

Recreation and Community Services
2018 Activities and Programs

*Hello
Fall*



For more information on all programs and special events, call (818) 898-1290.
Para mas información, llame al (818) 898-1290.

FITNESS & WELLNESS

FIT PASS CLASSES

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.

CARDIO TRAINING

Tuesday, Thursday | 5:30pm

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

TOTAL BODY CONDITIONING

Wednesday | 5:30pm

Develop strength, balance, flexibility, and core stability while burning calories and sculpting your body.



FIT PASS required | Purchased at Recreation Park.

FREE EXERCISE PROGRAM

Recreation Park

CHAMPIONS FOR LIFE - SENIOR FITNESS

Monday, Wednesday, Friday | 8:15am

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

OUTDOOR FITNESS

Monday, Wednesday, Friday | 8:15am

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

3 WINS
fitness



ZUMBA PASS CLASSES

Recreation Park

ZUMBA

Monday, Wednesday | 5:20pm

Tuesday, Thursday | 6:30pm

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



ZUMBA PASS required | Purchased at Recreation Park.



MORE FREE PROGRAMS

Las Palmas / Recreation Park

ARTHRITIS FOUNDATION EXERCISE

Monday, Wednesday | 8:15-9:15am | Las Palmas

Monday, Wednesday | 9:30-10:30am | Recreation

Great for people who have been diagnosed with arthritis and/or routinely experience joint pain, stiffness, and limited range of motion. October 8th—November 21st.

MEDICARE 101 @ Las Palmas Park

BY VERONICA GAGE INSURANCE

October 17th | 9:30-10:30am

TRANSIT SERVICES

CITY OF SAN FERNANDO TROLLEY

Convenient and affordable transportation within the City.

Information: 818.898.1290

MISSION CITY TRANSIT

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

Information: 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

SPORTS & ACTIVITIES

FALL SPORTS

ADULT VOLLEYBALL

Beginner / Intermediate: Thursday
\$20 / person—**FALL SPECIAL!**
@ Recreation Park

ADULT SOFTBALL

Coed: Tuesday | Men's Wooden Bat: Wednesday
\$350 New Team, \$325 Returning @ Recreation Park

KARATE (TRADITIONAL LIMA LAMA MARTIAL ARTS)

Wednesday | 6:00pm—8:30pm
Saturday | 10:00am—12:30pm
\$40 / Monthly | gi belt additional fee
@ Las Palmas Park

TENNIS

NJTP Pee Wee | Ages 3-7 NJTL Classes | Ages 8-18
Saturday | 9:30am—10:30am Monday | 3:15pm—4:45pm
\$30 / 4-week session \$10 / 8-week session

NJTP Adult | Ages 18+ @ Pioneer Park
Saturday | 8:30am—9:30am *Information: Coach Barbara*
\$30 / 4-week session 818.434.9650 / 818.294.2671

KIDZ LOVE SOCCER

Friday
Mommy/Daddy & Me | Ages 2-3 1/2 | 5:45-6:15pm
Tot/Pre Soccer | Ages 3 1/2-5 | 5:00-5:35pm
Soccer 1 | Ages 5-6 | 4:15-5:00pm
Soccer 2 | Ages 7-10 | 3:30-4:15pm
\$54 / 5-week session
@ Layne Park

YOUTH SOCCER

Ages 11-14
\$75 City Resident, \$85 Non-Residents
@ Recreation & Las Palmas Park



UPCOMING WINTER SPORTS

Recreation / Las Palmas/ Pioneer Park

ADULT VOLLEYBALL (JANUARY)

Beginner / Intermediate: Thursday
Fees: \$30 / person

YOUTH BASKETBALL (DECEMBER)

Ages 7-17: \$85 City Residents / \$95 Non-Residents
Registration period: 8/20/18—1/25/19

TINY TYKES BASKETBALL CLINIC (JANUARY)

Ages 4-6: \$70 City Residents / \$80 Non-Residents
Registration period: 8/20/18—1/15/19

YOUTH CHEER (DECEMBER)

Ages 5-12: \$80 City Residents / \$90 Non-Residents
Registration period: 8/20/18—1/15/19

ARTS

CULTURAL 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 school 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.



A CALIFORNIA STATE AGENCY



SENIOR PROGRAMS

COMMUNITY SERVICES PROGRAMS

Las Palmas Park

NUTRITION PROGRAM

Monday—Friday | 9:00am

Ages 60+: Suggested donation \$3.00

Pre-registration required. Home delivered meals available; contact YWCA San Gabriel Valley Senior Services at (626) 960-2995. Partially funded by Los Angeles County Community & Senior Services.

COMMODITY SUPPLEMENTAL FOOD PROGRAM

October 1st, November 5th, December 3rd | 9:00-11:00am

Food assistance : 1 free food kit for low-income senior citizens (ages 60+) Conducted by L.A. Regional Food Bank.



SENIOR FITNESS



SENIOR ZUMBA @ Las Palmas Park

Tuesday | 10:00am

FREE / Sponsored by SCAN Health Plan

STRETCH TO THE MUSIC @ Las Palmas Park

Monday & Wednesday | 9:30am

\$30 / 6-Week Session

LIFTING & ENERGY TRAINING @ Las Palmas Park

Friday | 8:15am

\$15 / 6-Week Session

CARDIO DANCE + PUMP @ Las Palmas Park

Thursday | 8:30am

FREE / 6-Week Session by CareMore Health



PICKLEBALL @ Las Palmas Park

Tuesday, Thursday | 11:30am-2:00pm

\$10 / Month, Fee includes equipment rental.



SENIOR ACTIVITIES



BINGO

Participants play for prizes, no cash prizes.

Recreation Park: **Tuesday | 9:30am | \$4/cd or \$6/2cdis**

Las Palmas Park: **Monday, Wed., Fri. | 10:00am | \$1/cd**

KARAOKE @ Las Palmas Park

1st and 3rd Monday of the month | 10am | Free

Bring your best voice and sing popular songs from the past.

LAS PALMAS SENIOR CLUB

Board Members Available:

Monday, Wednesday | 9:30am

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

Socialize with monthly meetings, dances and trips.

ARTS & CRAFTS CLUB “The Crafty Ladies”

Wednesday | 9:00am | Free | @ Las Palmas Park

Share crochet techniques and enjoy special projects

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 crochet projects, bingo and monthly potlucks.

UPCOMING FUN

PARK CLEAN-UPS

8:00-10:30am

October 13th | Mission City Trail (1st & Wolfskill)

October 20th | Mission City Trail (1st & Maclay)

Join in beautifying our local parks!

What to bring: Gloves, rakes, brooms, and/or non-powered equipment as well as sunscreen, water, and gardening appropriate clothing.

WINTER CAMP

December 17th—January 4th

Monday—Friday: 7:30am—5:30pm (Closed on Holidays)

Registration: November 13th—December 14th

\$85 / Week / Child (field trips not included)

Ages: 5—13yrs

HOLIDAY TREE LIGHTING CELEBRATION

6:00-9:00pm

December 6th | Brand Blvd. and Celis St.

Join us for our annual Holiday Tree Lighting Celebration.

Enjoy FREE Santa photos, entertainment, face painting, arts & crafts, vendors, and more. For more information please call (818) 898-1290.

