

CONNECT WITH US @OVPARKS



EMAIL: INFO@OVPARKS.COM

For your convenience, you can reach our offices by e-mail.

No matter what time it is, you can e-mail us your questions, comments, concerns and suggestions. We'll respond to you the next business day.

Is OV parks the Best in OV?

Here's your chance to let us know!

Get your vote in before voting ends on January 27, 2024!

VOTE FOR US AT WWW.BESTOFORANGEVALE.COM

Winners announced Feburary 2, 2024 at the Awards Dinner

Suggestions:

BEST ORANGEVALE EVENT OF THE YEAR:

Orangevale Community Tree Lighting

BEST HANGOUT:

Orangevale Community Park

BEST RECREATION:

Orangevale Recreation & Park District

BEST SPORTS ORGANIZATION:

Orangevale TigerSharks Swim Team



NEW! Arcade Cripple Creek Trail

The newly completed Arcade Cripple Creek Trail is 2.9 miles long and runs through Orangevale's Sundance Park and Streng Park.





Saturday, April 6th

9:30-11:30am

Orangevale Community Park (Filbert & Oak) | Paved Parking Lot

Volunteer today! We need your help to clean up the Orangevale Community Park! Come out by yourself, with your family, or with all your friends! Some gear will be provided, but bring extra gloves if you can. Make sure to complete your volunteer waiver before you show up for easy sign in. Available for download online at www.OVparks.com.

Fee: FREE



BOARD OF DIRECTORS

Sharon Brunberg, Manuel Meraz, Lisa Montes, Arica Presinal, Mike Stickney email: director@ovparks.com

Meets on the 3rd Thursday of every month, 6:30pm Orangevale Community Center

OFFICE HOURS

Monday-Friday, 8:30am to 4:30pm e-mail: info@ovparks.com

DISTRICT STAFF

Barry Ross, District Administrator

Jennifer Von Aesch, Finance / HR Superintendent

Melyssa Woodford, Admin Services Supervisor

Kathy Harling, Administrative Clerk

RECREATION STAFF

Jason Bain, Recreation Supervisor

Andrew Gross, Recreation Coordinator

Emi Rutkowski, Preschool Director

Danny Rodriguez, Custodian/Host II

PARK STAFF

Horacio Oropeza, Park Superintendent

Doug Fuhlrodt, Maintenance Foreman

Curtis Bryant, Bruce Edwards, Nelson Kirk, Lucas Lilly

Maintenance Staff

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Orangevale Recreation & Park District Office

6826 Hazel Avenue Orangevale, CA 95662

PHONE - 916-988- 4373 FAX - 916-988-3496 POOL - 916-988-1285

MAINTENANCE SHOP - 916-987-1507 **FIELD STATUS** - 916-987-1507



Saturday, April 13th • 7:00am-1:00pm OCC Parking Lot

Reserve your spot today!

Shoppers, bring the whole family, there is something for everyone! Sellers, turn your unwanted items into cash with hundreds of shoppers at every event. Space consists of two standard sized parking spots.

Fee: \$45 / \$48 NR

Register by April 1st and receive a \$5 discount!

Saturday, May 11th

9:00am-3:00pm Orangevale Community Center

Handmade crafts, unique gifts, jewelry, and direct sales from over 30+ vendors at this family friendly event. Vendors, this is a juried show, please submit your application by 3/8 to be included in the jury selection. Vendors will be contacted by 3/15. Vendor information and applications available online at OVparks.com.

FREE door prize drawings, every half hour!







A school year recreational program for preschoolers ages 3 to 4.

Orange Blossoms - Ages 3 & 4

Winter Session: Jan 23-Mar 21 Tu & Th 9:00-11:30am Spring Session: Apr 2-May 23 Tu & Th 9:00-11:30am

Session Fee: \$280 / \$285 NR

Kidz Korner is a PARENT PARTICIPATION program

Parents or "parent helpers" must assist in the classroom three to four times each session. This allows children to share their "school" experience with their moms, dads, grandparents or other care providers.

Location: Kidz Korner House, 6745 Hazel Avenue

Kidz Korner Registration Info

If space is available, **open registration** date are as follows:

Winter 2024 session begins January 8 Spring 2024 session begins March 11

Children currently enrolled in the program have priority to re-enroll into Winter and Spring sessions.

The program, which runs from September through May, is offered in four, eight week sessions: Fall, Late Fall, Winter and Spring. The focus of the program is on developing the social and peer interaction skills of your young child. Children are encouraged to work together in small groups to learn the necessary skills of taking turns and sharing. In addition, Kidz Korner offers age appropriate arts & crafts, pre-math concepts, stories, poems and music in an exciting "hands on" learning environment.

Children must be completely toilet trained to attend.

San Juan school holidays are observed.

YOUTH CLASSES

OVparks Adventure Crew

Ages: 5-12

Kids! Get ready for an exciting and fun-filled school break experience! These action-packed weeklong camps will give every young adventurer an exciting chance to explore and play while off school. Kids young and old will get to enjoy games, crafts, puzzles, and team building learning opportunities. Parents, choose a camp to fit your schedule. These camps are heaps of fun and we can't wait to see you there!

Location: Building 2, 6930 Hazel Ave.

Instructor: OVparks Staff

02WS M-F 2/19-2/23 American Adventure 8:00am-4:00pm 03WS M-F 3/25-3/29 Super Spring Spectacular 8:00am-4:00pm

Fee: \$196 / \$199 NR, 5 days \$166 / \$169 NR, 4 days

Zumbini

Ages: 2 months-4 years

Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! This is a parent participation program.

Location: Activity Building Instructor: Stephanie Tadlock

01WS W 1/10-1/31 10:00-10:45am 02WS W 2/7-2/28 10:00-10:45am 03WS W 3/6-4/3 10:00-10:45am 04WS W 4/10-5/1 10:00-10:45am

No class 3/27 Fee: \$43 / \$46 NR

BYERS GYMNASTICS

Location: Byers Gymnastics Center,

7700 Sunrise Blvd Ste #2200, Citrus Heights

Instructor: Byers Gymnastics Staff

Parent Participation Gymnastics Ages: walking-3

Designed for children from the time they begin walking till they turn 3. The focus is on gross motor skills such as climbing, rolling and jumping on our Tumble Track, low balance beams, incline mats, small bars and more. Parents help children through circuits and establishing sequencing patterns. Join us as we roll, bounce, climb and swing!

01WS	W	1/10-1/31	9:30-10:20am
02WS	W	2/7-2/28	9:30-10:20am
03WS	W	3/6-3/27	9:30-10:20am
04WS	W	4/3-4/24	9:30-10:20am

Fee: \$108 / \$111 NR

Tot Gymnastics

Ages: 3

In this first class without mom and dad, children learn how to listen to a teacher as they work on jumping, practice rolls, walking on the low balance beam and stepping over objects. Small bars are used to teach the 3-year olds hanging skills, as well as kickovers, and straddle up. We work with rhythms, pinwheels, donkey kicks and gymnastics tables.

01WS	Tu	1/9-1/30	9:30-10:25am
02WS	Tu	2/6-2/27	9:30-10:25am
03WS	Tu	3/5-3/26	9:30-10:25am
04WS	Tu	4/2-4/23	9:30-10:25am

Fee: \$108 / \$111 NR

KinderGym Gymnastics

Ages: 4-5

Learn basic gymnastics skills including proper stretching and conditioning. This class continues to develop body awareness while introducing Olympic events.

01WS	М	1/8-1/29	10:35-11:30am
02WS	М	2/5-2/26	10:35-11:30am
03WS	М	3/4-3/25	10:35-11:30am
04WS	М	4/1-4/22	10:35-11:30am

Fee: \$108 / \$111 NR

No class 1/15, 2/19

YOUTH CLASSES

BABY BALLET



Ages: walking-3

Ballet is the foundation of all dance so why not start early? Baby Ballet works the fundamentals for your young dancer through nursery rhymes your child might know.

Location: Activity Building Instructor: Alison Lloyd

01WS	Μ	1/8-1/29	9:00-9:30am	3 weeks
02WS	Μ	2/5-2/26	9:00-9:30am	3 weeks
03WS	Μ	3/4-4/1	9:00-9:30am	4 weeks
04WS	Μ	4/8-4/29	9:00-9:30am	4 weeks

No class 1/15, 2/19, 3/25 Fee: \$36 / \$39 NR, 3 weeks \$47 / \$50 NR, 4 weeks

* \$5 material fee for April due to instructor first class, cash only.



Pre Ballet

Ages: 3-6

Learn proper ballet terms in a fun atmosphere. Girls please wear pink tights, a black leotard without a skirt and ballet shoes. Boys please wear a plain white t-shirt and black shorts. Bare feet for the first class.

Location: Activity Building Instructor: Alison Lloyd

01WS M 1/8-1/29 9:30-10:15am 3 weeks 02WS M 2/5-2/26 9:30-10:15am 3 weeks 03WS M 3/4-4/1 9:30-10:15am 4 weeks 04WS M 4/8-4/29 9:30-10:15am 4 weeks

No class 1/15, 2/19, 3/25 Fee: \$36 / \$39 NR, 3 weeks \$47 / \$50 NR, 4 weeks

* \$5 material fee for April due to instructor first class, cash only.

YOUTH CLASSES

New! Together We Play

Ages: 2-5 (with adult participation)

Young children and their caregivers are invited to play and socialize while participating in sensory, art and movement activities all while exploring a central theme. Adult participation required.

Location: Activity Building Instructor: Stephanie Tadlock

01WS	F	1/19	9:30-11:00am
02AWS	F	2/2	9:30-11:00am
02BWS	F	2/16	9:30-11:00am
03AWS	F	3/1	9:30-11:00am
03BWS	F	3/15	9:30-11:00am
04AWS	F	4/5	9:30-11:00am
04BWS	F	4/19	9:30-11:00am

Fee: \$18 / \$21 NR

Kids Cooking Series

Ages: 6+

With over fifteen years teaching cooking classes, Chef Terry Masten will share professional techniques and tips in handson and fast-paced classes. Young chefs will have fun while learning, guaranteed! Safety is always the #1 priority in each class. Each class consists of hands-on preparation and every chef goes home with recipes from the class. Dietary issues can be accommodated, and no nuts are used in the recipes. **Please tie up your hair and wear closed-toe shoes.**

*Substitutions of ingredients may be necessary due to supply shortages and no refunds will be granted.

Location: Youth Center, 6745 Hazel Ave

Instructor: Terry Masten

Bread Workshop

Incredible aromas of bread in the oven, baking away, will fill your kitchen! Whether you serve guests an Artisan Homemade French Bread or a Rich Chocolate Tea Bread, your efforts will pay off in making master recipes to use over and over and over.

01WS F 1/19 4:00-5:30pm



Kids Night Out

Ages: 5-12

Parents take the night off and leave your kiddos with OVparks for an evening of fun! Kids get to enjoy themed activities and a pizza dinner. Each fun filled night is packed with games, crafts, "snacktivities" and so much more! Participants are welcome to dress up for the theme.

Location: Building 2, 6930 Hazel Ave.

Instructor: OVparks Staff

 02WS
 F
 2/9
 Magical Mysteries
 6:00-9:00pm

 03WS
 F
 3/15
 Lucky Leprechauns
 6:00-9:00pm

 04WS
 F
 4/19
 Earth Day Extravaganza
 6:00-9:00pm



Small Plates

Flavor, flavor and more flavors burst from Seasonal Veggie Sauté and Global Meatballs with Two Dipping Sauces you will have fun preparing. Set the table, get ready for compliments galore and empty plates!

02WS F 2/16 4:00-5:30pm

Global Sauces

Building a repertoire of sauce recipes is a must for every chef at every skill level. Musts include No Cook Pasta Sauce that is beyond incredible, Sofrito from the Latin cuisine which can become a staple in your kitchen as may a wonderful Chocolate Dipping Sauce.

03WS F 3/15 4:00-5:30pm

You Help Me

Help me put together an Italian feast of Winter Bruschetta and Weeknight Pasta Toss -- Fun, full of new tips and techniques ending in a meal like no other you or your guests have ever had. Come hungry and bon appétit!

04WS F 4/5 4:00-5:30pm

Fee: \$38 / \$41 NR, per class

AQUATICS



Handbook / Registration materials are available online at OVparks.com and at the District Office as of 1/8.

Returning swimmer, that swam in the 2 dual meets and championships in the 2023 season registration begins 1/8.

Open swimmer registration begins 2/5

Due at enrollment: A \$10 non-refundable swimmer deposit will be charged, per swimmer at enrollment that holds your spot until 4/8, when full registration fees are due. This is a non-refundable fee.

Fee: \$177 / \$182 NR per swimmer, due by 4/8

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 \$87 / \$92 NR if the swimmer volunteers to assist coaches during practices.

Other fees may apply. For full information, refer to T.S Parent Handbook.

Complete Lifeguard Training

Ages: 15+

Includes all of the certification required to be a pool lifeguard. Learn pool rescue skills and techniques including spinal management, distressed and submerged victims, and CPR for the Professional Rescuer. Participants must possess strong swimming skills. This class is a blended learning class with online and in-person learning. Upon successful completion of the course, participants will receive a certificate from American Red Cross valid for 2 years in Lifeguarding, CPR for the Professional Rescuer and First Aid.

Location: OCC Pool Instructor: OVparks Staff

03WS M-F 3/25-3/29 9:00am-5:00pm

Fee: \$178 / \$183 NR



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, Woodland Wreckers, Rio Linda Aqua Knights, Auburn Robelos, and Arden Manor Pirates. For complete details on the team visit OVparks. com. 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 9-10 years Girls 9-10 years Girls 13-14 years

Boys 7-8 years Girls 7-8 years Girls 11-12 years Girls 15-18 years



The Orangevale Community Pool has recently undergone a significant renovation, making it feel "like new" for the 2024 aquatic season.

Preschool Karate

Ages: 4-6

Allows young students to gain agility, learn how to listen, follow instructions and focus. Children will develop their motor skills and learn fundamental karate movements in a fun, yet disciplined way. AAU sanctioned. Each new student is supplied a Gi to wear in class.

Location: Youth Center, 6745 Hazel Ave. Instructor: Sensei Adriaan Van Vuuren 01WS M/W 1/3-3/27 4:15-4:45pm

02WS M/W 2/5-4/29 4:15-4:45pm 03WS M/W 3/4-5/27 4:15-4:45pm 04WS M/W 4/1-6/26 4:15-4:45pm No class 1/15, 2/12, 2/19, 5/27, 6/19

Fee: \$238 / \$241 NR

New students: \$143 / \$146 NR for the first 3 months

Youth Center Karate

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

Location: Youth Center, 6745 Hazel Ave. Instructor: Sensei Adriaan Van Vuuren

Beginner/Yellow/Orange 5:00-5:45pm Green/Blue/Purple/Red 6:00-6:45pm

01WS M/W 1/3-3/27 02WS M/W 2/5-4/29 03WS M/W 3/4-5/27 04WS M/W 4/1-6/26

No class 1/15, 2/12, 2/19, 5/27, 6/19

Fee: \$253 / \$256 NR **New students:**

\$143 / \$146 NR for first 3 months

Family Special: First person full price, each additional family member

\$233 / \$236 NR 3 months

Youth Aikido

Ages: 7-13

Aikido is a non-competitive traditional Japanese martial art that focuses on self-development. Students will learn motor skills, leadership and the importance of teamwork; and the importance of working with each other to meet common goals. 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 allowing parents/guardians to train with their youth member.

Location: Youth Center, 6745 Hazel Ave.

Instructor: Steven Miranda

01WS Tu/Th/Sa 1/4-3/30 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am 02WS Tu/Th/Sa 2/1-4/30 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am 03WS Tu/Th/Sa 3/2-5/30 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am 04WS Tu/Th/Sa 4/2-6/29 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am

Continuing Student Fee: \$98 / \$101 NR

New students: \$63 / \$66 NR for the first 3 months Parent/Guardian Youth Training Fee: \$103 / \$106 NR

*Monthly rates, new students and multi family member discounts available by calling 916-988-4373.

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. New student fees are not currently offered online



Grange Hall Karate

This class accommodates student levels from beginner to black belt.

Location: Orangevale Grange Hall

5807 Walnut Ave

Instructor: Sensei Adriaan Van Vuuren

Brown/Black 4:15-5:15pm Beginner-Red 5:30-6:15pm

01WS Tu/Th 1/4-3/28 02WS Tu/Th 2/1-4/30 03WS Tu/Th 3/5-5/30 04WS Tu/Th 4/2-6/27

Fee: \$253 / \$256 NR

New students:

\$143 / \$146 NR for first 3 months Family Special: First person full price, each additional family member \$233 / \$236 NR 3 months.



Tennis Clinic

Ages: 7-12

Grab your tennis racket and get ready to play! Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Participants may bring their own racquet if they choose, or one will be provided for them.

Location: Pecan Park Court, 5945 Pecan Ave

Instructor: Skyhawks Staff

01WS W 1/24-2/21 4:25-5:25pm 03WS W 3/6-4/3 4:25-5:25pm 04WS W 4/17-5/15 4:50-5:50pm

Fee: \$102 / \$105 NR

SoccerTots

Ages: 2-12

SoccerTots is Skyhawks flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Instructor to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Adult participation is required for ages 2-3 years.

Location: OCC Soccer Field Instructor: Skyhawks Staff

Ages: 2-3 (with adult participation)

04WS M 4/15-5/13 3:30-4:15pm

Ages: 3-5

01WS M 1/22-2/26 3:30-4:15pm

Ages: 4-5

04WS M 4/15-5/13 4:30-5:15pm

Ages: 5-8

03WS M 3/4-4/8 3:30-4:15pm

Ages: 6-12

01WS M 1/22-2/26 4:20-5:20pm 04WS M 4/15-5/13 5:30-6:30pm

Ages: 9-12

03WS M 3/4-4/8 4:20-5:20pm

No class 2/19, 3/25

Fee: \$102 / \$105 NR

YOUTH SPORTS & FITNESS

Pickleball Clinic

Ages: 6-12

This combines elements of tennis, badminton, and ping-pong into a fun new court game! Our curriculum is designed for first-time players, but also challenging enough for more competitive play. Participants will learn the rules of Pickleball, along with similar skills and games that they can use in multiple racquet sports. Participants may bring their own racquet if they choose, or one will be provided for them to use at the program.

Location: Pecan Park Court, 5945 Pecan Ave

Instructor: Skyhawks Staff

01WS W 1/24-2/21 3:30-4:20pm 03WS W 3/6-4/3 3:30-4:20pm 04WS W 4/17-5/15 3:45-4:45pm

Fee: \$102 / \$105 NR

Beach Volleyball Clinic

Ages: 8-14

Skyhawks Beach Volleyball program takes the energy and excitement of the sport and puts it all together into one fun-filled program... on the beach! All aspects of the game are taught on a sand volleyball court through drills and exercises that focus on bumping, setting, spiking, hitting, and serving. This program is designed for the beginning to intermediate player.

Location: Almond Park Volleyball Court, 5901 Almond Ave.

Instructor: Skyhawks Staff

Ages: 8-14

03WS Th 3/7-4/4 3:45-5:15pm

Ages: 8-10

04AWS M 4/18-5/16 3:30-4:30pm

Ages: 11-14

04BWS M 4/18-5/16 4:45-5:45pm

Fee: \$102 / \$105 NR

Junior Leader Program

Ages: 13-15

Apply to become a Junior Leader today to gain valuable work experience while learning the responsibilities of a summer day camp counselor. Junior Leaders will be scheduled for volunteer hours in our Rec'ing Crew or Wiggles & Giggles summer day camp programs from 6/10-8/2, where they will work alongside our current camp counselors. Junior Leaders volunteer for 2-4 days a week, between 6/12-8/4 for a morning, afternoon, or day shift. Applications due by **May 10th** and interviews will take place throughout the following week. Please remember this is a volunteer program with leadership training, not childcare. Some of our own Recreation Leaders have come through this incredible program. Based on work performance, some volunteers may even be invited to assist on camp field trips. The fee includes a Junior Leader camp t-shirt.

Application deadline: Friday, May 10th

Trainings: Late May / Early June

Location: Orangevale Community Center Park

06SU 6/10-8/2 Fee: \$103 / \$106 NR

New! NAofA Homeschool Fitness through Fundamentals

Grades: 1st - 5th

FTF introduces children to the world of sports, health and fitness. In each class, we provide a quality PE Supplement tailored to the students grade level. Through our age-appropriate curriculum, students are taught the skills and concepts of a variety of sports, games and exercises. We provide engaging, active and entertaining activities with a core curriculum built to develop a healthy interest in sports and fitness. Our curriculum is based on the physical and emotional needs of each age group from the National Standards and Grade-Level Outcomes. Our large variety of curriculum ensures that all three domains of physical education: psychomotor, cognitive, and affective are incorporated daily. It includes not only physical competence and knowledge, but also the attitudes, motivation, and social skills needed for participation.

Location: OCC Soccer Field & Classroom Instructor: National Academy of Athletes Staff

Grades: 1st-2nd

01AWS M/Th 1/29-3/21 10:00-10:50am

No class 2/19, 2/22

01BWS Tu/F 1/30-3/22 10:00-10:50am

No class 2/20, 2/23 Fee: \$147 / \$150 NR

Grades: 3rd-5th

01CWS M/Th 1/29-3/21 11:00-11:50am

No class 2/19, 2/22

01DWS Tu/F 1/30-3/22 11:00-11:50am

No class 2/20, 2/23

Fee: \$147 / \$150 NR

NAofA Flag Football Club

Ages: 7-13

The NAofA Flag Football is packed with fun. Children will learn to throw and catch, cover and run without the worry of contact! Each day players are challenged to do their best while learning to fall in love with the game of football. Emphasis will be on proper conditioning and warm-ups, footwork drills, agility, passing, receiving, and game strategies. Featuring: Quarterback challenge, games, competitions, instruction, and tons of fun! After the skills clinics, players participate in challenges and games. Includes: t shirt, flag set, instruction and games.

Location: OCC Soccer Field

Instructor: National Academy of Athletics Staff

04WS W 4/3-4/24 4:00-5:15pm

Fee: \$111 / \$114 NR



NAofA All Sports Spring Break Camp

Ages: 4-12

The All Sorts of Sports co-ed camps by National Academy of Athletics are packed with fun. Games we play may include, baseball, dodge ball, soccer, flag football, capture the flag, ultimate Frisbee, relay & obstacle races and a whole lot more.

Location: OCC Soccer Field

Instructor: National Academy of Athletics Staff

Jr. Academy All Sports Camp

Ages: 4-6

03AWS M-F 3/25-3/29 9:00am-12:00pm

All Sports Camp Ages: 7-12

03BWS M-F 3/25-3/29 9:00am-12:00pm

Fee: \$165 / \$168 NR

Basic Horsemanship -Youth

Ages: 8-15

This is a four-week introductory class that teaches about horses and includes a 30-minute riding lesson with each class. Students learn about major breeds of horses, horse care, grooming, saddling, handling horses and how to care for them. The Western lifestyle and ranch setting are emphasized. Anyone interested in learning more about horses and planning on pursuing riding will find the class fun, informative and helpful. Full COVID-19 precautions, as mandated by the CDC and local Public Health directions are observed through the facility. All students should wear long pants, closed-toed shoes, and bring a sweater or jacket if the weather is chilly. We ride in the rain, too!

Location: Shadow Glen Riding Stables

4854 Main Ave, Fair Oaks

Instructor: Shadow Glen Staff

01WS F 1/5-1/26 4:00-5:15pm 02WS F 2/2-2/23 4:00-5:15pm 03WS F 3/8-3/29 4:00-5:15pm 04WS F 4/5-4/26 4:00-5:15pm

Fee: \$192 / \$195 NR

Top Notch Basketball League

Grades: K-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. Coach will give out exact practice/game schedules after first practice.

Location: OCC Gym Instructor: Top Notch Staff Grades K - 2nd (8 ft. hoops)

Skill Evaluation & 1st Practice: M 4/1 5:30-6:45pm

Practice: M 5:30-6:30pm or 6:30-7:30pm

04AWS M/Su 4/1-5/19

Grades 2nd-4th

Skill Evaluation & 1st Practice: W 4/3 5:30-7:00pm

Practice: W 5:30-6:30pm or 6:30-7:30pm

04BWS W/Su 4/3-5/19

Grades 5th-6th

Skill Evaluation & 1st Practice: Tu 4/2 5:30-7:00pm

Practice: Tu 5:30-6:30pm or 6:30-7:30pm

04CWS Tu/Su 4/2-5/19

Grades 7th-8th

Skill Evaluation & 1st Practice: Th 4/4 5:30-7:00pm

Practice: Th 5:30-6:30pm or 6:30-7:30pm

04DWS Th/Su 4/4-5/19

First game: 4/14 Fee: \$128 / \$131 NR

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 reversible 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:

Grades: 2nd/3rd

01AWS Tu 1/23-3/165:30pm or 6:30pm

Grades: 4th/5th/6th

01BWS Th 1/25-3/165:30pm or 6:30pm

All Division Games:

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

First game: 2/3 No class 2/19-2/24 Fee: \$128 / \$131 NR

Top Notch Basketball Camps

Grades: 2nd-6th

During these basketball camps our staff will focus on all aspects of the game of basketball; ball handling, shooting, scoring, team concepts, defense, rebounding, passing, and conditioning. We will provide a fun environment where all players can work on their game over the break.

Location: OCC Gym

Instructor: Top Notch Staff

February Break Basketball Camp

02WS W-F 2/21-2/23 10:30am-12:30pm

Fee: \$102 / \$105 NR

Spring Break Basketball Camp

03WS M-W 3/25-3/27 10:30am-12:30pm

Fee: \$102 / \$105 NR

INTERNET Drivers Ed Online Course

Ages: 14-18

Driver Education is a California required course for teens to receive a driver's license. This program, run through the All Good Education Corp, includes parental involvement, fun and is interactive and educational. 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 can be taken in lieu of the course that students can take in high school. Once you register, you'll be able to access the online course within 4 business days. Complete it at your pace. Enrollment is valid for one year.

Fee: \$32

MIDDLE SCHOOL SPORTS

The Middle School Sports program allows students to play recreational sports while improving their skills. Register with the Orangevale Community Center at OVparks.com, before attending



Pee Wee Basketball

Ages: K-2nd

Youngsters learn the basics of basketball in this four-week program. Fundamental skills are taught and practiced in mini scrimmages. Scrimmages help increase learning and fun. Emphasis is on sportsmanship, skill development and teamwork at a non-competitive level.

Location: OCC Gym Instructor: Top Notch Staff

01WS M 1/22-2/12 5:00-6:00pm 02WS M 2/26-3/18 5:00-6:00pm

Fee: \$63 / \$66 NR

Top Notch Basketball Training

Grades: 2nd-8th

Top Notch Basketball Training is a fast-paced basketball program for all. Players will be split into two groups by grade and skill. The Top Notch coaching staff will focus on individual improvement through drills and scrimmages. Coaches will cover dribbling, passing, shooting, scoring, defense, rebounding and overall basketball IQ. This program is for anyone looking to improve their game.

Location: OCC Gym

Instructor: Top Notch Staff

Grades 2nd-5th

03AWS W 2/7-3/20 5:00-6:00pm

Grades 6th-8th

03BWS W 2/7-3/20 6:00-7:00pm

Fee: \$102 / \$105 NR

Middle School Girls Basketball

Recreational leagues are offered for 6th, 7th and 8th grade girls 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 & schools may be combined if necessary. Students must register before attending practice. Practice and game schedule will be emailed to registered players.

Practice starts the week of 2/5

School Divisions:

Orangevale Open 6th, 7th & 8th Pasteur 6th, 7th & 8th Carnegie 6th, 7th & 8th Gold River 6th, 7th & 8th

Fee: \$155

TEEN & ADULT CLASSES

RESCUE TRAINING CPR & FIRST AID CLASSES

Location: Rescue Training Institute

169 Parkshore Dr. Ste# 110, 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 & prevention, playtime and first aid tips. No CPR training in this class, see Babysitting CPR. No certification, participation card only. \$10 material fee due to instructor at first class, cash only.

03WS Tu/W 3/5 & 3/6 5:30-8:00pm

Fee: \$63 / \$66 NR



Babysitting CPR

Ages: 11-15

Teaches child & infant CPR. No certification, participation card only. \$10 material fee due to instructor at class, cash only.

03WS F 3/8 5:00-7:00pm

Fee: \$38 / \$41 NR

Pediatric CPR & First Aid

Ages: 16+

Infant, Child, & Adult CPR and First aid. This class is EMSA approved for daycare/preschool providers. We are required to affix the approval stickers to your card. \$10 material fee due to instructor at class, cash only.

01WS Sa 1/13 8:00am-5:00pm 02WS Sa 2/10 8:00am-5:00pm 03WS Sa 3/9 8:00am-5:00pm 04WS Sa 4/13 8:00am-5:00pm

Fee: \$88 / \$91 NR

Basic Life Support CPR & AED

Ages: 16+

Intended for present and future EMS, Medical, Dental & Allied Health professionals taking this course for the first time.

01WS Sa 1/20 8:00am-12:30pm 02WS Sa 2/17 8:00am-12:30pm 03WS Sa 3/16 8:00am-12:30pm 04WS Sa 4/20 8:00am-12:30pm

Fee: \$88 / \$91 NR

New! Wilderness First Aid

Ages: 16+

Teaches how to handle medical emergencies in remote locations such as: care of bleeding, wounds & burns; head, bone, joint & muscle injuries; circulatory, respiratory, neurological, abdominal & diabetic emergencies; allergic reactions; and poisons, toxins, bites & stings.

A few chapters of reading are required prior to in-person training. A book will be mailed to the attendee. \$50 material fee due to RTI by phone prior to class date.

Pre-requisite: A current Adult/Child/Infant CPR, AED & First Aid certification emailed to info@rescuetraininginstitute.com prior to training.

04WS Sa/Su 4/20 & 4/21 8:00am-12:30pm

Fee: \$253 / \$256 NR

New! AVERT: Active Violence Emergency Response Training

Ages: 12+

Teaches early warning signs of a potential active violence event, Escape, Evade & Attack techniques, situational awareness, emergency bleeding control techniques and responding quickly and confidently in an emergency. No prerequisite training. This is a blended learning format. The online portion of class will be emailed to you upon payment of materials fee. **Pre-requisite**: The online portion must be completed prior to in-person training. \$10 material fee due to RTI by phone, one week prior to class date enrolled in.

04WS M 4/8 6:00pm-9:00pm

Fee: \$73 / \$76 NR

TEEN & ADULT CLASSES



Teen/Adult Aikido

Ages: 14+

Yoshinkan Aikido is a traditional Japanese martial art that develops and strengthens the body and mind through the repetitive practice of fundamental techniques with a partner. This leads to more advanced and self-defense techniques. It is also a great form of exercise and offers many other benefits.

Location: Youth Center, 6745 Hazel Ave.

Instructor: Steven Miranda

01WS Tu/Th/Sa 1/4-3/30 T/Th 7:30-9:00pm & Sa 7:30-8:30am 02WS Tu/Th/Sa 2/1-4/30 T/Th 7:30-9:00pm & Sa 7:30-8:30am 03WS Tu/Th/Sa 3/2-5/30 T/Th 7:30-9:00pm & Sa 7:30-8:30am 04WS Tu/Th/Sa 4/2-6/29 T/Th 7:30-9:00pm & Sa 7:30-8:30am

Continuing Student Fee: \$178 / \$181 NR

New Students: \$153 / \$156 NR for the first 3 months

*Monthly rates, new student and multi family member discounts available by calling 916-988-4373.

Pilates Reformer

Ages: 18+

On the Pilates Reformer machine, springs, leverage and body weight are used as resistance while performing movements targeting specific muscle groups. Workouts consist of controlled, flowing movements working your muscles through a full range of motion. The reformer adds increased resistance to the movement. You'll gain core strength, muscular endurance and overall better flexibility with this amazing class.

Location: Rollingwood YMCA

9373 Winding Oak Dr, Fair Oaks

Instructor: Fernanda Lopez

			-	
01WS 02WS 03WS 04WS	Tu Tu Tu Tu	1/2-1/30 2/6-2/27 3/5-3/26 4/2-4/30	5:30-6:30pm 5:30-6:30pm 5:30-6:30pm 5:30-6:30pm	5 weeks 4 weeks 4 weeks 5 weeks
01WS 02WS 03WS 04WS	W W W	1/3-1/31 2/7-2/28 3/6-3/27 4/3-4/24	7:00-8:00am 7:00-8:00am 7:00-8:00am 7:00-8:00am	5 weeks 4 weeks 4 weeks 4 weeks
01WS 02WS 03WS 04WS	F F F	1/5-1/26 2/2-2/23 3/1-3/29 4/5-4/26	6:30-7:30am 6:30-7:30am 6:30-7:30am 6:30-7:30am	4 weeks 4 weeks 5 weeks 4 weeks

Instructor: Heather McIntire

01WS	Tu	1/2-1/30	8:30-9:30am	5 weeks
02WS	Tu	2/6-2/27	8:30-9:30am	4 weeks
03WS	Tu	3/5-3/26	8:30-9:30am	4 weeks
04WS	Tu	4/2-4/30	8:30-9:30am	5 weeks

Fee: \$83 / \$86 NR, 4 weeks \$103 / \$106 NR, 5 weeks

Chen Tai-Chi Chuan

Ages: 17+

Learn and enjoy the benefits of Tai-Chi Chuan. The focus will be on learning to relax using deep breathing methods and meditation, as well as gentle movements to stretch and tone your muscles. These fundamentals will then be incorporated as you learn the Chen Style Tai-Chi form. Tai-Chi can help you achieve better health, greater peace of mind and focus in your life. Beginning and intermediate participants welcome.

Location: Activity Building Instructor: Shauna LeMay

01WS Tu/Th 1/9-1/30 7:00-8:00pm 02WS Tu/Th 2/1-2/29 7:00-8:00pm 03WS Tu/Th 3/5-3/28 7:00-8:00pm

Fee: \$53 / \$56 NR



ADULT CLASSES

Pickleball 101

Ages: 18+

Come learn how to play the fastest growing sport in America. Classes redesigned for the new and beginner Pickleball player with personalized instruction. We will cover the basic rules, scoring, serving and play. There will be lots of time for both instruction and PLAY! Participants must wear court shoes (tennis or volleyball shoes), and comfortable clothing. Please bring a water bottle. Equipment will be provided, or participants can bring their own paddles.

Instructor: Coach Gail Kenney

Pecan Park Court - 5945 Pecan Ave.

01AWS Tu 1/9-1/30 9:30-10:45am 02AWS Tu 2/20-3/12 9:30-10:45am 04AWS Tu 4/16-5/7 9:30-10:45am

Orangevale Community Park Court - 7208 Hazel Ave.

01BWS Th 1/11-2/1 6:00-7:15pm 02BWS Th 2/22-3/14 6:00-7:15pm 04BWS Th 4/18-5/9 6:00-7:15pm

Fee: \$73 / \$76 NR



Ages: 18+

Unlimited classes per month with no contract! Jazzercise is the world's largest dance-fitness program. Each instructor is professionally trained and certified by Jazzercise. Each 60 minute class includes: warm up, 30 minute aerobic workout, muscle toning and strengthening using light weights and a full body stretch. Fresh choreography to popular music makes this program anything but routine. Perfect for all fitness levels.

To register or for additional information contact the instructor at 916-410-8651 or aileen.jazzercise@yahoo. com. Bring a mat or towel for floor work and light weights (optional).

Location: Orangevale Community Center Park

Instructor: Aileen Van Noland M/W/F/Sa 9:00-10:00am M/W 6:00-7:00pm No class 1/1, 1/15, 2/19

Fee: \$79 per month

(Unlimited Monthly Classes)



Women's Total Workout

Ages: 18+

Be all the woman you can be during our unique and innovative Semi-Private Group Training Class designed with women in mind. This class provides an exciting mixture of interval training, cardio bursts, calisthenics/TRX, and strength training. In this format you will receive personalized measurements and nutritional feedback.

Location: Rollingwood YMCA

9373 Winding Oak Dr, Fair Oaks

Instructor: Heather McIntire

01WS W 1/3-1/31 10:30-11:30am 5 weeks 02WS W 2/7-2/28 10:30-11:30am 4 weeks 03WS W 3/6-3/27 10:30-11:30am 4 weeks 04WS W 4/3-4/24 10:30-11:30am 4 weeks

Fee: \$83 / \$86 NR, 4 weeks \$103 / \$106 NR, 5 weeks

Mens 3 on 3 Hoops

Ages: 35-49 & 50+

Looking for some fun, friendly competition and a great workout? These leagues are for men 35 years and older who are looking to get out and have some fun and competition on the basketball court. These leagues are draft leagues with eight games.

Location: OCC Gym

01WS W 1/10-3/6 7:00-8:30pm 03WS W 3/13-5/8 7:00-8:30pm

Fee: \$42 / \$45 NR

ADULT CLASSES

Orangevale Ukulele Fretters

Ages: 18+

Why not learn to play a fun and exciting new instrument, the ukulele. The Fretter's 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

01WS M 1/8-1/29 1:00-2:30pm 02WS M 2/5-2/26 1:00-2:30pm 03WS M 3/4-3/18 1:00-2:30pm 04WS M 4/1-4/29 1:00-2:30pm

No class 1/15, 2/19, 3/25 Fee: \$1 room fee per class

(pay at site)

Full Moon & Sunset Paddles

Ages: 14+ (younger w/adult)

We'll glide through basic skills before cutting our quiet paths across the water and into the hidden swamps and channels of the lake. All beneath the fascinating light and ghostly shadows of the setting sun and rising moon. We'll have the stillness of the lake to ourselves except for the sounds of animals and birds settling down at twilight. All equipment provided. You will receive an email or phone call three days prior to your program date, with the exact meeting location. If you do not, please contact the District Office. No refunds granted 14 days prior to program date.

Location: Lake Natoma (Black Miners Bar) Instructor: Current Adventures Staff

03WS Sa 3/23 5:00-8:00pm 04WS Su 4/21 5:30-8:30pm 05ASU Tu 5/21 6:00-9:00pm

Fee: \$92 / \$95 NR



Artist Studio

Ages: 35+

Do you love to enjoy your artistic side, but can't find the time or energy to work on your own? Our group of amateur artists love to share their expertise and encouragement in a relaxed and friendly environment and is open to anyone interested in painting independently with any media.

There is no instructor for this class and no curriculum for beginning artists. Please bring your own supplies. A basic supply list will be provided upon request.

Location: Activity Building

01WS Th 1/11-5/16 11:30am-3:00pm

No class 3/28 Fee: \$60 / \$63 NR



Learn to Kayak Lake & Calm Waters

Ages: 14+ (younger w/adult)

This small group class is the easiest way for anyone - really - ANYONE to try kayaking. Our stable kayaks and experienced instructors will show you how simple, safe and fun kayaking really is. Bring a friend or family and make a great day of it exploring the lake's hidden spots and learning the basics of how to be under your own power on the water. Beginners welcome, all equipment provided. You will receive an email or phone call three days prior to your program date, with the exact meeting location. If you do not, please contact the District Office.

Please see receipt for cancellation policy. No refunds granted 14 days prior to program date.

Location: Lake Natoma (Black Miners Bar)
Instructor: Current Adventures Staff

03WS Su 3/10 11:00am-2:00pm 04AWS Sa 4/13 11:00am-2:00pm 04BWS F 4/26 10:00am-1:00pm

05ASU Sa 5/11 10:00am-1:00pm Mothers Appreciation Day

05BSU M 5/27 10:00am-1:00pm Memorial Day

Fee: \$92 / \$95 NR

ADULT CLASSES

New!

Transferring Wealth

Ages: 40+

This workshop is to let moms know of the pitfalls and risks that come with not having your financial and legal documents correctly formatted. As moms, nothing is more important than our babies and we spend so much time, energy, effort and money making sure we do everything we can to help them. But we often don't take time to do the "not so fun or glamourous" things. In this workshop you will learn about the risks to avoid and the tools you need so that your wealth is transferred to your children the way you want.

Location: Classroom

Instructor: Luz Johnson, LPL Financial

Advisor

03WS W 3/27 6:00-7:00pm

Fee: Free

New! Hidden Cost of Aging

Ages: 40+

This workshop is designed to help you prepare for the aging process and understand the various stages of care that exist. After attending this workshop you will have the tools to know your options, make informed decisions about your care or the care of loved ones, and learn about the cost of care. Additionally, each attendee will receive a "Hidden Cost of Aging" workbook with assessment resources and questions to ask as you look for care.

Location: Classroom

Instructor: Luz Johnson, LPL Financial Advisor

02WS W 2/21 10:00-11:00am

Fee: Free

Kayaking for Boomers 50+

Ages: 50+

You may not have had this kind of fun since you were a kid. Adventure and exploration is not just for teenagers. Here's an activity to rekindle your youthful enthusiasm for many years to come! Kayaking is great for fitness, escaping the hustle and bustle and it's easy on the joints and body. We use very stable, user friendly kayaks, making it easy for anyone to participate. Discover why kayaking is the new activity of choice for baby boomers and beyond! Beginners welcome, all equipment provided. You will receive an email or phone call three days prior to your program date with the exact meeting location. If you do not, please contact the District Office. No refunds granted 14 days prior to program date.

Locaton: Lake Natoma (Black Miners Bar) Instructor: Current Adventures Staff

03WS Sa 3/16 11:00am-2:00pm 04WS Sa 4/20 10:00am-1:00pm 05ASU Th 5/2 10:00am-1:00pm 05BSU Th 5/23 10:00am-1:00pm

Fee: \$92 / \$95 NR

Social Dancing

Ages: 18+

Each class includes the basics for beginners and enhancements for experienced dancers, including patterns not previously taught. This is a great opportunity to add new, easy-to-learn moves that look great on the dance floor. No partner required. Please bring smooth-soled shoes with good heel support. For more information phone Richard at 916-722-1382

Location: Youth Center, 6745 Hazel Ave.

Instructor: Richard Kowaleski

03AWS M 3/4-3/25

Foxtrot 01AWS M 1/8-1/29 No class 1/15		East Coast Swing 03BWS M 3/4-3/25	4 weeks 8:00-9:00pm
Waltz 01BWS M 1/8-1/29 No class 1/15	3 weeks 8:00-9:00pm	Night Club Two Step 04AWS M 4/1-4/22	4 weeks 7:00-8:00pm
Cha Cha 02AWS M 2/5-2/26 No class 2/19	3 weeks 7:00-8:00pm	Tango 04BWS M 4/1-4/22	4 weeks 8:00-9:00pm
Salsa 02BWS M 2/5-2/26 No class 2/19	3 weeks 8:00-9:00pm	Fee: \$33 / \$36 NR, 3 w \$43 / \$46 NR, 4 v	
West Coast Swing	4 weeks		

7:00-8:00pm

ACTIVE ADULTS



Mature Orange Vale Explorers

Interested in exploring new adventures? Come by the Orangevale Community Center and check out our active adult group. This group is dedicated to experiencing new ideas, friends, arts/crafts, movies, adventures, stories and educational resources.

Bingo

Ages: 50+

Rose Senior Placement is hosting an afternoon of Bingo fun! Whether you are a beginner or an intermediate player, come out and enjoy a fun afternoon. Beverages and snacks will be provided. Pre-registration is required.

Location: Classroom

Hosted by Cyndi & Sandra with Rose Senior Placement

01WS	W	1/3	12:00-1:00pm
02WS	W	2/7	12:00-1:00pm
03WS	W	3/6	12:00-1:00pm
04WS	W	4/10	12:00-1:00pm

Fee: Free

Mid-Day Movie

Ages: 50+

MOVE is hosting a FREE mid-day matinee. Popcorn and coffee provided! Please bring a lunch or snack to enjoy during the movie. Movie played on 60" screen.

Location: Meeting Room

01WS	Μ	1/22	11:30am-1:30pm
02WS	Μ	2/26	11:30am-1:30pm
03WS	Μ	3/25	11:30am-1:30pm
04WS	Μ	4/22	11:30am-1:30pm

Fee: Free

Bridge

INTERMEDIATE & ADVANCED PLAYERS

Ages: 50+

Are you serious about your bridge? Then this is the place for you! An excellent opportunity for fun, interaction and great cards for intermediate and advanced players. This program is hosted by senior volunteers who schedule the players for each day. To play, please call at least two days in advance to the District Office (916) 988-4373 to be put in contact with the appropriate volunteer. Advance notice is needed to play.

Location: Meeting Room Thursdays, 10:00am-2:30pm

No class 3/28

Fee: \$2 room fee per person

(pay at site)

AARP Tax Assistance

Starting Wednesday, January 10th call 916-988-4373 to schedule your tax appointment.

Volunteers from AARP (American Association of Retired Persons) are offering free tax assistance to seniors and low income persons at the Orangevale Community Center. Seniors can get help filing their taxes electronically on Wednesdays and Fridays, from 2/7 thru 4/5. Appointments are available from approximately 9:00am-1:00pm. Times may vary. Appointments are required and fill up quickly. You must bring all cards and necessary filing papers to your appointment

Location: Meeting Room 6826 Hazel Ave

Fee: Free

Best Friends Bash

Ages: 50+

Come out by yourself or with your friends! You can meet new people, mingle with friends you have met before and learn more about what's going on at OVparks. You can play fun games, like Valentine Bingo, for one of Cupid's special prizes. Kidz Korner preschool will create a special handmade item. Join us for this fun filled morning with pastries, coffee, refreshments and good conversation. You will need to pre-register to attend. Everyone who registers is entered into a free drawing. Register by 1/26 and receive an extra door prize ticket.

Location: OCC Auditorium



Collette: Travel Presentation

Ages: 18+

Presenting information on a variety of upcoming trips. Rates include roundtrip air, air taxes and transportation to and from the Sacramento airport.

Location: OCC Auditorium Instructor: Jay Fehan

02WS Tu 2/27 10:30-11:30am

Fee: Free

TRIPS & TRAVEL



Trip times are estimates only. Participants will be called one week prior to trip date with final exact departure times and meal choices (if included). By registering for these trips, you are agreeing to follow all

health & safety requirements put in place at any time by any vendors/venues/ attractions while on any trip. Refunds will not be granted after specified cancellation deadline. You may be required to wear a mask while on the bus and at destination locations. Proof of vaccine and or a negative COVID test may be required. Various destinations may need proof a vaccine upon arrival.

Please make sure to carry a valid photo ID and an original or valid copy of your vaccination card, or documentation from a healthcare provider, or a personal digital Covid-19 record issued by the state of California.

Cheese Farm Tour, Tasting & Shopping

Tuesday, March 19th

Join us for a day on the farm as we tour a local cheese farm. Meet the cows, goats and the farmers who care for them. Shop locally made lotions and soaps, and taste the cheeses freshly made at the farm! Lunch will be included.

Trip Inclusions: Roundtrip motor coach transportation, tour escort, driver gratuity, refreshments on the motor coach and lunch included.

Activity Level: Moderate/Strenuous. Uneven grounds. Registration and/or Refund deadline: Feb 23rd

Fee: \$125

Collette Vacations

OVparks & Collette Vacations present trips for 2024-2025

Discover Historical Greenbrier Holiday December 2024

HIGHLIGHTS... Smithsonian Museums, Twilight Monument Tour, Arlington National Cemetery, Greenbrier Bunker Tour, Monticello, Tavern Lunch, Choice on Tour: American History or Black History Tour of Richmond, Colonial Williamsburg, Mount Vernon

8 days, 12 meals

\$5,049, pp, single occupancy \$3,999, pp, double occupancy \$3,949, pp, triple occupancy *Rates valid through May 2024

Tropical Costa Rica

January 2025

HIGHLIGHTS... San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour, Guanacaste

9 days, 14 meals

\$3,699, pp, single occupancy \$2,999, pp, double occupancy \$2,969, pp, triple occupancy *Rates valid through June 2024

Cherry Blossom Festival

Sunday, April 14th

The Northern California Cherry Blossom Festival is one of California's most prominent celebrations of Asian traditions and the largest Cherry Blossom Festival on the West Coast. All are welcome to join in the festivities as we celebrate Japanese and Japanese American culture.

Trip Inclusions: Roundtrip motor coach transportation, tour escort, driver gratuity, and refreshments on the motor coach.

Activity Level: Strenuous. Wear comfortable walking shoes. Registration and/or Refund deadline: Mar 29th

Fee: \$75

Spring Mystery Trip

Thursday, May 23rd

Where are we going? It's a mystery! What are we doing? It's a mystery! What's not a mystery is that we'll have a grand time with surprises and a delicious meal before we head home!

Trip Inclusions: Roundtrip motor coach transportation, tour escort, driver gratuity, refreshments on the motor coach and lunch included.

Activity Level: Moderate.

Registration and/or Refund deadline: Apr 26th

Fee: \$150

Craig Smith San Francisco Tour

Tuesday, June 18th

Spend the day exploring the "All That's New in SF" with your tour guide, Craig Smith. His knowledge and "inside" information make this tour fun as well as factual. Get the "scoop" on the new sights of the City. Lunch will be included. Trip Inclusions: Roundtrip motor coach transportation, tour escort, driver gratuity, refreshments on the motor coach.

Trip Inclusions: Roundtrip motor coach transportation, tour escort, driver gratuity, refreshments on the motor coach and a hosted lunch included.

Activity Level: Strenuous. On & off bus

Registration and/or Refund Deadline: May 18th

Fee: \$125

Rome & the Amalfi Coast March 2025

HIGHLIGHTS... Rome, Trevi Fountain, Pantheon, Piazza Navona, Colosseum, Montecassino, Amalfi Coast, Sorrento, Farmhouse Visit and Mozzarella-Making Demonstration, Pompeii, Choice on Tour, Winery Visit and Lunch

10 days, 13 meals

\$4,499, pp, single occupancy \$3,999, pp, double occupancy \$3,949, pp, triple occupancy

*Rates valid through August 2024





Commemorate your next milestone with friends and family at one of our facilities. From a formal ceremony to a business meeting our well-maintained facilities provide the ideal location to make a lasting impression. We offer personalized service including experienced on-site staff to assist you with furniture set-up and breakdown.

Facility amenities include tables and chairs. Some facilities offer whiteboards, audio equipment, projector, event layout assistance, kitchen facilities, private patio, and on-site staff. See our rental page online for more details!

6826 Hazel Avenue

Auditorium/Gym-Banquet Seats: 300

Theater Style Seats: 700

Meeting Room-Banquet Seats: 100

Theater Style Seats: 150

Classroom Seats: 25

Building 1

6930 Hazel Avenue

Banquet Seats: 90 Theater Style Seats: 200



Building 2

6930 Hazel Avenue

Banquet Seats: 50 **Theater Style Seats: 100**



Activity Building

6818 Hazel Avenue

Banquet Seats: 80 Theater Style Seats: 100



Youth Center

6745 Hazel Avenue

Banquet Seats: 50



Outdoor Rental Options:

Our outdoor rental options are a perfect place for birthday parties, baby showers, reunions, sport events, and other family events!

Family Picnic Areas

Located at Almond Park & Orangevale Community Park. These picnic areas are situated under a canopy with 4 tables and a BBQ grill. Located directly in front of the playground structure.

These picnic areas hold up to 32 guests.



Group Picnic Area

Located at the Orangevale Community Park. This picnic area is situated under a canopy and with 12 tables and a BBQ grill. It is 20 feet from the playground structure.

This picnic area holds up to 100 guests.



All rental availability will follow any COVID-19 guidelines in place.

Orangevale Horse Arena

One of the very few arenas available for rent within the Sacramento Area. The arena has bleacher stands, warmup corral, announcer's box, restrooms and a standard size arena.





REGISTRATION FORM

ORANGEVALE RECREATION & PARK DISTRICT

Phone: 916-988-4373 / Fax: 916-988-3496 / info@ovparks.com

Office Use Only:		
Rec #:		
Date:	Int:	

						<u>.</u>		
Adult/Guardian Name:								
Address:	City:				Zip:			
Cell Phone:	Cell Carrier:			Home Phone:				
Email Address:		1		<u> </u>				
Emergency Contact	Relationship	Relationship			Email:			
for Participant:		to Participant:			Phone:			
Participant Name	M/F	Birthdate	Progra	ım Name	Cod	de T-Shirt	T-Shirt Size Fee	
1.								
2.								
3.								
		<u> </u>			l	Total	Fees:	
waiver, release and assumption of risk is to be binding on my heirs, administrators, executors, and assigns and that I shall indemnify and hold the District (including its officers, employees, volunteers, and agents) free and harmless from any loss, liability, damage, cost, or expense which may arise out of or connected in any way with my participation in said activity. Additionally, I fully understand that my participation in the above-referenced activity exposes me to the risk of personal injury, death, communicable diseases, illnesses, viruses, and/or property damage. I hereby acknowledge that I am voluntarily participating in this activity and agree to assume any such risks. VIRTUAL CLASS RELEASE: I hereby warrant and agree, that the conditions of my environment are safe, free from obstructions, and are suitable for participation in the above-referenced activity. I further understand and agree that any material downloaded, viewed or otherwise obtained through my participation in said activity is done at my own risk and the District is not responsible for any loss, alteration, corruption or other damage to my personal property, including computers, networks and other property used as part of my participation. PHOTO/VIDEO RELEASE: I understand that photographs/videos may be taken during this activity and hereby grant the								
District permission to use any such photo(s)/video(s) for advertising or in promotional materials. PARENTAL CONSENT: (to be completed & and signed by parent/guardian if Participant is under 18 years of age) I hereby consent that my son(s)/daughter(s),, participate in the above-referenced activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the District (including its officers, employees, volunteers, and agents) free and harmless from any loss, liability, damage, cost, or expense which may arise out of or connected in any way with said minor's participation in said activity.								
I HAVE CAREFULLY READ THIS AWARE THAT THIS IS A RELEASIGN IT OF MY FREE WILL. Participant / Guardian	SE OF LIAB	ILITY AND A C	CONTRACT BE		ELF AND T	HE ABOVE		CT AND I
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Credit Card #:	i ype.	CHECK #	•	CVC	· · · · · · · · · · · · · · · · · · ·	Expire		
Name on Credit Card (Print):		Signature:			•	Date:		

Community Organizations

Meals on Wheels by ACC 916-444-9533

Orangevale Chamber of Commerce 916-988-0175

www.orangevalechamber.com

Orangevale Grange #354 916-988-8871 www.orangevalegrange.org

Orangevale Womans Club 279-732-6029 www.orangevalewomansclub.org

Rotary Club of Orangevale http://rotary5180.org

Orangevale Food Bank 916-304-FOOD (3663) www.ovfofb.org

Community Sports

Orangevale Pony Ball 916-245-0810 www.ovpb.net

Orangevale Youth Soccer 916-988-1528 www.ovalesoccer.org

American River Girls Softball www.argsa.org

Orangevale 4-H Club www.orangevale4-H.weebly.com

Fair Oaks/Orangevale Little League www.fovll.com

CASA Roble Jr. Rams Football & Cheer www.CRJR.org

Fair Oaks Jr Broncos Football & Cheer www.bellavistajrbroncos.com

HOLIDAY CLOSURES

The Orangevale Recreation & Park District Office, the Orangevale Community Center, Activity Building, Building 1 & 2, and the Youth Center wil be closed on the holidays listed below. OVparks sponsored classes and programs will not meet during holiday closures:

Holiday Break:

December 18, 2023- January 1, 2024

Martin Luther King Jr. Day Monday, January 15, 2024

Presidents Day Monday, Feburary 19, 2024

District Board Meetings

The Board of Directors of Orangevale Recreation & Park District meets on the third Thursday of each month. Meetings are held at the Orangevale Community Center, 6826 Hazel Avenue, beginning at 6:30pm. The public is welcome to attend. Virtual meetings will be available during COVID restrictions.

Emergency Reporting Dial 911

For emergencies in our parks, dial 9-1-1. If you need immediate law enforcement assistance or to report illegal or suspicious activities at any of our parks, please call the Sacramento County Sheriff's Department at 916-874-5115. For non-emergencies regarding park security, vandalism, suspicious persons, or suspicious activities in our parks, call the District office at 916-988-4373 Monday through Friday during business hours. For after business hours or on weekends, you may leave a voice message at 916-988-4373 and your call will be noted the next business day.

Americans with Disabilities

In accordance with the Americans With Disabilities Act of 1990, Orangevale Recreation & Park District will not discriminate against any qualified individual with a disability as far as employment with the District or the use of our services, programs, and activities. If you are interested in taking part in one of our programs and will need special arrangements (i.e. vision, hearing) please telephone the District office at 916-988-4373 one week prior to the start of the class.

Sacramento Metro Fire Community Emergency Response Team (CERT)

The Sacramento Metro Fire District offers free classes to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation. Following a major disaster, first responders who provide fire and medical services may not be able to meet the demand for these services. People will have to depend on each other for help. Prepare yourself to help by taking a CERT class. Class is offered twice a year, once in Spring and once in Fall.

More information is available on our website at

www.metrofire.ca.gov/index.php/cert. To register for an upcoming class, please contact Metro Fire CERT program at 916-859-3776, or send an email to: cert@metrofire.ca.gov.

GENERAL INFORMATION - Orangevale Recreation & Park District

Program Cancellation: The District reserves the right to cancel or modify any program. Programs may be cancelled three (3) days prior to the start date if minimum enrollment is not met. Full Refunds are given when the District cancels a program.

Refund Policy: Full refunds, **minus \$3** administrative system fee, will be given to cancellations received fourteen (14) days prior to the start of the program. EXCEPT for trips, kayaking AND when otherwise noted on your program receipt. An \$8 service charge is applied to all program refunds requested less than fourteen (14) days prior to the start of the program. No refunds are granted once the program has started. Trip refund requests must be made prior to each trip's registration/refund deadline. Refund credit is not given for uniforms, T-shirts, or other supplies that have already been given to the program participant or specially ordered for him/her.

Data Privacy: Your personal data is available to you but not to the public. The information which you provide will be made available to District staff persons, the District's insurer and attorney, and to the coach, supervisor, or instructor of the activity, who may be a District employee, volunteer, or independent contractor. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. The District does not retain credit card payment information and does not sell, rent, or share personal information with outside parties.

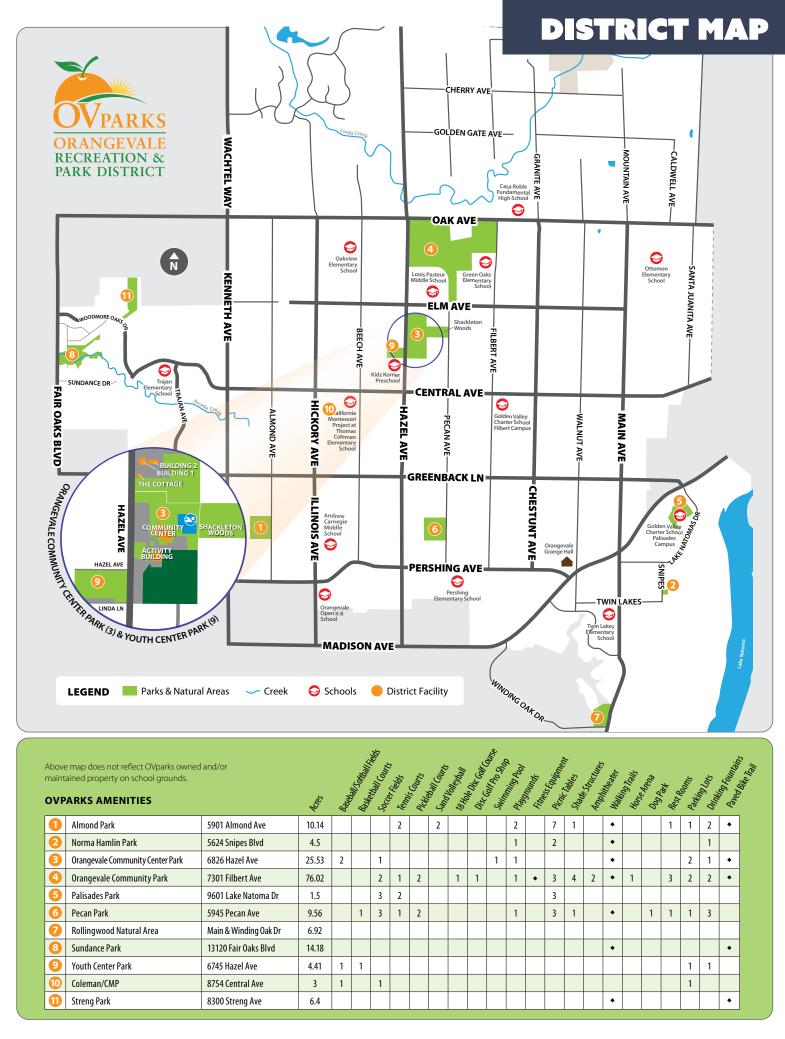
Youth Scholarship Program: Scholarships are available for District residents who are on a fixed income or lower income families. Contact the District for more information.

Resident/Non-resident (NR): Residents are those who live within the Orangevale Recreation & Park District boundaries, 95662. All others pay the non-resident fees (indicated by NR).

Returned check policy: A \$25 service charge is applied on all returned checks.

Photography / Video policy: Registration constitutes consent to use any program photographs / videos taken for District marketing. Commercial photography by any outside party at any District program is prohibited without the express written consent of the District.

Registration deadlines: Pre-registration is required. Register at least three (3) days in advance of first class date. Registration is accepted on a first-come, first-served basis with advance payment in full. If you are interested in registering and it is less than three (3) days before the class, please call 916-988-4373 to check on availability.





Saturday, April 20th • 12:00-1:30pm Orangevale Community Center



Plan your summer today!

- BBQ Hot Dogs and Snow Cones!
- Games, Face Painting, Bounce House and more!
- Class Demonstrations!
- Meet & Greet with Camp Staff, Swim Instructors and Class Instructors!

One-Day Only DEALS

- Early-bird swim lesson registration
- Discounts available on certain programs
- Raffle prizes



Four Ways TOREGISTER

■ **REGISTER ONLINE** - OVparks.com

Online registration available. Log into your account or create an account to sign up for a program.

PHONE-IN OR FAX

Phone us at 916-988-4373 to register using your credit card or fax form to 916-988-3496.

Confirmation receipt is e-mailed.

WALK-IN

Fill out a registration form (see page 21) at Orangevale Recreation & Park District Office 6826 Hazel Avenue, Orangevale, CA 95662 Monday through Friday 8:30am-4:30pm.

MAIL-IN

Mail your form (page 21) with check or money order with DL or ID # to:

Orangevale Recreation & Park District 6826 Hazel Avenue, Orangevale, CA 95662 Confirmation receipt is e-mailed.

OVparks Presents

For more information on these events, please call 916-988-4373.

FEB 9 Best Friends Bash 10:30am-12:00pm

APR 6

Creek Week Clean-Up 9:30-11:30am

APR 13 OVparks Spring Rummage Sale 7:00am-1:00pm



OVparks Summer Open House 12:00-1:30pm



OVparks Spring Craft Fair 9:00am-3:00pm



POSTAL CUSTOMER

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PERMIT #65 ORANGEVALE, CA 95662