August for concerts, movie nights, and JAM Sessions (provided by the Ford Theatre Foundation)!

SENIOR EXPO

Friday, May 20th | 9:00am-2:00pm

Las Palmas Park

Celebrate Older American's Month with free health screenings, continental breakfast, presentations on health and wellness, lunch, and valuable resources from 20+ agencies.



SPORTS & ACTIVITIES

YOUTH ACTIVITIES

COUNSELOR-IN-TRAINING PROGRAM (C.I.T.)

For ages 14-18 (must be 14 by June 1st) to seek vocational skills through training in the Summer Day Camp and After School Program. With parental consent, engage in cultural and educational activities, field trips, socials and recreation programming. Registration begins in May. Contact 818-898-7362 for more information.

SUMMER DAY CAMP

June 20th—August 12th

Fee: \$85/week (City Residents*) | \$110/week (Non-Residents)

Arts and crafts, science, indoor/outdoor activities, swimming, sports, free lunch program, and field trips (additional cost). Registration begins in May (until capacity).

*Proof of City Residency must be provided for resident rate

AFTER SCHOOL PROGRAM

Free program for Gridley and Morningside Elementary students. Offers homework assistance, math, science, literacy, arts and crafts, cultural arts and recreational activities. Operates only on school days from dismissal until 6:00pm. Contact 818-898-7362 for more information.

SPECIAL OLYMPICS

BOCCE (February 20th—June 4th)

Saturdays | 10:00am—11:30am

Meets at Las Palmas Park

Contact 661-253-2121 for more information or registration!

TENNIS

at Pioneer Park

NJTL Classes (Ages 8-18)

NJTP Adult Classes (Ages 18+)

Mondays | 3:15pm—4:45pm **Saturdays | 8:30am—9:30am**

Fee: \$10/8-week session

Fee: \$30/4-week session

NJTP Pee Wee Classes (Ages 3-7)

Saturdays | 9:30am—10:30am

Fee: \$30/4-week session

Contact Coach Barbara at 818-434-9650 or 818-294-2671 for more information!

KARATE

at Las Palmas Park

Wednesday's | 6:00pm-8:30pm

and Saturday's | 10:00am-12:30pm

Teaches traditional Lima Lama martial arts to discover self-confidence and discipline. Karate gi or belt is an additional fee.

Fee: \$40 per month (on-going registration)

IN SEASON SPORTS

ADULT VOLLEYBALL (begins May 3rd)

Tuesdays (Advanced) & Thursdays (Beginner/Intermediate)

11 players maximum per team

\$30 per person (teams are welcome)

\$25 per person before April 22nd

Tuesday Advanced League Evaluation Game: April 26th*

*Must attend to be in the Advanced League

FUTSAL OPEN GYM (April 25th—June 15th)

Mondays & Wednesdays | 6:00pm-8:00pm

All ages welcome

SOCCER (Club Futbolito)

Youth Co-Ed Ages 11-15

Contact Freddy at 818-217-0858 for more information!

UPCOMING YOUTH SPORTS

Register today (registration ends July 16th)

BASKETBALL (begins June 20th)

Ages 5-8: \$80 (City Residents*) / \$90 (Non-Residents)

Ages 9-17: \$85 (City Residents*) / \$95 (Non-Residents)

Fee includes practices, games, jersey, and trophy

*Proof of City Residency must be provided for resident rate

CHEER (begins June 20th)

Ages 5-13: \$75 (City Residents*) / \$85 (Non-Residents)

Fee includes practices, games, uniform, and trophy

*Proof of City Residency must be provided for resident rate

UPCOMING ADULT SPORTS

KICKBALL

15 players maximum per team

\$350 per team / \$325 per returning team (before June 30th)

\$25 per free agent

Registration begins June 1st

SOFTBALL (begins July 5th)

16 players maximum per team

\$350 per team / \$325 per returning team

Registration begins June 14th