



OV PARKS
Activity
GUIDE

WINTER SPRING 2025
January-April



Visit us online
WWW.OVPARKS.COM

SPECIAL EVENTS



If you're looking for bargains, you can find them here.

Saturday, April 5 | 7:00am-1:00pm

Location: Orangevale Community Center 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!

OVparks **SPRING** Craft Fair

Saturday, May 10

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 3/7 to be included in the jury selection. Vendors will be contacted by 3/17. Vendor information and applications are available online at OVparks.com.

FREE door prize drawings, every half hour!

Creek Week CLEAN-UP

Saturday, March 29

8:30am-12:00pm

Orangevale Community Park

(Filbert & Oak) | Paved Parking Lot

Volunteer today! We need your help to clean up the Orangevale Community Parks! Come out to enjoy a fun day of appreciating the parks we have and creating a beautiful environment for everyone to enjoy. Please reach out Andrew@ovparks.com to get involved at any level.

Fee: FREE



Is OVparks the Best in OV?

Here's your chance to let us know! Get your vote in before voting ends on January 31, 2025!

VOTE FOR US AT WWW.BESTOFORANGEVALE.COM

Winners announced February 7, 2025 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



Connect with us @OVparks



WWW.OVPARKS.COM

EMAIL:
INFO@OVPARKS.COM

For your convenience, you can reach our office 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

Kimberly Vickers,
Recreation Coordinator

Danny Rodriguez,
Custodian/Host II

PARK STAFF

Horacio Oropeza,
Park Superintendent

Doug Fuhlrodt,
Maintenance Foreman

Curtis Bryant, Nelson Kirk,
Lucas Lilly
Maintenance Staff

Table of Contents

Special Events	2
Preschool	4
Youth Classes	5
Aquatics	7
Youth Sports & Fitness	8
Middle School Sports	13
Teen & Adult Classes	14
Active Adults	18
Trips & Travel	19
Facility Rentals	20
Registration Form	21
Community & General Information	22
District Map	23

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

New! Ties & Tiaras

Saturday, February 15 • 6:00-8:30pm

Join us for our first ever, Ties and Tiaras dance! Bring your special adult, dress to impress, and come get your groove on with music, dinner, and capture the memories in our selfie booth!

Location: Orangevale Community Center Auditorium
Fee: \$40 per pair; \$15 additional child



OV'S GOT TALENT

Saturday, March 15 • 11:00am

Orangevale Community Center Auditorium

Are you ready to share your talent with the community of Orangevale? Do you sing, dance, do acrobatics, know magic, have a knack for comedy, acting, play an instrument? Individuals and groups are welcome. Registration is limited per category, so do not wait! Will you be crowned the First OV's Got Talent Champion?

Entry Deadline for acts is 2/21.

Ages: All

Spectator Fee: \$5 per person (4+)

Participants Fee: \$15 per act

KIDZ KORNER

Register Now!

If space is available, open registration dates are as follows:

Winter 2025 session begins January 13

Spring 2025 session begins March 10

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

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.



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

Orange Blossoms - Ages 3 to 5

Tuesday & Thursday

Winter Session: Jan 21-Mar 20 9:00-11:30am

Spring Session: Mar 25-May 22 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, premath 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

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 M 1/6-1/27 9:00-9:30am
02WS M 2/3-2/24 9:00-9:30am
03AWS M 3/3-3/24 9:00-9:30am
03BWS M 3/31-4/21 9:00-9:30am
No class 1/20, 2/17

Fee: \$36 / \$39 NR, 3 weeks
\$47 / \$50 NR, 4 weeks
\$5 material fee for April paid to instructor.
Recital 4/21.



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 1/6-1/27 9:30-10:15am
02WS M 2/3-2/24 9:30-10:15am
03AWS M 3/3-3/24 9:30-10:15am
04BWS M 3/31-4/21 9:30-10:15am
No class 1/20, 2/17

Fee: \$36 / \$39 NR, 3 weeks
\$47 / \$50 NR, 4 weeks
\$5 material fee for April paid to instructor.
Recital 4/21.

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 1/8-1/29 9:30-10:20am 4 weeks
02WS W 2/5-2/26 9:30-10:20am 4 weeks
03WS W 3/5-3/26 9:30-10:20am 4 weeks
04WS W 4/2-4/30 9:30-10:20am 5 weeks

Fee: \$123 / \$126 NR, 4 weeks
\$153 / \$156 NR, 5 weeks

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 F 1/10-1/31 10:00-10:50am 4 weeks
02WS F 2/7-2/28 10:00-10:50am 4 weeks
03WS F 3/7-3/28 10:00-10:50am 4 weeks
04WS F 4/4-4/25 10:00-10:50am 4 weeks

Fee: \$123 / \$126 NR, 4 weeks

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 1/8-1/29 10:00-10:45am
02WS W 2/5-2/26 10:00-10:45am
03WS W 3/5-3/26 10:00-10:45am
04WS W 4/2-4/30 10:00-10:45am
No class 4/16

Fee: \$43 / \$46 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 M 1/6-1/27 10:30-11:25am 3 weeks
02WS M 2/3-2/24 10:30-11:25am 5 weeks
03WS M 3/3-3/31 10:30-11:25am 5 weeks
04WS M 4/7-4/28 10:30-11:25am 4 weeks
No class 1/20, 2/17

Fee: \$93 / \$96 NR, 3 weeks
\$123 / \$126 NR, 4 weeks
\$153 / \$156 NR, 5 weeks

YOUTH CLASSES

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

Breakfast

EZ Tacos (spicy or not) and Mexican Hot Chocolate = Tastes from the Latin cuisine that will make you a star! Guests will beg for both recipes, guaranteed! Bon appétit!

01WS F 1/24 4:00-6:00pm

Valentine Art

Chocolate Rice Crispies and Cupid Crunch scream fun, fun and more fun. Come hungry, be ready to put together winning recipes that will always be a hit. Bon appétit!

02WS F 2/7 4:00-6:00pm

Think Green

Classic Snickerdoodles (drizzled with green chocolate) and Chocolate Mint Milkshakes = Every chef's perfect fun menu that is sure to become a "go to". Bon appétit!

03WS F 3/21 4:00-6:00pm

Springtime Workshop

Sushi (lots of veggies and no raw seafood) and Easy Dumpling Soup --- Come hungry and eager to taste Asian recipes that are Master recipes you will fall back on over and over! Bon appétit!

04WS F 4/11 4:00-6:00pm

New! Battle Robots

Ages: 7-14

Join Robo Think's Battle Robots class! Dive into the exciting world of robotics where you'll design, build, and command your own battle-ready robot! This hands-on program combines creativity, engineering, and problem-solving as kids learn to construct robots and engage them in friendly competitions. No prior experience needed - just curiosity and a love for fun challenges! Secure your spot today and watch your skills come to life on the battlefield. Let's build, battle, and have a blast!

Location: Classroom

Instructor: Amazing Athletes

01WS Th 1/9-2/27 3:00-4:30pm

Fee: \$228 / \$231 NR

*Call Check for future dates.

New! OVparks Nights of Wonders

Ages: 4-10

Come out and celebrate the night with OVparks! Dress up for our fun themes and come out to dance and party the night away. We will have fun art pieces to create and party games for everyone to play while we listen to upbeat music and dance all night. These fun evenings will include a lemonade beverage and a small, themed snack. Parents are welcome to drop off or stay and watch!

Location: Activity Building

Instructor: OVparks Staff

02WS F 2/14 Princes & Princesses 5:00-7:00pm

03WS F 3/7 80's Night 5:00-7:00pm

04WS F 4/4 Western Night 5:00-7:00pm

Fee: \$38 / \$41 NR

Parents Night Out

Ages: 5-12

Need a night out? Let your kids spend the night in, with us at OVparks! Come create arts & crafts, play games, and enjoy a movie! You can even wear your pajamas if you want! For dinner, we'll serve pizza and lemonade, YUM! Sign up today for some OVparks evening fun! Bring I.D. for pick-up, pre-registration required.

Location: Activity Building

Instructor: OVparks Staff

01WS Sa 2/22 5:30-9:00pm

02WS Sa 3/22 5:30-9:00pm

03WS Sa 4/26 5:30-9:00pm

Fee: \$36 / \$39 NR



Swimmer's Age Divisions:

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

Handbook / Registration materials are available online at OVparks.com and at the District Office as of 1/6.

Returning swimmer, that swam in the 2 dual meets in the 2024 season registration begins 1/6.

Open swimmer registration begins 2/3

Due at enrollment: A \$10 non-refundable swimmer fee will be charged, per swimmer at enrollment, that holds your spot until 4/7, when full registration fees are due. This is a non-refundable fee.

Fee: \$197 / \$202 NR per swimmer, due by 4/7

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 \$107 / \$112 NR if the swimmer volunteers to assist coaches during practices.

Other fees include: refundable Family Service deposit; optional split payment \$10; optional Meet of Champions post season training fee and Meet of Champions entry fee.

New! Stroke Clinic

Ages: 4-10

We are excited to bring a new clinic to both new and returning swimmers! Our one-day clinics will focus on technique, and targeted skill building to refine strokes, and improve technique. Attend just one or attend them all!

Location: OCC pool

Instructor: OVparks Staff

01WS Th 1/9-2/27 3:45-5:15pm

Ages: 10 & under 4:00-4:45pm

Ages: 11-18 4:45-5:45pm

04AWS M 4/14 Freestyle/Backstroke

04BWS Tu 4/15 Breaststroke/Butterfly

04CWS W 4/16 Individual Medley (IM)

04DWS Th 4/17 Starts & Turns

Fee: \$25 / \$30 NR, per clinic

Fee: \$80 / \$85 NR, all session enrollment



TigerSharks Swim Team

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, 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.

Spring Swim Clinic

Ages: 10 & under and 11-18

Spring Swim Clinic is making a comeback. Join TigerSharks coaching staff and get a head start on preparing for the season. New to swim team or looking to try out swimming, this is a great way to start. Swimmers will increase stamina, learn, and refine stroke technique, and brush up on old skills. *Swimmers MUST be able to swim at least 25 yards unassisted to enroll in the clinic.

Location: OCC pool

Instructor: OVparks Staff

Ages: 10 & under

04AWS M,W,F 3/31-4/25 4:00-4:45pm

No class 4/14, 4/16, 4/18

Ages: 11-18

04BWS M,W,F 3/31-4/25 4:45-5:45pm

No class 4/14, 4/16, 4/18

Fee: \$70 / \$75 NR

YOUTH SPORTS & FITNESS

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 summer day camp programs from 6/16-8/8, where they will work alongside our current camp counselors. Junior Leaders volunteer for 2-4 days a week, between 6/16-8/8 for a morning, afternoon, or day shift. Applications are due by May 16th and interviews will take place throughout the following weeks. All Junior Leaders must attend the mandatory training dates in June. Junior Leaders will be informed of these dates during their interview process. Please remember this is a volunteer program with leadership training, not childcare. Some of our own amazing 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 t-shirt.

Application Deadline: Friday, May 16th

Mandatory Training: June, discussed at interview

Location: Building 2, 6930 Hazel Ave.

Instructor: OVparks Staff

06SU 6/18-8/8

Fee: \$103 / \$106 NR

OVparks Volunteering

Ages: 12+

Interested in volunteering for OVparks? We need local supporters to donate their time for our events and parks! Please go to ovparks.com to get your volunteer application, or please give us a call to talk more about upcoming volunteer opportunities.

OVparks Adventure Crew

Ages: 5-12

Send your kids to OVparks for their school breaks this Spring! These camps will give the young adventurers an exciting chance to enjoy playing and creating in an engaging, active and social camp program. Kids will participate in themed crafts, games, explore their creativity and problem solving through group exercises, and have fun playing in a positive and learning environment. Pre-Registration is required, reserve your spot soon!

Location: Building 2, 6930 Hazel Ave.

Instructor: OVparks Staff

02WS M-F 2/17-2/21 Presidents Week Party 8:00am-4:00pm

04WS M-F 4/14-4/18 Super Spring Break 8:00am-4:00pm

Fee: \$190 / \$193 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 24 hours. Complete it at your pace. Currently not offered for online enrollment.

Fee: \$32

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 1/10-1/31 4:00-5:15pm

02WS F 2/7-2/28 4:00-5:15pm

03WS F 3/7-3/28 4:00-5:15pm

04WS F 4/4-4/25 4:00-5:15pm

Fee: \$195 / \$198 NR

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 with a Gi to wear in class. New Student discount is not offered online.

Grange Hall Karate

Ages: 6+

This class accommodates all 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

01WS Tu/Th 1/7-3/27

02WS Tu/Th 2/4-4/29

03WS Tu/Th 3/4-5/29

04WS Tu/Th 4/1-6/26

No class 1/2, 6/19

Fee: \$278 / \$281 NR

New students: \$163 / \$166 NR for first 3 months

Family Special: First person full price, each additional family member \$258 / \$261 NR 3 months

Youth Center Karate

Ages: 6+

This class accommodates 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 1/6-3/31

02WS M/W 2/3-4/30

03WS M/W 3/3-5/28

04WS M/W 4/2-6/30

No class 1/1, 1/20, 2/17, 5/26

Fee: \$278 / \$281 NR

New students: \$163 / \$166 NR for first 3 months

Family Special: First person full price, each additional family member \$258 / \$261 NR 3 months

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 with a Gi to wear in class. New Student discount is not offered online, call 916-988-4373 to enroll.

Location: Youth Center, 6745 Hazel Ave

Instructor: Sensei Adriaan Van Vuuren

01WS M/W 1/6-3/31 4:15-4:45pm

02WS M/W 2/3-4/30 4:15-4:45pm

03WS M/W 3/3-5/28 4:15-4:45pm

04WS M/W 4/2-6/30 4:15-4:45pm

No class 1/1, 1/20, 2/17, 5/26

Fee: \$268 / \$271 NR

New students: \$163 / \$166 NR for the first 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 members.

Location: Youth Center, 6745 Hazel Ave

Instructor: Steven Miranda

01WS Tu/Th/Sa 1/4-3/29 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am

02WS Tu/Th/Sa 2/1-4/29 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am

03WS Tu/Th/Sa 3/1-5/31 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am

04WS Tu/Th/Sa 4/1-6/28 Tu/Th 6:00-7:00pm & Sa 9:00-10:00am

No class 1/2, 6/19

Fee: \$98 / \$101 NR

New Student Fee: \$72 / \$75 NR for the first 3 months

Parent/Guardian: \$103 / \$106 NR

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

YOUTH SPORTS & FITNESS

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

Instructor: Top Notch Staff

Grades K-2nd (8 ft. hoops)

Skill Evaluation & 1st practice: M 3/24 5:00-6:00pm
Practice: M 6:00-7:00pm
01AWS M/Su 3/24-5/18

Grades 2nd-4th

Skill Evaluation & 1st practice: W 3/26 5:00-6:00pm
Practice: W 5:30-6:30pm
01BWS W/Su 3/26-5/18

Grades 5th-6th

Skill Evaluation & 1st practice: Tu 3/25 5:30-6:30pm
Practice: Tu 5:30-6:30pm
01AWS Tu/Su 3/25-5/18

Grades 7th-8th

Skill Evaluation & 1st practice: Th 3/27 5:00-6:00pm
Practice: Th 5:30-6:30pm
01AWS Th/Su 3/27-5/18

First game: Sunday 4/6

Last game: 5/18

No practice or games during Spring Break week: 4/14, 4/15, 4/16, 4/17, 4/20

Fee: \$128 / \$131 NR

Top Notch Basketball Camps

Grades: 2nd-8th

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

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 1/11 and 1/18
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 1/21 Tuesdays at 5:30pm or 6:30pm

4th/5th/6th Grades Practice

(everyone attends 1st practice at 5:30pm)
Starting 1/23 Thursdays at 5:30pm or 6:30pm

Location: Pasteur Middle School

Divisions:

2nd/3rd Grades

01AWS Tu 1/21-3/15 5:30pm or 6:30pm

4th/5th/6th Grades

01BWS Th 1/23-3/15 5:30pm or 6:30pm

All Division Games:

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

First game: 2/1 | No class 2/17-2/22

Fee: \$128 / \$131 NR

FEBURARY BREAK BASKETBALL CAMP

Grades: 2nd-4th

02AWS Tu-Th 2/18-2/20 9:00-11:00am

Grades: 5th-8th

02BWS Tu-Th 2/18-2/20 11:00am-1:00pm

SPRING BREAK BASKETBALL CAMP

Grades: 2nd-4th

04AWS M-W 4/14-4/16 9:00-11:00am

Grades: 5th-8th

04BWS M-W 4/14-4/16 11:00am-1:00pm

Soccer - Spring Break

Ages: 6-13

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

04WS M-F 4/14-4/18 9:00am-12:00pm
Fee: \$193 / \$196 NR

Tennis

Ages: 6-12

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 Court, 5945 Pecan Ave.
Instructor: Skyhawks Staff

02WS Th 2/13-3/6 4:45-5:35pm
Fee: \$81 / \$84 NR

03WS Th 3/20-4/10 4:45-5:45pm
05SU Th 5/1-5/22 4:45-5:45pm
Fee: \$88 / \$91 NR

SoccerTots

Ages: 3-5

SoccerTots is our 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!

Location: OCC Soccer Field
Instructor: Skyhawks Staff

02WS M 2/10-3/3 3:50-4:40pm
No class 2/17
Fee: \$62 / \$65 NR

03WS M 3/17-4/7 3:50-4:50pm
04WS M 4/28-5/19 3:50-4:50pm
Fee: \$88 / \$91 NR

Soccer

Ages: 6-13

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

02WS M 2/10-3/3 4:45-5:35pm
No class 2/17
Fee: \$62 / \$65 NR

03WS M 3/17-4/7 4:55-5:55pm
04WS M 4/28-5/19 4:55-5:55pm
Fee: \$88 / \$91 NR

Pickleball Clinic

Ages: 6-13

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

02WS Th 2/13-3/6 3:50-4:40pm
Fee: \$81 / \$84 NR

03WS Th 3/20-4/10 3:50-4:50pm
05SU Th 5/1-5/22 3:50-4:50pm
Fee: \$88 / \$91 NR

Track and Field Clinic

Ages: 6-14

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 by area). **This class is held on a grass field, not on a "track".**

Location: Orangevale Community Center Field
Instructor: Skyhawks Staff

02WS F 2/14-3/7 3:50-5:00pm
03WS F 3/21-4/11 3:50-5:00pm
05SU F 5/2-5/23 3:50-5:00pm

Fee: \$103 / \$106 NR

YOUTH SPORTS & FITNESS

Beach Volleyball Clinic

Ages: 7-13

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 Volleyball Court, 5901 Almond Ave.

Instructor: Skyhawks Staff

02WS W 2/12-3/5 3:50-5:20pm

03WS W 3/19-4/9 3:50-5:20pm

04WS W 4/30-5/21 3:50-5:20pm

Fee: \$117 / \$120 NR

NATIONAL ACADEMY OF ATHLETICS

SACRAMENTO EAST

Jr. Academy TeeBall Clubs

Ages: 3-6

This club gives young children a fun, active, and educational experience tailored to the abilities of their age group. Our staff helps them learn to catch without fear of the ball, field grounders, and throw. They will swing and hit balls on the tee and live pitching using our Flex Hit bat and run the bases. Our structured, simple play-based approach will build confidence and make learning the game of baseball fun for young athletes. Parent participation is encouraged but not required. Participants should bring their own glove.

Location: Youth Center Baseball Field, 6745 Hazel Ave

Instructor: National Academy of Athletics Staff

Ages: 3-4

01AWS Sa 1/4-1/25 9:00-9:50am

02AWS Sa 2/1-2/22 9:00-9:50am

03AWS Sa 3/8-3/29 9:00-9:50am

04AWS Sa 4/5-4/26 9:00-9:50am

05ASU Sa 5/3-5/24 9:00-9:50am

Ages: 5-6

01BWS Sa 1/4-1/25 10:00-10:50am

02BWS Sa 2/1-2/22 10:00-10:50am

03BWS Sa 3/8-3/29 10:00-10:50am

04BWS Sa 4/5-4/26 10:00-10:50am

05BSU Sa 5/3-5/24 10:00-10:50am

Fee: \$88 / \$91 NR

Flag Football Clubs

Ages: 6-13

The NAofA Flag Football Club will allow children to throw, catch, cover, and run without the worry of contact! Emphasis will be on proper conditioning, warm-ups, footwork drills, agility, passing, receiving, handoffs, and positions. Football is a great cardiovascular sport and teaches kids teamwork, accountability, leadership, and resilience. Featuring: Quarterback challenge, games, competitions, and tons of fun!

Location: OCC Soccer Field

Instructor: National Academy of Athletics Staff

04WS Sa 4/5-4/26 5:15-6:30pm

05SU Sa 5/3-5/24 5:15-6:30pm

Fee: \$128 / \$131 NR

All Sports Clubs

Ages: 4-13

This program gives children a fun, active & educational experience tailored to the abilities of their age group. Kids have a blast learning motor skills and coordination while playing games with other children. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including throwing, catching, kicking, and running. Games may include wiffleball, soccer, capture the flag, relay & obstacle races, and much more. Featuring structured, simple activities, individual and team-building challenges, and small-sided competitions to develop teamwork and engage young athletes.

Location: OCC Soccer Field

Instructor: National Academy of Athletics Staff

Jr. Academy Club

Ages: 4-6

01WS Su 1/5-1/26 9:30-10:30am

02WS Su 2/2-2/23 9:30-10:30am

03WS Su 3/9-3/30 9:30-10:30am

04WS Su 4/6-4/27 9:30-10:30am

05SU Su 5/4-5/25 9:30-10:30am

Fee: \$88 / \$91 NR

All Sports Club

Ages: 7-13

01WS Su 1/5-1/26 10:45-11:45am

02WS Su 2/2-2/23 10:45-11:45am

03WS Su 3/9-3/30 10:45-11:45am

04WS Su 4/6-4/27 10:45-11:45am

05SU Su 5/4-5/25 10:45-11:45am

Fee: \$88 / \$91 NR



MIDDLE SCHOOL SPORTS

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

Register at OVparks.com, before attending practices. Must pre-register and teams fill fast! **Coaches needed.** Apply at OVparks.com.

New! NAofA Cheer & Dance Clubs

Ages: 6-13

This cheer and dance club packs a ton of cheer fundamentals, as well as simple fun routines and performance skills! Kids will learn stretching techniques for flexibility, balance, rhythm, and coordination. Cheer and dance teaches kids about teamwork, trust, and the importance of practice and dedication. The staff guides campers through the process of improving their individual skills, understanding of basic cheer concepts, building confidence while having tons of fun.

Location: OCC Soccer Field

Instructor: National Academy of Athletics Staff

04WS Sa 4/5-4/26 5:15-6:30pm

05SU Sa 5/3-5/24 5:15-6:30pm

Fee: \$88 / \$91 NR

NAofA Spring Break All Sports Camp

Ages: 6-13

This program gives children a fun, active & educational experience tailored to the abilities of their age group. Kids have a blast learning motor skills and coordination while playing games with other children. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including throwing, catching, kicking, and running. Games may include wiffleball, soccer, capture the flag, relay & obstacle races, and much more. Featuring structured, simple activities, individual and team-building challenges, and small-sided competitions to develop teamwork and engage young athletes.

Location: OCC Soccer Field

Instructor: National Academy of Athletics Staff

04WS M-F 4/14-4/18 9:00am-12:00pm

Fee: \$233 / \$236 NR

Middle School Girls Basketball

Pasteur, Carnegie, Orangevale Open 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: \$160

TEEN & ADULT CLASSES

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 1/7-1/30 7:00-8:00pm
02WS Tu/Th 2/4-2/25 7:00-8:00pm
04WS Tu/Th 4/1-4/29 7:00-8:00pm
No class 1/2, 2/27

Fee: \$53 / \$56 NR

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.

Pre-requisite: Prior to first class schedule an assessment by contacting bgibson@ymcasuperiorcal.org.

Location: Rollingwood YMCA, 9373 Winding Oak Dr, Fair Oaks
Instructor: Fernanda Lopez

02AWS W 2/5-2/26 7:00-8:00am 4 weeks
03AWS W 3/5-3/26 7:00-8:00am 4 weeks
04AWS W 4/2-4/30 7:00-8:00am 5 weeks
02BWS F 2/7-2/28 6:30-7:30am 4 weeks
03BWS F 3/7-3/28 6:30-7:30am 4 weeks
04BWS F 4/4-4/25 6:30-7:30am 4 weeks

Fee: \$95 / \$98 NR, 4 weeks
\$118 / \$121 NR, 5 weeks

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 during the session. 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 1/9-5/15 11:30am-3:00pm
No class 4/17

Fee: \$60 / \$63 NR

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 1/4-3/29
02WS Tu/Th/Sa 2/1-4/29
03WS Tu/Th/Sa 3/1-5/31
04WS Tu/Th/Sa 4/1-6/28

Tu/Th 7:30-9:00pm; Sa 7:30-8:30am
No class 1/2, 6/19

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.

Jazzercise

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
Instructor: Aileen Van Noland

M/W/F/Sa 1/4-4/30 9:00-10:00am
M/W 1/4-4/30 6:00-7:00pm
No class 1/1, 1/3, 1/20, 2/17

Fee: \$89 per month
(Unlimited Monthly Classes)



TEEN & ADULT CLASSES



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	Sa	3/29	11:00am-2:00pm	Wildlife Tour
04WS	Sa	4/19	10:00am-1:00pm	Easter Paddle
05ASU	Sa	5/3	10:00am-1:00pm	Flower Month Iris & Eagle Tour
05BSU	Sa	5/24	10:00am-1:00pm	May Bird / Wildlife Tour

Fee: \$92 / \$95 NR

New! Fun Kayaking Eco Tours

Ages: 14+ (younger w/adult)

02WS	Sa	2/15	11:00am-2:00pm	Love the one you paddle with Valentine's Tour
03WS	Su	3/16	11:00am-2:00pm	St. Patty's Day Paddle Tour

Fee: \$92 / \$95 NR

Kayaking for Boomers

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.

Location: Lake Natoma (Black Miners Bar)

Instructor: Current Adventures Staff

04AWS	Tu	4/1	11:00am-2:00pm	No Fool's Here! Spring Lake Tour
04BWS	Sa	4/26	10:00am-1:00pm	Iris & Eagle's Tour
05SU	F	5/16	11:00am-2:00pm	Turtle's & Bridges Tour

Fee: \$92 / \$95 NR

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

01WS	Sa	1/11	3:00-6:00pm	Wolf Moon Tour
02WS	Tu	2/11	3:30-6:30pm	Snow Moon Tour
03WS	Tu	3/11	5:00-8:00pm	Worm Moon Tour
04WS	Th	4/10	5:30-8:30pm	Pink Moon Tour
05ASU	Sa	5/10	6:00-9:00pm	Flower Moon Mother's Day Tour

Fee: \$92 / \$95 NR

TEEN & 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 Ave
Instructor: Richard Kowaleski

Waltz **3 weeks**
01AWS M 1/6-1/27 7:00-8:00pm

Foxtrot **3 weeks**
01BWS M 1/6-1/27 8:00-9:00pm

Salsa **4 weeks**
02AWS M 2/3-3/3 7:00-8:00pm

ChaCha **4 weeks**
02BWS M 2/3-3/3 8:00-9:00pm

West Coast Swing **4 weeks**
03AWS M 3/10-3/31 7:00-8:00pm

East Coast Swing **4 weeks**
03BWS M 3/10-3/31 8:00-9:00pm

Night Club Two Step **4 weeks**
04AWS M 4/7-4/28 7:00-8:00pm

Hustle **4 weeks**
04BWS M 4/7-4/28 8:00-9:00pm

No class 1/20, 2/17

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

AARP Tax Assistance

Starting Wednesday, January 8th

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 2/5 thru 4/4. 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 Avenue

Fee: Free

New! Women's Wealth and Wisdom

Ages: 40+

This is not the typical Women & Investing seminar you may have seen in the past. And, it is not investment education! Instead, it focuses on financial planning issues that we all face at various stages of life. We accomplish that by offering 9 robust different case studies which will each have at least one correlated detailed checklist/worksheet/primer. The platform used will be ZOOM and the meeting information will be emailed to you prior.

Location: ZOOM

Instructor: Luz Johnson

02WS W 2/19 6:00-7:30pm

Fee: Free

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

Mondays 1/6-4/28 1:00-2:30pm

No class 1/20, 2/17, 4/14

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



RESCUE TRAINING CPR & FIRST AID CLASSES

Location: Rescue Training Institute
169 Parkshore Dr. STE. #110, Folsom
Instructor: Rescue Training Staff

Basic Life Support CPR & AED

Ages: 16+

This is an American Heart Association class. Intended for present EMS, Medical, Dental & Allied Health professionals taking this course for the first time.

01WS Sa 1/18 8:00am-12:30pm
02WS Sa 2/15 8:00am-12:30pm
03WS Sa 3/15 8:00am-12:30pm
04WS Sa 4/19 8:00am-12:30pm
Fee: \$88 / \$91 NR

Lifeguard Training

Ages: 15+

This course will prepare you to become a Lifeguard. The American Red Cross blended learning course will consist of online content to be completed prior to the start of the course, and in person sessions with hands on training of rescue skills and techniques, spinal management, first aid and other related emergency training, and CPR for the Professional Rescuer. The certification is valid for 2 years.

*Must be able to swim 8 laps, tread water for 2 minutes (no hands). Must be 15 years old at the start of the course.

Location: OCC Pool
Instructor: OVparks Staff

04WS M-F 4/14 -4/18 10:00am-5:00pm
Fee: \$185 / \$190 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. 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.

02WS M 2/3 6:00-9:00pm
0WS M 4/7 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 one week prior to class date.

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

03WS Sa/Su 3/29 & 3/30 8:00am-5:00pm
Fee: \$253 / \$256 NR

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 3/4 & 3/5 5:30-8:00pm
Fee: \$63 / \$66 NR

Pediatric CPR & First Aid

Ages: 16+

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

01WS Sa 1/11 8:00am-5:00pm
02WS Sa 2/8 8:00am-5:00pm
03WS Sa 3/8 8:00am-5:00pm
04WS Sa 4/12 8:00am-5:00pm
Fee: \$88 / \$91 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.

03WS F 3/7 5:00-7:00pm
Fee: \$38 / \$41 NR



Mature Orange Vale Explorers

Medicare 101: Making Medicare Easy

Ages: 60+

Are you turning 65 in the next year? How do you sign up for Medicare? Why is it so confusing? Is the Medicare Plan that I have right for me? What are my options? What changed with Medicare in 2025? Do I qualify for Medi-Cal? 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 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

02WS Th 2/20 9:30-11:00am

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 1/27 and receive an extra door prize ticket.

Location: Auditorium

02WS F 2/14 10:30am-12:00pm

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 at 916-988-4373 to be put in contact with the appropriate volunteer. Advance notice is needed to play.

Location: Meeting Room

Thursdays 1/9-4/24, 10:00am-2:30pm

No class 1/2, 4/17

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

Bingo

Ages: 50+

Rose 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 Placement

01WS W 1/8 12:00-1:00pm

02WS W 2/5 12:00-1:00pm

03WS W 3/5 12:00-1:00pm

04WS W 4/2 12:00-1:00pm

Fee: Free

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 1/8-3/5 7:00-8:30pm

03WS W 3/12-5/7 7:00-8:30pm

Fee: \$42 / \$45 NR

Mid-Day Movie

Ages: 50+

MOVE is hosting a FREE mid-day matinee. Coffee and popcorn provided. Bring a lunch or snack to enjoy during the movie.

Location: Meeting Room

01WS M 1/27 11:30am-1:30pm

02WS M 2/24 11:30am-1:30pm

03WS M 3/24 11:30am-1:30pm

04WS M 4/28 11:30am-1:30pm

Fee: Free

Collette Vacations

OVparks & Collette Vacations present trips for 2025-2026.

Kingdoms of Southeast Asia November 2025

HIGHLIGHTS... Hanoi, Walking Food Tour, Discussion with Vietnam War Veteran, Ha Long Bay, Hoi An, Ho Chi Minh City, Reunification Palace, Mekong Delta, Siem Reap, Angkor Wat, Luang Prabang, Choice on Tour: Night Market Visit or Evening at Leisure, Wat Xieng Thong, Pak Ou Buddha Cave, Monk Alms Offering, Bangkok.

19 days, 31 meals

\$7,799, pp, single occupancy

\$6,799, pp, double occupancy

*Rates valid through March 2025

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 follow current health and safety guidelines and mandates when traveling.

Almond Blossom Festival

Thursday, February 20

The Almond Blossom Festival is Ripon's largest tradition of the year with an entire weekend of celebrations and events. Beginning in 1962, the Almond Blossom Festival is steeped in history and has become more than just a festival, but a season of tradition, memories, and Ripon comradery.

Trip Inclusions: Roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments to and from our destination.

Activity Level: Moderate - Easy to Moderate - lots of walking, go at your own pace.

Refund & Cancellation Deadline: Thursday, February 6
Fee: \$75 per person

Back to the Future the Musical in San Francisco

Wednesday, March 5

We will travel to the historic Orpheum Theater in San Francisco for a catered lunch before taking our seats for the award-winning show Back to the Future The Musical. Adapted for the stage by the iconic film's creators Bob Gale and Robert Zemeckis. When Marty McFly finds himself transported back to 1955 in a time machine built by the eccentric scientist Doc Brown, he accidentally changes the course of history. Now he's in a race against time to fix the present, escape the past, and send himself... back to the future..

Trip Inclusions: Roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments to and from our destination.

Activity Level: Moderate - Easy

Refund & Cancellation Deadline: Friday, February 14
Fee: \$145 per person

Sunny Portugal March 2026

HIGHLIGHTS... Lisbon, Choice on Tour: "Calcadas" Walking Tour or "The Way of the Cod" Tour, Belem, Cork Factory, Evora, Alentejo, Lagos, Algarve, Portimão, Setúbal, Portuguese Riviera, Obidos, Sintra, Choice on Tour: National Palace of Sintra or Walking Tour, UNESCO World Heritage Sites.

10 days, 13 meals

\$4,399 pp, single occupancy

\$3,899, pp, double occupancy

\$3,869, pp, triple occupancy

*Rates valid through August 2025

Discover Croatia, Slovenia and the Adriatic Coast April 2026

HIGHLIGHTS... Ljubljana, Castle Dinner, Lake Bled, Opatija, Istrian Peninsula, Farm-to-Table Dinner, Plitvice Lakes National Park, Split, Countryside Lunch with Folklore Entertainment, Diocletian's Palace, Dubrovnik, Choice on Tour: Cable Car or Dubrovnik City Walls, Zagreb.

19 days, 31 meals

\$6,699 pp, single occupancy

\$5,699, pp, double occupancy

\$5,599, pp, triple occupancy

*Rates valid through September 2025

Eleven Roses Ranch

Thursday, April 17

Upon arrival you will be greeted with refreshments and music. Explore the gardens, vintage wagons and carriages or play a friendly game of Horseshoes. Complete your experience with a Chuck-wagon BB-Q, including Dutch oven cobbler for dessert and complimentary Lake County wines.

Trip Inclusions: Roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments to and from our destination.
Activity Level: Easy to Moderate. Must be able to step up onto a motorcoach.

Refund & Cancellation Deadline: Thursday, April 3
Fee: \$145 per person

Spring into Mystery

Thursday, June 19

Embark on a spring mystery trip filled with surprises and adventure! Discover hidden gems, savor seasonal delights, and explore a secret destination that promises unforgettable memories. Let curiosity guide your way!

Trip Inclusions: Roundtrip motorcoach transportation, tour escort, lunch, driver gratuity and refreshments to and from our destination.
Activity Level: Easy to Moderate, several stops, all accessible.

Refund & Cancellation Deadline: Thursday, June 5
Fee: \$135 per person

Sausalito & Muir Woods

Thursday, July 31

Travel by motor coach directly to Muir Woods! Only a few miles north of San Francisco in an isolated canyon, grows thousand-year-old trees towering hundreds of feet high. Enjoy free time to wander along the paved trails before heading down to Sausalito. Savor the San Francisco Bay view as you stroll along the historic waterfront in search of the perfect place for lunch (not included).

Trip Inclusions: Roundtrip motorcoach transportation, tour escort, driver gratuity and refreshments to and from our destination.
Activity Level: Moderate, Muir Woods has paved trails and is accessible, go at your own pace.

Refund & Cancellation Deadline: Thursday, July 10
Fee: \$75 per person

Collette: Travel Presentation

Ages: 18+

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

Location: OCC Auditorium
Instructor: Jay Fehan

02WS M 2/10

11:00am-12:00pm

Fee: Free



*The Place
for YOUR next
memorable event!*



**ORANGEVALE
COMMUNITY CENTER**

6826 Hazel Avenue

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

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!

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



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

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.



**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.





ORANGEVALE RECREATION & PARK DISTRICT

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

REGISTRATION FORM

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	Code	T-Shirt Size	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

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

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

Orangevale History Project
916-800-4711
www.orangevalehistorymuseum.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 will be closed on the holidays listed below. OVparks sponsored classes and programs will not meet during holiday closures:

Holiday Break:
December 23, 2024-January 3, 2025

Martin Luther King Jr. Day
Monday, January 20, 2025

President's Day
Monday, February 17, 2025

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. 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. **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.

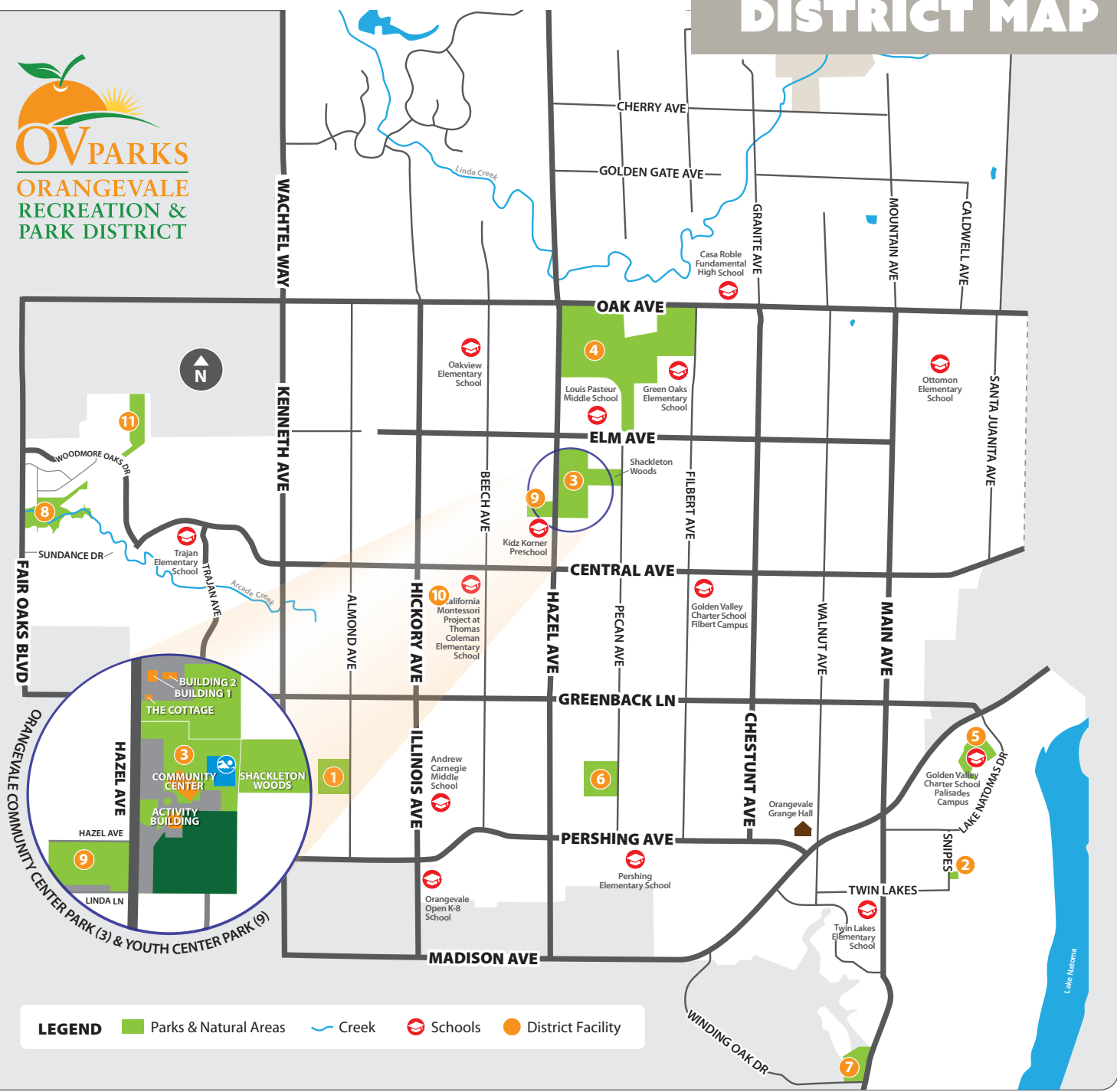
Resident/Non-resident (NR): Residents are those who live within the Orangevale Recreation & Park District boundaries, 95662. All others pay the non-resident fees (indicated by NR).

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



LEGEND ■ Parks & Natural Areas ~ Creek Ⓜ Schools ● District Facility

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

OVPARKS 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													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	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													◆							◆

Four Ways to REGISTER

OVparks presents

1 REGISTER ONLINE - OVparks.com
Online Registration available. Log on to sign up for a program.

2 PHONE-IN OR FAX
Phone us at 916-988-4373 to register using your Visa or MasterCard or fax form to 916-988-3496. Confirmation receipt is e-mailed.

3 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

4 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.

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

FEB 15 Ties & Tiaras
6:00-8:00pm

APR 5 Spring Rummage Sale
7:00am-1:00pm

MAR 15 OV's Got Talent
11:00am

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

MAR 29 Creek Week Clean-up
8:30am-12:00pm

MAY 10 Spring Craft Fair
9:00am-3:00pm

**Parks
Make
Life
Better!**

OVparks *Summer* Open House

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

Plan your summer today!
One-Day Only DEALS

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

FREE!

- 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
- Kid Zone



6826 Hazel Avenue
Orangevale, CA 95662

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CA 95662