



OV PARKS  
*Activity*  
GUIDE

SUMMER 2024  
May- August



Visit us online  
[WWW.OVPARKS.COM](http://WWW.OVPARKS.COM)



OVparks  
**SPRING**  
*Craft Fair*

**Saturday, May 11th • 9:00am-3:00pm**

**Orangevale Community Center**

Find the perfect gift this Mother's Day weekend! Enjoy handmade crafts, unique gifts, jewelry and direct sales from over 30 vendors. Grab your bags and shop until you drop! Admission is completely FREE!

**Free door prize drawings every half hour!**

## Hot Dog Hoe Down

All ages | See page 6

## Tropical Escape

Ages: 50+ | See page 24

OVparks  
**FALL RUMMAGE SALE**

**Saturday, September 21st • 7:00am-1:00pm**

Shoppers, get ready for a great sale! If you're looking for bargains, you can find them here.

Sellers, turn your unwanted household items into cash. Space consists of two regular sized parking spots. Event is heavily advertised so save money and join our rummage sale.

Location: Orangevale Community Center Parking Lot

Fee: \$45 / \$48 NR

Register by 8/30 for \$5 discount!



Connect with us @OVparks



WWW.OVPARKS.COM

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.

**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 at the Orangevale Community Center*

**DISTRICT STAFF**

Becky Herz,  
*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*

*Table of Contents*

- Special Events .....2
- Aquatics .....4
- Summer Camps .....6
- Preschool Classes .....10
- Youth Classes .....12
- Youth Sports & Fitness .....14
- Teen & Adult Classes .....19
- Adult Classes .....21
- Active Adults .....25
- Trips & Travel .....27
- Facility Rentals .....28
- Registration Form .....29
- Community & General Information...30
- District Map .....31

*Orangevale Recreation & Park District Office*

6826 Hazel Avenue  
Orangevale, CA 95662

Office Hours:  
Mon-Fri 8:30am-4:30pm

PHONE - 916-988- 4373

FAX - 916-988-3496

EMAIL - info@ovparks.com

POOL - 916-988-1285

MAINTENANCE SHOP - 916-987-1507

FIELD STATUS - 916-987-1507

**Welcoming Becky Herz as Our New District Administrator**

*As we look forward to another busy summer, please join us in welcoming Becky Herz as the new District Administrator at the Orangevale Recreation & Park District.*



Becky Herz,  
*District Administrator*

The outgoing District Administrator, Barry Ross, retired in February 2024. We appreciate his many contributions to the District during his tenure (which includes applying for and receiving a COVID relief grant to help sustain the district through the pandemic, as well as involvement with the Cripple Creek Trail Project, facilitating the location of the Orangevale History Museum, resurfacing of the Community Pool, and installation of fitness equipment at the Community Park. He was instrumental in the start of the Driveway Project to connect our main properties, as well as a roofing project at the Community Center that is currently underway. We wish him the best in his next chapter.

Becky brings with her a passion for community involvement and over 30 years of experience in the field of parks and recreation. She comes to Orangevale from Elk Grove, where she worked as an Administrative Manager for the Cosumnes Community Services District. Becky is also serving her second term as a Commissioner for Sacramento County Regional Parks and plans to continue in that role. She has many years of experience with Special Districts, and we look forward to her vision for our District.

## Tadpole

**Ages: 6 months-2 years**

Parents, teach your child to feel more relaxed and comfortable in the water. Instructors teach basic skills emphasizing orientation and safety. Infants must be able to hold head up. A parent must accompany the child in the water.

## Frog

**Ages: 2-3**

Parents are assisted by an instructor on enabling their child to feel comfortable in the water, learn breath control, flutter kick and prone floats. This class is for children who are not ready to be in a class by themselves with an instructor and have completed Tadpoles. A parent must accompany the child in the water.

## Guppy

**Ages: 3-5**

Teaches your child to feel comfortable in the water, learn breath control, flutter kick, underwater swimming, front float and combination arm and kick movements.

## Minnow

**Ages: 3-5**

Preschoolers advance to back float, prone kick glide, side breathing, increased underwater exploration, enhanced arm and kick movements both on front and back.

# SUMMER Swim LESSONS

## Otter

**Ages: 5-7**

Students need to feel comfortable in the water. Previous lessons not required for enrollment. Skills taught: hold breath for 3 seconds, submerging and retrieving objects from the bottom of the pool, float, glide, breathing, flutter kick, crawl stroke and turning over in water.

## Seal

**Ages: 5-14**

Enrollees have completed Otter, have had previous lessons, or can perform the skills listed under Otter. Skills taught: jumping into deep water, perfecting crawl stroke and back crawl, elementary back stroke kick and safety skills.

## Stingray

**Ages: 5-14**

Enrollees must swim 15 yards using front/back crawl stroke with correct breathing. Skills taught: front and back crawl, perfecting elementary back stroke, breast and side strokes, deep water bobbing, treading water, diving and safety skills.

## Dolphin

**Ages: 5-14**

A class for swimmers who have learned the crawl, breast, side and elementary back strokes and diving techniques. Enrollees must be able to swim 25 yards using front and back crawl, and elementary back stroke. Skills taught: stroke refinement, increased endurance, butterfly stroke introduced, underwater swimming and turns.

## Shark

**Ages: 5-14**

Enrollees who have passed Dolphin and are ready for advanced swim training. Must be able to swim 50 yards using front and back crawl, and 15 yards using side and breast strokes. Skills taught: polishing all strokes to improve efficiency, power, and ease over greater distances, front flip turn, pike and tuck surface dives, and treading water.

## Summer Swim Lesson Registration

*Sign up for swim lessons at [OVparks.com](http://OVparks.com)*

We encourage you to participate in online registration in order to get the best possible selection of classes.

- Register online at [OVparks.com](http://OVparks.com) or by phone at 916-988-4373 or in person at the District Office.
- Sign up for as many sessions as you like. They can fill fast.
- Determine your child's level with lesson descriptions and use the lesson time chart and session dates to make your choice.

### Registration Dates:

**Orangevale Residents - beginning Monday, May 6**  
**All Other Residents - beginning Thursday, May 9**

## Private/ Semi Private Swim Lessons

**Ages: 3+**

One-on-one instruction is determined by the individual's needs. If you have two students of the same swim level, you may register them for a semi-private lesson. You must provide both students for semi-private lessons.

Fee: Private \$145 / \$150 NR

Fee: Semi-private \$85 / \$90 NR / per person

# Swim Lesson Dates

Advance registration is required, as space is limited!

- Session 1 June 10-20
- Session 2 June 24-July 3
  - 1st week M-F
  - 2nd week M-W
- Session 3 July 8-18
- Session 4 July 22-August 1

# Swim Lesson Fees

Group Lesson Fee: \$68 / \$73 NR  
 Private Lesson: \$145 / \$150 NR  
 Semi-Private Lesson: \$85 / \$90 NR per person  
 Lessons meet Mon-Thu for eight 30-minute classes

# AQUATICS

## Orangevale TigerSharks Youth Swim Team

It's not too late to join. Call the District Office regarding spaces remaining and how to register.



Location: Orangevale Community Pool, 6826 Hazel Avenue, Orangevale									
	Morning Lesson Times					Evening Lesson Times			
	10:10am	10:45am	11:20am	11:55am	12:30pm	5:10pm	5:45pm	6:20pm	6:55pm
Tadpole			•	•			•		•
Frog				•				•	
Guppy	•	•	•	•		•	•	•	•
Minnow	•	•	•	•		•	•	•	•
Otter	•	•		•		•	•	•	•
Seal	•	•	•	•		•	•		•
Stingray			•					•	
Dolphin			•					•	
Shark		•					•		
Private	•	•	•	•	•	•	•	•	•

## 2024 Summer Recreational Public Swim Schedule and Fees

Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>REGULAR SUMMER POOL HOURS</b>	6/8-8/10	1:30-4:00pm	1:30-4:00pm	1:30-4:00pm	1:30-4:00pm	3:00-6:00pm	
<b>INDEPENDENCE DAY</b>	7/4			1:30-4:00pm			
<b>FRIDAY EVENING SWIM</b>	6/14-8/2				7:30-9:00pm		

### Admission Fees

Infant (2 years & under)	FREE**
Swimmers (3+ years)	\$4.00
Non-swimmer/Spectator fee	\$2.00

### Evening Swim

Fri 6/14-7/26 7:30-9:00pm

### Admission Fees

Infant (2 years & under)	FREE**
Swimmers (3+ years)	\$4.00
Non-swimmer/Spectator fee	\$2.00

\*\*With adult admission. All persons must pay to enter the pool. Children under the age of 10 must be accompanied by an adult.

8/2 Event Fes Apply - Pg. 6

## Swim Season Passes

Season passes include entrance to public swim and evening swim times.

A Family Pass includes up to 5 family members living in the same household. Add a \$25 fee for each additional family member, same household.

Family \$200 / \$215 NR  
 Individual \$70 / \$75 NR (10 yr+)

## Lunchtime Lap Swim

Ages: 18+

Looking for some refreshing exercise during your lunch hour? Then join us this summer at the Orangevale Pool for this hour long lap swim session. Kickboards and pull buoys are available to enhance your swim exercise. Lanes are not private and may be shared.

Location: Orangevale Community Pool

M-Th 6/10-8/8 12:30-1:30pm  
 No class 7/4

Fee: \$3 / visit

CASH ONLY AT THE POOL! For the Aquatics Office, call 916-988-1285

# Fun at the Pool

Regular Public Swim admission fees apply.

## OVparks is bringing you the fun!

OVparks Community Pool... but add a little spice! We've got theme days, crafty days, obstacle challenges, and pins to collect! We've got something for everyone, and a beautifully redone pool to enjoy!

### Journey to Fun!

OVparks is ready for fun and challenges this summer! Check out all our challenges and special events we have this summer. Collect a pin for each challenge completed. Earn one entry for each pin collected into our summer drawing held on August 7th. Must be present for drawing to win.

### Rubber Duck Races

Wednesday June 19th - 1:30-4:00pm

Wednesday August 7th - 1:30-4:00pm

Join us for an afternoon of swimming, rubber duck decorating, and an exciting rubber duck race! Collect your first theme day pin to start your journey to fun collection! Rubber ducks for the first 50 people.

### JOURNEY TO FUN:

- Attend Inflatable Wednesdays
- Attend a theme day at the pool
- Attend the Hot Dog Hoe Down family event
- Slide dominator (take a picture using our slide & tag us)
- Post a picture/video to SM and tag us
- Complete a session of swim lessons
- Purchase a summer season pass
- Complete challenge question Wednesday series
- Visit public swim 5 times

### Inflatable Wednesdays

Ready to test your skills on the inflatable obstacle course? Come during public swim hours every Wednesday afternoon. Collect a pin to add to your collection, and an entry into a special drawing at the end of summer!

### Christmas in July

Wednesday, July 24 • 1:30-4:00pm

Ready to bring the "cool" to July? Join us at the pool for Christmas theme games, snow cones, swimming, and a special visitor! Collect a special pin to add to your collection of summer fun pins.

## Hot Dog Hoe Down

Friday, August 2 • 7:30-9:00pm

Swing your partner round and round at the Hot Dog Hoe Down. You and your partners will enjoy a hot dog meal, swimming, themed games, activities and more!

**Fee: \$6 per person or \$25 family of 5**

TICKETS ARE LIMITED. BUY YOUR TICKETS IN ADVANCE AT OVPARKS.COM AND YOU'LL BE GUARANTEED ENTRY THROUGH THE VIP GATE (NO WAITING IN LINE).

Free for Season Swim Pass holders



# Rec'ing Crew



Calling all adventurers! Get ready to explore, play, learn, and laugh this summer with OVparks.

**Ages: 5-12 • Monday through Friday**

Rec'ing Crew Summer Day Camp is where every camper wants to be this summer. Each week is packed with engaging teambuilding activities, arts and crafts creations, water games, and so much more! Every week includes a local field trip or event, swim days, and a captivating theme for the campers. With our high staff-to-camper ratios, affordable pricing, and non-stop fun, this camp is a perfect fit for everyone.

Campers must bring their own lunch and snacks; Campers attending for extended hours, bring two snacks.

**Regular Camper** hours 9:00am-4:00pm

**Extended Camper** hours 7:30am-5:30pm

## Rec'ing Crew Highlights

- Thrilling themes that make every week extraordinary
- Make new friends in a supportive camp environment
- Tu/Th Swim Days at the Orangevale Community Pool
- Select Field Trip weeks to fun & exciting locations
- Guest presentations and camper led shows
- Staff led activities, crafts, and games every day.

The Rec'ing Crew Parent Handbook is available online at [OVparks.com](http://OVparks.com) with camp information and the required forms to be completed and returned prior to attendance.

**Register early! Space may be limited.**

Camp Location & Check In: Building 1 & Building 2, 6930 Hazel Ave.

## Rec'ing Crew Weekly Schedule

SESSION	THEME	FIELD TRIP OR EVENT
Session 1: June 10-14	Legends on the Loose	Event: Exploring the Outdoors
Session 2: June 17-21	Safari Spectacular	Event: Petting Zoo
<b>Session 3*</b> : June 24-28	Radical Riptides	<b>Field Trip:</b> Sunsplash
Session 4: July 1,2,3,5 (no Th)	Captivating Campers	Event: Talent Show (No camp Th 7/4)
<b>Session 5*</b> : July 8-12	Tank Wars!	<b>Field Trip:</b> Sunrise Rollerland
<b>Session 6*</b> : July 15-19	Astronomical Adventure	<b>Field Trip:</b> Sac State Planetarium
Session 7: July 22-26	Mysteries & Magic	Event: Magicians & More
<b>Session 8*</b> : July 29-Aug 2	Play Ball	<b>Field Trip:</b> River Cats Game
Session 9: Aug 5-9	Pool Party Palooza	Event: Extra Swimming, Food, & Water Games



No camp 7/4

## Rec'ing Crew Weekly Fees

4 day Regular Camper	9:00am-4:00pm	\$166 / \$169 NR
4 day Extended Camper	7:30am-5:30pm	\$216 / \$219 NR
5 day Regular Camper	9:00am-4:00pm	\$196 / \$199 NR
5 day Extended Camper	7:30am-5:30pm	\$256 / \$259 NR
<b>*Field Trip Weeks</b>	<b>Weeks 3,5,6,8</b>	<b>+\$45</b>

## Rec'ing Crew Camp Specials

- **Enroll at the OVparks Summer Open House Apr. 20, 12:00-1:30pm to receive a discount on camp!**
- \$5 second+ sibling discount when enrolling siblings in the same week at the same registration  
(Restrictions may apply)

# SUMMER CAMPS



## Track & Field Camp

**Ages: 6-12**

The fundamentals of body positioning, stride, proper stretching and cooldown techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events (activities may vary). **Camp will be held on a grass field not a track.**

Location: OCC Soccer Field

Instructor: Skyhawks Staff

06SU M-F 6/17-6/21 9:00am-12:00pm

Fee: \$172 / \$175 NR

## Tennis Camps

**Ages: 5-12**

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.

Location: Pecan Park, 5945 Pecan Avenue

Instructor: Skyhawks Staff

**Beginning | Ages: 5-8**

06SU M-F 6/10-6/14 9:00am-12:00pm

Fee: \$182 / \$185 NR

**Intermediate | Ages: 6-12**

07SU M-F 7/29-8/2 9:00am-12:00pm

Fee: \$177 / \$180 NR

## Soccer Camp

**Ages: 6-12**

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

Location: OCC Soccer Field

Instructor: Skyhawks Staff

06SU M-F 6/24-6/28 9:00am-12:00pm

Fee: \$172 / \$175 NR

## Golf Camp

**Ages: 4-8**

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

Location: OCC Soccer Field

Instructor: Skyhawks Staff

07SU M-F 7/8-7/12 9:00am-12:00pm

Fee: \$162 / \$165 NR

## Beach Volleyball Camp

**Ages: 6-12**

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught 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, 5901 Almond Avenue

Instructor: Skyhawks Staff

07SU M-F 7/15-7/19 9:00am-12:00pm

Fee: \$172 / \$175 NR

**MERIT AWARDED AND T-SHIRT GIVEN  
AT THE END OF EACH CAMP**





## NAofA Lacrosse Camp

**Ages: 7-13**

The Lacrosse Summer Camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more intermediate player, the drills taught at this camp will help them fall in love with the game. Each day campers' practice and play a form of non-contact lacrosse. It is the perfect place to learn about the game and fitness while having a blast and making new friends.

Location: OCC Soccer Field  
Instructor: National Academy of Athletics Staff

07SU M-F 7/22-7/26 9:00am-12:00pm

Fee: \$168 / \$171 NR

## NAofA Softball/ Baseball Camp

**Ages: 7-13**

The Baseball/Softball coed camp by National Academy of Athletics is packed with fun. Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our baseball and softball camps are the perfect place to learn about the game and fitness while having a blast and making new friends.

Location: Youth Center Baseball Field, 6745 Hazel Avenue  
Instructor: National Academy of Athletics Staff

06SU M-F 6/10-6/14 9:00am-12:00pm  
07SU M-F 7/8-7/12 9:00am-12:00pm

Fee: \$168 / \$171 NR

## NAofA Jr. Academy All Sports Camp

**Ages: 4-6**

Games we play include, T-ball, basketball, soccer, flag football, capture the flag, ultimate frisbee, relay & obstacle races and a whole lot more. Campers bring snacks, water bottle, and wear appropriate attire. All campers will receive a t-shirt by the end of camp.

Location: Youth Center Baseball Field, 6745 Hazel Avenue  
Instructor: National Academy of Athletics Staff

06SU M-F 6/17-6/21 9:00am-12:00pm  
07SU M-F 7/29-8/2 9:00am-12:00pm

Fee: \$168 / \$171 NR



## NAofA Flag Football Camp

**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

06SU M-F 6/24-6/28 9:00am-12:00pm  
07SU M-F 7/15-7/19 9:00am-12:00pm

Fee: \$168 / \$171 NR

## NAofA All Sports Camp

**Ages: 7-13**

Games we play include, baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate frisbee, relay & obstacle races and a whole lot more. Campers bring snacks, water bottle, and wear appropriate attire. All campers will receive a t-shirt by the end of camp.

Location: Youth Center Baseball Field, 6745 Hazel Avenue  
Instructor: National Academy of Athletics Staff

06SU M-F 6/17-6/21 9:00am-12:00pm  
07SU M-F 7/29-8/2 9:00am-12:00pm

Fee: \$168 / \$171 NR





# KIDZ KORNER

A school year recreational program for preschoolers ages 3 to 5.

## Orange Blossoms - Ages 3 to 5

### Monday & Wednesday

Fall Session: Sept 9-Oct 30 9:00-11:30am

Late Fall Session: Nov 4-Jan 15 9:00-11:30am

### Tuesday & Thursday

Fall Session: Sept 10-Oct 31 9:00-11:30am

Late Fall Session: Nov 5-Jan 16 9:00-11:30am

Session Fee: \$280 / \$285 NR

Location: Kidz Korner House, 6745 Hazel Avenue

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.

### 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.

## Pre Register for Fall 2024 now!

Pre-registration for the Fall 2024 session begins June 3. Children currently enrolled in the program have priority to re-enroll in the Fall session but must do so prior to May 24. Pre-registration fee is \$23 and will hold your child's spot until August 5, when the full fee is due. Pre-registration fee is applied to your full class fee. If you decide not to enroll in the Fall session, the pre-registration fee is not refundable. Additional Fees may be due at enrollment.

### Parent Orientation & Open House

Students and parents are asked to join us for the Kids Korner Orientation and Open House. Visit the Kids Korner House to meet the instructor Emi Rutkowski and become familiar with program procedures and sign-up for your participation days.

**Open House is Thursday, September 5, from 10:00 to 11:30am.**

## 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!

Location: Activity Building

Instructor: Stephanie Tadlock

05SU W 5/8-5/29 10:00-10:45am

06SU W 6/5-6/26 10:00-10:45am

07SU W 7/10-7/31 10:00-10:45am

08SU W 8/7-8/28 10:00-10:45am

No class 6/19

Fee: \$33 / \$36 NR, 3 weeks

\$43 / \$46 NR, 4 weeks

# 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!

05SU W 5/1-5/29 9:30-10:20am 5 weeks  
06SU W 6/5-6/26 9:30-10:20am 4 weeks  
07SU W 7/3-7/31 9:30-10:20am 5 weeks  
08SU W 8/7-8/28 9:30-10:20am 4 weeks

Fee: \$108 / \$111 NR, 4 weeks  
\$135 / \$138 NR, 5 weeks



## 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

05SU M 5/6-5/20 9:00-9:30am 3 weeks  
06SU M 6/3-6/24 9:00-9:30am 4 weeks  
07SU M 7/8-7/29 9:00-9:30am 4 weeks  
08SU M 8/5-8/26 9:00-9:30am 4 weeks

Fee: \$36 / \$39 NR, 3 weeks  
\$47 / \$50 NR, 4 weeks

\$5 material fee for Aug. due to instructor at 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

05SU M 5/6-5/20 9:30-10:15am 3 weeks  
06SU M 6/3-6/24 9:30-10:15am 4 weeks  
07SU M 7/8-7/29 9:30-10:15am 4 weeks  
08SU M 8/5-8/26 9:30-10:15am 4 weeks

Fee: \$36 / \$39 NR, 3 weeks  
\$47 / \$50 NR, 4 weeks

\$5 material fee for Aug. due to instructor at first class, cash only.

# PRESCHOOL CLASSES

## 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.

05SU Tu 5/7-5/28 9:30-10:20am 4 weeks  
06SU Tu 6/4-6/25 9:30-10:20am 4 weeks  
07SU Tu 7/2-7/30 9:30-10:20am 5 weeks  
08SU Tu 8/6-8/27 9:30-10:20am 4 weeks

Fee: \$108 / \$111 NR, 4 weeks  
\$135 / \$138 NR, 5 weeks

## 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.

05SU M 5/6-5/27 10:35-11:30am 4 weeks  
06SU M 6/3-6/24 10:35-11:30am 4 weeks  
07SU M 7/1-7/29 10:35-11:30am 5 weeks  
08SU M 8/5-8/26 10:35-11:30am 4 weeks

Fee: \$108 / \$111 NR, 4 weeks  
\$135 / \$138 NR, 5 weeks

## Together We Play

**Ages: 2-4 (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.

Location: Activity Building  
Instructor: Stephanie Tadlock

05ASU F 5/3 9:30-11:00am  
05BSU F 5/17 9:30-11:00am  
06ASU F 6/7 9:30-11:00am  
06BSU F 6/21 9:30-11:00am  
07SU F 7/19 9:30-11:00am  
08ASU F 8/2 9:30-11:00am  
08BSU F 8/16 9:30-11:00am

Fee: \$18 / \$21 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 will be issued upon successful completion of the course. The certificate does not expire, although is no longer needed at the age of 18. This can be taken in lieu of the course that students can take in high school. Once you register, you will be able to access the online course within 4 business days. Complete at your own pace. Enrollment is valid for one year.

Fee: \$32

## Junior Leadership 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 6/10-8/9, where they will work alongside our current camp counselors. Junior Leaders volunteer for 2-4 days a week, between 6/10-8/9 for a morning, afternoon, or day shift. Applications are 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 - 8/9

Fee: \$103 / \$106 NR

## New! Child Abduction Prevention with C.O.B.R.A Self Defense Sacramento

### Ages: 5-11

Children will learn Abduction Defense, Identifying Strangers, Verbalization, Emergency Drills and more, through lecture and interactive scenarios. This training is based on situations that may occur in real-life. Students should wear comfortable clothing and closed toed shoes. No jewelry. Please bring bottled water for the student. A parent or legal guardian must accompany the child while attending this class. **No drop-offs allowed for children.**

**Location:** Meeting Room

**Instructor:** Susan Priesto

06ASU Sa 6/29 12:00-2:00pm

06BSU Su 6/30 12:00-2:00pm

07ASU Sa 7/20 12:00-2:00pm

07BSU Su 7/21 12:00-2:00pm

08ASU Sa 8/24 12:00-2:00pm

08BSU Su 8/25 12:00-2:00pm

Fee: \$52 / \$55 NR

## Engineer4Fun

**(using the LEGO® building system)**

### Ages: 6-12

Does hands-on building and creating sound like fun? Then come join us in an Engineer4Fun camp where we learn STEM concepts through building fun projects using LEGO® parts and motors. Build, explore, and have a great time while guided by an experienced instructor.

**Location:** Meeting Room

**Instructor:** Lynda Weiss

07SU M-F 7/8-7/12 1:00-4:00pm

Fee: \$191 / \$194 NR

## Kids Cooking Series

**Ages: 6+**

With over fifteen years teaching cooking classes, Chef Terry Masten will share professional techniques and tips in hands-on 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

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



### Asian Flairs

Everyone at your table will want your recipes for Asian Pasta Salad and Spicy Asian Meatballs with Asian Ginger Dipping Sauce. They are that good. Flavors, possibly new ingredients and "go to" recipes mean your repertoire of recipes will grow with these recipes added.

05SU F 5/17 4:00-6:00pm

### Cookie Jar

Fun, easy recipes, new techniques and compliments galore = Perfect recipes! Be ready for new techniques and tips while assembling, baking and decorating Easy Chocolate Shortbread and Cut-Out Sugar Cookies.

06SU F 6/21 4:00-6:00pm

### Summer Inspirations

Everyone will agree that Easy Chicken Divan and Chocolate Chocolate Trifle are perfect recipes for any reason and in any season. Each of these wonderful recipes will quickly become "go to" favorites.

07SU F 7/19 4:00-6:00pm

### Morning Glories

Handsome and refreshing are exactly how guests will describe your Cowboy Coffeecake and Seasonal Fruit Parfaits. Easily, these recipes will quickly become your favorites to serve guests year-round. Bon appétit!

08SU F 8/16 4:00-6:00pm

## Kids Night Out

**Ages: 5-12**

Kids Night Out is the perfect opportunity for young kids to make friends and have fun on a Friday night. These short evening camps give parents a night to themselves while kids will enjoy delicious food, fun games and captivating crafts. Swing by at the start of the season for "Summer Spectacular", a summer themed night of dance parties and seasonal games. Join us for National Joke Day with "Love to Laugh", where we'll teach fun jokes and play wacky games. Every Kids Night Out includes lemonade and pizza dinner with OVparks staff. Participants are welcome to dress up for the theme if they want. Pre-registration is required.

Location: Building 2, 6930 Hazel Avenue  
Instructor: OVparks Staff

05SU F 5/17 6:00-9:00pm Summer Spectacular

08SU F 8/16 6:00-9:00pm Love to Laugh

Fee: \$30 / \$33 NR



# YOUTH CLASSES

## Summer Theatre Workshop

with Valkyrie Theatre Company

### Madagascar Jr. Camp

**Ages: 8-18**

Take a journey out of the zoo and onto the stage with your favorite crack-a-lackin' friends from the blockbuster DreamWorks film. Filled with outlandish characters, adventure galore and an upbeat score, Madagascar Jr. will leave audiences with no choice but to "Move It, Move It!"

**Auditions:** Auditions will be held the first day of the workshop to determine what role each participant will have. All participants will have a role in the show. Please prepare 1 minute of a song from a musical to a backing track. Tracks will be sent to the stage crew in advance. It is not a requirement to audition to be part of the show but those who would like lead roles are required to.

Location: Orangevale Community Center  
Instructor: Valkyrie Theatre Staff

06SU M-F 6/10-6/28 9:00am-2:00pm

Fee: \$378 / \$381 NR



### Madagascar Jr Performances Orangevale Community Center, 6826 Hazel Ave.

All ages are invited to come out for this wonderful performance by the community youth and Valkyrie Theatre Company. Two performance nights to fit your schedule.

Purchase your tickets and enjoy a night out and a show!

**Dates: Friday, June 28th • 6:00-8:00pm**  
**Saturday, June 29th • 6:00-8:00pm**

**Performance Ticket: \$15**

**Advance purchase only. Tickets are limited.**

Purchase your event ticket prior to performance at [OVParks.com](http://OVParks.com) or by calling 916-988-4373.

# YOUTH SPORTS & FITNESS

## 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 Havel Avenue  
Instructor: Steven Miranda

05SU Tu/Th/Sa 5/2-7/30 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am  
06SU Tu/Th/Sa 6/1-8/31 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am  
07SU Tu/Th/Sa 7/2-9/28 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am  
08SU Tu/Th/Sa 8/1-10/29 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am  
No class 7/4, 10/31

Fee: \$98 / \$101 NR

New Students: \$72 / \$75 NR for the first 3 months  
Parent/Gaurdian: \$103 / \$106 NR

\*New student and Family Training discount available by calling 916-988-4373



## 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. New Student discount is not offered online.

Location: Youth Center, 6745 Hazel Avenue

Instructor: Sensei Adriaan Van Vuuren

05SU M/W 5/1-7/31 4:15-4:45pm

06SU M/W 6/3-8/28 4:15-4:45pm

07SU M/W 7/1-9/25 4:15-4:45pm

08SU M/W 8/5-10/30 4:15-4:45pm

No class 5/27, 6/19, 9/2, 10/14

Fee: \$238 / \$241 NR

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



## 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. These classes accommodate student levels from beginner to black belt. Each new student will be supplied a Gi to wear in class. New Student discount is not offered online.

## Grange Hall Karate

This class accommodates student levels from beginner to black belt.

Location: Orangevale Grange Hall  
5807 Walnut Avenue

Instructor: Sensei Adriaan Van Vuuren

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

05SU Tu/Th 5/2-7/30

06SU Tu/Th 6/4-8/29

07SU Tu/Th 7/2-9/26

08SU Tu/Th 8/1-10/29

No class 7/4, 10/31

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 Center Karate

This class accommodate student levels from beginner to red belt.

Location: Youth Center, 6745 Hazel Avenue

Instructor: Sensei Adriaan Van Vuuren

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

05SU M/W 5/1-7/31

06SU M/W 6/3-8/28

07SU M/W 7/1-9/25

08SU M/W 8/5-10/30

No class 5/27, 6/19, 9/2, 10/14

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





## New! Water Polo

**Ages: 7-18**

Learn to play water polo. Build necessary skills through ball handling, passing, and shooting. Each practice increases the players' strength, techniques, and strategies. Students must know how to swim.

Location: OCC Pool  
Instructor: OVparks Staff

**Ages: 7-10**

06SU M/W 6/10-6/26 7:30-8:30pm

**Ages: 11-18**

07SU M/W 7/8-7/24 7:30-8:30pm

Fee: \$98 / \$101 NR

## Junior Giants

**Ages: 5-18**

Junior Giants is a non-competitive free summer baseball program designed to introduce young players to the game and create opportunities to learn baseball mechanics as well as life skills. Each week will consist of a practice and a game, as well as social development curriculum to help each young ballplayer grow as an individual and a team player. Jerseys, hats, pants, gloves, bats, and all other equipment will be provided.

**Register online at [www.gojrgiants.org](http://www.gojrgiants.org)**

**Season runs 6/10-8/3**

No practice 7/4

Location: OCC Softball Fields & Youth Center Field

Fee: Free

**Coaches needed. Sign up today at [www.gojrgiants.org](http://www.gojrgiants.org).**

# MIDDLE SCHOOL SPORTS

## Volleyball

Bump, set, spike! 6th, 7th, and 8th grade students at Pasteur, Carnegie, Orangevale Open and 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.

Player must be registered with OVparks BEFORE attending any practice.

**Enroll now at [OVparks.com](http://OVparks.com)! Space is limited.**

**Season starts at the end of August and schedule information will be emailed to enrollees**

**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: \$135

**Coaches needed! Apply at [OVparks.com](http://OVparks.com)**





## 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

### Grade: K-2nd (8ft hoops)

Skill Evaluation & 1st practice: M 6/10 5:30-6:45pm  
Practice: M 5:30-6:30pm or 6:30-7:30pm  
06ASU M/Su 6/10-7/21

### Grade: 2nd-4th

Skill Evaluation & 1st practice: W 6/12 5:30-7:00pm  
Practice: W 5:00-6:00pm or 6:00pm-7:00pm  
06BSU W/Su 6/12-7/21

### Grade: 5th-6th

Skill Evaluation & 1st practice: Tu 6/11 5:30-7:00pm  
Practice: Tu 5:30-6:30pm or 6:30-7:30pm  
06CSU Tu/Su 6/11-7/21

### Grade: 7th-8th

Skill Evaluation & 1st practice: Th 6/13 5:30-7:00pm  
Practice: Th 5:30-6:30pm or 6:30-7:30pm  
06DSU Th/Su 6/13-7/21

No practice 6/27

First game: Sunday 6/23

Fee: \$128 / \$131 NR

## Full Moon Paddle

### 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 but for the sounds of animals and birds settling down at twilight. Beginners welcome and all equipment provided. You will receive an email or phone call from Current Adventures Staff one week prior to enrollment date with exact meeting location and information. If not received, you need to call OVparks three business days prior to your program date, for the information to be resent to you. Please see receipt for cancellation policy. No refunds granted 14 days prior to program date.



## Top Notch Basketball Camp

### Grades: 2nd-8th

During camp, 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.

Location: OCC Gym  
Instructor: Top Notch Staff

### Grades: 2nd-5th

07ASU M-Th 7/8-7/11 10:30am-12:30pm

### Grades: 5th-8th

07BSU M-Th 7/15-7/18 10:30am-12:30pm

Fee: \$123 / \$126 NR

## Pee Wee Basketball

### Grades: 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

08SU M 8/5-8/26 5:00-6:00pm

Fee: \$66 / \$69 NR

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

05SU Tu 5/21 6:00-9:00pm

06ASU W 6/5 6:00-9:00pm

06BSU Th 6/20 6:30-9:30pm

07SU Th 7/4 6:30-9:30pm

08SU Sa 8/17 5:30-8:30pm

09FA M 9/16 5:00-8:00pm

Fireworks Paddle

Fee: \$92 / \$95 NR

## Youth Kayaking Camps

SAFE, Fun, Educational.... Kids love kayaking and most take to it almost instantly. For over 25 years we've offered these classes as a great way to harness some of their boundless energy and curiosity. Using equipment specifically designed for kids, fun, camaraderie, water safety and outdoor education are our primary goals in these personal, small group classes. Kids learn through a variety of games, group activities and exploration for turtles, tadpoles and other critters. Classes are held in the safe, controlled environment of Lake Natoma and special hideaways like "Swampland" and "Berry Pond." (Juniors get a day on the easy waters of the American River and can add two more days of river fun in our Junior Novice class!) Kids always leave these classes super excited and many come back year after year! Taught by our professional youth instructors, beginners welcome and all equipment provided. You will receive an email or phone from Current Adventures Staff one week prior to enrollment date with exact meeting location and information. If not received, you need to call OVparks three business days prior to your program date, for the information to be resent to you. Please see receipt for cancellation policy. No refunds granted 14 days prior to program date.



### Kid's Beginning

**Ages: 8-10**

Location: Lake Natoma (Black Miners Bar)

Instructor: Current Adventures Staff

06ASU M-W 6/10-6/12 9:30am-12:30pm

06BSU Tu-Th 6/25-6/27 9:30am-12:30pm

07ASU M-W 7/22-7/24 9:30am-12:30pm

07BSU M-W 7/29-7/31 9:30am-12:30pm

Fee: \$228 / \$231 NR

### Junior Beginning

**Ages: 10-14**

Location: Lake Natoma (Black Miners Bar)

Instructor: Current Adventures Staff

06ASU M-W 6/10-6/12 1:30-5:30pm

06BSU Tu-Th 6/25-6/27 1:30-5:30pm

07ASU M-W 7/22-7/24 1:30-5:30pm

07BSU M-W 7/29-7/31 1:30-5:30pm

Fee: \$228 / \$231 NR

## Learn to Kayak Lake & Calm Waters

**Ages: 14+ (younger w/adult)**

"Seize the Day" and leave your worries and anxieties behind you! 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. Did you know that kids and women usually pick it up the quickest? 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 and all equipment provided. You will receive an email or phone call from Current Adventures Staff one week prior to enrollment date with exact meeting location and information. If not received,

you need to call OVparks three business days prior to your program date, for the information to be resent to you. 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

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

06ASU Sa 6/1 10:00am-1:00pm

06BSU Su 6/16 11:00am-2:00pm

07ASU F 7/5 10:00am-1:00pm

07BSU Sa 7/27 10:00am-1:00pm

08ASU W 8/7 10:00am-1:00pm

08BSU Sa 8/24 10:00am-1:00pm

09FA Sa 9/21 11:00am-2:00pm

Fee: \$92 / \$95 NR



## 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**.

06ASU Tu/W 6/4 & 6/5 5:30-8:00pm  
06BSU Tu/W 6/18 & 6/19 5:30-8:00pm  
07ASU Tu/W 7/9 & 7/10 5:30-8:00pm  
07BSU Tu/W 7/23 & 7/24 5:30-8:00pm  
08SU Tu/W 8/6 & 8/7 5:30-8:00pm

Fee: \$63 / \$66 NR

### Babysitting CPR

**Ages: 11-15**

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

06ASU F 6/7 5:00-7:00pm  
06BSU F 6/21 5:00-7:00pm  
07ASU F 7/12 5:00-7:00pm  
07BSU F 7/26 5:00-7:00pm  
08SU F 8/9 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. \$10 material fee due to instructor at first class, **cash only**.

05SU Sa 5/11 8:00am-5:00pm  
06SU Sa 6/15 8:00am-5:00pm  
07SU Sa 7/13 8:00am-5:00pm  
08SU Sa 8/10 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.

05SU Sa 5/18 8:00am-12:30pm  
06SU Sa 6/22 8:00am-12:30pm  
07SU Sa 7/20 8:00am-12:30pm  
08SU Sa 8/17 8:00am-12:30pm

Fee: \$88 / \$91 NR

### 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 the 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.

06SU M 6/3 6:00-9:00pm

Fee: \$73 / \$76 NR

### 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.

06SU Sa/Su 6/8 & 6/9 8:00am-5:00pm

Fee: \$253 / \$256 NR

# TEEN & ADULT CLASSES

## 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: Toni Mounts**

05SU	M	5/6-5/27	10:30-11:30am	4 weeks
06SU	M	6/3-6/24	10:30-11:30am	4 weeks
07SU	M	7/1-7/29	10:30-11:30am	5 weeks
08SU	M	8/5-8/26	10:30-11:30am	4 weeks

**Instructor: Fernada Lopez**

05SU	Tu	5/7-5/28	5:30-6:30pm	4 weeks
06SU	Tu	6/4-6/25	5:30-6:30pm	4 weeks
07SU	Tu	7/2-7/30	5:30-6:30pm	5 weeks
08SU	Tu	8/6-8/27	5:30-6:30pm	4 weeks

05SU	W	5/1-5/29	7:00-8:00am	5 weeks
06SU	W	6/5-6/26	7:00-8:00am	4 weeks
07SU	W	7/3-7/31	7:00-8:00am	5 weeks
08SU	W	8/7-8/28	7:00-8:00am	4 weeks

05SU	F	5/3-5/31	6:30-7:30am	5 weeks
06SU	F	6/7-6/28	6:30-7:30am	4 weeks
07SU	F	7/5-7/26	6:30-7:30am	4 weeks
08SU	F	8/2-8/30	6:30-7:30am	5 weeks

**Instructor: Heather McIntire**

05SU	Tu	5/7-5/28	8:30-9:30am	4 weeks
06SU	Tu	6/4-6/25	8:30-9:30am	4 weeks
07SU	Tu	7/2-7/30	8:30-9:30am	5 weeks
08SU	Tu	8/6-8/27	8:30-9:30am	4 weeks

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



## 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 Avenue

Instructor: Steven Miranda

05SU	Tu/Th/Sa	5/2-7/30	Tu/Th 7:30-9:00pm & Sa 7:30-8:30am
06SU	Tu/Th/Sa	6/1-8/31	Tu/Th 7:30-9:00pm & Sa 7:30-8:30am
07SU	Tu/Th/Sa	7/2-9/28	Tu/Th 7:30-9:00pm & Sa 7:30-8:30am
08SU	Tu/Th/Sa	8/1-10/29	Tu/Th 7:30-9:00pm & Sa 7:30-8:30am

No class 7/4, 10/31

Fee: \$178 / \$181 NR for 3 months

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

\*New student and Family Training discount available by calling 916-988-4373.

## New! Teen Safe & Campus Safety with C.O.B.R.A Self Defense Sacramento

**Ages: 11-19**

Teens and young adults will learn how to protect themselves through interactive scenario based situations that may occur on school or college campuses, as well as in private and public places. Students will learn Self-Defense and Assertiveness, Anti-abduction, Traffic and Parking Lot Safety, Social Life and Social Media Safety. Students should wear comfortable clothing and closed toed shoes. No jewelry. Please bring bottled water. A parent or legal guardian must accompany children under the age of 18 for this class. **No drop-offs allowed for minor aged students.**

Location: Activity Building

Instructor: Susan Prieto

05SU	Sa	5/18	12:00-4:00pm
06SU	Sa	6/8	12:00-4:00pm
07SU	Sa	7/13	12:00-4:00pm
08SU	Sa	8/3	12:00-4:00pm

Fee: \$78 / \$81 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 email [aileen.jazzercise@yahoo.com](mailto: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 6/19

Fee: \$89 per month (Unlimited monthly classes)

## Women's Total Workout

**Ages: 18+**

A unique and innovative semi-private group women's training class designed with women's needs and body style in mind. This class provides an exciting mixture of interval training, cardio bursts, calisthenics/TRX, and strength training. Each participant will receive personalized measurements and nutritional feedback.

Location: Rollingwood YMCA, 9373 Winding Oak Dr, Fair Oaks

Instructor: Heather McIntire

05SU W 5/1-5/29 10:30-11:30am 5 weeks

06SU W 6/5-6/26 10:30-11:30am 4 weeks

07SU W 7/3-7/31 10:30-11:30am 5 weeks

08SU W 8/7-8/28 10:30-11:30am 4 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

05SU Tu/Th 5/2-5/30 7:00-8:00pm

06SU Tu/Th 6/4-6/27 7:00-8:00pm

07SU Tu/Th 7/2-7/30 7:00-8:00pm

No class 7/4

Fee: \$53 / \$56 NR

## 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 for some fun and competition on the basketball court. These leagues are draft leagues with eight games.

Location: OCC Gym

05SU W 5/15-7/17 7:00-8:30pm

07SU W 7/24-9/18 7:00-8:30pm

No class 6/19

Fee: \$42 / \$45 NR



# ADULT CLASSES

## 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. Please bring smooth-soled shoes with good heel support. For more information contact Richard at 916-722-1382.

Location: Youth Center, 6745 Hazel Avenue  
Instructor: Richard Kowaleski

### Waltz

05ASU M 5/6-5/20 7:00-8:00pm

### Foxtrot

05BSU M 5/6-5/20 8:00-9:00pm

### ChaCha

06ASU M 6/3-6/24 7:00-8:00pm

### Salsa

06BSU M 6/3-6/24 8:00-9:00pm

### East Coast Swing

07ASU M 7/1-7/29 7:00-8:00pm

### West Coast Swing

07BSU M 7/1-7/29 8:00-9:00pm

### Night Club Two Step

08ASU M 8/5-8/26 7:00-8:00pm

### Tango

08BSU M 8/5-8/26 8:00-9:00pm

Fee: \$33 / \$36 NR, 3 weeks  
\$43 / \$46 NR, 4 weeks  
\$53 / \$56 NR, 5 weeks

## New! Ladies Night Out with C.O.B.R.A Self Defense Sacramento

**Ages: 18+**

Women will learn basic strikes, blocks, and escapes. Reality-based scenarios will be part of the curriculum. Please wear comfortable clothing appropriate for exercise. No open-toed shoes. No jewelry. Bring bottled water.

Location: Meeting Room  
Instructor: Susan Prieto

05SU	F	5/17	6:00-8:00pm
06ASU	F	6/7	6:00-8:00pm
06BSU	F	6/21	6:00-8:00pm
07ASU	F	7/12	6:00-8:00pm
07BSU	F	7/26	6:00-8:00pm
08ASU	F	8/2	6:00-8:00pm
08BSU	F	8/16	6:00-8:00pm

Fee: \$42 / \$45 NR

## New! Womens Self Defense with C.O.B.R.A Self Defense Sacramento

**Ages: 18+**

Women will learn various strikes, blocks, and escapes. Multiple interactive reality-based scenarios will be part of the curriculum. Please wear comfortable clothing appropriate for exercise. No open-toed shoes. No jewelry. Bring bottled water and light snacks.

Location: Meeting Room  
Instructor: Susan Prieto

06SU	Sa	6/22	6:00-8:00pm
07SU	Sa	7/27	6:00-8:00pm
08SU	Sa	8/17	6:00-8:00pm

Fee: \$102 / \$105 NR

## Orangevale Ukulele Fretter's

**Ages: 18+**

Why not learn to play a fun and exciting new instrument, the ukulele. We are a local group of beginners 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 Fretter's

05SU	M	5/6-5/20	1:00-2:30pm
06SU	M	6/3-6/24	1:00-2:30pm
07SU	M	7/1-7/29	1:00-2:30pm
08SU	M	8/5-8/26	1:00-2:30pm

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



## Guided Play with Gail

**Ages: 18+**

Come improve your skills playing the fastest growing sport in America. Classes designed for the newer Pickleball player with guidance on play. There will be lots of time for 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. Prerequisite: Players MUST have completed a Pickleball 101 program to enroll into Guided Play with Gail.

Instructor: Coah Gail Kenney

### Pecan Park Court - 5945 Pecan Ave.

05SU	Tu	5/28 & 6/4	10:30-11:30am
06SU	Tu	6/18 & 6/25	10:30-11:30am
07ASU	Tu	7/9 & 7/16	10:30-11:30am
07BSU	Tu	7/30 & 8/5	10:30-11:30am
08SU	Tu	8/19 & 8/26	10:30-11:30am

### Orangevale Community Park Court - 7208 Hazel Ave.

05SU	Th	5/30 & 6/6	5:00-6:00pm
06SU	Th	6/20 & 6/27	5:00-6:00pm
07SU	Th	7/11 & 7/18	5:00-6:00pm
08ASU	Th	8/1 & 8/8	5:00-6:00pm
08BSU	Th	8/22 & 8/29	5:00-6:00pm

Fee: \$43 / \$46 NR



## 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 Avenue

05SU	Tu	5/28 & 6/4	9:30-10:30am
06SU	Tu	6/18 & 6/25	9:30-10:30am
07ASU	Tu	7/9 & 7/16	9:30-10:30am
07BSU	Tu	7/30 & 8/6	9:30-10:30am
08SU	Tu	8/20 & 8/27	9:30-10:30am

### Orangevale Community Park Court - 7208 Hazel Avenue

05SU	Th	5/30 & 6/6	6:00-7:00pm
06SU	Th	6/20 & 6/27	6:00-7:00pm
07SU	Th	7/11 & 7/18	6:00-7:00pm

Fee: \$63 / \$66 NR

## Artist Studio

**Ages: 35+**

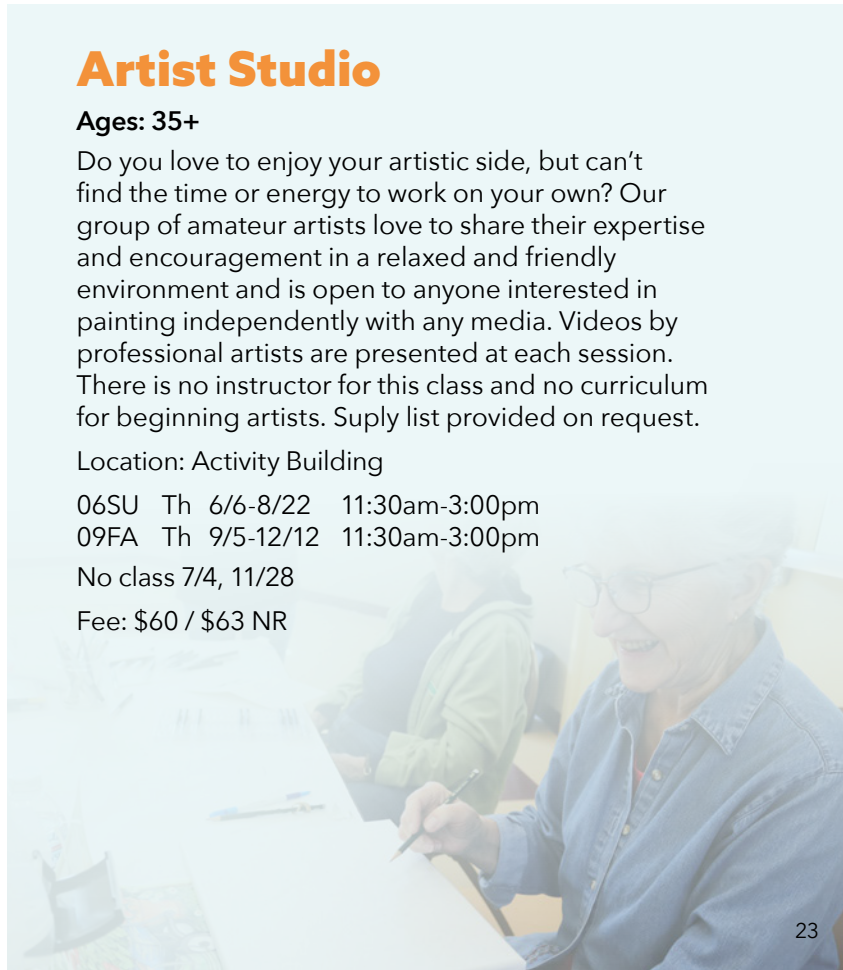
Do you love to enjoy your artistic side, but can't find the time or energy to work on your own? Our group of amateur artists love to share their expertise and encouragement in a relaxed and friendly environment and is open to anyone interested in painting independently with any media. Videos by professional artists are presented at each session. There is no instructor for this class and no curriculum for beginning artists. Supply list provided on request.

Location: Activity Building

06SU	Th	6/6-8/22	11:30am-3:00pm
09FA	Th	9/5-12/12	11:30am-3:00pm

No class 7/4, 11/28

Fee: \$60 / \$63 NR





## Tropical Escape

**Ages: 50+**

Join OVparks for a Tropical Escape! Enjoy lunch, refreshments, and entertainment. You can meet new people; mingle with friends you have met before and learn more about what's going on at OVparks. Come out by yourself or with your friends! You will need to pre-register to attend. Everyone who registers will receive a door prize ticket that enters you into a free drawing. Register by 6/24 and receive an extra door prize ticket plus, save \$3.

Location: Auditorium

07SU F 7/12 11:45am-1:00pm

Fee: \$9 (or \$6 if registered by 6/24)

## Kayaking for Boomers 50+

**Ages: 50+**

You have not had this kind of fun since you were a kid! We all know adventure and exploration are not just for teenagers, and here's an activity to rekindle your youthful enthusiasm for many years to come! Kayaking is great for fitness or 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. Join us for your first time or your best time in these small group, stress free paddles. Discover why Kayaking is the new activity of choice for baby boomers and beyond! Beginners welcome and all equipment provided. You will receive an email or phone call from Current Adventures Staff one week prior to enrollment date with exact meeting location and information. If not received, you need to call OVparks three business days prior to your program date, for the information to be resent to you. 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

05BSU	Th	5/23	10:00am-1:00pm
06ASU	Tu	6/18	10:00am-1:00pm
06BSU	Sa	6/29	10:00am-1:00pm
07ASU	Su	7/10	10:00am-1:00pm
07BSU	Sa	7/14	10:00am-1:00pm
08ASU	W	8/3	10:00am-1:00pm
08BSU	Sa	8/14	10:00am-1:00pm
08CSU	Sa	8/31	10:00am-1:00pm
09AFA	W	9/11	11:00am-2:00pm

Fee: \$92 / \$95 NR







## Mature Orange Vale Explorers

Looking for more Active Adults activities?  
Call OVparks at 916-988-4373 for more  
information on upcoming activities.



## Mid-Day Movie

**Ages: 50+**

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

Location: Meeting Room

05SU M 5/20 11:30am-1:30pm  
06SU M 6/24 11:30am-1:30pm  
07SU M 7/22 11:30am-1:30pm  
08SU M 8/26 11:30am-1:30pm

Fee: Free

## 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: Meeting Room

Hosted by Rose Senior Placement

05SU W 5/1 12:00-1:00pm  
06SU W 6/5 12:00-1:00pm  
07SU W 7/3 12:00-1:00pm  
08SU W 8/7 12:00-1:00pm

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 7/4, 7/11

Fee: \$2 room fee per person (pay at site)



# ACTIVE ADULTS



## Mature Orange Vale Explorers

MOVE has partnered with a wonderful group of Community Sponsors working together to better your well-being. Want to know more?

Contact OVparks at 916-988-4373 or OVparks.com to sign up.



**Ages: 21+**

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).

All participants will be required to wear a mask while on the bus and at potential 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.

## New! Social Security Medicare-Medi-Cal Workshop



**Ages: 64+**

Are you turning 65 this year? How do you sign up for Medicare? Do I qualify for Medi-Cal? Is the Medicare Plan that I have right for me? What are my options? Why is it so confusing?

We will dive into these questions, and many more, and help you get the answers you are looking for. Our goal is to educate you, and make the process of Social Security, Medicare, and Medi-Cal easy to understand. We will also discuss government programs such as the Medicare Savings Program and review the qualifications for this special program. Bring a friend, we look forward to making this EASY!

Location: Classroom

Instructor: Brent Smedley

05SU	Tu	5/21	9:30-11:30am
06SU	Th	6/20	1:30-3:30pm
07SU	Tu	7/16	9:30-11:30am
08SU	Th	8/22	1:30-3:30pm

Fee: Free

## New Places Tour of San Francisco

**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 makes this tour fun as well as factual. Get the "scoop" on the new sights of the City.

**Trip Inclusions:** Guided tour of San Francisco and a hosted lunch. Roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments on the motorcoach.

**Activity Level:** Strenuous, lots of hopping on and off the bus.

**Refund & Cancellation Deadline:** June 4th

Fee: \$115 per person

## Empire Mine State Historic Park

**Thursday, July 18th**

The Empire Mine State Historic Park is the site of the oldest, largest and richest gold mine in California. This 856-acre park contains many of the original mine buildings, the owner's cottage and the restored gardens and grounds as well as the entrance to 367 miles of abandoned shafts and tunnels.

**Trip Inclusions:** Private Cottage & Grounds tour at the Empire Mine State Historic Park, hosted lunch at Tofanelli's with free time in downtown Grass Valley, round-trip charterbus transportation, escort, driver gratuity and refreshments.

**Activity Level:** Strenuous - uneven grounds ahead.

**Refund & Cancellation Deadline:** June 24th

Fee: \$145 per person

## 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. Pre-register to receive a goodie bag.

Location: Auditorium

Instructor: Jay Fehan

07SU Tu 7/23 10:30am-11:30am

Fee: Free

## Collette Vacations

OVparks & Collette Vacations present trips for 2025!

### Tropical Costa Rica January 2025

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

### Rome & the Amalfi Coast March 2025

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 Aug 2024

### Discover Historical Greenbrier March 2025

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 Sept 2024

### Spotlight on Washington, D.C. April 2025

U.S. Capitol Building Tour, World War II Memorial, Washington National Cathedral, Choice on Tour: International Spy Museum or Lincoln Assassination Tour, Arlington National Cemetery, Mount Vernon, Old Town Alexandria, Vietnam Veterans Memorial, White House Visitor Center, Smithsonian Institution.

**6 days, 8 meals**

\$3,699, pp, single occupancy

\$2,999, pp, double occupancy

\$2,969, pp, triple occupancy

\*Rates valid through Sept 2024

## Lake Tahoe Scenic Cruise

**Tuesday, August 27th**

Considered one of South Lake Tahoe's most entertaining water activities, the Daytime Scenic Cruise on Lake Tahoe has been voted "Best Cruise in Nevada" by Nevada Magazine. This 2 - hour scenic daytime cruise offers fabulous photo opportunities, sunshine, and fresh Lake Tahoe air, which has a way of invigorating everyone around. As you cruise to Emerald Bay on the famous M.S. Dixie II, you'll learn how it was formed, get views of Vikingsholm Castle and learn fascinating history with the narrated tour. Lunch is included onboard the MS Dixie. Afterwards spend time exploring the shops and restaurants at Heavenly Village.

**Trip Inclusions:** Narrated tour of Lake Tahoe, lunch onboard the MS Dixie, free time in South Lake Tahoe, roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments to and from our destination.

**Activity Level:** Minimal/Moderate

**Refund & Cancellation Deadline:** August 5th

Fee: \$195 per person

## Apple Hill & Red Hawk Casino

**Thursday, September 26th**

Begin the day with 4 hours of free time at the exciting Red Hawk Casino where you'll receive a casino bonus of \$10 free play. Depart later that afternoon and head to Apple Hill for free time at High Hill Ranch. Enjoy an apple fritter or slice of apple pie with coffee while you explore the Ranch.

**Trip Inclusions:** 4 hours of free time at Red Hawk with a casino bonus of \$10 free play, free time at High Hill Ranch, roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments.

**Activity Level:** Moderate - Wear comfortable shoes.

**Refund & Cancellation Deadline:** August 26th

Fee: \$95 per person



*The Place  
for YOUR next  
memorable event!*



**ORANGEVALE  
COMMUNITY CENTER**

**6826 Hazel Avenue**

*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.*

Auditorium/Gym-Banquet Seats: 300  
Theater Style Seats: 700  
Meeting Room-Banquet Seats: 100  
Theater Style Seats: 150  
Classroom Seats: 25

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!

## 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!

### Orangevale Community Pool

Looking for a reserved area during public swim for your special event? Our Pool Party Place is an ideal location.



### 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.



### Orangevale Horse Arena

One of the very few arenas available for rent within the Sacramento Area. The arena has bleacher stands, warm-up 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:

Adult/Guardian Name:						
Address:				City:		Zip:
Cell Phone:		Text: Y / N		Home Phone:		
Email Address:						
Emergency Contact for Participant:			Relationship to Participant:		Email:	
					Phone:	
Participant Name		M/F	Birthdate	Program Name		Fee
1.						
2.						
3.						
						Total Fees:

### ORANGEVALE RECREATION & PARK DISTRICT AGREEMENT, WAIVER, AND RELEASE

In consideration for being permitted by the District to participate in the above-referenced activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the District (including its officers, employees, volunteers, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of active or passive negligence or carelessness on the part of the persons or entities mentioned above. It is further agreed that this 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 & 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 AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY FREE WILL.**

Participant / Guardian Name (Print)		Participant / Guardian Signature		Date
Payment Method	Credit Card Type:	Check #:	Amount Paid: \$	
Credit Card #:			CVC #:	Expires:
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](http://www.orangevalechamber.com)

## Orangevale Grange #354

916-988-8871

[www.orangevalegrange.org](http://www.orangevalegrange.org)

## Orangevale Womans Club

279-732-6029

[www.orangevalewomansclub.org](http://www.orangevalewomansclub.org)

## Orangevale History Project

916-800-4711

[www.orangevalehistorymuseum.org](http://www.orangevalehistorymuseum.org)

## Rotary Club of Orangevale

<http://rotary5180.org>

## Orangevale Food Bank

916-304-FOOD (3663)

[www.ovfofb.org](http://www.ovfofb.org)

# Community Sports

## Orangevale Pony Ball

916-245-0810

[www.ovpb.net](http://www.ovpb.net)

## Orangevale Youth Soccer

916-988-1528

[www.ovalesoccer.org](http://www.ovalesoccer.org)

## American River Girls Softball

[www.argsa.org](http://www.argsa.org)

## Orangevale 4-H Club

[www.orangevale4-H.weebly.com](http://www.orangevale4-H.weebly.com)

## Fair Oaks/Orangevale Little League

[www.fovll.com](http://www.fovll.com)

## CASA Roble Jr. Rams Football & Cheer

[www.CRJR.org](http://www.CRJR.org)

## Fair Oaks Jr Broncos Football & Cheer

[www.bellavistajrbroncos.com](http://www.bellavistajrbroncos.com)

## HOLIDAY CLOSURES

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

5/27 Memorial Day  
6/19 Juneteenth  
7/4 Independence Day  
9/2 Labor Day

## 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 311 and 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. More information is available on our website at [www.metrofire.ca.gov/index.php/cert](http://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](mailto:cert@metrofire.ca.gov). **October and February classes available.**

## 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.

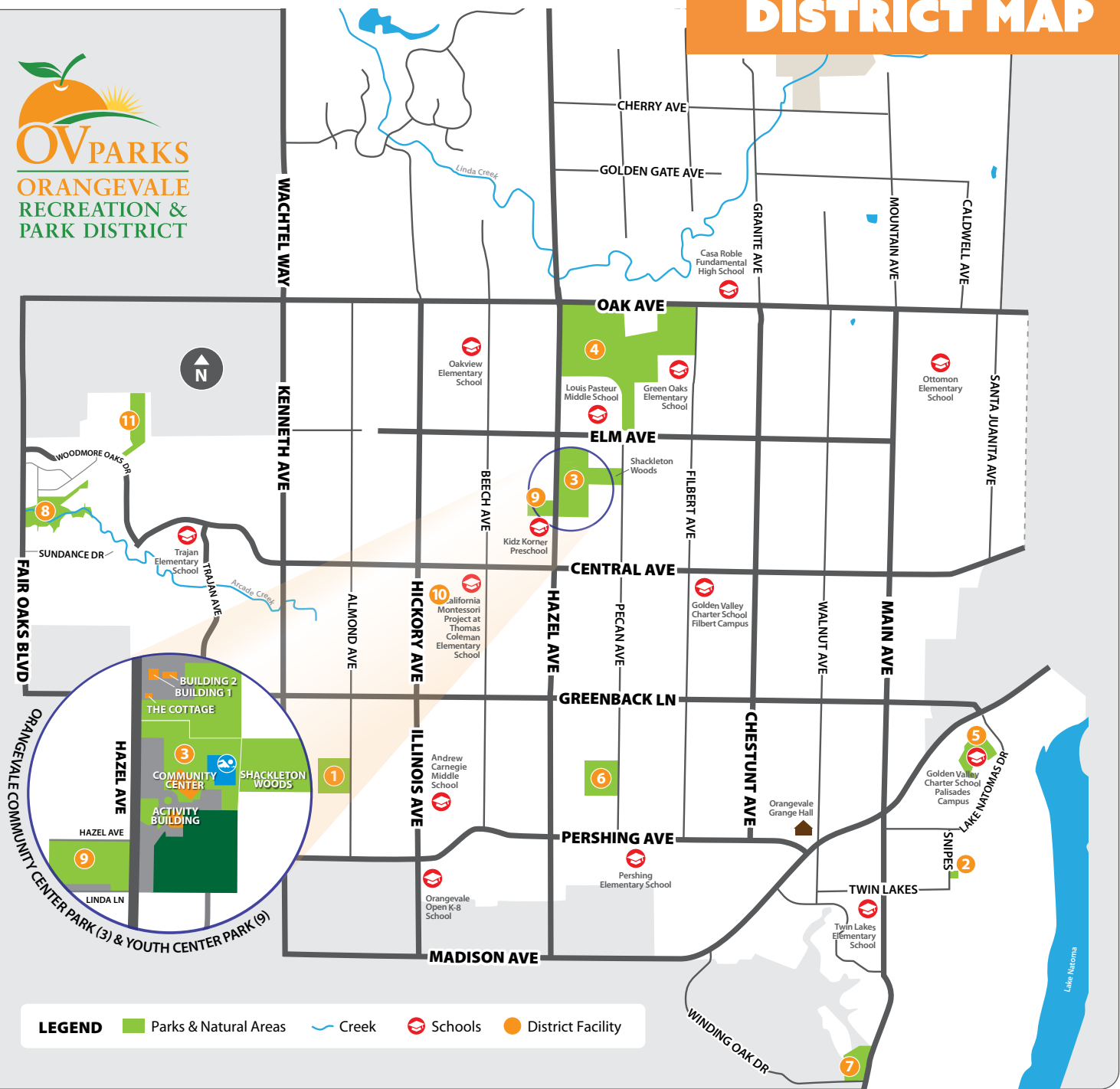
**Resident/Non-resident (NR):** Residents are those who live within the Orangevale Recreation & Park District boundaries, 95662. All others pay the non-resident fees (indicated by NR).

**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.

# DISTRICT MAP



Above map does not reflect OVparks owned and/or maintained property on school grounds.

## OV PARKS AMENITIES

			Acres	Baseball/Softball Fields	Basketball Courts	Soccer Fields	Tennis Courts	Pickleball Courts	Sand Volleyball	18 Hole Disc Golf Course	Disc Golf Pro Shop	Swimming Pool	Playgrounds	Fitness Equipment	Picnic Tables	Shade Structures	Amphitheater	Walking Trails	Horse Arena	Dog Park	Rest Rooms	Parking Lots	Drinking Fountains	Paved Bike Trail
1	Almond Park	5901 Almond Ave	10.14			2		2				2		7	1		♦			1	1	2	♦	
2	Norma Hamlin Park	5624 Snipes Blvd	4.5									1		2			♦						1	
3	Orangevale Community Center Park	6826 Hazel Ave	25.53	2	1						1	1					♦					2	1	♦
4	Orangevale Community Park	7301 Filbert Ave	76.02		2	1	2		1	1		1	♦	3	4	2	♦	1		3	2	2	♦	
5	Palisades Park	9601 Lake Natoma Dr	1.5			3	2							3										
6	Pecan Park	5945 Pecan Ave	9.56	1	3	1	2					1		3	1		♦			1	1	1	3	
7	Rollingwood Natural Area	Main & Winding Oak Dr	6.92																					
8	Sundance Park	13120 Fair Oaks Blvd	14.18														♦							♦
9	Youth Center Park	6745 Hazel Ave	4.41	1	1																	1	1	
10	Coleman/CMP	8754 Central Ave	3	1	1																	1		
11	Streng Park	8300 Streng Ave	6.4														♦							♦

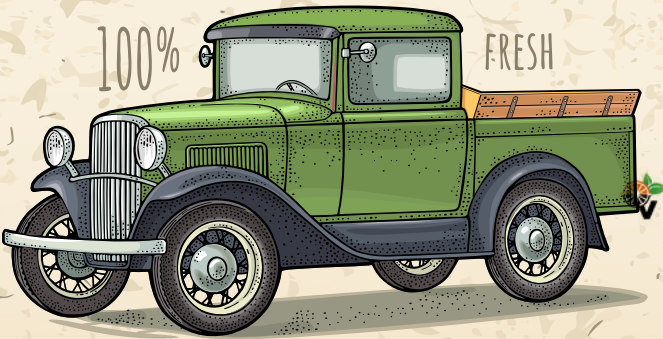


## Orangevale Farmer's Market

**Orangevale Community Center Parking Lot  
May 2nd - October 31st • Thursdays • 3:00-8:00pm**

Orangevale Farmers' Market is a certified Farmers' Market cherished by the Orangevale community! We offer local produce, fruit, berries, honey, salsa, tamales, eggs, hummus, cheese, pasta, gluten free baked goods, bread, olive oil and locally made crafts, food trucks and live music!

The market operates seasonally. For more info or to become a vendor, email [commonkettle@gmail.com](mailto:commonkettle@gmail.com) or call 916-215-7713.



## Four Ways to REGISTER

- 1 REGISTER ONLINE** - [OVparks.com](http://OVparks.com)  
Online registration available. Log into your account or create an account to sign up for a program.
- 2 PHONE-IN**  
Phone us at 916-988-4373 to register using your credit card or fax form to 916-988-3496.  
Confirmation receipt is e-mailed.
- 3 WALK-IN**  
Fill out a registration form (see page 29) at Orangevale Recreation & Park District Office  
6826 Hazel Avenue, Orangevale, CA 95662  
Monday through Friday 8:30am-4:30pm.
- 4 MAIL-IN**  
Mail your form (page 29) 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.

- |                |                                       |                   |                                   |
|----------------|---------------------------------------|-------------------|-----------------------------------|
| <b>MAY 2</b>   | Farmers' Market Begins<br>3:00-8:00pm | <b>JUNE 14-16</b> | Orangevale Summer Palooza         |
| <b>MAY 11</b>  | Spring Craft Fair<br>9:00am-3:00pm    | <b>JULY 12</b>    | Tropical Escape<br>11:45am-1:00pm |
| <b>JUNE 8</b>  | Pool Opens<br>3:00-6:00pm             | <b>SEPT 21</b>    | Rummage Sale<br>7:00am-1:00pm     |
| <b>JUNE 10</b> | Rec'ing Crew & Swim Lessons Begin     |                   |                                   |



6826 Hazel Avenue  
Orangevale, CA 95662

Postal Customer

PRSRT-STD  
US POSTAGE  
**PAID**  
PERMIT #65  
ORANGEVALE,  
CA 95662