

THE Leaflet



CITY NEWS AND RECREATION GUIDE

SUMMER 2021



**LAKE FOREST
REOPENS**

PG. 4

**BALANCED BUDGET
APPROVED**

PG. 6

**FALL
RECREATION
GUIDE**

PG. 11





A Message From City Manager
DEBRA ROSE

City Council direction and public input plays a big role in developing the Lake Forest budget each year, but staff also relies on the Strategic Business Plan to ensure the spending aligns with the City’s long-range goals.

Lake Forest has three long-term goals, which were also developed with the City Council:

- A livable city that is well planned, attractive and safe.
- A city that is engaged, informed, and technologically current.
- A city government that is fiscally sustainable and well-run with committed staff.

At the start of the budgeting process, staff develops strategies to reach those goals. A strategy for meeting the goal of being well planned, for example, is to prioritize traffic improvements. A strategy to meet the goal of being an attractive City is our continual reinvestment in City parks. Our goal of creating an engaged community can be met with new outreach tools.

Staff then links specific projects with the strategies. More than 20 traffic-improvement projects address the strategy of reducing traffic congestion. Park improvements at the Arbors and a half-dozen other parks address the strategy to ensure Lake Forest remains an attractive community. Our new government channel at 851 on Cox Communications and radio broadcasts at AM 1690 fulfill the strategy of increasing engagement with new tools.

These are just a few examples. The Strategic Business Plan, a seven-year document, identifies 61 special projects to ensure we meet our three primary goals. The Strategic Plan is more important than ever, as new residential neighborhoods will be finished over the next seven years, moving the City from a developing community to a “maintenance City.” That transition will make it more important than ever for Lake Forest to invest in infrastructure and provide programs in a thoughtful – strategic – way to ensure Lake Forest continues to meet our goals of being attractive, engaged, and well-run.

You can see the Strategic Business Plan on our website, www.LakeForestCA.gov.

Thank you for your ongoing trust and support. We are proud to serve you.

Debra Rose



MEETINGS AT A GLANCE

CITY COUNCIL MEETINGS

Meetings are held on the first and third Tuesday of each month*

COMMUNITY SERVICES COMMISSION MEETINGS

Meetings are held on the Wednesday after the first Tuesday of each month*

PLANNING COMMISSION MEETINGS

Meetings are held on the Thursday after the first Tuesday of each month*

TRAFFIC AND PARKING COMMISSION MEETINGS

Meetings are held on the Monday before the first Tuesday of each month*

All meetings will start at 6:30 pm
*Subject to change; visit all agendas at: www.LakeForestCA.gov/agendas

The Leaflet is an official publication of the City of Lake Forest and is distributed as a public service to Lake Forest homes and businesses. The City welcomes your comments and questions regarding The Leaflet.

Etnies Skatepark of Lake Forest is fully open. See www.etnieskatepark.com for information.



E-BIKES: USE THEM SAFELY, USE THEM LEGALLY!

As the popularity of E-bikes continues to increase, it is critical we all do our part to ensure safety in our streets and be mindful of all motorized vehicles in the roadway.

SAFETY TIPS FOR ELECTRIC BICYCLES:

1. Always wear a helmet. No exceptions.
2. Make sure your bike has front and rear lights, as well as reflective stickers.
3. Wear bright, reflective clothing.
4. Install a horn so that motorists can hear you coming. Bicyclists and even motorcycles can be quiet and easily lost in a motorist's blind spot.
5. Find safe routes—preferably less traveled roads and pathways that allow electric bikes.
6. Ride defensively. Don't assume anyone can see or hear you. Anticipate what drivers and pedestrians might do, and act accordingly.
7. Beware of parked cars. Someone could open their car door as you pass or pull out of their parking spot without looking.
8. Look out for other bicyclists, who may not have lights at night or may dart out in front of you.
9. Let pedestrians know you're coming with an announcement of "On your left!" or a beep of the horn. Always slow down when approaching pedestrians.
10. Ride with traffic and always obey traffic rules (i.e. stop at stop signs and red lights, ride on the right side of the road, not the sidewalk, etc.). Be aware of cracks and potholes.
11. Loose gravel and wetness can be risky too. Slow down, be cautious, and avoid those conditions if possible.

Remember, cars make mistakes too! Drivers often don't always use their turn signals, speed and make sudden lane changes. Always be alert and aware of your surroundings.

Electric bikes – California Vehicle Code Section 312.5(a)

Class 1: Low speed, pedal-assisted electric bicycle – Provides assistance only when rider is pedaling, ceases to assist once bicycle rider reaches 20 mph.

Class 2: Low speed, throttle assisted electric bicycle – Equipped with a motor that may be used exclusively to propel the bicycle, ceases to assist once the bicycle reaches 20 mph

Class 3: "speed pedal-assisted electric bicycle -- Equipped with a motor that provides assistance only when the rider is pedaling, and that ceases to provide assistance when the bicycle reaches the speed of 28 miles per hour, and equipped with a speedometer.

All classes of electric bicycles fall under the same California Vehicle Code rules as regular bicycles. Additionally, Lake Forest Municipal Code 13.04.12 says "No person shall operate a bicycle on a non-roadway recklessly." It is also a misdemeanor under California Vehicle Code 23103 to "pop a wheelie" or drive recklessly. The bicycle can be confiscated.

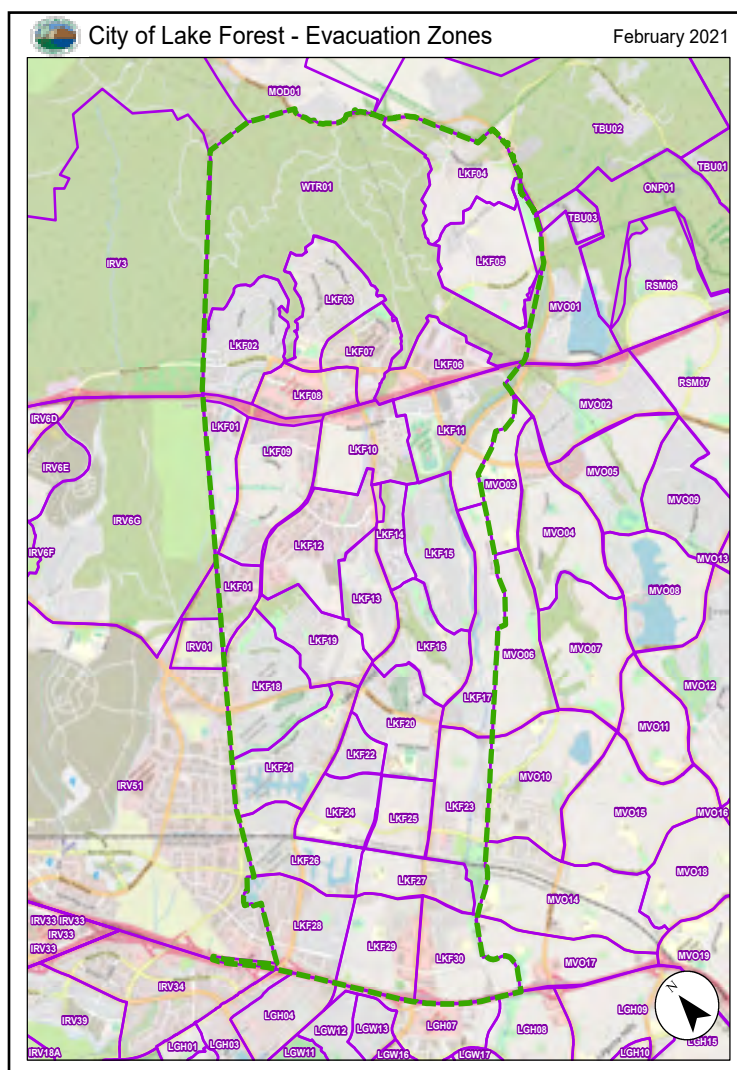
KNOW YOUR EVAC ZONES

Did you know Lake Forest is divided into 30 evacuation zones? Even more importantly, do you know what zone your home or business is in? In a wildfire or other emergency, the Orange County Sheriff's Department and City will notify those in Lake Forest of potential evacuations by zone.

Learn your zone by entering your address in the interactive map at <https://bit.ly/LFEvacuations>.

The map will also be updated during an emergency to show which zones are under evacuation warnings, or full evacuations. And while the information is on the City's wildfire page, remember other emergencies, such as explosions or gas leaks, could lead to evacuations, as well.

Learn your zone. Own your zone!





LAKE FOREST REOPENS

Open for Business – and for Fun

The City of Lake Forest roared back in its reopening and is now putting summer into full swing! The City's first fireworks show at the Sports Park on July 4 was a symbolic end of pandemic closures and a perfect start to a full summer. Here's the list of facilities, their hours and what they offer:



City Hall

City Hall stayed open for business with modified hours and operations throughout the pandemic, strictly following public health guidelines.

- City Hall is open 8 am to 6 pm Monday through Thursday and 8 am to 5 pm on Friday.
- The Building and Planning counter is closed from 11:45 am to 1 pm Monday through Friday, and 1 to 6 pm Wednesdays. The counter is available during business hours by phone at (949) 461-3470 and email at building@lakeforestca.gov.



Clubhouse

- The Clubhouse Senior Center is open 10 am to 3 pm Tuesdays and Wednesdays in July.
 - It will open 10 am to 3 pm Monday through Wednesday in August.
 - It will be open 10 am to 3 pm Monday through Thursday in September.
- Emeritus programs are offered to meet the educational and recreational interests of active seniors. These programs return in person in January 2022.
- For more information, see the Clubhouse Calendar at lakeforestca.gov/172/Seniors.



Recreation Center

- The Sports Park Recreation Center opens 8 am to 10 pm Monday through Saturday, and on Sunday 10 am to 6 pm.
- The basketball courts are open 11 am to 1 pm Monday through Friday, and on Saturday 2 to 6 pm. *The courts are only open to those 30 years and older on Mondays.*
- The volleyball courts are open 6:30 to 9:30 pm on Friday and Saturday, and 10 am to 2 pm on Sunday.
- Futsal soccer is 6:30 to 9:30 pm on Thursday.

Etnies Skatepark of Lake Forest

Summer Hours (end of August 15)

10am – 7:45pm 7 days a week

Fall Hours

12pm – 7:45am Monday -Friday

10am – 7:45pm Saturday and Sunday



Police Services/Shredding

Police Services and the shredding program are open, and are staffed by the *Sheriff's Team of Active Retired Seniors (STARS)*.

Materials for shredding are accepted 8 am to 4 pm Monday through Friday.

Residents are limited to one box per week.

Special Events

Community Services is sparking the summer spirit as they bring back summer concerts, movies in the park, and other activities! Please read below for future movie and concert events. To keep up to date on all events, view the City calendar at LakeForestCA.gov.

Movies in the Park

- **Scoob**
 - 7:30 pm. Friday, Aug. 27, Sports Park and Recreation Center (2800 Rancho Pkwy.)

Summer Concerts

- **Creedenced & The Long Run**
 - 5:30 to 8:30 pm Saturday, Aug.7, at Pittsford Park (21701 Pittsford Dr.)
- **Redneck Rodeo & Flashback Heart Attack, with Car Show**
 - 5:30 to 8:30 pm Saturday, Sept.18, at the Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)



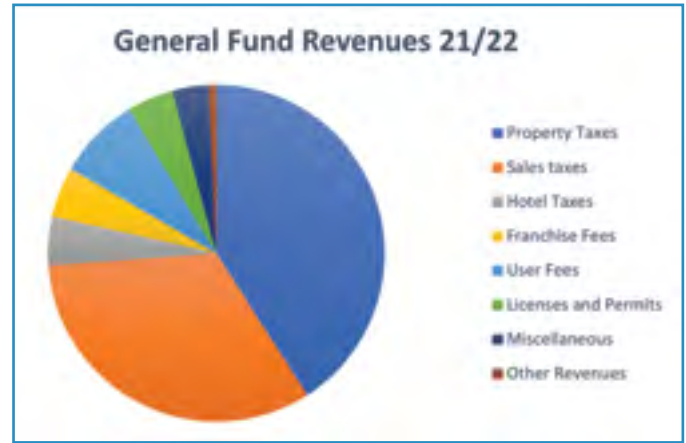
LAKE FOREST MOVES TO TWO-YEAR BUDGET

The City Council in June approved a balanced budget that for the first time incorporates two fiscal years instead of one. The two-year budget allows City leaders to better focus on long-term and strategic aspects of City spending.

The 2021-23 spending plan maintains City services and continues to provide the services that address the priorities of the community. Total General Fund revenues are projected to be \$53.2 million in Fiscal Year 2021-22 and \$54.2 million in Fiscal Year 2022-23.

Total General Fund expenditures are projected to be \$51.2 million in Fiscal Year 2021-22 and \$51.4 million in Fiscal Year 2022-23. The Capital Improvement Plan for the 2021-23 budget cycle includes 25 projects totaling \$19.4 million. The projects include 13 traffic improvement projects, seven street improvement projects, and five park improvement projects.

The City's 2021-2028 Financial Forecast maintains a balanced operating budget for the next six fiscal years, generating an accumulated operating surplus of \$8.6 million. See more at bit.ly/LFFiscalTransparency.



THE CITY OF LAKE FOREST FISCAL YEAR 2021-22 BUDGET OVERVIEW

GENERAL FUND REVENUES	FY 21-22 ADOPTED BUDGET
Property Taxes	\$21,782,000
Sales Taxes	\$17,500,000
Hotel Taxes	\$2,500,000
Franchise Fees	\$2,577,000
User Fees	\$4,215,000
Licenses and Permits	\$2,386,000
Miscellaneous	\$1,865,100
Other Revenue	\$383,000
Total Revenues	\$53,208,400

GENERAL FUND EXPENDITURES	FY 21-22 ADOPTED BUDGET
Police Services	\$20,179,800
Public Works	\$13,584,600
Community Development	\$3,676,000
Finance	\$3,598,200
City Manager's Office	\$3,560,600
Community Services	\$3,272,900
City Attorney	\$1,286,000
Management Services	\$1,238,800
City Clerk Department	\$757,100
Legislative	\$102,500
City Council*	\$0
Total Expenditures	\$51,219,900

(*City Council budget was combined with the Legislative budget.)

LAKE FOREST NEEDS YOUR INPUT!



The City seeks input about the vision for the future of mixed-use zoning in Lake Forest.

The mixed-use zoning includes a blend of homes and commercial or industrial projects as well as shared open space.

As part of the City of Lake Forest's General Plan Update 2040, mixed-use land use designations were adopted. These new designations allow for a blend of

residential and complementary retail, hotel, office, and/or industrial uses in key focus areas in the City. These mixed-use areas would offer walkable streets, vibrant open spaces, and plazas, along with diverse housing options for people to live, work, shop, and recreate.

Your feedback will help the City shape specific requirements for these mixed-use designations. Learn more and participate in online activities by visiting the project website at www.LakeForestMUZ.com.

CHANGES COMING TO COUNCIL DISTRICTS

Just as Lake Forest finished its transition to District-based Council elections with the 2020 contest, the lines are now required to be redrawn. The California Voters Rights Act mandates districts be updated every 10 years with new Census data. The City of Lake Forest expects results from the Census in September, which will allow public input and hearings on adjusting the district boundaries.

In August, the City will consider a contract with a demographer to help ensure the new districts are properly balanced and comply with all regulations.

Lake Forest moved to district elections for the 2018 Council election under the threat of a California Voting Rights Act lawsuit. Three Council members were elected by district in 2018; the transition was completed in 2020 when the two remaining Lake Forest seats moved to districts.

See www.LakeForestCA.gov/901/District-Elections for more information or email Redistricting@LakeForestCA.gov.

**WE WANT TO HEAR FROM YOU!
TELL US WHAT YOU THINK!**



SIGN UP FOR FLASHVOTE
and share your opinion!

WWW.FLASHVOTE.COM/LAKEFORESTCA

FlashVote allows you to quickly and easily share your opinion on City topics by email, text, or phone. A minute a survey, five surveys a year!

EXPAND THE FOREST DEDICATIONS

Since incorporation in December 1991, the City Council has supported “Expand the Forest,” a program that encourages resident participation in tree planting and provides an opportunity to expand the City’s urban forest. The cost is \$90. For more information, see www.LakeForestCA.gov/expandtheforest.

SPONSOR	TREE SPECIES	LOCATION	DEDICATION
Loretta and Jeff Herrin	Magnolia	Ranchwood Park	In memory of Brad Herrin
Tammy Trinh, Trang Tran, Ray Tran, Phong Tran and Thien Tran	Crape Myrtle (Pink)	Cavanaugh Park	Dien Thi Tran, a beloved mother and grandmother
Tammy Trinh, Trang Tran, Ray Tran, Phong Tran and Thien Tran	Crape Myrtle (Pink)	Cavanaugh Park	Hung Thien Tran, a beloved son and brother
Tammy Trinh, Trang Tran, Ray Tran, Phong Tran and Thien Tran	Crape Myrtle (Pink)	Cavanaugh Park	Tran Thien Linh, a beloved son (daughter) and brother (sister)
Beverly Huff	Magnolia	Peachwood Park	In loving memory of John Huff, spouse and best friend
Anthony, Rosa, and Alex DiPalma	Crape Myrtle (Pink)	Vintage Park	In loving memory of Francesca Marchese, who lives in our hearts forever
Anthony, Rosa, and Alex DiPalma	Magnolia	Vintage Park	In loving memory of Paul Marchese, who lives in our hearts forever
The Dalat Family	Crape Myrtle (White)	Cavanaugh Park	In loving memory of Duke
Chad, Tina, Noah, and Joshua Thompson	Sycamore	Concourse Park	In loving memory of Jack G. Thompson, a great father and grandfather. We love you and miss you!
The Gube 'Ohana and the Thompson 'Ohana	Crape Myrtle (Pink)	Concourse Park	In loving memory of Anastazia Kiilani Gube, a beautiful daughter, sister and mom. Always in our hearts.
Mark and Suzanne Ryan	Crape Myrtle (Pink)	Cherry Park	In loving memory of George Edward and June Kay Ryan, beloved parents, grandparents and great grandparents
Mark and Suzanne Ryan	Crape Myrtle (Pink)	Cherry Park	In loving memory of Nika Singh and Mary Garewal Gill, beloved parents, grandparents, and great grandparents
Troop 6508	Magnolia	Peachwood Park	Sisterhood and our great leaders
Your hybrid class of 2020-2021	Crape Myrtle (Pink)	Peachwood Park	Mrs. Donawerth, thank you for being a loving and caring teacher.
The Kasser Family	Crape Myrtle (Pink)	Peachwood Park	Thomas J. Checkley
Rosemary, Matthew, David, and Colleen	Crape Myrtle (Pink)	Concourse Park	In loving memory of Sam Smith, forever in our hearts

ADOPTION CENTER CELEBRATES FOUR YEARS IN LAKE FOREST

The Pet Adoption Center of Orange County is celebrating its fourth anniversary in Lake Forest, thanks to you, the local community. The Pet Adoption Center houses dogs approximately 30 pounds and under at its Lake Forest Village adoption center. To provide the best service possible to potential adopters, the center is open by appointment only.

Along with taking in dogs from owners no longer able to keep them and providing referrals to those we are unable to house, the PAC-OC provides the community with a variety of services to assist them with adopting and caring for their pet. The Center also offers counseling to those who would like to keep their pets but are having difficulties. In conjunction with local veterinarians, PAC-OC assists with locating low-cost spay/neuter, vaccination, and microchipping services.

While the Pet Adoption Center-Orange County always offers dog adoption services through its website, the Center also participates in quarterly adoption events.

The PAC-OC has volunteer opportunities for students 16-17 years old, with an adult volunteering with them. Adult volunteers are also needed.

For more information on adopting a dog, other services, and volunteer opportunities, see www.adoptocpets.org. For questions, email info@adoptocpets.org.



4 year old MiniMoo is blind. She's available for adoption at adoptocpets.org/adopt



APPLICATIONS AVAILABLE FOR NEIGHBORHOOD PRIDE PAINT PROGRAM

The City has established its Neighborhood Pride Paint Program to maintain and improve the character, aesthetic quality and property values within the community. The program is funded with the City's Community Development Block Grant and provides the opportunity for qualified residents to have the exterior of their home painted at no cost to the homeowner. Program qualifications include:

- Properties must be owner-occupied
- The home or mobile home must need painting as determined by the City
- Owners cannot have assets in excess of \$120,000, excluding the value of the home
- The existing exterior paint must be lead-free
- Homeowners must not exceed maximum low-income limits listed below, as determined by household size defined by the U.S. Department of Housing and Urban Development (HUD) for the previous 2 years.

HOUSEHOLD SIZE	INCOME MAXIMUM
1 person	\$75,300
2 person	\$86,050
3 person	\$96,800
4 person	\$107,550
5 person	\$116,200
6 person	\$124,800

If interested in applying, please pick up an application packet at City Hall reception desk or contact Susie Valadez via email at svaladez@lakeforestca.gov or by phone at (949) 461-3462. Due to funding constraints, the number of owner-occupied homes or mobile homes selected to participate is limited and will be made by random selection.

Return a completed application to the City of Lake Forest, 100 Civic Center Drive, Lake Forest, California 92630, Attention: Theresa Dobbs, no later than 4 pm on Thursday, August 26. If you have any questions please contact Theresa Dobbs at tdobbs@lakeforestca.gov or at (949) 461-3473.

CUT WATER WASTE CUT POLLUTION



Did you know that you could be spending your money only to waste water and contribute to pollution?

Many people may not realize that about 50 percent of water used in the home is used for outdoor irrigation. When sprinklers over spray water on areas without landscaping, such as sidewalks and patio surfaces, or when landscaping is over watered and the soil becomes saturated, the excess water runoff can travel over sidewalks, driveways, streets, and gutters. As it travels, it picks up pollutants on its way to the storm drain. Because runoff can carry pollutants to the storm drain system, it is designated as a prohibited discharge in the Lake Forest Municipal Code.

Consider this—a typical residential sprinkler can emit about one gallon a minute. If a lawn with 10 spray heads was over watered by five minutes daily, 50 gallons of water could be wasted every day! Irrigation runoff can also pick up and carry motor oil, pesticides, pet wastes, pathogens/bacteria, nitrates, toxic metals, and household chemicals to the storm drain system. Unlike the sewer system, the runoff water is not treated and the storm drain system conveys this polluted water directly to our creeks, lakes, and beaches.

Paying a little attention to your irrigation system to eliminate irrigation runoff pays off big – it fights pollution, conserves our limited water resources, and can save you money! Here are some smart and easy tips to eliminate over-irrigation and runoff:

- 1. Do not over-water. Most plants do not need to be watered every day, especially lawns. Generally, reduce your sprinkler cycle length and increase the number of cycles. Use a water calculator at www.bewaterwise.com/calculator.html**
- 2. Water lawns before sunrise, or after sunset. This will maximize water absorption into the soil and minimize loss due to evaporation or wind.**
- 3. Watch out for misdirected sprinklers. Keep water on the plants—there's no benefit to watering the sidewalk or street. Also, periodically inspect and fix leaks.**
- 4. Consider the use of native and drought resistant California plants for your landscaping. There are over 6,000 varieties to choose from, and they typically use about two-thirds less water.**

Learn more at www.h2oc.org

Also check with Irvine Ranch Water District or El Toro Water District for information and assistance.

We all share a connection to water, and it is important that we all work to prevent runoff pollution. You can make a difference! Learn how at www.h2oc.org where we have got all the resources you need, including an events calendar to find an event near you. Let's keep our waterways sparkling!

INTRODUCING YOUR ORGANICS RECYCLING CART

Your green waste refuse cart became your Organics Recycling Cart on July 1. You can now discard food waste with your green waste, making it organic waste.

Organic waste, including food waste, is the largest material type placed in California landfills. As organic waste decomposes, methane is released, which contributes to climate change. Organic waste recycling is good for the environment and it's the law. In 2016, to reduce methane, California adopted SB 1383 which mandates a reduction in organic waste in landfills.

How does it work?

Use a bowl, pail, or compostable bag to collect food scraps and then simply toss the scraps in your Organics Cart. Place your Organics Cart out with your trash and recycling carts on your usual collection day.

What if you don't have a green waste cart?

Over the next few months, CR&R will deliver 35-gallon

Organics Carts to residents without a green cart. If you live in multi-family homes that use a community bin, CR&R will work with your community management to arrange for organics collection.

Already compost in your backyard?

Great! Keep composting. Everyone is encouraged to reduce food waste by planning meals, storing food properly, and using up leftovers. But there will always be some waste such as avocado pits and banana peels. If you're already composting, you're a step ahead.

For more information.

Visit the City's website at www.LakeForestCA.gov/FoodWasteRecycling.

Fall 2021

Recreation Program Guide

September, October, November



FALL 2021 REGISTRATION DATES

RESIDENT: Begins at 8 am, Tuesday, August 17, 2021

NON-RESIDENT: Begins at 8 am, Tuesday, August 24, 2021



ETNIES SKATEPARK

PARK PROFILE: ETNIES SKATEPARK OF LAKE FOREST

Lake Forest is home to the Etnies Skatepark of Lake Forest, one of the world's best skateparks. From beginner to advanced features, the park has terrain for all levels of skateboarders.

Etnies is staffed and offers some radical lessons, camps, and events. Did you know the largest skateboard lesson ever taught was held at the skatepark and is still a current Guinness World Record? Or that the park was named one of the top ten places to ride before you die in Transworld Skateboard Magazine?

The park, which opened December 13, 2003 and expanded on August 20, 2011, features competition bowls, back yard style pools, giant flow sections, and a world class street area. The private—public partnership with Lake Forest-based Etnies, the world-class skate shoe manufacturer, was a perfect fit.

Three locals who grew up skating at the park are now professional include Dylan Witkin, Aidan Campbell, and Daniel Vargas. They were all on the first ever Lake Forest City Skateboard Team.

The Etnies Skatepark of Lake Forest has over 62,000 square feet of concrete waiting for you to come out and gets some grinds on this summer. Stop by and shred, but don't forget your helmet!

For more information visit, www.etniesskatepark.com

Etnies Skatepark of Lake Forest
20028 Lake Forest Dr.
Lake Forest, CA 92630
(949)-916-5870

Community Services Fall Quarter Holiday Schedule

Please visit the City website www.LakeForestCA.gov to confirm the days and times the Lake Forest Sports Park & Recreation Center and the Etnies Skatepark of Lake Forest are open over the Fall Quarter. The Civic Center Complex will be closed on the following Fall Quarter Holidays:

LABOR DAY

Monday, September 6, 2021

THANKSGIVING

Thursday, November 25 - Friday, November 26, 2021

For general questions regarding Community Services Programs, visit www.lfcommunityservices.com. You can still register for programs when the Community Services offices are closed on holidays or after hours. Visit www.lfparksandrecca.com for 24/7 online registration.

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COMMUNITY SERVICES CONTACT INFORMATION

Community Services 461-3450
www.lfcommunityservices.com

Etnies Skatepark
of Lake Forest 916-5870
www.etnies skatepark.com

Lake Forest Sports Park &
Recreation Center 273-6960
www.lakeforestsportspark.com

The Clubhouse
(Senior Center) 461-3408
www.LakeForestCA.gov/seniors

Saddleback Emeritus
Registration 582-4835
IVC Emeritus Registration .. 451-5555

SVUSD
Recreation 768-0981, press 3
Sports Fields Hot-line 461-3595

**Parks
Make
Life
Better!** SM

SAVE TIME!
Register Online at:
www.lfparksandrecca.com

LAKE FOREST SPORTS PARK & RECREATION CENTER

The Lake Forest Sports Park & Recreation Center Gymnasium spreads 27,000 square feet with two hardwood floored basketball courts and two volleyball courts.

Stop by Open Gym times for a game of basketball, volleyball or futsal! Free for Residents and Commercial Residents. Open Gym membership for non-residents is \$100 for the calendar year or a \$5 daily pass.

- Open Gym Daily Program
- Fee : Residents - \$5 Daily Non-Residents - \$10
 Residents - \$120 Yearly Pass
 Non-Residents - \$240 Yearly Pass
- Open Gym ID Card Replacement \$15

NEW MEMBERSHIPS ARE AVAILABLE FOR PURCHASE.

Basketball:

Monday-Friday 11 am–1pm
 Monday (30 and older) 6:30 pm–9:30 pm
 Saturday 2–6 pm

Volleyball:

Friday 6:30–9:30 pm
 Saturday 6:30–9:30 pm
 Sunday 10 am–2 pm

Pickleball:

Tuesday 8:30–10:30 am
 Thursday 8:30–10:30 am

Futsal Soccer:

Thursday 6:30–9:30 pm

- All participants must be over the age of 14 or accompanied by a parent/guardian.
- A photo I.D. is required each time a participant attends Open Gym activities.
- No food or drink is allowed inside the gymnasium.
- Basketballs and volleyballs can be rented out for the exchange of an I.D.

Holiday Schedule:

- Monday, September 6, 2021 in observance of Labor Day
- Monday, November 11, 2021 in observance of Veterans Day
- Thursday, November 25, 2021 in observance of Thanksgiving Day

FOLLOW US ON THESE SOCIAL MEDIA PLATFORMS:



facebook.com/lfsportspark



@lakeforest_sportspark

Preschool and Youth Programs



Princess Ballet

This is a perfect introduction to the fundamentals of ballet and creative movement with elements of fun, fantasy, and lots of encouragement. Class also works on listening skills, coordination, balance, and musicality. Class includes story time and one craft. \$5 material fee per half session due on first day of class. Ballet shoes required.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee: \$74 Resident \$79 Non-Resident
 (5-Week Session) (5-Week Session)
 \$89 Resident \$94 Non-Resident
 (6-Week Session) (6-Week Session)
 \$149 Resident \$154 Non-Resident
 (Full Session) (Full Session)
- Materials Fee: \$5 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10632	3-6 yrs	Sep 11-Oct 16	Sat	9-9:45 am
Act #: 10633	3-6 yrs	Oct 23-Nov 20	Sat	9-9:45 am
Act #: 10634	3-6 yrs	Sep 11-Nov 20	Sat	9-9:45 am

Get Safe Child Safety Academy

Fun and innovative, the GET SAFE academy empowers kids through a unique blend of counseling, education, interaction, physical training, and humor. The academy is open for students K-6. *This course is for residents only.*

- Instructor: Get Safe Academy Staff
- Fee: \$20 (4-Week Session)
- Location: Lake Forest Civic Center (100 Civic Center Dr)

To Register: Online, Mail-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 10664	K-6 grade	Oct 6-27	Wed	6-7:30 pm
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Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 4 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun.

- Instructor: Ms. Jenn- The Etiquette Factory
- Fee:
\$180 Resident \$185 Non-Resident
(10-Week Session) (10-Week Session)
Babies under the age of 8 months free with registered sibling.
- \$42 program fee due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10646				
Birth-4 yrs	Sep 13-Nov 15	Mon	9-9:45 am	
Act #: 10647				
Birth-4 yrs	Sep 7-Nov 9	Tue	4:30-5:15 pm	
Act #: 10648				
Birth-4 yrs	Sep 10-Nov 12	Fri	9:15-10:00 am	
Act #: 10649				
Birth-4 yrs	Sep 10-Nov 12	Fri	10:15-11:00 am	
Act #: 10650				
Birth-4 yrs	Sep 11-Nov 13	Sat	9-9:45 am	

Holidays with Music Together

Here is your chance to experience a musical holiday celebration, the Music Together way! Children will have the opportunity to create and play in a fun, winter themed environment. These classes are an introduction to a lifetime of holiday musical enjoyment! This class has the same format as our regular music together class but will use favorite winter/holiday songs.

- Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher
- Fee:
\$36 Resident \$41 Non-Resident
Babies under the age of 8 months free with registered sibling.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10651				
Birth-4 yrs	Nov 29-Dec 6	Mon	9-9:45 am	
Act #: 10652				
Birth-4 yrs	Nov 30-Dec 7	Tue	4:30-5:15 pm	
Act #: 10653				
Birth-4 yrs	Dec 3-10	Fri	9:15-10 am	
Act #: 10654				
Birth-4 yrs	Dec 3-10	Fri	10:15-11 am	
Act #: 10655				
Birth-4 yrs	Dec 4-11	Sat	9-9:45 am	

Ballet, Jazz, & Tap Combo Level I

Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping and beginning jazz dance. Class also promotes musicality, coordination, balance, and grace. Ballet and tap shoes required.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee: \$74 Resident \$79 Non-Resident
(5-Week Session) (5-Week Session)
\$89 Resident \$94 Non-Resident
(6-Week Session) (6-Week Session)
\$149 Resident \$154 Non-Resident
(Full Session) (Full Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10638	3-5 yrs	Sep 11-Oct 16	Sat	9:55-10:40 am
Act #: 10639	3-5 yrs	Oct 23-Nov 20	Sat	9:55-10:40 am
Act #: 10640	3-5 yrs	Sep 11-Nov 20	Sat	9:55-10:40 am

Ballet, Jazz, & Tap Combo Level II

Dancers improve and expand upon technique learned in Level I, but those new to dance are welcome! Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping and beginning jazz dance. Class also promotes musicality, coordination, balance, and grace. Ballet and tap shoes required.

For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee: \$74 Resident \$79 Non-Resident
(5-Week Session) (5-Week Session)
\$89 Resident \$94 Non-Resident
(6-Week Session) (6-Week Session)
\$149 Resident \$154 Non-Resident
(Full Session) (Full Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10641	5-8 yrs	Sep 11-Oct 16	Sat	10:50-11:35 am
Act #: 10642	5-8 yrs	Oct 23-Nov 20	Sat	10:50-11:35 am
Act #: 10643	5-8 yrs	Sep 11-Nov 20	Sat	10:50-11:35 am

Hip Hop

Hip Hop is a fun dance genre that promotes and encourages artistic creativity, individuality and an awareness for personal technique. This energetic class teaches clean, age-appropriate hip hop moves, combinations and technique. Dancers will also develop and improve balance, musicality, rhythm, and agility while building confidence amongst peers. Suitable for boys and girls. Sneakers required.

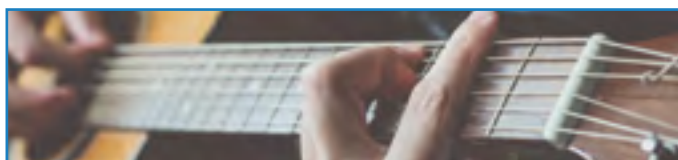
For more info: www.ocdanceproductions.com

- Instructor: OC Dance Productions staff
- Fee: \$74 Resident (5-Week Session) \$79 Non-Resident (5-Week Session)
\$89 Resident (6-Week Session) \$94 Non-Resident (6-Week Session)
\$149 Resident (Full Session) \$154 Non-Resident (Full Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10635			
4-7 yrs	Sep 11-Oct 16	Sat	11:45 am-12:30 pm
Act #: 10636			
4-7 yrs	Oct 23-Nov 20	Sat	11:45 am-12:30 pm
Act #: 10637			
4-7 yrs	Sep 11-Nov 20	Sat	11:45 am-12:30 pm



Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

- Instructor: Ron Gorman
- Fee: \$109 Resident (5-Week Session) \$114 Non-Resident (5-Week Session)
\$70 Resident (3-Week Session) \$75 Non-Resident (3-Week Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10579			
10 yrs-Adult	Oct 19-Nov 16	Tue	5-6 pm
Act #: 10580			
10 yrs-Adult	Dec 1-15	Wed	5-6 pm

Beginning Ukulele

Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature, and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.

- Instructor: Ron Gorman
- Fee: \$109 Resident (5-Week Session) \$114 Non-Resident (5-Week Session)
\$70 Resident (3-Week Session) \$75 Non-Resident (3-Week Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10581			
10 yrs-Adult	Oct 19-Nov 16	Tue	4-5 pm
Act #: 10582			
10 yrs-Adult	Dec 1-15	Wed	4-5 pm

Rhythmic Gymnastics Preschool



Preschool Rhythmic for girls!

- Instructor: EuroGymnastics Staff
- Fee: \$75 Resident (4-Week Session) \$80 Non-Resident (4-Week Session)
- \$25 material fee due to instructor at first class meeting.
- Location: EuroGymnastics Rhythmic Academy (26923 Fuerte Dr.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #:10602			
3.5-5 yrs	Sep 8-Sep 29	Wed	2:30-3:30 pm

Rhythmic Gymnastics Beginners



Rhythmic for beginners!

- Instructor: EuroGymnastics Staff
- Fee: \$125 Resident (4-Week Session) \$130 Non-Resident (4-Week Session)
- \$25 material fee due to instructor at first class meeting.
- Location: EuroGymnastics Rhythmic Academy (26923 Fuerte Dr.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #:10603			
5-8 yrs	Sep 8-Sep 29	Wed	3-5 pm

Advanced Rhythmic Gymnastics



- Instructor: EuroGymnastics Staff
- Fee: \$165 Resident (4-Week Session) \$170 Non-Resident (4-Week Session)
- \$25 material fee due to instructor at first class meeting.
- Location: EuroGymnastics Rhythmic Academy (26923 Fuerte Dr.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10604

5-8 yrs Sep 3-Sep 24 Fri 3:30-5:30 pm

Ribbon Dance



Gymnastics with Ribbons!

- Instructor: EuroGymnastics Staff
- Fee: \$75 Resident (4-Week Session) \$80 Non-Resident (4-Week Session)
- \$25 material fee due to instructor at first class meeting.
- Location: EuroGymnastics Rhythmic Academy (26923 Fuerte Dr.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10605

5-8 yrs Sep 6-Sep 27 Mon 3:30-4:30 pm



Super Soccer Stars: 1-2 Year Olds - Parent & Me

A pre-soccer music and movement program for toddlers ages 1-2. This fun-filled class focuses on balance, coordination, upper and lower-body exercises, cognitive skills, and more.

- Instructor: Super Soccer Stars Staff
- Fee: \$110 Resident (5-Week Session) \$115 Non-Resident (5-Week Session)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10546 1-2 yrs Sept 11-Oct 9 Sat 9-9:40 am

Act #: 10547 1-2 yrs Oct 23-Nov 20 Sat 9-9:40 am

Act #: 10548 1-2 yrs Sept 12-Oct 10 Sun 9-9:40 am

Act #: 10549 1-2 yrs Oct 24-Nov 21 Sun 9-9:40 am



Super Soccer Stars: 2-3 Year Olds - Parent & Me

Activities are presented using imagery relatable to children at this age to support learning about the body and ball awareness. The primary focus of each 40-minute class is to introduce physical activities, rich language exposure, and movements such as running, hopping and jumping. Classes include fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer!

- Instructor: Super Soccer Stars Staff
- Fee: \$110 Resident (5-Week Session) \$115 Non-Resident (5-Week Session)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10550

2-3 yrs Sept 11-Oct 9 Sat 9:50-10:30 am

Act #: 10551

2-3 yrs Oct 23-Nov 20 Sat 9:50-10:30 am

Act #: 10552

2-3 yrs Sept 11-Oct 9 Sat 11:50 am-12:30 pm

Act #: 10553

2-3 yrs Oct 23-Nov 20 Sat 11:50 am-12:30 pm

Act #: 10554

2-3 yrs Sept 12-Oct 10 Sun 9:50-10:30 am

Act #: 10555

2-3 yrs Oct 24-Nov 21 Sun 9:50-10:30 am

FALL 2021 REGISTRATION DATES

RESIDENTS

Tuesday, August 17, 2021 @ 8 am

NON-RESIDENTS

Tuesday, August 24, 2021 @ 8 am

Super Soccer Stars: 3-4 Year Olds



The focal point at this age group is for your child to be comfortable with the ball by further developing soccer skills such as dribbling, shooting and the introduction of passing. 45 minute classes include partner activities to promote sharing, listening, respect and cooperation. Physical activities include dynamic exercises like moving with pace, changing directions and lateral agility.

- Instructor: Super Soccer Stars Staff
- Fee:
\$110 Resident \$115 Non-Resident
(5-Week Session) (5-Week Session)
- Location: Baker Ranch Community Park
(26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10556				
3-4 yrs	Sept 11-Oct 9	Sat	9-9:45 am	
Act #: 10557				
3-4 yrs	Sept 11-Oct 9	Sat	10:35-11:20 am	
Act #: 10558				
3-4 yrs	Oct 23-Nov 20	Sat	9-9:45 am	
Act #: 10559				
3-4 yrs	Oct 23-Nov 20	Sat	10:35-11:20 am	
Act #: 10560				
3-4 yrs	Sept 12-Oct 10	Sun	10:35-11:20 am	
Act #: 10561				
3-4 yrs	Oct 24-Nov 21	Sun	10:35-11:20 am	

Super Soccer Stars: 4-5 Year Olds



The primary focus of this class is body movement with the ball. The objectives are to continue development in basic dribbling, passing, receiving, and shooting techniques and to introduce juggling skills. Soccer Ball required.

- Instructor: Super Soccer Stars Staff
- Fee:
\$110 Resident \$115 Non-Resident
(5-Week Session) (5-Week Session)
- Location: Baker Ranch Community Park
(26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10528				
4-5 yrs	Sept 11-Oct 9	Sat	9:50-10:40 am	
Act #: 10529				
4-5 yrs	Oct 23-Nov 20	Sat	9:50-10:40 am	
Act #: 10530				
4-5 yrs	Sept 11-Oct 9	Sat	11:10 am-12 pm	
Act #: 10531				
4-5 yrs	Oct 23-Nov 20	Sat	11:10 am-12 pm	

Act #: 10532				
4-5 yrs	Sept 12-Oct 10	Sun	11:25 am-12:15 pm	
Act #: 10533				
4-5 yrs	Oct 23-Nov 21	Sun	11:25 am-12:15 pm	

Super Soccer Stars: 5-7 Year Olds



The goal of the program at this stage is to improve children's elementary capacity through fun games, technical skill development and group activities. The primary focus is to increase familiarity of space to enable children to develop team skills in a game environment. Emphasis is placed on awareness of teammates constantly so that these skills can be easily transferred into the soccer game. Soccer Ball required.

- Instructor: Super Soccer Stars Staff
- Fee:
\$110 Resident \$115 Non-Resident
(5-Week Session) (5-Week Session)
- Location: Baker Ranch Community Park
(26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10536				
5-7 yrs	Sept 11-Oct 9	Sat	10:45-11:15 am	
Act #: 10537				
5-7 yrs	Oct 23-Nov 20	Sat	10:45-11:15 am	
Act #: 10538				
5-7 yrs	Sept 11-Oct 9	Sat	10:05-11:05 am	
Act #: 10539				
5-7 yrs	Oct 23-Nov 20	Sat	10:05-11:05 am	
Act #: 10540				
5-7 yrs	Sept 12-Oct 10	Sun	12:20-1:20 pm	
Act #: 10541				
5-7 yrs	Oct 24-Nov 21	Sun	12:20-1:20 pm	

INCREASED COMMUNICATIONS
INCREASED TRANSPARENCY
INCREASED PUBLIC PARTICIPATION

**LAKE FOREST IS
ON THE AIR**

Tune into Cox Channel 851 and AM 1690 for Lake Forest news and information - especially in an emergency
Stream AM 1690 at <https://bit.ly/lakeforestAM1690>



Soccer Stars United: Advanced Class (Ages 5-9)

This program is designed for players who are poised for a higher level of soccer instruction. Licensed and experienced coaches use specially developed curriculum to introduce sophisticated skills, provide technical improvement, and foster social development in a fun, non-competitive environment. Players should have previous soccer experience. Soccer Ball required.

- Instructor: Super Soccer Stars Staff
- Fee:
\$125 Resident \$130 Non-Resident
(5-Week Session) (5-Week Session)
- Location: Baker Ranch Community Park
(26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960



Act #: 10542
5-9 yrs Sept 11-Oct 9 Sat 9-10 am

Act #: 10543
5-9 yrs Oct 23-Nov 20 Sat 9-10 am

Skyhawks: Multi-SportTots

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation required for 2-3.5 age group.

- Instructor: Skyhawks Staff
- Fee:
\$159 Resident \$164 Non-Resident
(9-Week Session) (9-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10586
2-3.5 yrs Sept 18-Nov 13 Sat 9-9:40 am

Act #: 10587
3.5-4.5 yrs Sept 18-Nov 13 Sat 9:50-10:30 am

Act #: 10588
4.5-5 yrs Sept 18-Nov 13 Sat 10:40-11:20 am

Skyhawks: Multi-Sport



Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of soccer, baseball, and basketball, along with vital life lessons such as sportsmanship and teamwork.

- Instructor: Skyhawks Staff
- Fee:
\$165 Resident \$170 Non-Resident
(9-Week Session) (9-Week Session)
- Location: Pittsford Park (21701 Pittsford Dr.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10589
6-8 yrs Sept 18-Nov 13 Sat 11:30 am-12:30 pm

Skyhawks: Basketball



This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, staff focuses on the whole player, teaching respect, teamwork, and responsibility. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs.

- Instructor: Skyhawks Staff
- Fee:
\$145 Resident \$150 Non-Resident
(5-Week Session) (5-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10590
7-10 yrs Sept 16-Oct 14 Thu 6-7 pm

Act #: 10591
7-10 yrs Nov 4-Dec 16 Thu 6-7 pm

SAVE TIME!

Register Online at:

www.lfparksandrecca.com

Skyhawks: HoopsterTots



Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

- Instructor: Skyhawks Staff
- Fee:
\$139 Resident \$144 Non-Resident
(5-Week Session) (5-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10592
3.5-4.5 yrs Sept 16-Oct 14 Thu 4-4:45 pm

Act #: 10593
4.5-6 yrs Sept 16-Oct 14 Thu 5-5:45 pm

Act #: 10594
3.5-4.5 yrs Nov 4-Dec 9 Thu 4-4:45 pm

Act #: 10595
4.5-6 yrs Nov 4-Dec 9 Thu 5-5:45 pm

Skip Day: 11/11, 11/25

Skyhawks: SoccerTots



SoccerTots is our flagship program! Playable on almost any surface, 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: Skyhawks Staff
- Fee:
\$139 Resident \$144 Non-Resident
(8-Week Session) (8-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10596
2-3.5 yrs Sept 17-Oct 15 Fri 4-4:40 pm

Act #: 10597
3.5-4.5 yrs Sept 17-Oct 15 Fri 4:50-5:30 pm

Act #: 10598
4.5-5 yrs Sept 17-Oct 15 Fri 5:40-6:20 pm

Act #: 10599
2-3.5 yrs Nov 5-Dec 10 Fri 4-4:40 pm

Act #: 10600
3.5-4.5 yrs Nov 5-Dec 10 Fri 4:50-5:30 pm

Act #: 10601
4.5-5 yrs Nov 5-Dec 10 Fri 5:40-6:20 pm

Skip Day: 11/26

Academic Chess

Academic Chess specializes in making chess fun for children! Chess has been proven to help develop critical thinking and memory skills, confidence, sportsmanship, patience and problem-solving skills. Our experienced instructor uses stories and exciting lessons to teach chess concepts in a way that your child will remember. The class also includes a tournament where students win trophies and prizes. All students will receive a fun Academic Chess workbook. The class is for all chess levels.

Specific questions should be directed to Academic Chess at 949-348-2982

- Instructor: Academic Chess Staff
- Fee: \$120 Resident \$125 Non-Resident
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10578 5-12 yrs Sept 7-Oct 26 Tue 4-5 pm

Forensic Science: Bionerds' Way

Come and join the fun to become a Forensic Scientist - Bionerds way! Your child will learn forensic and biology techniques, experiments, and activities to further deductive reasoning to uncover the truth following in the footsteps of Sherlock Holmes and Scotland Yard. Topic will include fingerprinting, DNA, trace evidence, dental forensic, and more.

- Instructor: Bionerds Staff
- \$48 lab fee
- Fee: \$126 Resident \$131 Non-Resident
(6-Week Session) (6-Week Session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10568 5-12 yrs Sept 3-Oct 8 Fri 4-5 pm

**WE WANT TO
HEAR FROM YOU!**

Please contact us at:
LFReconline@LakeForestCA.gov
with thoughts on our online registration
system. Your feedback is very
important to us.

Insects: Bionerds' Way

Come and join this fun and hands-on biology workshop for kids! Learn about the amazing bugs around us such as beetles, butterflies, crickets, ladybugs and more. Your child will be up close with live preserved bugs and perform cool biology activities.

- Instructor: Bionerds Staff
- \$48 lab fee
- Fee: \$126 Resident (6-Week Session) \$131 Non-Resident (6-Week Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10569 5-12 yrs Oct 15-Nov 19 Fri 4-5 pm

PDP Jaguars: Youth Track/Running Club

This program is led by USA Track & Field certified and 2017 OC Register's Cross Country Coach of the Year. All coaches are SVUSD certified. The Club's goal is to build confidence and fitness through physical activities to enjoy for the rest of your life. For a youth runner, it may be to prepare for high school Cross Country and/or Track & Field or just to get off the couch. We've coached anyone from those wishing to be in shape, to Intermediate/High School Record Holders, to CIF Champions.

- Instructor: Coach Ken Chai
- Fee: \$95 Resident (Per Month) \$100 Non-Resident (Per Month)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10583
10-18 yrs Aug 30-Sept 30 Mon, Wed, Thur 5:15-6:15 pm

Act #: 10584
10-18 yrs Oct 4-28 Mon, Wed, Thur 5:15-6:15 pm

Act #: 10585
10-18 yrs Nov 1-29 Mon, Wed, Thur 5:15-6:15 pm

SAVE TIME!

Register Online at:

www.lfparksandrecca.com

Money Basics for Teens

This one-day interactive seminar aims to answer questions teenagers have about how to navigate the world of money. Topics include checking and savings accounts, credit cards, saving for college student loans, paycheck deductions, insurance, and much more.

- Instructor: Sally Sartor
- Fee: \$40 Resident \$45 Non-Resident
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10565	14-18 yrs	Sept 19	Sun	1-4 pm
Act #: 10566	14-18 yrs	Oct 17	Sun	1-4 pm
Act #: 10567	14-18 yrs	Nov 7	Sun	1-4 pm



Beginning Tennis Class

We believe learning tennis should be fun and exciting. All classes feature the magic of learning athletic confidence through tennis. All four major strokes will be taught. The forehand, back hand, serve, and volley. Students will be given a solid tennis foundation through tons of innovative and effective drills and games. Once ready, players will be invited to attend the intermediate class.

For more info and rainy-day makeup policy go to www.johnnyallentennis.com or call 1-844-983-6647.

- Instructor: Johnny Allen Tennis
- Fee: \$89 Resident \$94 Non-Resident
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10611
6-8 yrs Aug 31-Sept 16 Tue, Thur 5-6 pm

Act #: 10612
6-8 yrs Sept 21-Oct 7 Tue, Thur 5-6 pm

Act #: 10613
6-8 yrs Oct 12-Oct 28 Tue, Thur 5-6 pm

Act #: 10614 (\$75 - No class 11/11)
6-8 yrs Nov 2-18 Tue, Thur 5-6 pm

Intermediate Tennis Class

All junior tennis players looking for improvement are welcome to play and find their groove. All four major strokes will be taught, the forehand, backhand, serve and volley. Players will improve technique, spin, placement, balance and movement, through specially designed drills and games. We will be focusing on proper technique on all major shots during singles and doubles play, preparing players for high school tennis, tournaments and an overall higher level of the game.

For more info and rainy-day makeup policy go to www.johnnyallentennis.com or call 1-844-983-6647.

- Instructor: Johnny Allen Tennis
- Fee: \$89 Resident \$94 Non-Resident
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10620				
9-12 yrs	Aug 31-Sept 16	Tue, Thur	6-7 pm	
Act #: 10621				
9-12 yrs	Sept 21-Oct 7	Tue, Thur	6-7 pm	
Act #: 10622				
9-12 yrs	Oct 12-Oct 28	Tue, Thur	6-7 pm	
Act #: 10623 (\$75 - No class 11/11)				
9-12 yrs	Nov 2-18	Tue, Thur	6-7 pm	

Advanced Tennis Class

This class is perfect for players getting ready to compete in tournaments, high school or league tennis. This training class is for more motivated, young players, with dreams of one day competing at a higher level. Players will learn to compete and win through advanced strategy in singles and doubles. This class will build the confidence in each player's tennis game, through match play situations, while engaging in a wide variety of effective games and drills.

For more info and rainy-day makeup policy go to www.johnnyallentennis.com or call 1-844-983-6647.

- Instructor: Johnny Allen Tennis
- Fee: \$89 Resident \$94 Non-Resident
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10624				
13-17 yrs	Aug 31-Sept 16	Tue, Thur	7-8 pm	
Act #: 10625				
13-17 yrs	Sept 21-Oct 7	Tue, Thur	7-8 pm	
Act #: 10626				
13-17 yrs	Oct 12-Oct 28	Tue, Thur	7-8 pm	
Act #: 10627 (\$75 - No class 11/11)				
13-17 yrs	Nov 2-18	Tue, Thur	7-8 pm	

Adult Programs

Yin Yoga

A series of long-held (2-4 minutes), passive, floor poses that focus on the spine and other areas rich in connective tissue. Huge therapeutic benefits include increased circulation, improved flexibility, stress and anxiety reduction, rehabilitation from injury, and much more. Appropriate for all skill levels and body types. Bring yoga mat.

Blocks, blankets and a bolster are strongly recommended and orders are taken at first meeting.

For more info: www.inspireyogaoc.com

- Instructor: Andrea Thorlakson
- Fee: \$84 Resident \$89 Non-Resident
(6-Week Session) (6-Week Session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10644				
18 yrs & up	Sept 7-Oct 12	Tue	7:45-8:45 pm	
Act #: 10645				
18 yrs & up	Oct 19-Nov 23	Tue	7:45-8:45 pm	

Get Off Your Booty Camp

Get in shape "Boot camp style". Experience full-body high intensity workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility, and get you to a healthier and stronger YOU. Our class is a results-driven conditioning program that focuses on developing lean, toned, and healthy bodies with the use of your own body weight and a variety of exercise equipment. This class is designed for most fitness levels. Work at your own pace while you push yourself to the next level. This will be a fun and effective workout in a positive atmosphere with great upbeat music. Not your typical boot camp! Must bring your own mats and water.

For more info visit www.Endeavourpt.com

- Instructor: Maryam Stevenson
- Fee: \$108 Resident \$113 Resident
(8-Class Sessions) (8-Class Sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10652				
18 yrs & up	Sept 7-30	Tue & Thu	6-6:45 pm	
Act #: 10653				
18 yrs & up	Oct 5-28	Tue & Thu	6-6:45 pm	
Act #: 10654				
18 yrs & up	Nov 2-30	Tue & Thu	6-6:45 pm	



ZUMBA® Gold: Toning for Beginners

Blends the Zumba® Gold rhythms you love with light weight activity, a total body workout using Zumba® Toning Sticks, or your own one-pound weights to shake up the muscles! This is a low intensity class perfect for active adults. Moves are adaptable to your own body needs. Improve your muscle strength, flexibility, balance, and coordination.

These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor. Bring receipt to first class.

- Instructor: Angie Velez
- Fee:

Act #: 10606 (5-class package)
\$35 Resident \$40 Non-Resident

Act #: 10607 (10-class package)
\$55 Resident \$60 Non-Resident

Act #: 10608 (15-class package)
\$75 Resident \$80 Non-Resident

Act #: 10609 (20-class package)
\$95 Resident \$100 Non-Resident

- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

18 yrs & up	Ongoing	Tue	6-7 pm
18 yrs & up	Ongoing	Sat	10-11 am

Pickleball 101

Learn how to play pickleball! This beginner class meets outdoors. Learn all the fundamentals of Pickleball including strokes, rules, and strategies.

- Instructor: Kevin and Shelly Booth
- Fee: \$155 Resident (Sept) \$155 Resident (Sept)
\$125 Non-Resident (Nov) \$130 Non-Resident (Nov)
- Location: Portola Park (28040 Glenn Ranch Rd.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10571
18 yrs & up **Sept 1-Oct 6** **Wed** **9:15-10:15 am**

Act #: 10570
18 yrs & up **Oct 20-Nov 17** **Wed** **9:15-10:15 am**

Intermediate Pickleball 201

This intermediate class focuses on targeted shot selection, court positioning, and on court strategies designed to elevate your game.

- Instructor: Kevin and Shelly Booth
- Fee: \$150 Resident (Sept) \$155 Non-Resident (Sept)
\$125 Non-Resident (Nov) \$130 Non-Resident (Nov)
- Location: Portola Park (28040 Glenn Ranch Rd.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10575
18 yrs & up **Sept 1-Oct 6** **Wed** **8-9 am**

Act #: 10574
18 yrs & up **Oct 20-Nov 17** **Wed** **8-9 am**

Pickleball 101 Clinic

Learn to play! This 2-hour beginner clinic will focus on general rules, scoring, basic skills, and footwork.

- Instructor: Kevin and Shelly Booth
- Fee: \$50 Resident \$55 Non-Resident
(1-Day Session) (1-Day Session)
- Location: Portola Park (28040 Glenn Ranch Rd.)

To Register: Online, Mail-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10573
18 yrs & up **Sept 12** **Sun** **8-10 am**

Act #: 10572
18 yrs & up **Oct 10** **Sun** **8-10 am**

Pickleball 201 Clinic

Elevate your game! This intermediate clinic will focus on targeted shot selection, court positioning and on-court strategies designed to fine tune your game.

- Instructor: Kevin and Shelly Booth
- Fee: \$50 Resident \$55 Non-Resident
(1-Day Session) (1-Day Session)
- Location: Portola Park (28040 Glenn Ranch Rd.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act #: 10577
18 yrs & up **Sept 12** **Sun** **10:30 am-12:30 pm**

Act #: 10576
18 yrs & up **Oct 10** **Sun** **10:30 am-12:30 pm**



Award Winning World Class Skateboard Facility

“Best Skatepark in OC” Readers’ Choice 2018, 2019, 2020—Parenting OC Magazine

“Best Skatepark in OC” Editor’s Choice 2017—Parenting OC Magazine

“#1 Family Friendly Skatepark” Reader’s Choice 2016—Parenting OC Magazine

Come visit Lake Forest’s own award-winning, world-class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world.

- Location: 20028 Lake Forest Dr. Lake Forest, CA 92630
- Phone: (949) 916-5870

In the case of inclement weather, please call ahead to see if the Park is open.

Fall 2021 Skatepark Hours and Holidays

Monday-Friday 12-7:45 pm

Saturday-Sunday 10 am-7:45 pm

The skatepark will be closed on Thursday, November 25th in observance of Thanksgiving

For more information visit the skatepark website at www.Etniesskatepark.com

Follow us on Instagram, Facebook, and Twitter



Etnies Skatepark of Lake Forest



Private Skateboard Lessons

If you are just learning or an advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff who specialize in teaching lessons catered to everyone.

- Instructor: Skatepark Staff
- Fee: \$50 per hour and can include up to 2 students
- Equipment needed: Skateboard, helmet, elbow/knee pads.
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)

To Register: Walk-In or schedule a private lesson by emailing ssewart@lakeforestca.gov with your desired lesson time

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

4 yrs-up

Veterans Day Skate Camp

Choose this Veterans Day to spend at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. **The day of fun will include skateboard instruction, games, and lunch. Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.**

- Instructor: Skatepark Staff
- Fee: \$49 per person - Limited to 20 per session
- Equipment needed: Skateboard, helmet, elbow/knee pads.
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Act #: 10657 5-17 yrs Nov 11 Thu 10 am-2 pm



Etnies Fall Skate Camp

Choose this Thanksgiving break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including the three bowls, two large flow courses, Orange County's only cradle, and a world class street course. Each participant will design and print a custom Etnies Skatepark of Lake Forest t-shirt. **The day of fun will include skateboard instruction, games, and lunch. Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.**

- Instructor: Skatepark Staff
- Fee: \$249 per person - Limited to 20 per session
- Equipment needed: Skateboard, helmet, elbow/ knee pads.
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Act #: 10658

5-17 yrs Nov 22-26 Mon-Fri 10 am-2 pm



Skatepark Safety/Etiquette Class

We understand that the Skatepark can be intimidating to new users, and that is why we offer a free 15-minute Skatepark Safety/Etiquette course. This course teaches new users how to identify potential Skatepark hazards, general Skatepark etiquette, and how to have the most fun possible while riding the world famous Etnies Skatepark of Lake Forest! This class is available on a drop-in basis and is instructed by experienced Skatepark Staff.

- Instructor: Skatepark Staff
- Fee: **Free**
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)

To Register: Online, Mail-In, Walk-In

For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

4 yrs-up

Please note that skate camp participants will need a waiver/membership form filled out prior to entering the skatepark. Program participants enrolled in skate classes, camps, or special events will have membership fees waived during the duration of the program. However, if the participant would like to use the skatepark outside of designated program times, they are required to pay the membership fee.

Special Needs

The City of Lake Forest provides a comprehensive special needs program. We work closely with local Lake Forest businesses to offer the special needs community fulfilling classes and socialization opportunities. The City hosts quarterly dances, networking events for special needs professionals, and a yearly resource fair for caregivers and special needs recipients. Our inclusive efforts ensure that accommodations are made for all special needs individuals to enjoy participating in any program the City offers.



Monster Mash Halloween Dance

Grab your costume and come dance the night away while we celebrate the spookiest night of the year! There will be live music, games, snacks, and even a photo booth where you can take home a spooky souvenir. Costumes aren't required, but prizes will be given out to the best dressed ghouls and gals! Bring your friends and come howl at the moon with us!

- Fee: **Free**
- Location: Lake Forest Clubhouse (100 Civic Center Dr.)

To Register: Online, Mail-In, Walk-In

**For more Info: Call 273-6978
or email kfernandez@lakeforestca.gov**

Act #: 10662 10 yrs-Adult Oct 16 Sat 6-8 pm

Lake Forest Special Needs Networking Group

The City presents these monthly meetings in collaboration with Autism Behavior Services Inc, and feature a range of guest speakers, therapists, and professionals working within the special needs field. These discussions are free to attend and serve as a great way to meet others within the community. Everyone is welcome regardless of whether they are residents of Lake Forest!

- Fee: **Free**
- Location: Lake Forest Clubhouse (100 Civic Center Dr.)

**To RSVP: Call 273-6978
or email kfernandez@lakeforestca.gov**

Families Nov 15 Mon 6-7 pm



GiGi's Playhouse: At Home Classes



The City of Lake Forest and GiGi's Playhouse have partnered up to offer an assortment of recreation classes available from the safety of your own home! Among the many virtual programs offered are courses that include yoga, cooking, art, music, and even exercise (which is VERY important during these times). Several of these programs also place an emphasis on socialization, communication, and team-building exercises. All classes are taught by professionals and are 100% free, so there's nothing to lose by signing up! Click on the link below to register today or contact Recreation Supervisor Kevin Fernandez if you have any questions.

- Fee: **Free**
- Location: All virtual programs are located at: gigisplayhouse.org/gigisathome/calendar/

**For more Info and To Register Call: 273-6978
or email kfernandez@lakeforestca.gov**



Social Group for Children on the Autism Spectrum

Developed by Rosa Patterson, Psy.D., BCBA, the Learn About Friends and Feelings (L.A.F.F.) social groups assist children on the autism spectrum. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional and behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

- Instructor: Natalie Taguchi-Solorio, M. Ed, PPS, BCBA
- Fee:
\$75 per session - Resident
\$80 per session - Non-Resident
- Location: Autism Behavior Services, Inc. (23701 Birtcher Dr.)

For more Info and To Register call: Autism Behavior Services (949) 581-0100. Online registration is not available for this program.

2-19 yrs Ongoing Mon-Sat Varies



Martial Arts for All: A Martial Arts Program for Children and Adults with Special Needs

United Studios of Self Defense prides itself on being able to work with students of all ages with different needs and goals. Our program is designed to use individualized martial arts curriculum that is tailored to each person's learning style, needs, and learning pace. The program will consist of a single 30-minute private session each week (1-4 students per scheduled session), allowing a student the dedicated time and attention to detail needed to refine their skills. Students will also be given the option to participate in group classes, which are determined by age. All classes are held at our location that provides a distraction free environment to maximize learning and student development. We look forward to helping to reach you and your family's goals!

- Instructor: United Studios of Self Defense Accredited Instructor
- Fee:
\$75 (per private session)
\$275 (4-week program)
\$705 (12-week program)
- Location: United Studios of Self Defense (26756 Portola Pkwy., Ste. 2D)

For more Info and To Register Call: 273-6978 or email kfernandez@lakeforestca.gov



The program assists law enforcement personnel by providing information about your loved ones, such as emergency contact information, detailed physical descriptions, photographs, communication abilities, routines, and behaviors. Individuals with Autism, Dementia, Alzheimer's Disease, and Down Syndrome are examples of members of our community who might benefit from this registry.

Take Me Home is available to residents who live in the Sheriff's Department 13 contract cities and unincorporated Orange County.

To register your loved one, please visit the following website:
apps.ocsd.org/Info/TakeMeHome

Gymnastics for Kids with Special Needs

Our gymnastics classes are specifically designed for children and teens with special needs (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.). Students will learn basic gymnastics skills such as handstands, cartwheels, and other floor exercises. During class, students will work on social behaviors, taking turns, sharing equipment, and, more importantly, having fun.

Please call to set a free assessment and discuss class placement.

This special pricing is available to new members only.

- Instructor: Us Too Gym Staff
- Fee:
\$100 per month (four 45 min. sessions) - Resident
\$105 per month (four 45 min. sessions) - Non-Resident
- Location: Us Too Gymnastics (25 Spectrum Pointe Dr., #405)

For more Info and To Register Call: 273-6978 or email kfernandez@lakeforestca.gov. Online registration is not available for this program.

5 yrs and Older Ongoing Varies



Shining Soccer Stars: Special Needs

The Shining Stars Program at Super Soccer Stars uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. Our philosophy is one of re-identification from that of an individual with “special needs,” to that of a soccer player. Using a developmentally appropriate curriculum designed by licensed educators and therapists, we work on promoting the complete growth of each individual while encouraging players to improve at their own pace. By providing a safe space to learn through this curriculum, we’re able to enhance social interactions between players and empower them to confidently play the beautiful game.

- Instructor: Super Soccer Stars Staff
- Fee:

\$110 Resident (5-Week Session)	\$115 Non-Resident (5-Week Session)
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- Location: Baker Ranch Community Park
(26380 Rancho Pkwy.)

To Register: Mail-In, Walk-In, Online

Act # 10544

10-17yrs Sept 11 – Oct 9 Sat 12-1 pm

Act # 10545

10-17yrs Oct 23 - Nov 20 Sat 12-1 pm

For more Info and To Register call: 273-6978 or email kfernandez@lakeforestca.gov

CITY OF LAKE FOREST

Spring Boutique

WE ARE LOOKING FOR LOCAL ARTISAN VENDORS...
JEWELRY, HANDMADE CANDLES & SOAPS, HAND
PAINTED ARTWORK, HOME DECOR, ETC.

Saturday, April 2, 2022 ~ 10am-2pm
Lake Forest Community Center
100 Civic Center, Lake Forest 92630

For more information, please contact:
Laura Lisack at llisack@lakeforestca.gov or 949-461-3451

Lake Forest Little League Challenger Baseball



Challenger Baseball is a Little League program for boys and girls with special needs. Children 6 to 18 years of age with any physical and/or developmental disability are welcome.

COST:

The registration fee for Challenger players is \$40. This will cover the cost of a team uniform, team and individual photos, and practice and field expenses. Bats and batting helmets are provided, or you can use your own. There may be some incidental expenses (team party!), usually not to exceed \$20 over the season.

PRACTICES:

One weekday afternoon at either Heroes Park or the Lake Forest Sports Park. The focus is skill-building, sportsmanship and teamwork.

GAMES:

Saturday mornings. The last game is played on the field at Angel Stadium in Anaheim!

Come join the Lake Forest Little League! Register online at LFL.org

**For more information or to sign up call:
Melinda Luttrell (949) 837-3189
or email us at challengers@lfl.org**

**Parks
Make
Life
Better!**



**LAKE FOREST SPORTS PARK
AND RECREATION CENTER**

The 86-acre Sports Park and Recreation Center opened in November 2014, and is one of the largest sports park in Orange County with 57 acres devoted to sports fields and a multi-functional recreational center.

SAVE TIME!

Register Online at:

www.lfparksandrecca.com

Shooting Stars Basketball



This program provides special needs athletes three levels of play to support individual skill and determination.

Little Dippers - Players who benefit from teen peer support.

Mighty Dippers - Players that dribble, pass, and shoot with minimal support.

Big Dippers - Teen-adult competitive basketball players.

Registration takes place on-site and is open during the winter and summer basketball seasons. Volunteer coaches, teens, and photographers are welcome!

- Location: RSM or Los Alisos Intermediate Schools

Please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com for upcoming dates and location.



**WHAT IS
"TOPSoccer"?**

TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes, ages 4 to 30, with physical and mental disabilities. TOPSoccer emphasizes development, training, and meaningful participation rather than competition.

IT'S ALL ABOUT FUN!

For more info, please contact: Rick Trevers
Laguna Niguel Youth Soccer Association
Rick.Trevers@LNYSA.org

Sandy Castillo:
scastillo@calsouth.com

or visit:
calsouth.com/topsoccer

50 and Better Programs

Welcome back to The Clubhouse!



For Clubhouse programs and activities, you can view The Clubhouse Calendar at www.LakeForestCA.gov/seniors.

Don't forget to add us on Facebook at www.facebook.com/lakeforest.clubhouse and Instagram at [lakeforest.clubhouse](https://www.instagram.com/lakeforest.clubhouse).

For more information or questions regarding The Clubhouse, please call (949) 461-3408.

Please note that for the month of September we will be open Monday through Thursday from 10 am-3 pm



Virtual Senior Programs

Bingo Thursdays!



Feeling lucky? Join us for games of bingo every Thursday from 10 am to 2 pm! Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bingo Thursdays.

Fee: Free

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408

Seniors	Thur	10 am-2 pm
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Thursday Clubhouse Lunch

The Clubhouse offers a catered lunch every month! Join us for a delicious meal while playing Bingo Thursdays with your Clubhouse friends.

Fee \$2.00 Residents	\$4.00 Non-Residents
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To Register: Walk-In and Online

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408

Summer Clubhouse Soirée

Act #: 10610	Seniors	Sep 30	Thu	12:00 pm
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Halloween Spooktacular

Act #: 10615	Seniors	Oct 28	Thu	12:00 pm
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Friendsgiving Celebration

Act #: 10616	Seniors	Nov 18	Thu	12:00 pm
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Free Blood Pressure Checks

A blood pressure test measures the pressure in your arteries as your heart pumps and provides additional information about overall health. Healthcare professionals recommend that individuals over 40 receive a blood pressure screening once per year. The Clubhouse hosts free blood pressure checks on the third Monday of every month.

Fee: Free

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408

Seniors	Sep 20	Mon	10 am-12 pm
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Seniors	Oct 18	Mon	10 am-12 pm
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Seniors	Nov 15	Mon	10 am-12 pm
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Senior Santa & Friends at The Clubhouse



'Tis the season to make someone's holiday special! Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus program. This "gift" giving program provides some cheer to older adults with multiple physical programs and income only slightly above the federal poverty level. All donations are tax deductible.

Items Needed (Must Be New and Unused):

- Clothing, Blankets, and Household Items
- Nutritional Supplements (ie, Ensure and Glucerna)
- Gift Card (Grocery Stores, Department Stores, and Pharmacies)

Between November 1 and December 10, 2021, drop off your gift at The Clubhouse during operating hours.

Medication Review

Make a one-on-one appointment to learn about your medications and supplements. The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy, appropriateness, alert you to side effects, and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements or a detailed list of medications you take. Prior to the scheduled appointment date, Bill Liu is providing a Medication Review seminar at The Clubhouse on Thursday, September 16 at 12:00 pm.

Fee: Free

To Register: Interested individuals may call 461-3408 to schedule a 20-minute appointment.

Location: The Clubhouse (100 Civic Center Dr.)

Seniors	Sep 30	Thu	10 am-1 pm
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Ping Pong

Breakout your paddles and join us for a friendly game! Days and times subject to change due to program needs. Paddles and ping pong balls are available for rent. Please see The Clubhouse front desk to loan the specified items.

Fee: Free

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408

Seniors	Ongoing	Mon, Wed	10 am-3 pm
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Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues including government benefits, health, housing, consumer problems, and elder abuse.

To qualify for an appointment, you must be:

- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.

Appointments are scheduled for 20 minutes. To receive the most out of your appointment, please write down questions for the attorney.

Fee: Free

Location: The Clubhouse (100 Civic Center Dr.)

For more info, or to make an appointment, call:

The Clubhouse at 461-3408

Seniors	Sep 2	Thu	1-3 pm
Seniors	Oct 7	Thu	1-3 pm
Seniors	Nov 4	Thu	1-3 pm

Computer Lab Hours

The Clubhouse patrons may use the computers in the Computer Lab to check e-mail, surf the net, and practice computer skills to improve proficiency. Days and times subject to change due to program needs.

Please note: There is no instructor on-site.

Fee: Free

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408

Seniors Ongoing Mon-Thu 10 am-3 pm

Crafty Crafters

The Clubhouse offers Crafty Crafters once a month on Tuesdays. Each class is designed to spark your creative and artistic side!

Fee: \$2.00 Residents & Non-Residents

To Register: Walk-In and Online

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408

Act #: 10617 Seniors Sep 21 Tue 10:30 am

Act #: 10618 Seniors Oct 19 Tue 10:30 am

Act #: 10619 Seniors Nov 16 Tue 10:30 am

Young At Heart - Lake Forest Book Club

The Young At Heart - Lake Forest Book Club meets once a month to discuss selected books. The City provides snacks for you to enjoy during each discussion.

Registration is required for this program.

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408

The Four Winds by Kristin Hannah

Seniors Sep 16 Thu 10 am

Sunflower Sisters by Martha Hall Kelly

Seniors Oct 21 Thu 10 am

Dead Cold: A Fatal Grace by Louise Penny

Seniors Nov 18 Thu 10 am

Register Online at:
www.lfparksandrecca.com



AARP Driver Safety Two-Day Course

Would you like to be more confident behind the wheel? Then we have a class for you! **This instructional class is for the mature driver (50+).** You will learn better driving techniques and ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course.

- **Fee: \$20 AARP members \$25 non-members**
1-Class Session
(Payment is due the day of the course, check made payable to AARP)
- **Location: The Clubhouse**
(100 Civic Center Dr.)

To Register: Mail-In, Walk-In, and Online

For More Info Call:

The Clubhouse at 461-3408

Act#: 10628

50 Yrs & up Nov 12-13 Fri & Sat 8:30 am-1 pm

AARP Driver Safety Refresher Course

Would you like to be more confident behind the wheel? Then we have a class for you! **This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last 4 years.** You will learn better driving techniques and ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course.

Must take Driver's Safety AARP Two-Day Course first.

- **Fee: \$20 AARP members \$25 non-members**
1-Class Session
(Payment is due the day of the course, check made payable to AARP)
- **Location: The Clubhouse**
(100 Civic Center Dr.)

To Register: Mail-In, Walk-In, and Online

For More Info Call:

The Clubhouse at 461-3408

Act#: 10629

50 Yrs & up Sep 24 Fri 8:30 am-1 pm

City of Lake Forest Transportation Options

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior Residents via an Age Well Senior Services (AWSS) Bus and California Yellow Cab company.

For additional information call (949) 461-3408



California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or do not own a vehicle? We have transportation for you with CA Yellow Cab! There are three options:

- **\$3.00 One-Way (\$6.00 Round Trip)**
Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc
- **\$7.00 One-Way (\$14.00 Round Trip)**
To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).
- **\$10.00 Lost Card Fee** - A \$10 fee will be charged to any taxi participant who has lost their card and requires a replacement card.

For new program users to take advantage of the Senior Taxi Cab program:

- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.
- Call 461-3408 to make an appointment to register and take your photo ID for the City of Lake Forest Taxi Program.

Note: All Taxi passengers must be 60 years of age or better. It may take up to two weeks from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation. Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation, and pay the taxi driver directly with either cash or a credit card.

AWSS Bus Service

- **Fee: \$0.50 - One way**
From your residence to The Clubhouse
Monday - Thursday, 10 am-2 pm

For new participants, call The Clubhouse at 461-3408.



HICAP

Health Insurance Counseling and Advocacy Program

HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you understand health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get unbiased information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

To Make an Appointment, Please Call 461-3408 and Leave Your Name and Phone Number.

- **Fee: Free**
- **Location: The Clubhouse (100 Civic Center Dr.)**

Seniors	Sept 14	Tue	10:30 am-1:30 pm
Seniors	Oct 12	Tue	10:30 am-1:30 pm
Seniors	Nov 9	Tue	10:30 am-1:30 pm

MEDICARE'S ENROLLMENT HICAP'S ENROLLMENT CLINIC 2021!

IT'S THAT TIME OF YEAR FOR MEDICARE ANNUAL ENROLLMENT

Have you assessed your health and drug plan? Unsure of which plan maximizes your benefits? Make an informed decision! At a HICAP Annual Enrollment Clinic you will learn about the new 2021 Medicare Health and Drug Plans. HICAP counselors will provide you with health and drug cost comparison analysis of your options.

HICAP (Health Insurance Counseling and Advocacy Program) is part of the nationwide network of State Health Insurance and Assistance Programs (SHIP). HICAP counselors are registered with the State of California to provide free, unbiased and confidential Medicare counseling to Orange County residents.

- **Fee: Free**
- **Location: The Clubhouse (100 Civic Center Dr.)**

For More Information: Beginning Tuesday, September 7, call 461-3408 to schedule an appointment. Please leave a message with your name and phone number.

Appointment Date: Tuesday, November 9 from 9 am-4 pm



SAVE TIME!
Register Online at:
www.lfparksandrecca.com

Don't Miss Out on The Clubhouse Calendar



The calendar is a great way to view the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar (or no longer want the calendar), please call 461-3408 and leave your name, email address, and phone number (spell your email address, slowly please).

Fee: Free

For More Info: Call The Clubhouse at 461-3408 or contact Senior Recreation Supervisor, Courtney Wysocki via email at cwysocki@lakeforestca.gov.

The Clubhouse Garden Club

The Clubhouse Garden Club provides education, inspiration, and a sense of joy. Learn about exciting garden topics with your Clubhouse friends!

Fee: Free

To Register: Mail-In, Walk-In and Online

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408

Act #: 10630

Seniors Sep 14, Oct 12, Nov 2 Tue 10-11 am

The Clubhouse Karaoke Hour

Join The Clubhouse as we sing our hearts out! No signing experience is required. Join the fun and don't forget to dress up in theme!

Fee: Free

To Register: Mail-In, Walk-In and Online

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408

Act #: 10631

Aloha, It's Summer!

Seniors Tue Sep 28 10 am-11 am

Singing Spooktacular

Seniors Tue Oct 26 10 am-11 am

Disco Nights

Seniors Tues Nov 9 10 am-11 am

Senior Bowling League at Forest Lanes

It's Jackpot Friday complete with games and bowling for all seniors! All skill levels are welcome. Form your own team or sign up individually. First time bowlers will receive a FREE session of bowling (Lake Forest senior residents only) on Fridays between 1-3:30 pm!

Fee: \$10 per resident senior (\$3 shoe rental)

\$12 per non-resident senior (\$3 shoe rental)

Location: Forest Lanes (22771 Centre Dr.)

To Register Call: Forest Lanes at (949) 770-0055

Seniors Ongoing Fri 1-3:30 pm

THANK YOU
TO OUR 4TH OF JULY
CONCERT AND FIREWORKS
EVENT SPONSORS!

NISSAN OF IRVINE
CR&R environmental services
IRVINE AUTO CENTER CARES

NEED TO KNOW NUMBERS

Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP	(888) 687-2277
Access (Reservations/Information) ..	(877) 628-2232
Access (Eligibility)	(714) 560-5956
Age Well Senior Services, Inc.	(949) 855-8033
City of Lake Forest City Hall ..	(949) 461-3400
Council on Aging	(714) 479-0107
Non-Disabled Housing Information	(714) 480-2864
Elder/Disabled Adult Abuse ..	(800) 451-5155
Hazardous Waste, Disposal of Expired Unused Medicine & Old Cell Phones	(714) 834-4000
HICAP Services	(800) 434-0222
Human Services Information	211
Irvine Valley College/ Emeritus	(949) 367-8343
Meals on Wheels	(949) 380-0155 ext.12
Medicare Fraud Hot-line	(800) 447-8477
OCTA (Transportation)	(800) 636-7433
Office on Aging	(800) 510-2020
Orange Caregiver Resource Center	(800) 543-8312
Saddleback College/ Emeritus	(949) 582-4835

Senior Emeritus Classes

EMERITUS CLASSES are offered for active seniors through partnerships between the City and Irvine Valley and Saddleback College. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population. During the current semester, each college offers courses in an ONLINE-ONLY format. **Emeritus will return to an in-person format January 2022.**

Registration is required for all Emeritus Classes through Irvine Valley College and Saddleback College directly. For more information regarding Irvine Valley College's Emeritus offerings, visit **academics.ivc.edu/emergitus**. For more information regarding Saddleback College's Emeritus offerings, visit **www.saddleback.edu/emergitus**.

The next session of Emeritus Classes will begin in Spring 2022. The next edition of the Leaflet will detail each class offering and how to enroll.

Please contact Courtney Wysocki, Senior Recreation Supervisor with The Clubhouse, (949) 461-3439, or cwysocki@lakeforestca.gov, with any questions regarding the Emeritus program.



How to Register for Programs

Fall 2021 Registration Dates:

Lake Forest Residents: Tuesday, August 17, 2021, Beginning @ 8 am | **Non-Residents:** Tuesday, August 24, 2021, Beginning @ 8 am

The City charges a 3% credit fee per credit card transaction receipt for online and counter registrations.

3 Easy Ways to Register

1 > Online Registration



To set up a family account in the City's registration system please go to:
www.lfparksandrecca.com

- ▶ You must provide an email address to build a family account.
- ▶ You will receive an auto-generated confirmation email with your new account login info.

We highly recommend you set up your account before registration begins.

2 > Mail-In Registration



Complete the registration form and enclose your check payable to "City of Lake Forest."
Please complete a registration form with a separate check for each program.

Attn: Program Registration - Lake Forest Sports Park & Recreation Center, 28000 Rancho Parkway, Lake Forest, CA 92630

3 > Walk-In Registration



Bring the program registration form, your check, cash or credit card to:

- ▶ Lake Forest Sports Park and Recreation Center, 28000 Rancho Parkway

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
6. Returned check policy: If your check is returned to us, you will be charged a \$25 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.

Refund Policy

1. A full refund (minus the 3% credit card fee) will be given for any activity cancelled by the City of Lake Forest; the 3% credit card fee is non-refundable.
2. In the case of City excursions and day camp programs, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).
7. All Camp cancellations requesting refunds (for Little Wranglers, and Creative Kids Club camps) must be submitted by 5 pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee. All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee. All refund requests for Little Wranglers and Creative Kids Club Camps must call the Recreation Supervisor at (949) 273-6975.

For more information or assistance, please contact us at (949) 273-6960

City of Lake Forest • Community Services Program Registration Form

Photocopy if more than one registration form is needed



Primary Contact (Responsible adult for registering persons into courses)

Last Name: _____ First Name: _____ Male female

Birthdate (Required) _____ Email (Required) _____

Street Address: _____ City, State, Zip: _____

Preferred Contact Phone Number: () _____ Emergency Phone: () _____

Emergency Contact Name: _____ Emergency Contact Phone: () _____

Other Family Members (Living with primary contact: spouse, children, etc.)

Children's birthdate must be filled out completely in order to process registrations.

Last Name	First Name	Birthdate (MM/DD/YY)	Gender <input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment before sending program registration form

Activity #	Participant Name	Birthdate (MM/DD/YY)	Gender <input type="checkbox"/> M <input type="checkbox"/> F	Activity Name	Fees
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		

Please send a separate check for each activity

Total Activity Fees

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

I further agree to pay any and all costs incurred as a result of said treatment YES NO

I permit the use of activity/event photography and/or video of my child or myself for media promotion YES NO

Please contact me via email regarding upcoming city events and news at: _____ YES NO

I fully understand that my participation in the City's programs exposes me to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge that I am voluntarily participating in this program and agree to assume any such risks.

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Signature (Parent or guardian must sign for those under 18 years of age) _____ DATE: _____

Mail this form with payment to - Attn: Program Registration
Lake Forest Sports Park & Recreation Center 28000 Rancho Parkway Lake Forest, CA 92630

Question or Comments on Registration?
Please Call: (949) 273-6960
Or email: LFreconline@lakeforestca.gov

Receipt of This Signed Form and Your Payment Confirms Your Registration Based Upon Availability Until The Activity is Full.

Office Use Only

Receipt #: _____ Paid by Check #: _____ Paid by Cash Amount: _____ Credit Card Type: _____ Initial/Date: _____

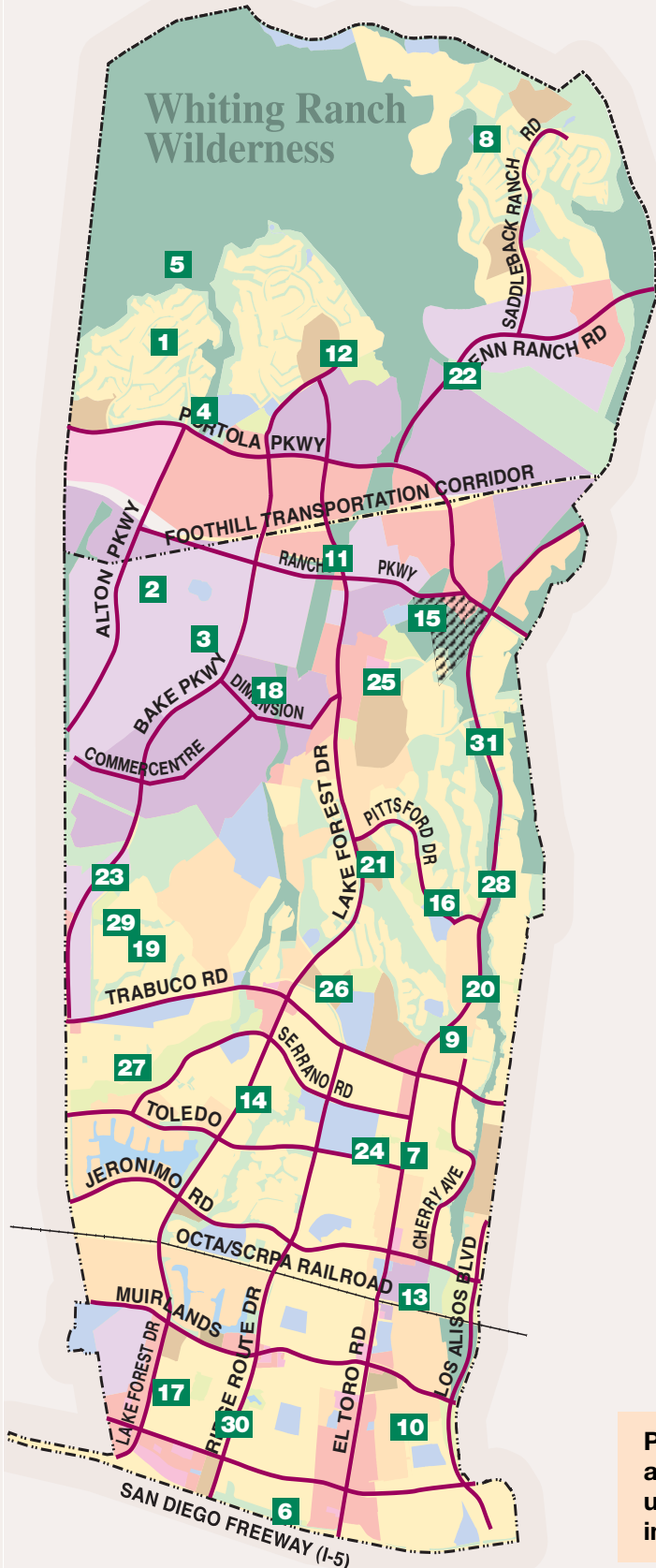
If You Need Special Assistance With Any Program, Please Call the Recreation Division @ (949) 273-6960



















REFUND POLICY: In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction). Credit Card Fees are Non-Refundable.

NOT FOR EMERITUS PROGRAM REGISTRATION



CITY OF LAKE FOREST PARK GUIDE



	Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic Tables	Playground	Restrooms	Soccer	Tennis Court	Walking Path
1 Alton Park 18992 Alton Parkway	2.3	4	1 ^{hc}		9	1	1 ^s					
2 Baker Ranch Community Park  26380 Rancho Parkway	8	2	1	1	1	10	1	1	1			
3 Barker Ranch Dog Park 26500 Baffin Bay Drive	0.5											
4 Borrego Park 26982 Cabriole	11	5	1 ^{fc}		11	1	1	1	1		1	
5 Borrego Overlook Park  21 Viaggio Lane	1.6	3			5	1						
6 Cavanaugh Park 23782 Cavanaugh Road	6.27		1 ^{hc}		1	1						
7 Cherry Park 22651 Cherry Avenue	4.5	3	1 ^{hc}		8	1	1 ^s					
8 Concourse Park  18931 Saddleback Ranch Road	7	2	1 ^{hc}		1	4	2	1			1	
9 Darrin Park  22461 Cherry Avenue	3.1	6	1 ^{hc}		11	1	1 ^s					
10 El Toro Park  23701 Los Alisos Boulevard	10	2			1	7	1	1			2 ^L	
11 Etnies Skatepark of Lake Forest Park  19422 Rue De Valore	5.3				4		1					
12 Foothill Ranch Community Park 19422 Rue De Valore	15.5	2	1 ^{fc}		10	2	1	1	1	2	1	
13 Heroes Park 25420 Jeronimo Road	12.4	1	4 ^L	1 ^L	5		1					
14 Lake Forest Park 24000 Serrano Road	2.3					1						
15 Lake Forest Sports Park/Recreation Center   28000 Rancho Parkway	86	8	5	2	3	1	36	2	2	5	1	
16 Montbury Park  21962 Montbury Drive	3.5	1			2							
17 Mountain View Park  24061 Dylan Street	5.3	2	1	1 ^{fc}	1	9	2	1			2 ^L	
18 Nature Park 26215 Dimension Drive	4.5				7		1 ^s					1
19 Peachwood Park 21132 Peachwood	2.7				5		1 ^s					
20 Pebble Creek Park  26441 Pebble Creek Road	1.9				1	1						
21 Pittsford Park  21701 Pittsford Drive	10	2			8	2	1				2	1
22 Portola Park 28040 Glenn Ranch Road	5											
23 Rancho Serrano Park  20842 Paseo Sombra	5.1	3			7					1		
24 Ranchwood Park 22500 Killy Street	1.9		1 ^{hc}		1							
25 Regency Park  Regency Lane & Osterman Road	5									1		
26 Ringgate Park  29772 Ringgate	5	1	1 ^{fc}		7	3	1			1		
27 Serrano Creek Park  25101 Serrano Road	44	3			13	1	1				1	
28 Sundowner Park  22041 Sundowners Lane	0.8	1			2	1						
29 Tamarisk Park 22001 Tamarisk	11.2		1	1 ^{fc}	6	1	1					
30 Veterans Park 23102 Ridge Route Drive	4.7				3							
31 Vintage Park  21000 Vintage Street	4.8	5	1 ^{fc}	1 ^{hc}	11	1						



park shelter available for reservation



under construction



gymnasium



roller rinks

• fc full court • L lights
• hc half court • s shelter

Park hours are dawn to dusk. Lighted athletic fields or tennis courts are open until 10 p.m. Park rules are posted in each park.

**Parks
Make
Life
Better!**



City of Lake Forest
100 Civic Center Drive
Lake Forest, CA 92630

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LAKE FOREST, CA

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ECRWSS



Lake Forest Community Center

Tours by Appointment: Tue – Thurs: 9 am–6 pm

Rental Hours: Fri – Sat : 9 am–11 pm Sun: 10 am–10 pm

Contact Community Center staff to schedule an appointment

- Ereeny Kamel (Recreation Coordinator): (949) 461-3418
- Cody Lisch (Recreation Coordinator): (949) 461-3417
- Laura Lisack (Recreation Manager): (949) 461-3451

Holiday Closure Schedule

Monday, September 6, 2021

In observance of Labor Day

Thursday, November 25, 2021 – Friday, November 26, 2021

In observance of Thanksgiving

For more info visit: lcommunityservices.com

CITY TELEPHONE NUMBERS

Building Division	461-3470	Graffiti Hotline	461-3583
Building Inspection	461-3468	Housing	461-3569
City Clerk	461-3420	OC Animal Care	249-5160
City Council	461-3420	Passport & Notary	461-3420
City Manager's Office	461-3410	Planning	461-3491
Community Policing Center	461-3530	Public Works	461-3480
Community Preservation	461-3474	Recreation	461-3450
Economic Development	461-3567	Sports Park &	
Etnies Skatepark	916-5870	Recreation Center	273-6960

FIND US ONLINE

- City LakeForestCA.gov
- Economic Development lakeforestbusiness.com
facebook.com/LakeForestBusiness
- Etnies Skatepark of Lake Forest etniesskatepark.com
- LinkedIn linkedin.com/company/city-of-lake-forest-ca
- Sports Park & Recreation Center lfsportspark.com

For more info call 461-3450, 273-6960 or visit our website at www.LakeForestCA.gov. For up-to-date info on City special events, check out facebook.com/lakeforestspecialevents and follow us on Twitter [@LakeForestCA](https://twitter.com/LakeForestCA).

