



## Shotokan

### Karate

Ages: 6+

This Japanese style of karate provides students a healthy balance between physical exercise and mental discipline. The results are improved coordination, focus and self confidence. This class accommodates all student levels from beginner to black belt. Each new student will be supplied a Gi to wear in class. Discount fees are not currently offered online.



### Youth Center Karate

ALL LEVELS

This class accommodates all student levels from beginner to black belt.

Location: Youth Center

Instructor: Sensei Adriaan Van Vuuren

Beginner	M/W	4:15-5:00pm
Yellow/Orange	M/W	5:00-5:45pm
Green/Blue	M/W	5:45-6:30pm
Purple/Red	M/W	5:45-6:30pm
Brown/Black	Tu/Th	5:00-6:00pm

09FA 9/5-11/30

10FA 10/2-12/21

11FA 11/1-1/30

12FA 12/4-2/27

No class: 9/4, 10/9, 11/22, 11/23, 12/25 thru 1/4/18. Class resumes 1/8/18

Fee: \$150 / \$153 NR

New students: \$60 / \$63 NR for first 3 months

Family Special: First person full price, each additional family member \$120 / \$123 NR 3 months.

### Grange Hall Karate

BEGINNER LEVEL

This class accommodates student levels from beginner to yellow belt.

Location: Orangevale Grange Hall

5807 Walnut Ave, Orangevale

Instructor: Sensei Adriaan Van Vuuren

Beginner/Yellow Tu/Th 6:15-7:00pm

09FA 9/5-11/30

10FA 10/3-12/21

11FA 11/2-1/25

12FA 12/5-2/22

No class: 11/23, 12/26 thru 1/4/18

Class resumes 1/9/18

Fee: \$150 / \$153 NR

New students: \$60 / \$63 NR for first 3 months

Family Special: First person full price, each additional family member \$120 / \$123 NR 3 months.

Orangevale Recreation & Park District

## Skyhawks

Location: OCC Soccer Field

Instructor: Skyhawks Staff

Fee: \$76 / \$79 NR

### Mini Hawk Clinic

Ages: 4-7

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun! Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt, sports ball and merit award. Participant-to-coach ratio is 8:1.

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09FA W 9/6-10/11 3:30-4:30pm

10FA W 10/18-11/29 3:30-4:30pm

No class: 11/22

### Beginning Golf Clinic

Ages: 5-9

Using the SNAG (Starting New At Golf) system, participants learn the fundamentals of putting, chipping, pitching and driving in addition to the rules, etiquette and strategy of the game. Our progressive curriculum and modified equipment has simplified instruction so that young players can make an effective transition onto the golf course. All equipment is provided. All participants receive a t-shirt and merit award. Participant-to-coach ratio is 8:1.

09FA W 9/6-10/11 4:45-5:45pm

10FA W 10/18-11/29 4:45-5:45pm

No class: 11/22

### Futsal Factory

Take your soccer skills to the next level. Futsal is fun, fast, exciting and recognized as the #1 way to develop serious skills. Each one of our Futsal Factory training classes is action packed with high energy and dynamic training activities. This creates an environment which not only promotes skill development but is also a lot of fun!

Location: OCC Gym

Instructor: Futsal Factory Staff

Ages: 10 & under

10AFA Su 10/29-11/19 10:00-11:00am

11AFA Su 11/26-12/17 10:00-11:00am

Ages: 11+

10BFA Su 10/29-11/19 11:00am-12:00pm

11BFA Su 11/26-12/17 11:00am-12:00pm

Fee: \$65 / \$68 NR

## Youth Aikido

Ages: 8-15

Yoshinkan Aikido is a non-competitive martial art for all ages with a primary focus of self-defense and self-discipline. Aikido allows each student to train at their own pace, without pressure, in a safe and fun environment. This class offers a "Family Training" option to train together.

Location: Youth Center

Instructor: Steven Miranda

09FA Tu/Th 9/2-9/30 6:30-7:30pm &

Sa 8:30-9:30am

10FA Tu/Th 10/3-10/31 6:30-7:30pm &

Sa 8:30-9:30am

11FA Tu/Th 11/2-11/30 6:30-7:30pm &

Sa 8:30-9:30am

12FA Tu/Th 12/2-12/21 6:30-7:30pm &

Sa 8:30-9:30am

No class: 11/23, 12/23 thru 12/30.

Class resumes 1/2/18

Fee: \$35 / \$38 NR per month or

\$90 / \$93 NR for 3 months

New students: \$55 / \$58 NR for the first 3 months

Family Discounts: First person full price, each additional youth member \$25 / \$28 NR per month or \$75 / \$78 NR for the first 3 months. Adult members \$53 / \$56 NR per month or \$165 / \$168 NR for 3 months

Family training option: Adult members \$40 / \$43 NR per month or \$100 / \$103 NR for 3 months and youth members \$25 / \$28 NR per month or \$75 / \$78 NR for 3 months and train together.



## Just 4 Kicks Soccer

Learn to play soccer, just for the fun of it! Each class includes warm-up, skill introduction, demonstration, practice of the skill and play in recreational games. Emphasis is on learning and having fun. Shin guards are mandatory after the first class. **Call the class hotline at 916-359-6681 after 1:00pm** to verify class for that day.

Location: Youth Center Field  
 Fee: \$65 / \$68 NR

### Pre K Soccer

Ages: 3.5-4  
 Three and four-year-olds explore the game of soccer by learning fun soccer ball drills like dribbling, passing and how to play soccer with other children.

09AFA Sa 9/16-11/4 2:30-3:00pm

### K Soccer

Ages: 4-5  
 Recreation games guide learning through play. Skills and drills will begin to make the game of soccer come together for your Kindergartner.

09BFA Sa 9/16-11/4 3:00-3:35pm

### K-1 Soccer

Ages: 5-6  
 Players work their skills by utilizing a practice method of game play. Sportsmanship, fun and knowledge of soccer are increased in this class.

09CFA Sa 9/16-11/4 3:35-4:20pm

### Grades 2-6 Soccer

Ages: 7-12  
 Passing, shooting, dribbling, GOAL! Emphasis is on putting it all together—skills, strategy, sportsmanship and team play. Learn offense and defense through scrimmages in small sided game format.

09DFA Sa 9/16-11/4 4:20-5:20pm



Location: Classroom  
 Instructor: Kori Scott  
 Please wear comfortable clothes/shoes that allow movement.

## TwirlSport Tumbling

Perfect for gymnasts of all ages and ability levels to train in a fun group setting. Learn everything from basic cartwheels, to side aerials and back handsprings!

### Ages: 5-12

09FA Tu 9/5-9/26 6:00-6:45pm  
 10FA Tu 10/3-10/24 6:00-6:45pm  
 Fee: \$40 / \$43 NR • 4 weeks  
 11FA Tu 11/7-11/28 6:00-6:45pm  
 12FA Tu 12/5-12/19 6:00-6:45pm  
 No class: 11/21  
 Fee: \$30 / \$33 NR • 3 weeks

### Ages: 13-17

09FA Tu 9/5-9/26 6:45-7:30pm  
 10FA Tu 10/3-10/24 6:45-7:30pm  
 Fee: \$40 / \$43 NR • 4 weeks  
 11FA Tu 11/7-11/28 6:45-7:30pm  
 12FA Tu 12/5-12/19 6:45-7:30pm  
 No class: 11/21  
 Fee: \$30 / \$33 NR • 3 weeks

## New! Ballet 1 / Tap 1

Ages: 6-9  
 A wonderful introduction to both ballet and tap dance! It is a combination class where class time will be split and students will learn basic ballet positions, basic ballet and tap steps while building an understanding in both ballet and tap dancing. Students should wear a dancer's leotard with tights and have both ballet and tap shoes for class. Please have dancers wear their hair pulled back in a bun.

Location: Classroom  
 Instructor: Melissa Reich  
 09FA Th 9/7-9/28 4:00-4:45pm  
 10FA Th 10/5-10/26 4:00-4:45pm  
 11FA Th 11/2-11/30 4:00-4:45pm  
 No class: 11/23  
 Fee: \$60 / \$63 NR • 4 weeks  
 12FA Th 12/7-12/21 4:00-4:45pm  
 Fee: \$45 / \$48 NR • 3 weeks



## TwirlSport Cheer

### Ages: 5-12

Designed to help a new cheerleader on all areas of the sport, while meeting new friends. Learn proper technique on everything from jumps and kicks to gymnastics tumbling. Optional \$22.50 set of poms, payable to instructor.

09FA Tu 9/5-9/26 5:15-6:00pm  
 10FA Tu 10/3-10/24 5:15-6:00pm  
 Fee: \$40 / \$43 NR • 4 weeks  
 11FA Tu 11/7-11/28 5:15-6:00pm  
 12FA Tu 12/5-12/19 5:15-6:00pm  
 No class: 11/21  
 Fee: \$30 / \$33 NR • 3 weeks

## New! Ballet 2 / Tap 2

Ages: 9-12  
 This class will cover and focus on ballet fundamentals, technique, etiquette and proper body placement. Students will be introduced to ballet jumps and turns. Tap combinations will be introduced and body awareness and balance will be focused on. Students should wear a dancer's leotard with tights and have both ballet and tap shoes for class. Please have dancers wear their hair pulled back in a bun. Ballet 1/ Tap 1 is recommended pre-requisite, however it is not a requirement.

Location: Classroom  
 Instructor: Melissa Reich  
 09FA Th 9/7-9/28 4:45-5:30pm  
 10FA Th 10/5-10/26 4:45-5:30pm  
 11FA Th 11/2-11/30 4:45-5:30pm  
 No class: 11/23  
 Fee: \$60 / \$63 NR • 4 weeks  
 12FA Th 12/7-12/21 4:45-5:30pm  
 Fee: \$45 / \$48 NR • 3 weeks



## Winter Youth Basketball

Grades: 2nd-6th

This coed recreational basketball league helps players learn and practice fundamental basketball skills. Emphasis is on skill development, participation and teamwork. Skill development clinics are offered prior to league play to prepare players for the league. Teams are formed after the skill clinics at the first practice. Teams practice once per week and play 6 games. Teams are coached by parent volunteers with the aid of OVparks basketball staff. Parent orientation is held at each skills clinic and volunteers can sign-up to coach at orientation. Register for the league with OVparks office, online or at the skills clinic. League limited to 40 players per division with a maximum of 10 players per team. Children should attend both of the skills clinics if able. Program fee includes jersey and a participation award.

### SKILLS CLINIC & PARENT ORIENTATION:

Location: OCC Gym

Saturday 1/13 and 1/20

2nd/3rd Grades meet at 10:00am

4th/5th/6th Grades meet at 11:00am

### 2nd/3rd Grades Practice

(everyone attends 1st practice at 5:30pm)

Starting 1/23 • Tuesdays at 5:30pm or 6:30pm

### 4th/5th/6th Grades Practice

(everyone attends 1st practice at 5:30pm)

Starting 1/25 • Thursdays at 5:30pm or 6:30pm

Location: Pasteur Middle School

### Divisions:

01AWS Tu/Sa 1/23-3/10 5:30pm or 6:30pm 2nd/3rd Boys and Girls

01BWS Th/Sa 1/25-3/10 5:30pm or 6:30pm 4th/5th/6th Boys and Girls

### All Division Games:

**1st Game:** Saturday, 2/4

Saturdays 11:00am, 12:00pm, 1:00pm or 2:00pm

Fee: \$115 / \$118 NR



## Top Notch Basketball League

Grades: 2nd-8th

This mini league will help you improve your basketball skills, agility, balance and conditioning. Players sign up individually and go through our skills evaluations. Players are placed on teams and will play season games leading up to playoffs. Practice weekdays with games on Sundays. Players will be informed by the coach on their exact game times. \$25 for a new player's jersey due to the instructor at first practice.

Location: Skills & Practices at Pasteur Gym & Games held at OCC Gym

Instructor: Top Notch Staff

### Grades: 2nd – 4th

Skill Evaluation:	W	9/13	5:30-7:30pm
Practice:	W		5:30-7:30pm
Games:	Su		3:00 & 4:00pm
09AFA	W/Su	9/20-10/29	

### Grades: 5th – 6th

Skill Evaluation:	Tu	9/12 & Th 9/14	5:00-7:00pm
Practice:	Tu or Th		5:00-7:00pm
Games:	Su		5:00 & 6:00pm
09BFA	Tu or Th/Su	9/19 or 9/21-10/29	

### Grades: 7th – 8th

Skill Evaluation:	Tu	9/12 & Th 9/14	7:00-9:00pm
Practice:	Tu or Th		7:00-9:00pm
Games:	Su		7:00 & 8:00pm
09CFA	Tu or Th/Su	9/19 or 9/21-10/29	

Fee: \$125

## New! Better, Faster, Stronger

Ages: 10+

Gain a competitive edge for your athlete with sports performance. Participants will be trained by a certified personal trainer and sports performance coach. Focus on strength, agility and speed to take your sport performance to the next level. Please wear appropriate clothing and shoes, bring a water bottle, towel and yoga mat.

Location: New Fire Fitness,

8303 Sierra College Blvd., Roseville

Instructor: Travis Grosjean, NASM-CPT, PES

09FA M 9/11-10/2 4:30-5:30pm

10FA M 10/16-11/6 4:30-5:30pm

11FA M 11/13-12/4 4:30-5:30pm

Fee: \$89 / \$92 NR



## TigerSharks Swim Team

Handbook / Registration materials are available online at [OVparks.com](http://OVparks.com) and at the District Office as of 1/8.

**Returning** swimmer registration begins 1/8 • **New** swimmer registration begins 2/5

**Due at enrollment:** A \$75 CHECK deposit holds your spot until 4/16, when full registration fees are due.

Checks only, payable to: OVTS Parents Club

The Orangevale TigerSharks is a summer competitive swim team with the emphasis on fun. Swimmers with or without swim team experience who can swim one 25 yard length of the pool can join this District sponsored team. The program focus is on developing swimmers in a supportive and team oriented environment. Parents and families factor in on the fun, assisting with swim meets and team socials. The season runs from May thru July each year. Practice is held afternoons in May/ June and in the morning or afternoon in June/July. Meets are held in June and July. TigerSharks swim against the Cordova Blue Marlins, Placerville Dry Diggins Dolphins, Auburn Robelos, and Arden Manor Pirates. For complete details on the team, visit [OVparks.com](http://OVparks.com) and click on Sharky, the team mascot. There is a limit of 25 swimmers per age / gender division for ages 7 and up and a limit of 15 swimmers for Boys 6 & under and Girls 6 & under.



### Swimmer's age divisions:

Boys 6 & under	Girls 6 & under
Boys 7-8 years	Girls 7-8 years
Boys 9-10 years	Girls 9-10 years
Boys 11-12 years	Girls 11-12 years
Boys 13-14 years	Girls 13-14 years
Boys 15-18 years	Girls 15-18 years

Fee: \$150 / \$155 NR per swimmer, due by 4/16

Family Discount: \$5 off for 2nd swimmer & \$10 discount for 3rd & 4th swimmer.

Swimmers in the 15-18 age group may qualify for a reduced fee of \$75 / \$80 NR if the swimmer volunteers to assist coaches during practices.

Other fees include; refundable Family Service deposit check of \$75, due at enrollment; optional split payment \$10; \$4 Splash Fee for Championship Meet; optional Meet of Champions post season training fee and Meet of Champions entry fee.

## New! Kids Ninja

Ages: 6-12

This class encompasses obstacle course activity as seen on the show American Ninja Warrior such as warp wall, door knob, ninja run etc. This class is a blast for kids ages 6 to teen.

Location: THE STUDIO Martial Arts & Fitness  
8200 Sierra College Blvd. Ste. D, Roseville  
Instructor: The STUDIO Staff

### Choose which two days to attend:

M, Tu, W, or Th

09FA	9/5-9/28	4:45-5:30pm
10FA	10/2-10/30	4:45-5:30pm
11FA	11/1-11/30	4:45-5:30pm
12FA	12/4-12/28	4:45-5:30pm

No class: 11/22, 11/23, 12/25, 12/26

Fee: \$100 / \$103 NR

## Parkour & Free Running

Ages: 5-13

Unleash your inner Ninja Warrior by learning how to climb and vault over obstacles. Parkour is the ultimate body weight work out that is incredibly fun, challenging, and helps develop functional skills both in mind and body. All ages can learn to be strong and useful with the most experienced and certified trainers in the California region. Comfortable clothes for movement and soft sole shoes are required.

Location: Free Flow Academy  
1106 Tinker Road #150, Rocklin  
Instructor: Free Flow Staff

09AFA	W	9/6-10/25	6:30-7:30pm
09BFA	Th	9/7-10/26	6:30-7:30pm
09CFA	F	9/8-11/3	4:30-5:30pm

No class: 9/29

Fee: \$117 / \$120 NR

## New! Aerial Silks Skills for Beginners

Ages: 11+

The first and only Aerial Silks/Art schools in this area. Class includes Silks and Spanish Web, and is the perfect choice for practitioners who enjoy cirque style disciplines and workouts. Like many disciplines, the Aerial Arts are highly technical, and if you are interested in gaining a unique and amazing skill, while meeting challenges in a relaxed and friendly atmosphere.

Location: Free Flow Academy  
1106 Tinker Road #150, Rocklin  
Instructor: Free Flow Staff

09AFA	W	9/6-10/25	6:30-7:30pm
09BFA	Th	9/7-10/26	6:30-7:30pm
09CFA	F	9/8-11/3	4:30-5:30pm

No class: 9/29

Fee: \$117 / \$120 NR