

# 12 TEEN / ADULT CLASSES



## Internet Drivers Ed

### Online Course

Ages: 14-18

Driver Education is a California required course for teens to receive a driver's license. This Driver Education class is the first step that must be taken to receive a driver's permit. This course, run through the AllGood Education Corp, includes parental involvement, fun, and is interactive and educational. Course work can be completed at any time of day or night from home or any computer with an internet connection. DMV accepted completion certificates issued upon successful completion of the course. This course can be taken in lieu of the course that students can take in high school. Once you register for the course you'll be able to access the online course within 24 hours. Complete the course at your pace. Currently not offered for online enrollment.

Fee: \$40

## Teen Community Service - Volunteer Hours

Hey students ages 13 and up! You can fulfill your school's community service requirement while helping your community. We have fun volunteer opportunities for students at our special events. To volunteer for one or more of the below listed events fill out and return a Volunteer Application to the District office at the Community Center. Applications are available online at [OVparks.com](http://OVparks.com). Please drop off your application to the District office or email [chelsea@ovparks.com](mailto:chelsea@ovparks.com), at least 30 days in advance of the event to volunteer. An email will be sent a week in advance to confirm your participation.

### Volunteer Opportunity Events:

Family Fright Night - October 20

Holiday Reel - November 4

Community Tree Lighting - December 1

## Got Pics?

We're looking for your perfect pictures of you and your family engaged in play and fun in our parks, facilities and programs.

### Will you share with us?

Pictures may be used in our marketing pieces including our Activity Guide!

Email: [info@ovparks.com](mailto:info@ovparks.com)

# MIDDLE SCHOOL SPORTS

*The Middle School Sports Program allows students to play recreational sports while improving their skills.*

## Middle School Volleyball

Bump, set, spike! 6th, 7th, and 8th grade students at Pasteur, Carnegie, Orangevale Open, Golden Valley Charter and Gold River schools can have fun while learning and improving their volleyball skills. This recreational league lets students compete against other middle school students. Everyone is placed on a team. Grades and schools may be combined, if necessary. Practice starts the week of August 28

### School Divisions:

Orangevale Open 6th, 7th & 8th

Pasteur 6th & 7th

Pasteur 8th

Carnegie 6th & 7th

Carnegie 8th

Golden Valley Charter 6th, 7th & 8th

Gold River 6th, 7th & 8th

Fee: \$105

## Middle School Flag Football

This league is open to 6th, 7th, and 8th grade students from Pasteur, Carnegie, Orangevale Open, Gold River and Summit Christian schools. Students compete against other middle school students in this recreational league. Everyone is placed on a team. Grades and schools may be combined, if necessary.

Practice starts the week of August 28

*All practices will be at Orangevale Community Center where teams will be created.*

Fee: \$105

## Middle School Boys Basketball

Season starts late October. Recreational leagues are offered for 6th, 7th and 8th grade boys at Pasteur, Carnegie, Gold River and Orangevale Open schools. Compete against other San Juan students. Students are evaluated during the workout period and then everyone is placed on a team. Grades and schools may be combined, if necessary.

### School Divisions:

Orangevale Open • 6th, 7th & 8th

Pasteur 6th & 7th

Pasteur 8th

Carnegie 6th & 7th

Carnegie 8th

Gold River 6th, 7th & 8th

Fee: \$105

**Enroll Online at [OVparks.com](http://OVparks.com)**

**You must be enrolled to attend practice.**



**Middle School  
Girls Basketball Season  
Starts Late January**



## RESCUE TRAINING CPR & FIRST AID CLASSES

Location: Rescue Training Institute, 13405 Folsom Blvd Ste# 150, Folsom  
 Instructor: Rescue Training Staff



### Child and Babysitting Safety

Ages: 11-15

A course for building a safe and successful babysitting business. Covers getting started, leadership, caregiving, safety and prevention, playtime and first aid tips.

CPR not included, see Babysitting CPR. No certification, participation card only. \$5 material fee due to instructor at first class.

09FA Tu/W 9/5 & 9/6 5:30-8:30pm  
 10FA Tu/W 10/10 & 10/11 5:30-8:30pm  
 11FA Tu/W 11/7 & 11/8 5:30-8:30pm  
 12FA Tu/W 12/5 & 12/6 5:30-8:30pm

Fee: \$55 / \$58 NR

### Babysitting CPR

Ages: 11-15

Teaches child & infant CPR. \$5 material fee due to instructor at class. No certification, participation card only.

09FA F 9/8 5:00-7:00pm  
 10FA F 10/13 5:00-7:00pm  
 11FA F 11/10 5:00-7:00pm  
 12FA F 12/8 5:00-7:00pm

Fee: \$35 / \$38 NR

### Orangevale Ukulele Fretters

Ages: 18+

Why not learn to play a fun and exciting new instrument, the ukulele. The Fretters are a local group of beginner to intermediate ukulele students who practice regularly. This is meant to be a fun class of individuals challenging themselves to learn to play the ukulele. Students must have their own ukulele.

Location: Classroom

Instructor: Orangevale Fretters

09FA M 9/11-9/25 1:00-2:30pm  
 10FA M 10/2-10/30 1:00-2:30pm  
 11FA M 11/6-11/27 1:00-2:30pm  
 12FA M 12/4-12/18 1:00-2:30pm

No class: 10/9

Fee: \$1 room fee per class (pay at site)

Orangevale Recreation & Park District

### Pediatric CPR & First Aid

Ages: 12+

Infant, Child, & Adult CPR and First aid.

This class is EMSA approved for daycare/ preschool providers. We are required to affix their approval stickers to your card at a cost of \$6, payable at class. \$10 material fee due to instructor at first class.

09AFA M/Tu 9/11 & 9/12 5:30-9:30pm  
 09AFB Sa 9/30 8:00am-5:00pm  
 10FA Sa 10/28 8:00am-5:00pm  
 11AFA M/Tu 11/13 & 11/14 5:30-9:30pm  
 11BFA Sa 11/18 8:00am-5:00pm  
 12FA Sa 12/16 8:00am-5:00pm

Fee: \$75 / \$78 NR

### Basic Life Support CPR & AED (Initial & Renewal)

Ages: 12+

Intended for present and future EMS, Medical, Dental & Allied Health professionals.

09AFA W 9/13 5:00-9:30pm  
 09BFA Sa 9/16 8:00am-12:30pm  
 09CFA Th 9/28 8:00am-12:30pm  
 10AFA W 10/4 5:00-9:30pm  
 10BFA Sa 10/14 8:00am-12:30pm  
 10CFA Th 10/26 8:00am-12:30pm  
 11AFA W 11/1 5:00-9:30pm  
 11BFA Sa 11/11 8:00am-12:30pm  
 11CFA Th 11/16 8:00am-12:30pm  
 12AFA Sa 12/9 8:00am-12:30pm  
 12BFA W 12/13 5:00-9:30pm

Fee: \$60 / \$63 NR

### Mandalas for Meditation

Ages: 18+ (12+ w/adult)

Discover the meditative process of making your own mandala! Creating mandalas can help relieve stress by calming the mind, inspiring a sense of mental and spiritual well being. Step-by step instruction will guide you through the process of creating your own meaningful design. Tap into your creative self and bring some inner peace to your life. \$10 material fee due to instructor at first class.

Location: Fair Oaks Arts & Crafts Bldg behind Clubhouse, 7997 California Ave, Fair Oaks

Instructor: Michelle Lueth

09FA F 9/29 1:00-4:00pm

Fee: \$24 / \$27 NR

### New! Creative Writing

Ages: 14+

Whether you are an experienced writer or have just toyed with the idea of learning how to write better, this class will help you find your voice. Explore the components that go into writing effective memoirs, poetry, short stories, essays and even a novel. Taught by a published author, paid columnist and award winning poet. Your writing will be greatly enriched through this class and you will have a lot of fun while you're at it!

Location: Classroom

Instructor: Victoria O'Kane

09FA W 9/13-10/25 4:30-6:30pm  
 10FA W 11/1-12/13 4:30-6:30pm

No class: 11/22

Fee: \$79 / \$82 NR

### New! Finding Your Joy

Ages: 14+

If you could wave a wand to be happier, wouldn't you? Learning the skills to heal emotional damage and raise your self-esteem will do just that. If you've struggled to find happiness and joy in life this class is a must! In a simple step by step plan Victoria O'Kane, author of A Journey to Joy, will teach you how to create the joy and confidence to have the life you deserve.

Location: Classroom

Instructor: Victoria O'Kane

09FA W 9/13-10/25 6:30-8:30pm  
 10FA W 11/1-12/13 6:30-8:30pm

No class: 11/22

Fee: \$79 / \$82 NR

