

Teen Extreme

Summer Camp for ages 12 to 15 years

Nothing to do this summer? Get ready for a week of fun trips, swimming, games, and activities just for teens. By joining the Teen Extreme Summer Camp, teens are guaranteed to have a blast! Enjoy the week with daily field trips, from Sunsplash to Discovery Kingdom, swimming at the community pool, spending time with friends, and just getting out of the house! Teens bring their own lunches and snacks daily. Camp hours are Monday-Friday, 8:30am-4pm, with 2 extended day field trips. Base camp for Teen Extreme is at the Orangevale Activity Building. FEE: \$189 (\$192 NR)

Ridin' Krazy

Session 1 - Aug 9-13

Monday 8/9

Sunrise Fun Center
Bumper Boats and Golf

Tuesday 8/10

Roseville Golfland
Laser Tag and Arcade

Wednesday 8/11

Six Flags Discovery Kingdom

Thursday 8/12

Mardi Gras and Community Pool
Bowling and Swimming

Friday 8/13

Sunsplash
Waterslides & Pizza



INTERNET DRIVER EDUCATION

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 so the teen can receive a driver's permit. This course, run through the AllGood Education Corp, includes much parental involvement, and is fun, 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. The 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. *Register anytime. Complete the course at your pace.*

AGES: 14-18 years

FEE: \$75 (\$78 NR)

Teen

COMMUNITY SERVICE VOLUNTEER HOURS

Hey, students ages 13 and up! Turn your volunteer hours from "Ahhh, man" to "Heck, yeah"! Complete those volunteer community service hours for school. Volunteer at the "fun"est place in town, the Orangevale Recreation and Park District. Call the District Office at 988-6140 the first of every month to see what volunteer opportunities are available.

Volunteer applications are available online at ovparks.com

JR. LEADER PROGRAM

For youth 13-15 years

Jr. leaders earn valuable work experience while learning all the "behind-the-scenes" responsibilities of a day camp counselor—like how to lead group activities and what to do in case of an emergency. Jr. Leaders receive one week of training followed by scheduled volunteer hours in our Rec'ing Crew camp program where they will work along side our day camp counselors. Jr. Leaders volunteer 2 days per week for either a morning or afternoon shift. Because this is such a special experience, only four teens will be accepted into the program. Jr. Leader application forms must be turned in by **Friday, May 14**. For more information call 988-6140.

LOCATION: OCC Activity Building

FEE: \$55 (\$59 NR) includes T-shirt

SESSION DATE: June 14-Aug 13



CERTIFIED BABY-SITTING

Develop lifelong skills and job responsibilities while earning money when you become a certified baby-sitter. You'll learn how to provide safe and responsible care for children in the absence of parents or adult guardians. Develop skills in caring for medical emergencies while learning how to prevent accidents. Gain knowledge about interviewing and professionalism. *Wallet certificate issued upon completion of the class. Bring a snack to eat during break.*

AGE: 12+

INSTRUCTOR: Cathy Statham

LOCATION: OCC Meeting Rm.

DAY/TIME: Tuesday & Wednesday / 4-7pm

FEE: \$55 (\$58 NR)

SESSION DATE: June 15 & 16

TEEN/ADULT AIKIDO

Aikido is a non-competitive martial art for all ages. The primary focus in this program is self-defense and self-discipline. Yoshinkan Aikido allows each student to train at their own pace, without pressure, in a safe and fun environment.

AGES: 14+

INSTRUCTOR: Steven Miranda

LOCATION: Orangevale Youth Center

DAY/TIME: Tue & Thu, 7:30-10pm
and Sat, 7:30-8:30am

FEES: \$63 (\$66 NR) per month

OR \$175 (\$178 NR) for 3 months

Special introductory offer: 3 months for \$150 (\$153 NR) for new students only!

Family Special: First person full price, each additional youth member \$25 (\$28 NR), each additional adult member \$53 (\$56NR) per month.

Session 1 May 4-29

Session 2 June 1-29

Session 3 July 1-31

Session 4 August 3-31

DISC GOLF COURSE

Orangevale Community Park features a challenging 18 hole disc golf course which plays through a natural oak woodland. This unique facility has hosted many PDGA Tournaments, and is one of the best courses in the U.S. Access the course from Hazel Ave. entrance, between Elm and Oak.

SA SHOTOKAN KARATE

This Japanese style of karate provides students a healthy balance between physical exercise and mental discipline. This results in 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.

AGES: 6+

INSTRUCTOR: Sensei Adriaan Van Vuuren

LOCATION: Orangevale Grange Hall, 5807 Walnut Ave, Orangevale

FEE: \$50 (\$53 NR)/session

Special introductory offer: 3 months for \$60 (includes "Gi") for new students only!

Family Special: First person full price, each additional family member \$40 per month.

Continuing Student Special: \$125 for 3 mo/\$95 for 3 mo additional family member (same household).

DAY: Tue & Thu

LEVEL/TIME:

Beginner 5:30-6:15pm

Yellow/Orange 5:30-6:30pm

Green/Blue 5:45-6:45pm

Purple/Red 5:45-7pm

Brown/Black 5:30-7:30pm

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MIDDLE SCHOOL FLAG FOOTBALL

Season starts in September. This league is open to 6th, 7th, and 8th grade students from Pasteur, Carnegie, and Orangevale Open schools. Students compete against other San Juan middle school students in this recreational league. Everyone is placed on a team. Grades/schools may be combined, if necessary. Interested players should attend the 30 minute Football Information meeting. Register at the Orangevale Community Center. All players must register before attending practices. Registration forms are available at the community center, school offices, or from PE teachers.

FEE: \$90/student

GENERAL INFORMATION & REGISTRATION MEETING

Thursday, Aug 26, 4pm at the Orangevale Community Center

SCHOOL DIVISIONS:

Orangevale Open 6th, 7th & 8th

Pasteur 6th, 7th & 8th

Carnegie 6th, 7th & 8th

MIDDLE SCHOOL VOLLEYBALL

Season starts in September. Bump, set, spike! Sixth, seventh, and eighth grade students at Pasteur, Carnegie, Orangevale Open and Golden Valley Charter schools can have fun while learning and improving their volleyball skills. This recreational league lets students compete against other San Juan middle school students. Everyone is placed on a team. Grades and schools may be combined, if necessary. Interested players should attend the Volleyball Information meeting. Register at the Orangevale Community Center. All players must register before attending practices. Registration forms are available at the community center, school offices, or from PE teachers.

FEE: \$90/student

GENERAL INFORMATION & REGISTRATION MEETING

Thursday, Aug 26, 4pm at the Orangevale Community Center

SCHOOL DIVISIONS:

Orangevale Open 6th, 7th & 8th

Pasteur 6th & 7th Grade

Pasteur 8th Grade

Carnegie 6th & 7th Grade

Carnegie 8th Grade

Golden Valley Charter 6th, 7th & 8th