

Recreation and Community Services **Winter 2018 Programs**



Park Facilities

Recreation Park
208 Park Ave.

Las Palmas Park
505 S. Huntington St.

Pioneer Park
828 Harding St.

Layne Park
120 N. Huntington St.

Casa de Lopez Adobe
1100 Pico St.

Cesar E. Chavez Memorial
Wolfskill St. and Truman St.

Rudy Ortega Sr. Park
2025 Fourth St.

**Happy
New Year**

Visit us on



www.sfcity.org

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

FITNESS & WELLNESS

FIT PASS CLASSES

at Recreation Park

CYCLING

Monday | 5:30pm

Burn calories & increase cardiovascular endurance with this vigorous workout on stationary bikes.

YOGA

Tuesday | 8:15am, Thursday | 8:30am

Enhance flexibility, coordination, balance, and muscle tone with the principles of yoga. Mat required.

CROSSFIT / CARDIO TRAINING

Tuesday, Thursday | 5:30pm

Sculpt your body, tone up, and increase your cardiovascular ability through total-body training.

TRX STRENGTH TRAINING

Wednesday | 5:30pm

Develop strength, balance, flexibility, and core stability using your own body weight with the TRX suspensions.

FIT PASS Required



20% discount off any pass during the month of January!!

ZUMBA PASS CLASSES

at Recreation Park

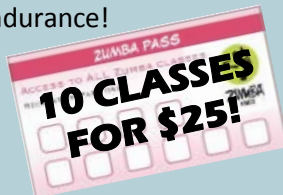
ZUMBA

Monday, Wednesday | 5:20pm

Tuesday, Thursday | 6:30pm

Dance to non-stop choreographed routines to improve cardiovascular endurance!

ZUMBA PASS Required



FREE FITNESS PROGRAMS

at Recreation Park

3 WINS
fitness

SENIOR FITNESS

Monday, Wednesday, Friday | 8:15am

Targets fall prevention and improves the quality of daily living through balance, strength, and flexibility exercises.

HEALTHY YOU

Monday, Wednesday | 9:30am

Health education classes to help with nutrition, stress, and healthy living.

ADULT OUTDOOR FITNESS

Monday, Wednesday, Friday | 8:15am

Improve your muscular fitness, cardiovascular endurance, balance, and agility. Designed for all levels.



MORE FREE FITNESS PROGRAMS

at Las Palmas Park

ARTHRITIS EXERCISE

Monday, Friday | 8:15am

This interactive program provides information and practical skills to help manage arthritis.

Session: January 17—February 28

WALKING GROUP

Tuesday | 8:20am

Join others for a fun interactive walk.

TRANSIT SERVICES

CITY OF SAN FERNANDO TROLLEY

Convenient and affordable transportation within the city.

[Information: 818.898.1290](tel:818.898.1290)

MISSION CITY TRANSIT

Transportation within San Fernando and targeted medical sites outside the City.

[Information: 818.366.4119](tel:818.366.4119)

CITYRIDE

Senior transportation for those living in the surrounding San Fernando areas: Arleta, Chatsworth, Granada Hills, Lake View Terrace, Mission Hills, Northridge, Pacoima, Panorama City, Sunland, and Tujunga.

[Information: 818.908.1901](tel:818.908.1901)

SPORTS & ACTIVITIES

WINTER SPORTS

at Recreation / Las Palmas/ Pioneer Park

ADULT VOLLEYBALL

Beginner / Intermediate: Thursday
\$30 / person, \$25 before 1/19/18
Register now

YOUTH CHEER

Ages 5-12: \$80 City Residents / \$90 Non-Residents
Discount for returning cheerleaders
Register before 1/26/17

KARATE

Traditional Lima Lama martial arts
Wednesday | 6:00pm—8:30pm
Saturday | 10:00am—12:30pm
\$40 / Monthly | gi belt additional fee

TINY TYLES BASKETBALL CLINIC

January | 6 week clinic
Ages 4-6: \$70 City Residents / \$80 Non City Residents
Register before 1/16/18

YOUTH BASKETBALL

Ages 7-17: \$85 City Residents / \$95 Non City Residents
Register before 1/26/18

TENNIS

NJTP Pee Wee | Ages 3-7
Saturday | 9:30am—10:30am
\$30 / 4 week session NJTP Adult | Ages 18+
Saturday | 8:30am—9:30am
NJTL Classes | Ages 8-18 \$30 / 4 week session
Monday | 3:15pm—4:45pm *Information: Coach Barbara*
\$10 / 8 week session 818.434.9650 / 818.294.2671

UPCOMING SPRING SPORTS

at Recreation / Las Palmas/ Pioneer Park

ADULT SOFTBALL (MARCH)

Coed: Tuesday | Men's Wooden Bat: Wednesday
\$350 New Team / \$325 Returning Team
Registration begins 1/15/18

ADULT VOLLEYBALL (APRIL)

Beginner / Intermediate: Thursday
\$30 / person, \$25 before 4/13/18
Registration begins 3/26/18

TEENS FOR A BETTER COMMUNITY (TBC)

Inspires youth to achieve full potential as productive citizens while developing character and leadership skills.
Upcoming meeting dates at Las Palmas Park: January 11, February 1, March 1, and April 5

ARTS

PROGRAMS

MUSIC CLASS

Tuesday | 9:30—11:30am
\$20 / Monthly

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

ALL ABILITIES ART CLASS

Thursdays | 4:00pm | \$5 Monthly Supply Fee
\$35 City Residents / \$40 Non-Residents / Monthly
Integrated arts class for elementary level aged children with / without disabilities. Meets at Las Palmas Park

LINE DANCE

Fridays | 10:30am
\$10 / 8-week session
Meets at Recreation Park

AZTEC DANCE

Thursday | 7:00pm
\$10 / 8-week session

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

MEXICAN FOLKDANCE

Beginner / Intermediate: Friday | 7:00pm
Intermediate / Advanced: Wednesday | 7:00pm
\$45 / 12-week session
Ages 6+. Meets at Las Palmas Park

MARIACHI MASTER APPRENTICE PROGRAM

Unites youth ages 11 to 18 with mariachi music masters.



SENIOR PROGRAMS

COMMUNITY SERVICES PROGRAMS

at Las Palmas Park

NUTRITION PROGRAM

Monday—Friday | 9:00am

Ages 60+: Suggested donation \$3.00

Pre-registration required. Partially funded by Los Angeles County Community & Senior Services

CSUN VITA CLINIC

January 27—April 14 | 10:00am

CSUN School of Business provides **FREE** income tax assistance for low income individuals, senior citizens, and those with disabilities. Meets Saturdays only.

COMMODITY SUPPLEMENTAL FOOD PROGRAM

January 8, February 5, March 5 | 9:00am

Food assistance : 1 free food kit for low-income senior citizens (ages 60+)

Conducted by L.A. Regional Food Bank.

AARP DRIVER SAFETY COURSES

\$15 (AARP members) / \$20 (Non-members)

Refresh your driving skills and possibly qualify for a discount on your car insurance.

Information: 818.898.7340



BINGO

Participants play for prizes, no cash prizes.

Recreation Park:

Tuesday | 9:30am | \$4/card or \$6/2cards

Las Palmas Park:

Monday, Wednesday, Friday | 10:00am | \$1/card

SENIOR ACTIVITIES

LAS PALMAS SENIOR CLUB

Board Members Available:

Monday, Friday | 9:30am

Membership is \$36 per year/ \$18 per 6 months

Socialize with monthly meetings, dances and trips

Meets at Las Palmas Park

SENIOR FITNESS CLASSES @ Las Palmas Park

Improve confidence, flexibility, and strength

ZUMBA

Thursday | 10:00am

\$18 / Session (January 15—February 21)

STRETCH TO THE MUSIC

Monday, Wednesday | 9:30am

\$30 / Session (January 15—February 21)

LIFTING & ENERGY TRAINING

Tuesday, Thursday | 8:15am

\$30 / Session (January 15—February 21)



ARTS & CRAFTS CLUB "The Crafty Ladies"

Wednesday | 9:00am | Free

Share crochet techniques and enjoy special projects

Meets at Las Palmas Park

RECREATION LOUNGE @ Las Palmas Park

Play card games, dominos, or billiards. Room is equipped with game tables. No Gambling Allowed.

PARK AVE CLUB @ Recreation Park

Tuesday | 9:00am | Free

Gathers for crocheting, bingo and monthly potlucks.

UPCOMING EVENTS

FREE

SAN FERNANDO STREET FEST

1100 Pico St, San Fernando CA, 91340

March 31 | 9:30am—2:00pm



Bike, skate, rollerblade, walk, dance, eat, shop, and play in car-free streets!
This family-friendly event will also host the Spring Jamboree.

OPEN STREETS
MADE POSSIBLE BY

