

Recreation Programs Summer 2015

CITY OF LAKE FOREST

June, July, August

Leisure Times



Lake Forest Sports Town USA!

4th of July Parade at 10 am! See page 3 for more info



LEISURE TIMES INDEX

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For Summer Quarter Holiday and Closed Friday Schedule, please visit www.lakeforestca.gov.

GET THE APPS!

SUMMER SPORTS CAMPS

Download Apple or Google Play apps to watch our summer sports camps come to life! See page 7 for more info.

Apple



<https://itunes.apple.com/us/app/junaio-augmented-reality-browser/id337415615?mt=8>

Google Play



<https://play.google.com/store/apps/details?id=com.metaio.junaio>



Contact Information

City Hall 461-3400

Community Services 461-3450

Etnies Skatepark of Lake Forest 916-5870
www.etnieskateparkoflakeforest.com

Lake Forest Sports Park & Recreation Center 273-6960

Lake Forest Teens 273-6961
www.LFteens.com

Lake Forest Seniors 461-3408
www.lakeforestca.gov/seniors

IVC Emeritus Registration . 451-5555

SVUSD Recreation 768-0981, press 3

Building Inspection 461-3470

City Clerk 461-3420

City Council 461-3420

City Manager's Office . . . 461-3410

Community Policing Center 461-3548

Economic Development 461-3567

Employment Hotline 461-3418

Fields Hotline 461-3595

Graffiti Hotline 461-3583

Public Works 461-3480

Front Cover Photo: John McGuire



CITY SPECIAL EVENTS

Summer Concert Series

Don't miss your chance to be part of a Lake Forest summertime tradition - the Annual Summer Concert Series in the Park! These family oriented concerts will once again bring City of Lake Forest families together to rock out and dance! Food and refreshments will be available to purchase. For more info call 273-6960 or visit the City's website at www.lakeforestca.gov. See pictures on the City of Lake Forest's special events facebook page at [facebook.com/LakeForestEvents](https://www.facebook.com/LakeForestEvents).

No Duh with Special Guest The Suffragettes

The City of Lake Forest is kicking off Summer 2015 with a concert featuring music from the legendary band No Doubt! Come see the No Duh band recreate some of the greatest moments of No Doubt's rockin' career. No Duh's routines bridge two decades of fun and excitement as they recreate megahits like "Don't Speak," "Holla Back Girl," "Spider Webs," and "I'm Just a Girl." The party begins with a magically talented and all female band, The Suffragettes. The Suffragettes features some of Southern California's top show band all-stars, sharing a repertoire that ranges from Stevie Wonder to Taylor Swift. They are excited for their Lake Forest debut!

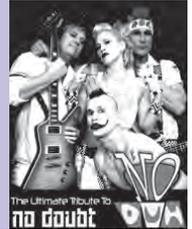
All Ages

Jun 28

Sun

5:30-7:30 pm

Lake Forest Sports Park & Recreation Center
28000 Rancho Pkwy



The Suffragettes

The 10,000 Maniacs with Special Guest Dani Kerry

The 10,000 Maniacs make their debut in Lake Forest! One of the most critically acclaimed bands of the last three decades, 10,000 Maniacs were founded by Robert Buck, Dennis Drew, Steven Gustafson, John Lombardo and Natalie Merchant in the fall of 1981. Jerry Augustyniak joined in 1983. Together with artists like R.E.M., they defined college rock and created the first wave of alternative rock bands in what became known as the alternative rock format on FM radio. Their lineup has changed since the early days, but they are known for their electric appearance on MTV Unplugged and hits including "These Are Days", "What's The Matter Here", and "Because The Night." The current lineup includes two new albums: "Music From The Motion Picture" was released in February, 2013 and an album of traditional folk tunes from the British isles "Twice Told Tales", released in March, 2015. Opening the show will be local singer/songwriter Dani Kerry, who has ignited the stage at Disneyland, the House of Blues, California Adventure and, of course, Pittsford Park! Her music has been described as both beautiful and as twilight tales of youth. Be sure to check out her new album "Back To The Water."



Dani Kerry

All Ages

Jul 26

Sun

5:30-7:30 pm

Pittsford Park

21701 Pittsford Dr

Lake Forest Palooza with Suburban Legends, 80z All Stars and Didi Benami

Out of the cultural renaissance of Orange County comes the superhero-like brilliance of Suburban Legends. A Suburban Legends concert is a mix of pop, disco, ska, dance, fairy tales, and ridiculousness but mostly a good time with great music. The 80z All Stars have been rocking for over 14 years and are the premiere, most complete 80's tribute act in Southern California. Devo to Bon Jovi to Rick Springfield to Duran Duran, the band brings them all! Their high-energy performances have been seen from Orlando to Hawaii to Las Vegas to their triumphant return to Lake Forest. So whether you're ready to relive the days of big hair, bright colors and jelly bracelets or just in the mood for great entertainment, all you need do is join in the madness that is an 80z All Stars show! Didi Benami of American Idol returns to the Lake Forest stage! Full of a life of song and poetry, she has spent time traveling and writing with her new music breathing the echoes of life on the road between homes and love. Her current musical goals include "To inspire people in a positive way, and remind them dreams do come true when you work hard and stay focused." **Please note start time of 5 pm.**

5:00-5:45pm – Didi Benami, 6:00-7:00pm – 80z All Stars
7:15-8:15pm – Suburban Legends

All Ages

Aug 23

Sun

5:00-8:15 pm

Lake Forest Sports Park & Recreation Center
28000 Rancho Pkwy



80z All Stars



Didi Benami

SUMMER EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
Sat., Jun. 13, Sun., Jun 14	1-5 pm	Dino Days	Nature Park	\$3 per person for Dino Days tour
Fri., Jun. 19	6-10 pm	Live Music Showcase	Etnies Skatepark of Lake Forest	\$5 entry per person
Fri., Jun. 19	7:30 pm	Movies in the Park ~ "Muppets Most Wanted"	Lake Forest Sports Park	Free
Sun., Jun. 21	10 am-10 pm	Go Skateboarding Day	Etnies Skatepark of Lake Forest	Free
Sun., Jun. 28	5:30-7:30 pm	Summer Concert Series ~ No Duh with Special Guest The Suffragettes	Lake Forest Sports Park	Free
Sat., Jul. 4	10 am-12 pm	4th of July Parade 	Toledo Way to Dayton	Free
Fri., Jul. 10	7:30 pm	Movies in the Park ~ "Lego Movie"	Lake Forest Sports Park	Free
Fri., Jul. 17	6-10 pm	Live Music Showcase	Etnies Skatepark of Lake Forest	\$5 entry per person
Sat., Jul. 18	10 am-12 pm	Riverbed Cleanup	Etnies Skatepark of Lake Forest	Free to participate
Sat./Sun., Jul. 18-19	5:30 pm-10 am	Family Campout	Lake Forest Sports Park & Recreation Center	\$7 per person (\$12 per non-resident)
Fri., Jul. 24	8:30-10 pm	Family Movie Night Fundraiser	Etnies Skatepark of Lake Forest	Free
Sun., Jul. 26	5:30-7:30 pm	Summer Concert Series ~ 10,000 Maniacs with Special Guest Dani Kerry	Pittsford Park	Free
Fri., Aug. 7	7:30 pm	Movies in the Park ~ "Monsters University"	Mountain View Park	Free
Fri., Aug 14	7:30 pm	Movies in the Park ~ "A Bug's Life"	El Toro Park	Free
Fri., Aug. 14	6 pm	Live Music Showcase	Etnies Skatepark of Lake Forest	\$5 entry per person
Fri., Aug. 21	7:30 pm	Movies in the Park- "Big Hero 6"	Pittsford Park	Free
Sun., Aug. 23	5-8:15 pm	Summer Concert Series ~ Lake Forest Palooza with Suburban Legends, 80z All Stars and Didi Benami	Lake Forest Sports Park	Free
Fri./Sat., Aug. 28-29	10 pm-9 am	End of Summer Skatepark Campout	Etnies Skatepark of Lake Forest	\$40 per person



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/LakeForestEvents and follow us on Twitter



4th of July Parade 2015

Saturday, July 4th

City Of Lake Forest 24th Annual 4th Of July Parade



The 2015 4th of July Parade Logo
designed by Nick Case



Attention one and all! It's time once again to celebrate our great country's independence. The Lake Forest community is proud to present its 24th Annual 4th of July Parade, and is looking for creative, enthusiastic and patriotic participants to enter the fun! This year's theme is "Lake Forest Sports Town USA!"

All Ages Welcome! Free!

All parade applications are due by 5:00 pm on Thursday, June 4th.

- Register online at www.lakeforestparade.com

JULY 4TH SCHEDULE OF EVENTS

- 7:00-10:00 am

Kiwanis Pancake Breakfast Located in front of El Toro High School gym on Toledo Way. Price: \$6 per person.

- 7:30 am

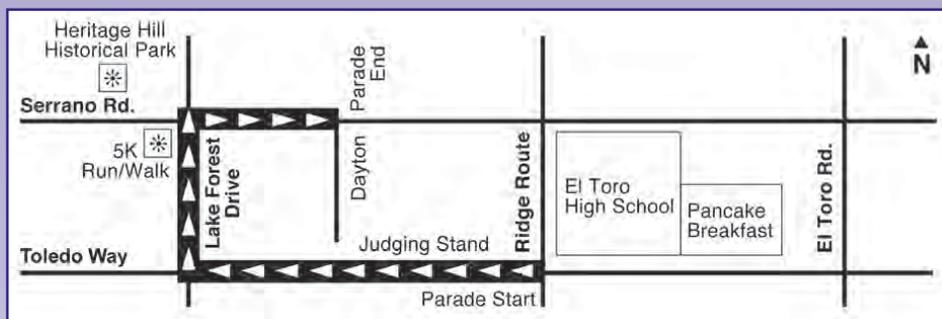
El Toro High School PSTO CHARGERS 5K Run/Walk

Proceeds go to El Toro High School PSTO. Starts and finishes at the corner of Lake Forest Drive & Serrano Road. Registration fees: \$25.00 Adults (by Monday, June 22). \$30.00 Adults (after Monday, June 22) \$10.00 Students of any level. Ace Registration: July 3rd from 4 to 6 pm. Start time: 7:30 am. Drop off location for 5K registration: UPS Store by Ralphs. More information available on our website www.lakeforest5k.org

- 10:00 am

"Lake Forest Sports Town USA!" 4th of July Parade

Parade starts at the corner of Toledo Way and Ridge Route Drive and ends on Serrano at Dayton. For additional information, call the Recreation Center at 273-6960, visit www.lakeforestparade.com, or for up-to-the-minute info, [facebook.com/Lakeforestevents](https://www.facebook.com/Lakeforestevents).



4th of July Parade Route



Win VIP seating for this year's 4th of July parade! Simply like the City's Facebook page at <http://www.facebook.com/lakeforestca> and post a brief comment about what you look forward to at this year's parade under our "4th of July Facebook Sweepstakes" post. The deadline to post your comment is Thursday, June 18 with winners randomly selected and notified the same day at 5 p.m. on Facebook under the Sweepstakes post.

Thank you to our parade committee members!

CITY SPECIAL EVENTS continued

"Dino Days" at the Nature Park



The City of Lake Forest Department of Jurassic Parks & Recreation is kicking off the summer with some roaring fun! Experience the Nature Park as it transforms into an adventurous "Dino Days"! There will be a life size moving T-Rex, Velociraptors, and a Dilophosaurus tour. Come and see the ahh-inspiring Brachiosaurus. Wristbands for the tour will be sold at the park for \$3 per person. Make sure to stop by for arts & crafts, balloon artist, face painting, and dinosaur displays. Dig for dinosaur fossils! The afternoon will continue with a special appearance, music and more!

Fee: \$3 for "Dino Days" tour (nominal fee for food).

Location: Lake Forest Nature Park (26215 Dimension Dr)

For more info call: The Recreation Center at 273-6960

Families Jun 13-14 Sat/Sun 1:00-5:00 pm

2015 Movies in the Park



Bring your friends, family and a blanket for free movies and fun under the stars! The 2015 movie series will begin with a screening of the "Muppets Most Wanted." We build up to the "Lego Movie," then go back to school with "Monsters University." Next, we will discover what "A Bug's Life" is really all about. Last but not least, we will make friends with our favorite robot, Baymax, in the movie "Big Hero 6."

Fee: Free! (Snacks will be available for nominal fee)

Location: Lake Forest Sports Park (28000 Rancho Parkway) – Jun 19

Lake Forest Sports Park (28000 Rancho Parkway) – Jul 10

Mountain View Park (24061 Dylan Ave) – Aug 7

El Toro Park (23701 Los Alisos Blvd) – Aug 14

Pittsford Park (21701 Pittsford Dr) – Aug 21

For more info call: The City of Lake Forest at 461-3450 or the Sports Park at 273-6960.

Muppets Most Wanted (PG)	Families	Jun 19	Fri	7:30 pm
Lego Movie (PG)	Families	Jul 10	Fri	7:30 pm
Monsters University (G)	Families	Aug 7	Fri	7:30 pm
A Bug's Life (G)	Families	Aug 14	Fri	7:30 pm
Big Hero 6 (PG)	Families	Aug 21	Fri	7:30 pm



VIRTUAL SCAVENGER HUNT

Hunt begins Monday, June 15 and ends Friday, June 19

Each day, a clue will be posted at 9 a.m. on lakeforestca.gov.

Find it and solve it!

Prize: Google Chromecast
HDMI Streaming Media Player

Deadline: Sunday, June 21 by 5 p.m.



SELFIE SCAVENGER HUNT

Hunt begins Monday, June 15 and ends Friday, June 26

Ten clues will be posted at 9 a.m. on lakeforestca.gov.

Find them and go to five of ten destination sites to take a "selfie."

Both photos and answers must be submitted.

Prize: Apple TV

Deadline: Sunday, June 28 by 5 p.m.



RULES

- ▶ Must be a Lake Forest resident. Winners are required to furnish proof of residency.
- ▶ Email your answers and photos along with your first and last name to LHunt@lakeforestca.gov.
- ▶ Completed official waiver form required for the Selfie hunt.

Family Campout at the Sports Park

Don't miss the Family Campout! Pack up your family and your tent and camp out in our backyard! The evening will be filled with a hearty dinner of pizza, chicken tenders, and salad, as well as a delicious dessert. Enjoy playing games and singing campfire songs. Wake up to an early morning bagel and donut breakfast at the park. Children must be 4 years or older and must be accompanied by a parent. Check in at 5:30 pm to set up your tent before dinner. Participants must provide their own tents and sleeping bags, and any personal items.

Fee: \$7 per person – Resident
 \$12 per person – Non-Resident

Location: Lake Forest Sports Park and Recreation Center (28000 Rancho Pkwy)

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

For more info call: The Recreation Center at 273-6960

Act#: 5346 Families 4 yrs & + Jul 18-19 Sat/Sun 5:30 pm-10:00 am



Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO...we'll teach you! No skill is involved – just luck... lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center (25550 Commercentre Dr)



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

For more info call: The City of Lake Forest at 461-3450

Act#: 5513 Adults/Seniors Jun 5 Fri 7:00-9:30 pm
Act#: 5512 Adults/Seniors Jul 31 Fri 7:00-9:30 pm
Act#: 5496 Adults/Seniors Aug 28 Fri 7:00-9:30 pm

YOUTH



Rec 'N Roll

Lake Forest is going to ROCK this summer at Rec 'N Roll! Enjoy our recreation center on wheels in the great outdoors for all of July! When the Rec 'N Roll staff rolls into your neighborhood park you'll have fun with sports activities, board games, craft projects, water fun, games with prizes, and much more. Each week, recreation staff will have a variety of activities centered around different activities and themes. Best of all it's FREE! Make sure you check out Rec 'N Roll this summer - we're rollin' to a park near you!

Mondays	Foothill Ranch Community Park (19422 Rue De Valore)	10:00 am-2:00 pm
Tuesdays	Rimgate Park (29772 Rimgate)	10:00 am-2:00 pm
Wednesdays	Concourse Park (18931 Saddleback Ranch Rd)	10:00 am-2:00 pm
Thursdays	Mountain View Park (24061 Dylan St)	10:00 am-2:00 pm
Fridays	Baker Ranch Community Park (26380 Rancho Parkway)	10:00 am-2:00 pm

Theme Weeks

Week 1	Pirates & Princesses	Jul 6-10
Week 2	Hawaiian Beach Luau	Jul 13-17
Week 3	Animal Safari	Jul 20-24
Week 4	Water Week	Jul 27-31

Heat Advisory Rec 'N Roll will be cancelled on days the temperature exceeds 90 degrees. Please call 273-6960 the morning of Rec 'N Roll for cancellation status.



City-Run Summer Camps

Little Pioneers Camp

The City of Lake Forest presents our eighth annual preschool summer day camp now at the Lake Forest Recreation Center! Join us for days of fun-filled activities from music, arts and crafts, games, circle time, and outside exploring. Every Friday we will have a surprise activity or guest! A Little Pioneers t-shirt and a nutritious snack will be provided. Every little pioneer must be potty trained.

Instructor: Lake Forest Recreation Staff

Fee: \$80 per week – Resident
\$85 per week – Non-Resident

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

• Camp Hours: 9:00 am-12:00 pm • 3-6 yr olds

Act#: 5331	“Woody’s Round-Up”	Jun 29-Jul 3	Mon-Fri
Act#: 5332	“A Frozen Summer”	Jul 6-10	Mon-Fri
Act#: 5333	“Monster-ous Fun”	Jul 13-17	Mon-Fri
Act#: 5334	“Under the Sea”	Jul 20-24	Mon-Fri
Act#: 5335	“Dino Explorers”	Jul 27-31	Mon-Fri
Act#: 5336	“A Trip to the Zoo”	Aug 3-7	Mon-Fri
Act#: 5337	“Fun in the Sun”	Aug 10-14	Mon-Fri
Act#: 5338	“Pirates & Princesses”	Aug 17-21	Mon-Fri



Lake Forest ROCKS Camp

Find out why Lake Forest Rocks! Come to our seventh annual Lake Forest ROCKS Camp! Each week will include one mini excursion and one big excursion. We’ll include games, skits, team competitions, and every Friday a BBQ or pizza party! This camp will have an 8 to 1 camper to counselor ratio. The weekly fee also includes crafts, goodies and the coolest camp t-shirt around.

Instructor: Lake Forest Recreation Staff

Fee: \$129 per week – Resident
\$134 per week-Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

(Pre-registration for this camp is required)

For more info call: The Recreation Center at 273-6960

• Camp Hours: 7:30 am-6:00 pm • 7-12 yr olds

Act#: 5323	Camelot	Jun 29-Jul 3	Mon-Fri
Act#: 5324	Soak City	Jul 6-10	Mon-Fri
Act#: 5325	Pirate Adventure	Jul 13-17	Mon-Fri
Act#: 5326	OC Fair	Jul 20-24	Mon-Fri

• Camp Hours: 7:30 am-6:00 pm • 7-10 yr olds

Act#: 5327	LA Zoo	Jul 27-31	Mon-Fri
Act#: 5328	Boomers	Aug 3-7	Mon-Fri
Act#: 5329	Knott’s Berry Farm	Aug 10-14	Mon-Fri
Act#: 5330	Raging Waters	Aug 17-21	Mon-Fri
Act#: 5345	Disneyland	Aug 24-28	Mon-Fri

Lake Forest Sports Stars Academy CAMP

Participants will learn basic to advanced techniques for several popular sports in this fun and exciting class. We promote competition through fun and focus on the benefits of sportsmanship, discipline and teamwork while we play soccer, baseball, basketball and flag-football. All skill levels are welcome and our coach-to-camper ratio is 1 to 5, so your child will receive plenty of individual instruction. Fee includes a t-shirt, cold drinks and a personalized sports card! Space is limited so sign up today!

Instructor: Lake Forest Recreation Staff

Fee: \$50 per participant – Resident
\$55 per participant – Non-Resident
(5-day camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5583	3-4 yrs	Jul 6-Jul 10	Mon-Fri	9:00-9:45 am
Act#: 5584	5-7 yrs	Jul 6-Jul 10	Mon-Fri	10:00-11:00 am
Act#: 5585	8-11 yrs	Jul 6-Jul 10	Mon-Fri	11:15 am-12:15 pm
Act#: 5586	3-4 yrs	Jul 13-Jul 17	Mon-Fri	9:00-9:45 am
Act#: 5587	5-7 yrs	Jul 13-Jul 17	Mon-Fri	10:00-11:00 am
Act#: 5588	8-11 yrs	Jul 13-Jul 17	Mon-Fri	11:15 am-12:15 pm
Act#: 5589	3-4 yrs	Jul 20-Jul 24	Mon-Fri	9:00-9:45 am
Act#: 5590	5-7 yrs	Jul 20-Jul 24	Mon-Fri	10:00-11:00 am
Act#: 5591	8-11 yrs	Jul 20-Jul 24	Mon-Fri	11:15 am-12:15 pm
Act#: 5592	3-4 yrs	Jul 27-Jul 31	Mon-Fri	9:00-9:45 am
Act#: 5593	5-7 yrs	Jul 27-Jul 31	Mon-Fri	10:00-11:00 am
Act#: 5594	8-11 yrs	Jul 27-Jul 31	Mon-Fri	11:15 am-12:15 pm



Lake Forest Teens UNPLUGGED Camp

Rock out and get unplugged from school and chores! Plug into fun this summer with some of the best amusement parks and attractions Southern California has to offer! Each week we’ll be going on two fun excursions and making up games, skits, and team competition. Sign up for one week or all five! The weekly fee also includes excursions with transportation, crafts, camp t-shirt and Friday BBQ’s or pizza party!

Instructor: Lake Forest Recreation Staff

Fee: \$129 – Resident
\$134 – Non-Resident
(5-day camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

• Camp Hours: 7:30 am-6:00 pm • 11-14 yr olds

Act#: 5340	LA Zoo	Jul 27-31	Mon-Fri
Act#: 5341	Boomers	Aug 3-7	Mon-Fri
Act#: 5342	Knott’s Berry Farm	Aug 10-14	Mon-Fri
Act#: 5343	Raging Waters	Aug 17-21	Mon-Fri
Act#: 5344	Disneyland	Aug 24-28	Mon-Fri



See Our Sports Camps Come To Life!

JUNAIO AUGMENTED REALITY BROWSER

1. Get the App! from Apple or Google Play – Use the link below or the QR Code with your QR code scanner

Apple



<https://itunes.apple.com/us/app/junaio-augmented-reality-browser/id337415615?mt=8>

Google Play



<https://play.google.com/store/apps/details?id=com.metaio.junaio>

2. Open the app and hover over the photo.
3. Watch as the image takes you inside our summer sports camps!



CAMPS FOR SUMMER

Super Soccer Stars: Fun in the Sun Camp



Ensure your young soccer star enjoys active fun in the fresh air all summer long with Fun in the Sun Camp. This camp promises tons of soccer fun through skill-building.

Instructor: Super Soccer Stars Staff

Fee: \$131 per participant – Resident
\$136 per participant – Non-Resident
(1-week sessions)



Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5527 3-5 years Jun 22-26 Mon-Fri 9:00-11:00 am
Act#: 5548 3-5 years Aug 17-21 Mon-Fri 9:00-11:00 am

Us Too Mini Camp



Your child will have fun dressing up every week with fun activities such as gymnastics, acting, imaginary play, arts and crafts and music time. Weekly themes include Pirates, Disney, Super Heroes, and Water Play At The Park. Free open play Thursday from 1:00-2:00 pm when signed up in the Mini Camp.

Instructor: Us Too Gymnastics Staff

Fee: \$50 – Resident
\$55 – Non-Resident
(4-week session)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5632 4-7 yrs Jun 25-Jul 16 Thu 11:00 am-1:00 pm
Act#: 5633 4-7 yrs Jul 23-Aug 13 Thu 11:00 am-1:00 pm

PRE-Engineering using LEGO®

Let your imagination run wild with tens of thousands of LEGO®! Build engineer designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

Instructor: Play-Well TEKnologies staff

Fee: \$175 – Resident
\$180 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5350 5-6 yrs Jul 13-17 Mon-Fri 9:00 am-12:00 pm



Engineering FUNdamentals using LEGO®

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

Instructor: Play-Well TEKnologies staff

Fee: \$175 – Resident
\$180 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5351 7-11 yrs Jul 13-17 Mon-Fri 1:00-4:00 pm

JEDI Engineering using LEGO®

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

Instructor: Play-Well TEKnologies staff

Fee: \$175 – Resident
\$180 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5352 5-6 yrs Aug 10-14 Mon-Fri 9:00 am-12:00 pm

JEDI Master Engineering using LEGO®

The force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear twins, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

Instructor: Play-Well TEKnologies staff

Fee: \$175 – Resident
\$180 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5353 7-11 yrs Aug 10-14 Mon-Fri 1:00-4:00 pm

Mine, Craft Build Adventure Game using LEGO®

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! The LEGO experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO.

Instructor: Play-Well TEKnologies staff

Fee: \$175 – Resident
\$180 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5426 5-6 yrs Aug 24-28 Mon-Fri 9:00 am-12:00 pm

Mine, Craft Build Survival Game using LEGO®

Bring Minecraft to life using LEGO! Resourcefulness, creativity and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or Lego.

Instructor: Play-Well TEKnologies staff

Fee: \$175 – Resident
\$180 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5427 7-11 yrs Aug 24-28 Mon-Fri 1:00-4:00 pm

Summer of Art Camp

This art camp is filled with creative and fun projects. Explore a variety of media such as acrylics on canvas, watercolors, pastels, clay sculptures and more! We will enjoy summertime thru art as we draw and paint landscapes, still-life, animals and other themes. Clay projects will be glazed and fired. All art supplies and aprons will be provided.

Instructor: My Art Studio-Lucia Henry

Fee: \$89 – Resident
\$94 – Non-Resident
(1-week camp)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5354 6-11 yrs Jul 20-24 Mon-Fri 9:30-11:30 am

Super Soccer Stars: Kick It Camp

Kick It Camp offers a unique summer experience for children who want to build soccer skills in a fun atmosphere. Each day's camp theme guides campers through engaging games that teach soccer skills, build self-confidence and promote sportsmanship. Each day features time for a snack and a talent showcase where campers and coaches have the opportunity to show off their skills!

Instructor: Super Soccer Stars Staff

Fee: \$173 per participant – Resident
 \$178 per participant – Non-Resident
 (1-week sessions)



Location: Lake Forest Sports Park Great Lawn
 (28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5529 5-12 years Jun 29-Jul 3 Mon-Fri 9:00-11:00 am

Act#: 5569 5-12 years Aug 17-21 Mon-Fri 9:00-11:00 am

Clay Adventures Camp

Have fun learning how to turn clay into wonderful creatures and other projects. We will handbuild the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay) Different projects each day. All pieces will be glazed and fired. Aprons will be provided.

Instructor: My Art Studio-Lucia Henry

Fee: \$95 – Resident
 \$100 – Non-Resident
 (1-week camp)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5356 6-11 yrs Aug 24-28 Mon-Fri 1:00-3:00 pm

Pre-Glee Summer Camp

Especially for younger students who love music. Unlike the older class, the students are not required to read words at all. The use of pictures, games, and musical instruments are used to teach singing and make the music fun and enjoyable. Students this age love singing on a stage or the risers. We have a mini recital just for the parents from 10:30am-10:45am on Thursday, the last day of class. Wear comfortable pants you can move in with closed-toe shoes.

Instructor: Glee Music Academy Staff

Fee: \$95 – Resident
 \$100 – Non-Resident
 (4-day camp)

Materials Fee: An additional material fee of \$5 due to instructor at first class meeting

Location: Glee Music Academy (25 Spectrum Pointe Dr. #406)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5595 4-6 yrs Jul 13-16 Mon-Thu 9:00-10:45 am



Glee Week Summer Camp

Especially for elementary aged students to learn how to improve their skills. Learn how to sing better, how to read music, and even how to move on stage. At the same time learn new pop songs at Glee Week. On the last day, we will have a show for parents and friends at 11:00 am. The show will consist of a singing talent show. Sing solo or with friends. Talent show auditions will be Tuesday so come ready with your gig. The closing number will be a song that we will learn together during the week. Class assumes you can read words well. Wear comfortable pants you can move in with closed-toe shoes.

Instructor: Glee Music Academy Staff

Fee: \$159 – Resident
 \$164 – Non-Resident
 (4-day camp)

Materials Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Glee Music Academy (25 Spectrum Pointe Dr. #406)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5596 7-11 yrs Jul 27-30 Mon-Thu 9:00 am-12:00 pm

Glee Team Summer Camp

Especially for older students to learn how to improve their skills. Learn how to sing better, how to read music, and even how to move better on stage. We will be learning brand new pop songs at Glee Team! On the last day we will have a show for parents and friends at 11:00 am. The show will consist of a singing talent show, solo or with friends! Talent show auditions will be Tuesday, so come ready with your gig. The closing number will be a song that we will learn together during the week. Wear comfortable pants you can move in with closed-toe shoes.

Fee: \$195 – Resident
 \$200 – Non-Resident
 (4-day camp)

Materials Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Glee Music Academy (25 Spectrum Pointe Dr. #406)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5597 11-16 yrs Jul 20-23 Mon-Thu 9:00 am-1:00 pm

Video Game Design Camp: Beginning to Advanced

Improve your skills and impress friends and family with your unique video game! Advanced gamers learn new game design techniques including multiple character animations and movement options, platform style games and multiple genres. Beginners work in pairs and are introduced to fundamental game design elements, including character creation, background design and building a complete video game level.

Instructor: Freshi Media

Fee: \$170 – Resident
\$175 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5598 8-12 yrs Jul 27-31 Mon-Fri 1:00-4:00 pm

Tech Builders Camp: App Design with PC!

The Freshi Media App Design camp is a fun and exciting introduction for students who want to learn different aspects of computer based App Design. Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps. Students will complete one app project, which combines fun game based apps and practical utility apps into their final project.

Instructor: Freshi Media

Fee: \$170 – Resident
\$175 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5599 8-12 yrs Aug 3-7 Mon-Fri 1:00-4:00 pm

Video Game Design Camp: The First Steps!

Learn how to create and design a unique and interactive introductory video game with Freshi Game Design! Younger game developers work in pairs to conceive, design and build their own original computer game. Students will learn fun techniques like creating characters and levels and making their characters fly and bounce around the game screen.

Instructor: Freshi Media

Fee: \$170 – Resident
\$175 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5600 5-7 yrs Aug 10-14 Mon-Fri 1:00-4:00 pm

Animation Creators Camp: Stop Motion Animation

Work with your favorite toys to create fun and original stop motion animations! Students work together to create an original story through animation. Basic concepts such as camera angles, storyboards, scripting elements and theme will be introduced. Students will also do voiceover work for their animation and add a musical score to their completed project.

Instructor: Freshi Media

Fee: \$170 – Resident
\$175 – Non-Resident
(1-week camp)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5601 8-12 yrs Aug 17-21 Mon-Fri 1:00-4:00 pm



TriFytt Sports: Soccer Camp

This is a great chance for beginning soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$119 – Resident
\$124 – Non-Resident
(5-day camp)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5443 5- 9 yrs Jul 13-17 Mon-Fri 9:00 am-12:00 pm



TriFytt Sports: Football Camp

This is a great chance for beginning flag-football players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$119 – Resident
\$124 – Non-Resident
(5-day camp)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5444 6-12 yrs Aug 3-7 Mon-Fri 9:00 am-12:00 pm



Junior Tennis Camp

This camp is for all levels of players who are interested in learning more about tennis and making new friends. Tennis Camp makes learning basic strokes, shot placement, serves, volleys and strategies fun and easy for children. Bring a can of unopened balls and a racquet.

Instructor: Fabian Grassini Tennis Sports

Fee: \$125 – Resident
\$130 – Non-Resident
(1-week camp)

Location: Pittsford Park (21701 Pittsford Drive)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5440 7-14 yrs Jul 6-10 Mon-Fri 9:00 am-12:00 pm
Act#: 5441 7-14 yrs Jul 13-17 Mon-Fri 9:00 am-12:00 pm
Act#: 5442 7-14 yrs Jul 20-24 Mon-Fri 9:00 am-12:00 pm

Introduction to Lacrosse Camp

This course is designed for any new players who want to learn more about the game of lacrosse. This four class session is designed to teach your child the fundamentals of the game in a fun, fast paced environment. All coaches have years of playing and coaching experience.

Instructor: OC Rebels Lacrosse

Material Fee: An additional \$10 material fee is due to instructor the day of class

Fee: \$140 – Resident
\$145 – Non-Resident
(4-day camp)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5431 6- 11 yrs Jun 29-Jul 2 Mon-Thu 8:00-10:00 am
Act#: 5432 6- 11 yrs Aug 3-6 Mon-Thu 8:00-10:00 am

RECREATION CLASSES

Youth

Zumbini™

Designed to let mom, dad or caregiver and your little one(s) 0 to 3 years old wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meet the magic of Zumba® in the ultimate bonding experience! Please RSVP to Raelyn@oczumbafitness.com if you would like to attend a FREE demo class on Tuesday, June 2!

Instructor: Raelyn Brachmann

Fee: \$115 per Parent and Child Couple – Resident
\$120 per Parent and Child Couple – Non-Resident
(8-week session)

Materials Fee: A required \$35 fee includes a brand new Zumbini™ Bundle containing a songbook and two copies of the class music on CD, so you can take the class experience wherever you go! This is due to the instructor during the first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5357 6 mos-3 yrs Jun 9-Jul 28 Tue 10:00-10:45 am

Music Together

Here is your chance to experience a nationwide, research based 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: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$100 – Resident
\$105 – Non-Resident
(7-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$36 fee payable to instructor is required at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5360 9 mos-4 yrs Jul 6-Aug 17 Mon 4:30-5:15 pm
Act#: 5359 9 mos-4 yrs Jul 10-Aug 21 Fri 10:30-11:15 am
Act#: 5358 9 mos-4 yrs Jul 11-Aug 22 Sat 9:15-10:00 am

Parent & Tot Swim Lessons at SwimLabs



Parent and child will work together in the pool under the direction of a SwimLabs instructor to develop the skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and safely go under the water. Parents will learn how to safely interact with their children in the pool.

Instructor: SwimLabs Staff

Fee: \$80 – Resident
\$85 – Non-Resident

Additional one-time \$30 registration fee per family payable at first class

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5626	10 mos-3 yrs	Jun 1-10	Mon & Wed	1:00-1:30 pm
Act#: 5627	10 mos-3 yrs	Jun 15-24	Mon & Wed	1:00-1:30 pm
Act#: 5628	10 mos-3 yrs	Jun 29-Jul 8	Mon & Wed	1:00-1:30 pm
Act#: 5629	10 mos-3 yrs	Jul 13-22	Mon & Wed	1:00-1:30 pm
Act#: 5630	10 mos-3 yrs	Jul 27-Aug 5	Mon & Wed	1:00-1:30 pm
Act#: 5631	10 mos-3 yrs	Aug 10-19	Mon & Wed	1:00-1:30 pm

Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 7 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with our 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun! FREE open play when you are signed up in a gymnastics class. Open play is every Thursday 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident
\$50 – Non-Resident
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5602	1-3 yrs*	Jun 1-22	Mon	10:00-10:45 am
Act#: 5603	2.5-4 yrs**	Jun 1-22	Mon	11:00-11:45 am
Act#: 5604	5-7 yrs	Jun 1-22	Mon	5:00-5:45 pm
Act#: 5605	1-3 yrs*	Jun 2-23	Tue	10:00-10:45 am
Act#: 5606	2.5-4 yrs**	Jun 2-23	Tue	11:00-11:45 am
Act#: 5607	1-3 yrs*	Jun 3-24	Wed	10:00-10:45 am
Act#: 5608	3-4 yrs	Jun 3-24	Wed	2:00-2:45 pm
Act#: 5609	4-6 yrs	Jun 4-25	Thu	2:00-2:45 pm
Act#: 5610	5-7 yrs	Jun 4-25	Thu	3:00-3:45 pm
Act#: 5611	1-3 yrs*	Jun 29-Jul 20	Mon	10:00-10:45 am
Act#: 5612	2.5-4 yrs**	Jun 29-Jul 20	Mon	11:00-11:45 am
Act#: 5613	5-7 yrs	Jun 29-Jul 20	Mon	5:00-5:45 pm
Act#: 5614	1-3 yrs*	Jun 30-Jul 21	Tue	10:00-10:45 am
Act#: 5615	2.5-4 yrs**	Jun 30-Jul 21	Tue	11:00-11:45 am
Act#: 5616	1-3 yrs*	Jul 1-22	Wed	10:00-10:45 am
Act#: 5617	3-4 yrs	Jul 1-22	Wed	2:00-2:45 pm
Act#: 5618	4-6 yrs	Jul 2-23	Thu	2:00-2:45 pm
Act#: 5619	5-7 yrs	Jul 2-23	Thu	3:00-3:45 pm

* Mommy & Me classes: parent participation required

** Transition class: Kids advanced enough to not need parent participation, but too young for other classes

Introducing OC Dance Productions!

OC Dance offers a variety of classes with studio-quality instruction, family-friendly staff, detailed progression program for young dancers to track their accomplishments, and inexpensive recitals twice a year. For more information visit: www.ocdanceproductions.com.

Parent & Me Intro to Movement

Toddlers will learn basic movement and coordination skills through imaginative play, bubbles, creative movement and popular children's songs. Class includes various props, listening skills, development of motor skills, tumbling and dance movements. Parent participation required. Visit www.ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
\$79 per Parent and Child Couple – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5362 1½-3 yrs Jul 6-Aug 10 Mon 9:00-9:45 am

Parent & Me Princess Ballet

This is a perfect introduction to the fundamentals of ballet and creative movement with an element of fun, fantasy and lots of encouragement. Princess ballerinas use props, wear princess tutus, use their "magic wand," have story time and learn beginning ballet movements to fairytale music. Instructor provides tutus, crafts, wands and props. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$74 per Parent and Child Couple-Resident
\$79 per Parent and Child Couple-Non-Resident
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5365 1½-3 yrs Jul 6-Aug 10 Mon 11:00-11:45 am

We Now Have **Public Wi-Fi**

At Our New Sports Park & Recreation Center!

Parent & Me All-in-One

Sample ballet, hip hop, jazz, tumbling and creative movement with your little dancer. Class promotes coordination, balance, listening and gross motor skills to provide a great foundation for preschool age dance classes. Suitable for boys and girls. Parent participation required. Visit www.ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
\$79 per Parent and Child Couple – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5368 1½-3 yrs Jul 11-Aug 15 Sat 9:00-9:45 am

Princess Ballet

Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
\$79 per Parent and Child Couple – Non-Resident
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5373 3-5 yrs Jul 6-Aug 10 Mon 10:00-10:45 am

Butterfly Ballerinas

Transform into a magical butterfly by earning your butterfly wings in this ballet and creative movement class. The class consists of beginning ballet movements across the floor and practice at the barre; dancers progress through these movements and ballet terminology toward earning their “wings” and performing for parents on the last day of class. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
\$79 per Parent and Child Couple – Non-Resident
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5374 3-6 yrs Jul 9-Aug 13 Thu 3:30-4:15 pm

Ballet & Tap Combo

Dancers will dive into the world of beginning classical ballet and rhythmic tapping with the basic fundamentals of both dance forms. Class also promotes musicality, coordination, balance and grace. Ballet and tap shoes required. Visit www.ocdanceproductions.com for more info.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
\$79 per Parent and Child Couple – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5377 3-6 yrs Jul 11-Aug 15 Sat 9:50-10:35 am

Ballet, Jazz & Tap Combo

Dancers will be introduced to the world of beginning tap, jazz and ballet movements and terminology. Class also includes developing spatial awareness, rhythm and listening skills. Suitable for those new to dance or continuing. Ballet and tap shoes required. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
\$79 per Parent and Child Couple – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5380 3-6 yrs Jul 7-Aug 11 Tue 4:20-5:05 pm

Children's Musical Theater

Dancers will be introduced to the fun and exciting world of musical theater! Children will create characters, learn about articulation, projection, rhythm and working with peers in producing their show. During this class dancers will learn basic choreography and lyrics to popular children's musical numbers. Performers will also participate in theater and imaginative games, work on stage presence and confidence as well as make crafts and props for our final performance for parents and friends on the last day of class. See OCDP's website under “classes” for this session's song and theme. Visit www.ocdanceproductions.com for more info.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
\$79 per Parent and Child Couple – Non-Resident
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5383 3-6 yrs Jul 7-Aug 11 Tue 3:30-4:15 pm

All-in-One Dance

Dancers will dive into the world of dance learning basic fundamentals in ballet, jazz and hip-hop. Class promotes balance, coordination, rhythm, listening skills and imagination exploration through creative movement exercises. Suitable for boys and girls. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
 \$79 per Parent and Child Couple – Non-Resident
 (6-week session)

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960
Act#: 5386 4-7 yrs Jul 9-Aug 13 Thu 4:20-5:05 pm

Pop Star Hip Hop

Shake, sing and let your inner pop star shine! Dancers learn song lyrics to their favorite music artists like Taylor Swift, Selena Gomez, Justin Bieber and One Direction while incorporating beginner hip hop and jazz dance choreography. Suitable for beginners or those continuing. Sneakers are required. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
 \$79 per Parent and Child Couple – Non-Resident
 (6-week session)

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960
Act#: 5389 5-9 yrs Jul 7-Aug 11 Tue 5:10-5:55 pm

Musical Theater Broadway Dance

Get ready for Broadway! With a focus on performance quality; develop confidence, individuality and creativity while learning lyrics, basic dance choreography and acting skills to routines. Suitable for those new to musical theatre or continuing. Appropriate for boys and girls. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
 \$79 per Parent and Child Couple – Non-Resident
 (6-week session)

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960
Act#: 5392 5-9 yrs Jul 9-Aug 13 Thu 5:10-5:55 pm

Do, Re, Mi Piano & Music

This music and piano class encourages child development through the beauty of music. Children will experience the sounds and rhythms of music through instrument play, piano/ keyboard fingering, playing simple tunes, singing do, re, mi music notation and songs, rhythm and melodic patterns, props, puppets and creative movement. Keyboards will be provided in class. Parent participation required.

Instructor: Sophi Albert

Fee: \$135 – Resident
 \$140 – Non-Resident
 (6-week session)

Materials Fee: An additional material fee of \$15 due to instructor at first class meeting

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960
Act#: 5361 2-5 yrs Jun 2-Jul 7 Tue 9:30-10:10 am

Childz Play



Learn to balance the social skills of sharing space with the elements of props. A creative movement class that motivates children to take time to create, express, and share through the art of movement. Expressing feelings through movement with props (scarfs, medium size balls, favorite “stuffed animal” for dancing with friends).

Instructor: Valerie Harvey

Fee: \$60 – Resident
 \$65 – Non-Resident
 (4-week session)

Materials Fee: An additional material fee of \$5 due to instructor at first class meeting

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5418	4-6 yrs	Jul 11-Aug 1	Sat	11:00-11:45 am
Act#: 5419	4-6 yrs	Jul 12-Aug 2	Sun	12:30-1:15 pm
Act#: 5420	4-6 yrs	Aug 8-29	Sat	11:00-11:45 am
Act#: 5421	4-6 yrs	Aug 9-30	Sun	12:30-1:15 pm

Did you know you can register for classes and programs 24/7?

Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit



online.activecommunities.com/lfreonline and you'll be on your way!



Learn to Swim at SwimLabs



SwimLabs is an indoor swim school, which is perfect for classes all year long no matter what the weather is. These weekly group swim lessons are designed to get your child swim ready!

Instructor: SwimLabs Staff

Fee: \$80 – Resident
\$85 – Non-Resident

Additional one-time \$30 family registration fee payable at first class. (30-minute lesson)

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5620	3-5 yrs	Jun 1-10	Mon & Wed	1:30-2:00 pm
Act#: 5621	3-5 yrs	Jun 15-24	Mon & Wed	1:30-2:00 pm
Act#: 5622	3-5 yrs	Jun 29-Jul 8	Mon & Wed	1:30-2:00 pm
Act#: 5623	3-5 yrs	Jul 13-22	Mon & Wed	1:30-2:00 pm
Act#: 5624	3-5 yrs	Jul 27-Aug 5	Mon & Wed	1:30-2:00 pm
Act#: 5625	3-5 yrs	Aug 10-19	Mon & Wed	1:30-2:00 pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: Monday classes
Pittsford Park (21701 Pittsford Dr)

Wednesday classes
Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5445	3-5 yrs	Jun 29-Aug 17	Mon	3:30-4:30 pm
Act#: 5446	6-7 yrs	Jun 29-Aug 17	Mon	4:30-5:30 pm
Act#: 5447	8-12 yrs	Jun 29-Aug 17	Mon	5:30-6:30 pm
Act#: 5448	3-5 yrs	Jul 1-Aug 19	Wed	3:30-4:30 pm
Act#: 5449	6-7 yrs	Jul 1-Aug 19	Wed	4:30-5:30 pm
Act#: 5450	8-12 yrs	Jul 1-Aug 19	Wed	5:30-6:30 pm

Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.

Clay Adventures

Have a blast learning how to turn clay into fun projects, such as castles, animals and wonderful creatures. We will hand-build the pieces as we learn techniques such as coiling, scoring, slab construction and decorate the pieces with under glazes. A new project each week. All pieces will be glazed and fired.

Instructor: My Art Studio-Lucia Henry

Fee: \$79 – Resident
\$84 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5395 6-11 yrs Jun 24-Jul 22 Wed 4:00-5:15 pm

3D Printing: INVENTIONS!



Inventions! Kids will explore engineering and what it takes to create their own product. With 3D printing, kids now have an opportunity to bring their ideas to life. Use of 3D printing pens that allow students to draw in 3D by extruding heated plastic filament that cools almost instantly into a solid, stable structure. Students are able to draw up into the air and create anything they can dream up!! Students will create everything from catapults to gliders before designing their own projects in 3D.

Instructor: Brainstorm Media

Fee: \$100 – Resident
\$105 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$15 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Lake Forest Recreation Center at 273-6960

Act#: 5490 7-17 yrs Jun 2-Jul 7 Tue 3:30-4:30 pm

Shotokan Karate Do-Youth

Learn manners, respect, discipline, self-defense and increase fitness while having fun learning traditional Shotokan Karate Do, a Japanese martial art. Competition available at local, regional, national and international levels.

Instructor: Tai Cigar

Fee: \$70 – Resident
\$75 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5428	5-16 yrs	Jun 1- 24	Mon & Wed	4:30-5:30 pm
Act#: 5429	5-16 yrs	Jul 6- 29	Mon & Wed	4:30-5:30 pm
Act#: 5430	5-16 yrs	Jul 6- 29	Mon & Wed	4:30-5:30 pm

Super Soccer Stars: Kick & Play

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play-all while having a blast!

Instructor: Super Soccer Stars Staff



Fee: \$96 per participant – Resident
\$101 per participant – Non-Resident
(6-week sessions)

\$65 per participant – Resident
\$70 per participant – Non-Resident
(4 week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5495 12-24 mos Jun 18-Jul 23 Thu 10:45-11:25 am
Act#: 5543 12-24 mos Aug 6-27 Thu 10:45-11:25 am

Super Soccer Stars: 2-3 Year Old

Consists of soccer activities, language learning and introducing skills for simple body movements including coordination and stability building activities. In addition, the curriculum incorporates fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer.

Instructor: Super Soccer Stars Staff



Fee: \$96 per participant – Resident
\$101 per participant – Non-Resident
(6-week sessions)

\$65 per participant – Resident
\$70 per participant – Non-Resident
(4 week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5515 2-3 years Jun 13-Jul 25* Sat 9:00-9:40 am
Act#: 5544 2-3 years Aug 8-29 Sat 9:00-9:40 am

***No Class 7/4**

Super Soccer Stars: 3-Young 4 Year Old

This class will include partner activities to promote sharing, listening, respect and cooperating. Physical activities include dynamic movements like running, skipping and jumping.

Instructor: Super Soccer Stars Staff



Fee: \$96 per participant-Resident
\$101 per participant-Non-Resident
(6-week sessions)

\$65 per participant-Resident
\$70 per participant-Non-Resident
(4 week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5521 3-young 4 years Jun 13-Jul 25* Sat 9:45-10:30 am
Act#: 5545 3-young 4 years Aug 8-29 Sat 9:45-10:30 am
***No Class 7/4**

Super Soccer Stars: Older 4-5 Year Old

This class will include dynamic activities which involve dribbling technique and moves to allow each child to gain more confidence on the ball. The primary focus is body movement with the ball. The objectives for this age group are to continue development in basic dribbling, passing, receiving and shooting techniques and to introduce juggling skills.

Instructor: Super Soccer Stars Staff



Fee: \$96 per participant – Resident
\$101 per participant – Non-Resident
(6-week sessions)

\$65 per participant-Resident
\$70 per participant-Non-Resident
(4 week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

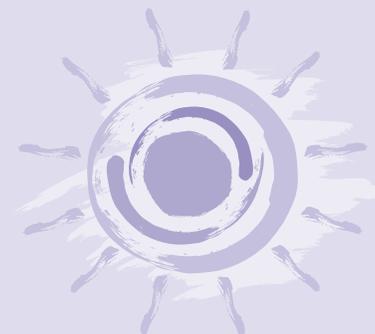
For more info call: The Recreation Center at 273-6960

Act#: 5523 Older 4-5 years Jun 13-Jul 25* Sat 10:35-11:25 am
Act#: 5546 Older 4-5 years Aug 8-29 Sat 10:35-11:25 am
***No Class 7/4**

**Summer
Registration
Dates:**

Tuesday, May 12
Resident Registration

Tuesday, May 19
Non-Resident Registration



Super Soccer Stars: Older 5-7 Year Old



The primary focus of this class is to increase familiarity of space to enable children to develop team skills. Awareness of teammates is constantly emphasized so that these skills can be easily transferred to the soccer game.

Instructor: Super Soccer Stars Staff



Fee: \$96 per participant – Resident
\$101 per participant – Non-Resident
(6-week sessions)

\$65 per participant – Resident
\$70 per participant – Non-Resident
(4-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5525 Older 5-7 years Jun 13-Jul 25* Sat 11:30 am-12:30 pm

Act#: 5547 Older 5-7 years Aug 8-29 Sat 11:30 am-12:30 pm

*No Class 7/4



TriFytt Sports: Biddy Soccer League

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirt and medal. The 1st week will be practice and team assignments and the remainder of the weeks will be games!

Instructor: TriFytt Sports Staff

Fee: \$79 per participant – Resident
\$84 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Act#: 5451 2-3 yrs Jul 11-Aug 15 Sat 11:30 am-12:00 pm

Act#: 5452 3-5 yrs Jul 11-Aug 15 Sat 12:00-12:45 pm

Save time!



Register for our programs online at

www.online.activecommunities.com/lfreconline



TriFytt Sports: Parent and Me Multi-Sport

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$89 per participant – Resident
\$94 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Act#: 5453 2-3 yrs Jul 11-Aug 29 Sat 10:00-10:30 am



TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$89 per Parent and Child couple – Resident
\$94 per Parent and Child couple – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Act#: 5454 18 mos-2 yrs Jul 10-Aug 28 Fri 5:00-5:30 pm

Act#: 5455 2-3 yrs Jul 10-Aug 28 Fri 5:30-6:00 pm



TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.

Instructor: TriFytt Sports Staff

Fee: \$89 per participant – Resident
\$94 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Act#: 5456 2-3 yrs Jul 7-Aug 25 Tue 5:00-5:30 pm

Act#: 5457 3-5 yrs Jul 7-Aug 25 Tue 5:30-6:15 pm



TriFytt Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.
Instructor: TriFytt Sports Staff

Fee: \$89 per participant – Resident
\$94 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Act#: 5458 3-5 yrs Jul 10-Aug 28 Fri 6:00-6:45 pm
Act#: 5459 5-7 yrs Jul 10-Aug 28 Fri 7:00-7:45 pm



TriFytt Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching the benefits of sportsmanship, discipline, and teamwork.
Instructor: TriFytt Sports Staff

Fee: \$89 per participant – Resident
\$94 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

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

For more info call: The Recreation Center at 273-6960

Act#: 5460 3-5 yrs Jul 11-Aug 29 Sat 9:00-9:45 am
Act#: 5461 5-7 yrs Jul 11-Aug 29 Sat 10:30-11:15 am

10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



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: \$60 – Resident
\$65 – Non-Resident
(3-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5396 10 yrs-Adult Jul 21-Aug 4 Tue 6:30-7:30 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, many strum styles, and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman
Fee: \$60 – Resident
\$65 – Non-Resident
(3-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5397 10 yrs-Adult Jul 21-Aug 4 Tue 7:30-8:30 pm

Basic First Aid

This American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Bring a self-addressed stamped envelope.** (Pre-registration is required for this course and space is limited)

Instructor: Workshops on Wellness-Sabrina Bradley, MS, CHES

Fee: Free – Resident
\$5 –Non-Resident

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5398 10-Adult Jun 27 Sat 3:00-5:00 pm

Act#: 5399 10-Adult Aug 15 Sat 3:00-5:00 pm

CPR/AED: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course is OSHA approved. Covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will also learn how to use an AED (Automatic External Defibrillator). Participants will receive a certification card which is valid for 2 years. **Bring a self-addressed stamped envelope.** Please Note: This is not a Healthcare Provider level course. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness-Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(One-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

Act#: 5401 10-Adult Jun 27 Sat 12:30-3:00 pm

Act#: 5400 10-Adult Aug 15 Sat 12:30-3:00 pm

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness-Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 –Non-Resident
(One-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5402 10-Adult Jun 27 Sat 10:00 am-5:00 pm

Act#: 5403 10-Adult Aug 15 Sat 10:00 am-5:00 pm

Adult

Traditional Social Dances of Europe and America



Instruction in the traditional social dances of the many countries of Europe and regions of the United States, including Early California. Dances will include Waltz, Fox Trot, Polka, Schottische, One-Step (Ragtime), Csardas (Hungary) and more. Instruction will focus on dance technique, partnering, dance history and improvisation.

Instructor: Richard Duree

Fee: \$20 – Resident
\$25 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5434 15-Adult Jun 3-24 Wed 7:30-9:30 pm

Act#: 5435 15-Adult Jun 5-26 Fri 2:30-4:30 pm

Act#: 5436 15-Adult Jul 8-29 Wed 7:30-9:30 pm

Act#: 5437 15-Adult Jul 10-31 Fri 2:30-4:30 pm

Act#: 5438 15-Adult Aug 5-26 Wed 7:30-9:30 pm

Act#: 5439 15-Adult Aug 7-28 Fri 2:30-4:30 pm

3 ways to register!

Online, Mail-In, Walk-In



Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 – Resident
 \$77 – Non-Resident
 (6-week session)

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5404	18 & up	Jun 1-Jul 6	Mon	7:30-8:30 pm
Act#: 5405	18 & up	Jun 3-Jul 15*	Wed	7:00-8:00 pm
Act#: 5407	18 & up	Jul 13-Aug 24*	Mon	7:30-8:30 pm
Act#: 5406	18 & up	Jul 22-Sep 2*	Wed	7:00-8:00 pm

*No class 6/24, 8/5 & 8/17

Cardio Yoga Booty Ballet

Get your heart rate up with cardio dance moves at the barre and center floor and tone with resistance training for full body workout. This class combines cardio movements to burn calories with high powered yet low impact moves. Strengthens, lengthens, tones and burns by engaging the body and mind. Participants need to bring yoga mat, water and 1-2 lb. weights. For more information on Orange County Dance Productions and Yoga Booty Ballet please visit OCDanceProductions.com.

Instructor: OC Dance Productions Staff

Fee: \$119 – Resident
 \$124 – Non-Resident
 (10-week session)

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5408	18 & up	Jun 1-Aug 3	Mon	6:30-7:30 pm
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Prenatal Yoga

In this class, you will be exploring and celebrating a new and softer side of your yoga practice with your baby to be! Learn how to safely modify through all 3 trimesters, while still maintaining a well-rounded practice. This class will prepare you for birth through safely modified poses, breathwork, plus relaxing and meditation techniques. Prenatal yoga will help you stay centered and grounded through this exciting time as you prepare for your little bundle of joy! Bring yoga mat, water, towel and snacks to keep mommies-to-be comfortable and safe. Props recommended: yoga blocks, blankets, bolsters. Note: ALL trimesters welcome.

Instructor: Devann Sheuerman

Fee: \$85 – Resident
 \$90 – Non-Resident
 (6-week session)

Materials Fee: An additional material fee of \$5 due to instructor at first class meeting

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5491	18 & up	Jul 1-Aug 12*	Wed	10:00-11:00 am
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*No class on August 5

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as technique, footwork and rules of the game. The intermediate class will focus on stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
 \$100 per participant- – Non-Resident
 (8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5462	16 yrs and up	Jul 11-Aug 29	Beg Sat	9:00-10:00 am
Act#: 5463	16 yrs and up	Jul 11-Aug 29	Int Sat	10:00-11:00 am

Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreconline

Summer Registration Dates:

Tuesday, May 12 (Lake Forest Residents)
 Tuesday, May 19 (Non-Residents)

Get Golf Ready

Come learn how to take your golf game to the next level from the instructors at the Lake Forest Golf and Practice Center. Whether you're a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Take advantage of this incredible offer!



Instructor: Lake Forest Golf and Practice Center staff

Fee: \$129 – Resident
\$134 – Non-Resident
(4-week session)

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5464	18 yrs and up	Jun 4-25	Thu	5:00-6:00 pm
Act#: 5465	18 yrs and up	Jun 7-28	Sun	12:00-1:00 pm
Act#: 5466	18 yrs and up	Jun 12-Jul 3	Fri	7:00-8:00 pm
Act#: 5467	18 yrs and up	Jun 20-Jul 18	Sat	1:00-2:00 pm
Act#: 5468	18 yrs and up	Jun 24-Jul 15	Wed	6:30-7:30 pm
Act#: 5469	18 yrs and up	Jun 28-Jul 19	Sun	1:00-2:00 pm
Act#: 5470	18 yrs and up	Jul 2-23	Thu	6:00-7:00 pm
Act#: 5471	18 yrs and up	Jul 5-26	Sun	1:00 -2:00 pm
Act#: 5472	18 yrs and up	Jul 10-31	Fri	6:00-7:00 pm
Act#: 5473	18 yrs and up	Jul 11-Aug 1	Sat	12:00-1:00 pm
Act#: 5474	18 yrs and up	Jul 15-Aug 5	Wed	5:30-6:30 pm
Act#: 5475	18 yrs and up	Jul 26-Aug 16	Sun	12:00-1:00 pm
Act#: 5476	18 yrs and up	Aug 6-27	Thu	5:00-6:00 pm
Act#: 5477	18 yrs and up	Aug 9-30	Sun	12:00-1:00 pm
Act#: 5478	18 yrs and up	Aug 14-Sep 4	Fri	7:00-8:00 pm
Act#: 5479	18 yrs and up	Aug 15-Sep 5	Sat	1:00-2:00 pm
Act#: 5480	18 yrs and up	Aug 19-Sep 9	Wed	6:30-7:30 pm
Act#: 5481	18 yrs and up	Aug 23-Sep 13	Sun	12:00-1:00 pm

DANCERcise with Janet



Let us help you unleash the dancer within! Think Dancing with the Stars -or- back up dancing for J. Lo! Performance dance is fun. Featuring choreographed dance routines to wonderful music that makes you want to move. Stress releasing, endurance building, calorie burning, body toning moves. Learn to dance and move your body correctly. All levels welcome.

Instructor: Janet Nagurski

Fee: \$70 per participant – Resident
\$75 per participant – Non-Resident
(7-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5422 18 & up Jul 8-Aug 19 Wed 6:00-6:50 pm

Zumba Gold

Zumba Gold is a beginner's level dance fitness exercise program designed with mature active adults in mind. Zumba Gold was born out of the fact that there were a lot of people who wanted to do regular Zumba but couldn't keep up with the fast-moving pace or handle the impact of the regular version. It's an easy to follow, low impact program that utilizes Latin and International rhythms to tone the body and increase flexibility. This version of Zumba is gentler on the body, but you still get the full effect and flavor of regular Zumba. **These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor.**

Instructor: Angie Velez

Fee: Act#: 5410 5-class package \$35 – Resident
\$40 – Non-Resident

Act#: 5411 10-class package \$60 – Resident
\$65 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Mail-In or Walk-In. Online registration is not available for this program.

For more info call: The Recreation Center at 273-6960

18 & up	Ongoing	Tue	5:45-6:45 pm
18 & up	Ongoing	Sat	10:00-11:00 am

Beginning Ballroom Dance

Come out and dance with us! We will work on smooth dances like Fox Trot or Waltz and rhythm dances such as Cha Cha or Salsa. Bring a registered partner and get ready to dance the night away! No dance experience needed. Registered partner required.

Instructor: Carri Fox

Fee: \$38 – Resident
\$43 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5412	18 & up	Jun 12-Jul 17*	Fri	7:30-8:15 pm
Act#: 5413	18 & up	Jul 24-Aug 21	Fri	7:30-8:15 pm

*No class 7/3

Beginning Swing Dance

Grab your partner and come Swing dancing! We will work on basics and variations. You'll be dancing the first night and have fun doing variations on Eastern Swing. No dance experience needed. Registered partner required.

Instructor: Carri Fox

Fee: \$38 – Resident
\$43 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5414	18 & up	Jun 12-Jul 17*	Fri	6:45-7:30 pm
Act#: 5415	18 & up	Jul 24-Aug 21	Fri	6:45-7:30 pm

*No class 7/3

Belly Dance

Earthy, ethereal and elegant, this total-body dance form develops core control, powerful hip work, breath, fluidity and grace in a fun and supportive atmosphere!

Instructor: Tina Elkins

Fee: \$53 – Resident
\$58 – Non-Resident
(4-week session)

\$39 – Resident
\$44 – Non-Resident
(3-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5535 18 & up Jun 6-27 Sat 11:15 am-12:15 pm
Act#: 5536 18 & up Aug 15-29 Sat 11:15 am-12:15 pm

Dog Obedience

For dogs at least 4 months old, this class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. **Do not bring dog to first class.** Owner must provide proof of vaccinations, training collar, and leash. (Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. Online registration is not available for discount program.)



"Bear" Blethen needs to attend Dog Obedience training!

Instructor: Mari Quillman

Fee: \$65 – Resident
\$70 – Non-Resident
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5416 Families Jun 3-Jul 22 Wed 6:30-7:30 pm



Ceramic Creations

Come and join this fun and relaxing ceramics class. We will learn the basic techniques for hand building with clay as we create whimsical projects. You will enjoy the process of sculpting with your hands and basic tools! From functional to purely decorative items, work on small simple projects each week or more intricate ones throughout the class.

Instructor: My Art Studio-Lucia Henry

Fee: \$105 – Resident
\$110 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$25 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5417 18 & up Jun 24-Jul 22 Fri 5:45-7:15 pm

Aikido for Self Defense – Adults New

Aikido is a modern yet traditional Japanese form of self-defense that advocates harmony over conflict. Aikido uses the attacker's energy against themselves and redirects it in a non-aggressive manner. Students of Aikido learn self-confidence, balance, awareness and mastery of their own bodies. Adult classes include open hand techniques and weapons practice.

Instructor: Dale Eisenberg

Fee: \$120 – Resident
\$125 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5423 18 & up Jun 1- 27 Mon,Wed & 7:35-9:35 pm
Sat 12:00-1:00 pm
Act#: 5424 18 & up Jul 6-Aug 1 Mon,Wed & 7:35-9:35 pm
Sat 12:00-1:00 pm
Act#: 5425 18 & up Aug 3- 29 Mon,Wed & 7:35-9:35 pm
Sat 12:00-1:00 pm

Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreconline

Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung Fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung Fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a **15-student limit** for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5484 18 & up Jun 1-Jul 22 Mon & Wed 7:00-8:00 pm

Act#: 5485 18 & up Jun 2-Jul 23 Tue & Thu 6:00-7:00 pm

Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of Tai Chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai Chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5482 18 & up Jun 1-Jul 22 Mon & Wed 6:00-7:00 pm

Act#: 5483 18 & up Jun 2-Jul 23 Tue & Thu 7:00-8:00 pm

Done with this brochure?

Don't throw it away!

Pass it on to your friends and family so they can sign up for our great Summer programs too!



SPECIAL NEEDS

Lake Forest Host Town for Special Olympics World Game Athletes in July!

The Cities of Lake Forest and Laguna Hills are honored to be partner host towns for nearly 100 visiting special needs athletes from July 21-24. The athletes, from the Cayman Islands and Syria, will spend quality time in Lake Forest and Laguna Hills prior to their participation in the Special Olympics World Games, taking place July 25-August 2 in Los Angeles. Lake Forest and Laguna Hills are providing lodging, local transportation, use of our new Sports Park for practice and training, as well as cultural activities to acquaint the athletes with our community.



Special Olympics
**WORLD
GAMES**
LOS ANGELES 2015

Host Town

Laguna Hills/Lake Forest

SPECIAL NEEDS continued

Special Needs Dance for Teens and Adults ~ Lake Forest Luau!

Join us for a summertime luau complete with fun and prizes! Wear your most colorful Hawaiian shirt! Enjoy a light dinner and DJ-hosted dancing. We will have some very special guests at this dance, so you won't want to miss it! Pre-registration is requested.

Fee: FREE

Location: Lake Forest City Hall (25550 Commercentre Dr)

For more info call: Marilyn Norment at 461-3447 or email mnorment@lakeforestca.gov.

Act#: 5489 13 yrs-Adult Jul 22 Wed 6:00-8:30 pm

Swim Lessons for Children and Adults with Special Needs

Our adult instructors are experienced in teaching special needs swimmers, and our small, indoor facility is ideal for focused lessons. Moreover, with the use of pool-side TV monitors and video cameras, our ability to give students instant visual feedback during their lesson is invaluable.

Instructor: SwimLabs staff

Fee: \$48 per lesson – Resident
\$53 per lesson – Non-Resident



(\$30 one-time family registration fee applies in addition to cost of class. Payable at first class meeting.)

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 5488 Ages 1 to adult Ongoing varies

Us Too Gymnastics for Kids with Special Needs

Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, etc.). Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our class is 3-5 students with 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the City to get our special price for Lake Forest residents. This class also includes **free open play** for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes. Please call to set up individual dates and times.

Instructors: Us Too Center Staff

Fee: \$75 per month – Resident
\$80 per month – Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

To Register: Mail In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 5486 3-19 yrs Ongoing Mon-Sat varies

Summer Social Play Class for Kids With Special Needs



Enjoy a social based class where your child will participate in games, gymnastics, yoga, exercise circuits and a fun dance party at the end. Free open play Thursday 1-2 pm when signed up in the Social Play Class.

Instructor: US Too Center Staff

Fee: \$75 per 4-week session – Resident
\$80 per 4-week session – Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

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

For more info call: The City of Lake Forest at 461-3450

Act#: 5531 10-18 yrs Jun 26-Jul 17 Fri 5:00-6:00 pm
Act#: 5532 10-18 yrs Jul 24-Aug 14 Fri 5:00-6:00 pm

Mini Camp for Kids with Special Needs



Your child will have fun dressing up every week and doing fun activities such as gymnastics, Social Play, imaginary play, arts and crafts, and music time. Free open play Thursday 1-2 pm when signed up in the Mini Camp. Themes include Pirates, Disney, Super Heroes, and Water Play at the Park!

Instructor: Us Too Gymnastics Staff

Fee: \$75 per 4-week session – Resident
\$80 per 4-week session – Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

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

For more info call: The City of Lake Forest at 461-3450

Act#: 5533 6-10 yrs Jun 26-Jul 17 Fri 11:00 am-1:00 pm
Act#: 5534 6-10 yrs Jul 24-Aug 14 Fri 11:00 am-1:00 pm

Social Group for Children on the Autism Spectrum

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

Instructors: Rosa Patterson MS, BCBA and Intervention Staff

Fee: \$75 per 3-hour session – Resident
\$80 per 3-hour session – Non-Resident

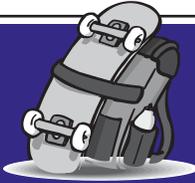
Location: 23701 Birtcher Dr (949) 581-0100 or toll-free (855) 581-0100

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 5487 3-11 yrs Jun 12-Aug 21 Fri 9:00 am-12:00 pm

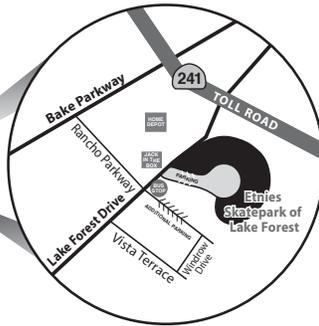
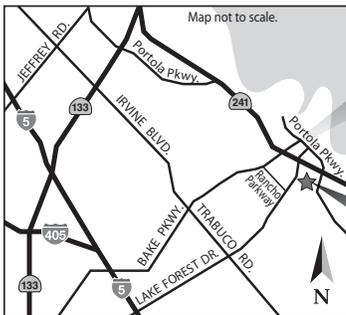
ETNIES SKATEPARK OF LAKE FOREST



**Voted "Best Skatepark 2013" – Best of OC Register
"#1 Family Friendly Reader's Choice 2013"**



Etnies Skatepark of Lake Forest
20028 Lake Forest Drive
Lake Forest, CA 92630



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. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non Residents must pay a nominal fee of \$5 for the printing of their ID card. Sessions are still free thanks to the City of Lake Forest.

Location: 20028 Lake Forest Dr. Phone: 949-916-5870

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

Make sure to visit us on the web at www.EtniesSkatepark.com. Also follow us on Facebook and Twitter for up-to-date news and weather conditions. The website features interactive tours of the park, up to date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content so stop by and check it out!

SKATE SESSIONS

Monday-Sunday 10:00 am-10:00 pm

SUMMER HOLIDAY SCHEDULE

July 4th the Park will be open from 12 pm until Dusk.

For all camps and lessons, parents will still need to fill out a waiver and membership form at the Skatepark on the first day of the program if they are not already registered at the Skatepark. Membership is free when you register for a camp or class.

Live Music Showcase

The Etnies Skatepark of Lake Forest is proud to be the only all-ages venue for live music in South Orange County. Bands like JFA, The Stitches, Dubluva, and many others have donated their time and energy to help raise money to keep our park free to ride. Support your local Skatepark and enjoy a night of great tunes! Do you have a band interested in playing at the park? Drop off a demo CD at the Skatepark office with your contact information and we will review it for a future show!

Fee: \$5 entry fee per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info and specific bands playing, call: The Skatepark at 916-5870

All Ages	Jun 19	Fri	6:00-10:00 pm
All Ages	Jul 17	Fri	6:00-10:00 pm
All Ages	Aug 14	Fri	6:00-10:00 pm

Family Movie Night at the Skatepark Fundraiser

Come down and enjoy a fun family movie shown on the big screen at the Skatepark. There will be several local vendors selling food with proceeds going to the Skatepark. Movie to be shown will be posted at the Skatepark in July. Seating is first come, first served on the grass hill. Those who skate can go skate while the movie is going.

Fee: FREE (nominal fee for food)

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages	Jul 24	Fri	8:30-10:00 pm
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Riverbed Cleanup and Environmental Awareness Day

Donate your time and energy to cleaning up the riverbed and adjacent trails to the Skatepark and receive a free BBQ lunch, drink, and an opportunity prize ticket for some great donated prizes. Bring in your cans and the individual with the most cans will win a new skateboard. All cans will be turned into the recycling center and funds raised will go directly to the "Keep'N It Free" campaign. If you plan on attending with a large group such as Boy or Girl Scout troop, please email ngates@lakeforestca.gov so we can make sure to accommodate all.



Fee: Free food, drink, and opportunity prize ticket with participation in clean up

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages	Jul 18	Sat	10:00 am-12:00 pm
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Fourth of July Skatepark Skate Float- Come ride with us!

Last year's float was the world's largest skateboard! Show your Skatepark pride while helping build and ride the Skatepark float in the Fourth of July parade. Bring your skateboard and ride along in the parade. All participants NEED TO WEAR A HELMET while in the parade. We will meet up at El Toro High School at 8:00 am on July Fourth to finalize the float and set up for the parade. All participants will be treated to pizza and drinks when we return to the Skatepark. This is your chance to skate the streets of Lake Forest and show your support for the world class skateboard facility in Lake Forest. If you wish to help build the float, please call the Skatepark for more information.

Fee: Free

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages Jul 4 Sat 8:00 am-12:00 pm

Annual End of Summer Campout

Skateboard, camp, and watch movies. Dinner, snacks and breakfast will be served for the campers. You'll need to bring a sleeping bag even though you most likely will skate all night! Midnight madness contest as well as many other fun activities will be held during the evening. The gates will be locked at 10:00 pm and campers will not be permitted to leave until 9:00 am the following morning.

Fee: \$40 per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Pre-register at the Skatepark or online.

For more info call: The Skatepark at 916-5870

Act#: 5550 All Ages Aug 28/29 Fri/Sat 10:00 pm Fri-9:00 am Sat

Go Skateboarding Day

Come celebrate national Go Skateboarding Day at the Skatepark! Free BBQ at noon, various events and giveaways throughout the day. The event is free – just come on down and be prepared to have fun!

Fee: FREE

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages Jun 21 Sun 10:00 am-10:00 pm



Summer Preschool Skate School (Great for Young Beginners!)

This month long program is geared specifically to younger riders as an introduction to skateboarding and the Skatepark. There will be lessons concentrating on beginner skills, general skateboard safety, and safety in the Skatepark. Each day includes snacks and Gatorade. We will also be doing skateboard related crafts and each participant will receive a Skatepark t-shirt.

Instructor: Skatepark Staff

Fee: \$120 per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

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

For more info call: The Skatepark at 916-5870

Act#: 5552 4-5 yrs Jun 2-25 Tue, Thu 10:00 am-12:00 pm

Act#: 5553 4-5 yrs Jul 7-30 Tue, Thu 10:00 am-12:00 pm

Act#: 5554 4-5 yrs Aug 4-27 Tue, Thu 10:00 am-12:00 pm



Skateboard Photography Camp

Camp will cover digital photography basics as well as setting up various photo shoots within the Skatepark. Students are encouraged to bring their own cameras but will be able to use cameras at the Skatepark as well. Campers will also be taught the basics of using photoshop to increase the quality of their shots.

Instructor: Skatepark Staff

Fee: \$195 per person (5-day camp)

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

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

For more info call: The Skatepark at 916-5870

Act#: 5555 All Ages Aug 17-21 Mon-Fri 10:00 am-2:00 pm

Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.

Birthday Parties at the Skatepark



Make your next party an Etnies Skatepark Skate Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!

Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
 - Optional Piñata in Cradle \$65 - Includes large size piñata, stuffed with candies and grab bags. Skatepark Staff will operate piñata during party.
- The picnic bench area is decorated and reserved for your party goers.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email etniesskatepark@lakeforestca.gov or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.

Etnies Summer Skate Camp

Our staff barbeques lunch for all campers on a daily basis. Specific clinics covered during camp lesson times include, the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. All camp activities will be held by experienced Skatepark staff who have a proven successful track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. All campers receive a Createaskate.org board that they will be able to design and ride during the week. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and a lunch/drink each day. All proceeds go directly to keeping the park free.

Instructor: Skatepark Staff

Fee: \$195 per person Limited to 10 per session.

(If you sign up your child during a week with double sessions, save \$100. Sign up for the 10am-2pm session as well as 2-6 pm session for only \$295! Double enrollees will only receive one skateboard deck for the week.)

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

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

For more info call: The City of Lake Forest at 461-3450

Act #: 5560	5-17 yrs	Jun 29-Jul 3	Mon- Fri	10:00 am-2:00 pm
Act #: 5562	5-17 yrs	Jul 6-10	Mon- Fri	10:00 am-2:00 pm
Act #: 5563	5-17 yrs	Jul 13-17	Mon- Fri	10:00 am-2:00 pm
Act #: 5561	5-17 yrs	Jul 20-24	Mon- Fri	10:00 am-2:00 pm
Act #: 5564	5-17 yrs	Jul 27-31	Mon- Fri	10:00 am-2:00 pm
Act #: 5567	5-17 yrs	Aug 3-7	Mon- Fri	10:00 am-2:00 pm
Act #: 5568	5-17 yrs	Aug 10-14	Mon- Fri	10:00 am-2:00 pm
Act #: 5565	5-17 yrs	Aug 17-21	Mon- Fri	10:00 am-2:00 pm
Act #: 5566	5-17 yrs	Aug 24 -28	Mon- Fri	10:00 am-2:00 pm

Video Production Skate Camp

Do you have a passion for filming skateboarding? Then this camp is for you. We will meet two days at the Skatepark to film, edit for two days at City Hall on the new Dell editing machine, and then show the final movie made at the Skatepark on the last day of camp. Participants will become familiar with using the latest version of Adobe Premiere and will have access to the Skatepark's Canon HD camera. Campers are also welcome to bring their own cameras if they choose. This camp is an introduction to the world of filming and editing. Camp includes lunch daily as well as a copy of the final movie created on DVD. Campers can also invite guest riders to film if they desire to make the video more diverse.

Instructor: Skatepark Staff

Fee: \$195 per person

Limited to 5 per session.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

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

For more info call: The City of Lake Forest at 461-3450

Act#: 5570	10 yrs+	Jul 20-24	Mon-Fri	10:00 am-2:00 pm
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Beginning Skateboard Lessons

Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one-on-one time, we would suggest signing up for private lessons. No classes Sat., July 4.

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

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

For more info call: the City of Lake Forest at 461-3450

Act#: 5571	6 yrs and up	Jun 2-23	Tue	4:00-5:00 pm
Act#: 5572	6 yrs and up	Jul 7-28	Tue	4:00-5:00 pm
Act#: 5573	6 yrs and up	Aug 4-25	Tue	4:00-5:00 pm
Act#: 5574	6 yrs and up	Jun 6-27	Sat	9:00-10:00 am
Act#: 5575	6 yrs and up	Jul 11-Aug 1	Sat	9:00-10:00 am
Act#: 5576	6 yrs and up	Aug 8-29	Sat	9:00-10:00 am



Intermediate Skateboard Lessons

Did you start in the beginning skateboard lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. No classes Sat., July 4.

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

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

For more info call: The City of Lake Forest at 461-3450

Act#: 5577	6 yrs and up	Jun 2-23	Tue	5:00-6:00 pm
Act#: 5578	6 yrs and up	Jul 7-28	Tue	5:00-6:00 pm
Act#: 5579	6 yrs and up	Aug 4-25	Tue	5:00-6:00 pm
Act#: 5580	6 yrs and up	Jun 6-27	Sat	10:00-11:00 am
Act#: 5581	6 yrs and up	Jul 11-Aug 1	Sat	10:00-11:00 am
Act#: 5582	6 yrs and up	Aug 8-29	Sat	10:00-11:00 am

Private Skateboard Lessons

One on One instruction from the basics to advanced techniques. 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 each individual. Whatever you may want to learn, we have some of the best teachers as well as the best Skatepark around to meet all of your learning needs.

Instructor: Skatepark Staff

Fee: \$40-per forty five minute session. Sign up for a month of classes at \$140 per 4-lesson package (a \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. Online registration not available for this program.

For more info call: The City of Lake Forest at 461-3450

JUNE

Act#: 5549 Jun-A	6 yrs and up	Jun 4	Thu	3:00 pm
Act#: 5549 Jun-B	6 yrs and up	Jun 4	Thu	4:00 pm
Act#: 5549 Jun-C	6 yrs and up	Jun 4	Thu	5:00 pm
Act#: 5549 Jun-D	6 yrs and up	Jun 4	Thu	6:00 pm
Act#: 5549 Jun-E	6 yrs and up	Jun 11	Thu	3:00 pm
Act#: 5549 Jun-F	6 yrs and up	Jun 11	Thu	4:00 pm
Act#: 5549 Jun-G	6 yrs and up	Jun 11	Thu	5:00 pm
Act#: 5549 Jun-H	6 yrs and up	Jun 11	Thu	6:00 pm
Act#: 5549 Jun-I	6 yrs and up	Jun 18	Thu	3:00 pm
Act#: 5549 Jun-J	6 yrs and up	Jun 18	Thu	4:00 pm
Act#: 5549 Jun-K	6 yrs and up	Jun 18	Thu	5:00 pm
Act#: 5549 Jun-L	6 yrs and up	Jun 18	Thu	6:00 pm
Act#: 5549 Jun-M	6 yrs and up	Jun 25	Thu	3:00 pm
Act#: 5549 Jun-N	6 yrs and up	Jun 25	Thu	4:00 pm
Act#: 5549 Jun-O	6 yrs and up	Jun 25	Thu	5:00 pm
Act#: 5549 Jun-P	6 yrs and up	Jun 25	Thu	6:00 pm

JULY

Act#: 5549 Jul-A	6 yrs and up	Jul 2	Thu	3:00 pm
Act#: 5549 Jul-B	6 yrs and up	Jul 2	Thu	4:00 pm
Act#: 5549 Jul-C	6 yrs and up	Jul 2	Thu	5:00 pm
Act#: 5549 Jul-D	6 yrs and up	Jul 2	Thu	6:00 pm
Act#: 5549 Jul-E	6 yrs and up	Jul 9	Thu	3:00 pm
Act#: 5549 Jul-F	6 yrs and up	Jul 9	Thu	4:00 pm
Act#: 5549 Jul-G	6 yrs and up	Jul 9	Thu	5:00 pm
Act#: 5549 Jul-H	6 yrs and up	Jul 9	Thu	6:00 pm
Act#: 5549 Jul-I	6 yrs and up	Jul 16	Thu	3:00 pm
Act#: 5549 Jul-J	6 yrs and up	Jul 16	Thu	4:00 pm
Act#: 5549 Jul-K	6 yrs and up	Jul 16	Thu	5:00 pm
Act#: 5549 Jul-L	6 yrs and up	Jul 16	Thu	6:00 pm
Act#: 5549 Jul-M	6 yrs and up	Jul 23	Thu	3:00 pm
Act#: 5549 Jul-N	6 yrs and up	Jul 23	Thu	4:00 pm
Act#: 5549 Jul-O	6 yrs and up	Jul 23	Thu	5:00 pm
Act#: 5549 Jul-P	6 yrs and up	Jul 23	Thu	6:00 pm
Act#: 5549 Jul-Q	6 yrs and up	Jul 30	Thu	3:00 pm
Act#: 5549 Jul-R	6 yrs and up	Jul 30	Thu	4:00 pm
Act#: 5549 Jul-S	6 yrs and up	Jul 30	Thu	5:00 pm
Act#: 5549 Jul-T	6 yrs and up	Jul 30	Thu	6:00 pm

AUGUST

Act#: 5549 Aug-A	6 yrs and up	Aug 6	Thu	3:00 pm
Act#: 5549 Aug-B	6 yrs and up	Aug 6	Thu	4:00 pm
Act#: 5549 Aug-C	6 yrs and up	Aug 6	Thu	5:00 pm
Act#: 5549 Aug-D	6 yrs and up	Aug 6	Thu	6:00 pm
Act#: 5549 Aug-E	6 yrs and up	Aug 13	Thu	3:00 pm
Act#: 5549 Aug-F	6 yrs and up	Aug 13	Thu	4:00 pm
Act#: 5549 Aug-G	6 yrs and up	Aug 13	Thu	5:00 pm
Act#: 5549 Aug-H	6 yrs and up	Aug 13	Thu	6:00 pm
Act#: 5549 Aug-I	6 yrs and up	Aug 20	Thu	3:00 pm
Act#: 5549 Aug-J	6 yrs and up	Aug 20	Thu	4:00 pm
Act#: 5549 Aug-K	6 yrs and up	Aug 20	Thu	5:00 pm
Act#: 5549 Aug-L	6 yrs and up	Aug 20	Thu	6:00 pm
Act#: 5549 Aug-M	6 yrs and up	Aug 27	Thu	3:00 pm
Act#: 5549 Aug-N	6 yrs and up	Aug 27	Thu	4:00 pm
Act#: 5549 Aug-O	6 yrs and up	Aug 27	Thu	5:00 pm
Act#: 5549 Aug-P	6 yrs and up	Aug 27	Thu	6:00 pm



TEEN ACTIVITIES & EXCURSIONS



Lake Forest Teens UNPLUGGED Camp

Rock out and get unplugged from school and chores and plug into fun this summer with some of the best amusement parks and attractions Southern California has to offer during the break! Camp takes place for five weeks in the months of July and August. Each week we will be going on two fun excursions and be doing other fun activities as well such as games, skits, and team competitions. Sign up for one week or all five! The weekly fee also includes excursions with transportation, crafts, camp t-shirt and Friday BBQ's!

Instructor: Lake Forest Recreation Staff

Fee: \$129 – Resident
 \$134 – Non-Resident
 (5-day camp)

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

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

For more info call: The Recreation Center at 273-6960

- Act#: 5340 LA Zoo 11-14 yrs Jul 27-31 Mon-Fri 7:30 am-6:00 pm
- Act#: 5341 Boomers 11-14 yrs Aug 3-7 Mon-Fri 7:30 am-6:00 pm
- Act#: 5342 Knott's Berry Farm 11-14 yrs Aug 10-14 Mon-Fri 7:30 am-6:00 pm
- Act#: 5343 Raging Waters 11-14 yrs Aug 17-21 Mon-Fri 7:30 am-6:00 pm
- Act#: 5344 Disneyland 11-14 yrs Aug 27-31 Mon-Fri 7:30 am-6:00 pm

A.C.T. (Advisory Committee for Teens)

Are you in high school and want to make a difference in your community? Do you wish there were more things to do in Lake Forest? Then get ACTive in your community and make it happen by joining the A.C.T. Let your voice be heard! Help plan teen activities and excursions, be a part of the LFteens.com webpage design group, volunteer for City events, and be a voice for your community. The committee meets twice a month. Teens wishing to be a part of the group must go through the application process that includes a registration packet and interview.

Fee: Free!

Location: The Lake Forest Recreation Center
 (28000 Rancho Parkway)

For more info call: 273-6975 or email mwillasenor@lakeforestca.gov
 Committee Meetings/New member information nights:

Teens	Jun 11	Thu	6:00-7:00 pm
Teens	Jul 1	Wed	6:00-7:00 pm
Teens	Jul 16	Thu	6:00-7:00 pm
Teens	Jul 29	Wed	6:00-7:00 pm
Teens	Aug 13	Thu	6:00-7:00 pm
Teens	Aug 26	Wed	6:00-7:00 pm

THE Lounge



(Closed for summer effective June 23)

Join us for the most fun and exciting afterschool program around... The Lounge! We have an X-Box 360, movies, games, a computer lab, homework help and more. Sign up today! Shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times to accommodate minimum days. **Pre-registration is required for this program.**

Fee: \$50 per school year

Location: The Teen Lounge at the Lake Forest Recreation Center
 (28000 Rancho Parkway)

For more info call: 273-6975 or email mwillasenor@lakeforestca.gov

To Register: In person at the Lake Forest Recreation Center

Teens	2015-2016 School Year	Mon-Fri	3:30-6:00 pm
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(excluding school holidays)

COMMUNITY SERVICES

Vacation Home Checks

The Vacation Home Check program is a FREE service involving a physical check of your residence to ensure that your home remains secure while you are away on vacation. Prior to leaving on vacation, you will need to complete a form authorizing Police Services staff to check on your home. To access this form, please visit http://www.lakeforestca.gov/depts/police/vacation_home_checks.asp

For more info, call (949) 461-3546.



Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall (25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going Mon-Thu 8:00 am-4:00 pm

Free Mammograms

Did you know...Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women and is the number one cause of cancer death in Hispanic women. It is the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women.

The City of Lake Forest is partnering with YWCA North Orange County providing free mammograms, clinical breast exams, and breast self-exam education for low income, uninsured women 40 years and older.

Fee: Free

Location: Lake Forest Community Center (25550 Commercentre Dr)

Appointments and questions call: The YWCA North Orange County (714) 871-4488, Ext. 207

Adult Women Jun 19 Fri 8:00 am-1:00 pm



POLICE • COMMUNITY PARTNERSHIPS

National Night Out

Tuesday, August 4

4-8 pm

Lake Forest Sports Park (28000 Rancho Parkway)

National Night Out is a nationwide evening event where communities across the country band together to give crime a "going away party." This event is fun, FREE, and festive, with themes based on safety and crime prevention. Neighborhood Watch Groups and businesses are encouraged to register for a booth at the event. For more info, please call Vanessa Barker at 461-3546 or via email at vbarker@ocsd.org.

Looking For A Unique Opportunity? Police Explorers Program in Lake Forest

Explorers will broaden their understanding of the challenges their community's police services face, as well as the job opportunities offered by the Orange County Sheriff's Department. In addition to gaining a working knowledge of police work, Explorers have numerous opportunities to provide community service.

APPLICANT REQUIREMENTS:

- Between ages 14 and 21
- Minimum GPA 2.0 and good standing
- Free of arrests and convictions
- May not be on probation
- Free of any severe mental or physical limitations

For more info call: Vanessa Barker at 461-3546 or via email at vbarker@ocsd.org.

Save the Date

SENIOR PROGRAMS

Senior Scene - A Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories! You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. No need to make a reservation for this great drop-in program.

Fee: Free!

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450 or contact Brenda Silvey via e-mail at bsilvey@lakeforestca.gov.

B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!

Seniors On-going Mon-Thu 10:00 am-2:00 pm

THURSDAYS
10:30 am: Bingo
12:00 pm: Hot Lunch



Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, a drink and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes! Registration is required for the program. **If you would like to take your box lunch home, you must bring an insulated cooler.**

Fee: \$4.50 suggested donation is requested per participant

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at (949) 461-3445

Seniors On-going Mon-Wed 11:30 am

HEAT WATCH

During the summer months (July-September) the Senior Scene Clubhouse will remain open until 4:00 pm on days of extreme heat (over 90 degrees). Decision to extend clubhouse hours will be made by 1:00 pm on the particular affected day.



Senior Scene Calendar

Don't miss out on receiving the *Senior Scene Clubhouse Calendar*. The Calendar is a great way to view all of the activities offered each month. Please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please) to receive a calendar.



Want A Snippet?

What's a Snippet? It's a monthly email "reminder" of upcoming events, activities, and excursions that are related only to the Senior Scene Clubhouse.

If you would like to receive a "Snippet," send your email address to mnorment@lakeforestca.gov.



4th of July Parade Float

The City's 24th Annual 4th of July Parade will be here before you know it! The Senior Scene Clubhouse has been a participant in the parade and has won numerous awards. This year's parade theme is "Lake Forest Sports Town USA!" If you would like to help decorate or ride on the float, please call (949) 461-3408 on Monday, June 8 and leave your name and phone number. (Space is limited to ride on the float.)

Foot Peddlers Walking Club

Mondays - 10:30 am

We meet in front of the Rec Center building and take a one-mile walk around our beautiful new Sports Park. No four-legged friends allowed.

For more info and to register call **461-3408**



Let's Get MOVING!

Meet the 2015 Senior Advisory Board



Board Chair, Sandy Stang



Board Vice - Chair, Betty Atwell



Board Member, Beverley Ford



Board Member, Marty Deutschman

Senior Advisory Board Mission Statement

The City of Lake Forest Senior Advisory Board is committed to support and serve the senior citizen population in our community, with a focus on health, education, optimal aging and well-being. In addition, the Board serves in an advisory capacity to the Parks and Recreation Commission.



Board Member, Jan Wiviott

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: 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)

SENIOR TRANSPORTATION, AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at (949) 855-9766. It is "mandatory" that all reservations and cancellations be made **at least 24 hours** in advance. Cost is fifty cents per trip. For more information please call 461-3450.

SENIOR TAXI TRANSPORTATION



Do you need a ride to a doctor's appointment, grocery shopping, pick-up prescriptions, go to a movie, or visit a friend? If so, our new taxi program is for you! The new transportation program is available 7-days a week/24 hours a day...including holidays.

This is how it works! You must pre-purchase taxi vouchers at City Hall.

You must be

- Lake Forest resident & 60 years of age or older
- Provide proof of residency and age upon purchase of vouchers (driver's license, utility bill, passport or birth certificate)

Where to purchase taxi vouchers

- City Hall-25550 Commercentre Dr., Lake Forest (2nd Floor)
- Monday-Friday (closed alternating Fridays)
- 8:00 AM-5:00 PM
- **Cash or checks only – no credit cards**

Cost of vouchers to the Senior Scene Clubhouse Monday through Thursday (10:00 AM-2:00 PM)

- \$1.00 one way

Cost of vouchers within Lake Forest City limits to non-emergency medical appointments, socializing, pick-up prescriptions, movies, etc.

- \$2.50 one way

Cost of vouchers to Non-Emergency Medical appointments to the following facilities only

- \$5.00 one way-Saddleback Memorial Hospital
- \$7.00 one way-South County Orthopedic Specialists (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), and Mission Viejo Hospital

Please note: Taxi vouchers are non-refundable, non-transferable and valid one year from date of purchase.

For additional information call (949) 461-3450.

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: Lake Forest Community Center
25550 Commercentre Dr.

To make an appointment: Call (949) 461-3408
(Monday thru Thursday) from 9:00 am to 1:00 pm

Seniors Jul 2 Thu 9:00 am-1:00 pm

HICAP

Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! 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 find your way through the maze of 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.**

Appointments are available from 10:00 am-2:00 pm on the **second Tuesday** of the month: June 9, July 14, and August 11, 2015.

Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and your computer skills to improve your proficiency.

Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.

Please note: There is no instructor on-site.

Fee: Free!

Location: Lake Forest Community Center, Computer Lab
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450

Seniors On-going Mon-Thu 10:00 am - 2:00 pm
(On Wednesdays, the lab opens at 11:00 am)

Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call (949) 461-3408 the first Monday of the month and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!

Fee: Free!

Location: Lake Forest Community Center, Activities Room
(25550 Commercentre Dr)

Young At Heart ~ Lake Forest Seniors Reading Circle

The Young At Heart-Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,
El Toro Room
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at (949) 461-3450

**Jun 18 Thu 9:30 am *Where'd You Go, Bernadette*
by Maria Semple**

Jul 16 Thu 9:30 am *The Goldfinch* by Donna Tartt

Aug 20 Thu 9:30 am *Orphan Train* by C. Baker Kline



Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$9 per resident senior (plus \$3 shoe rental)
\$11 per non-resident senior (plus \$3 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

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

Seniors On-Going Fri 1:00-3:30 pm

Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents – \$66
Non-residents – \$84

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at (949) 632-0300

TEE TIMES

Session 76 Seniors Jun 4-Jul 9 Tue or Thu only 7:45-8:15 am
Session 77 Seniors Jul 23-Aug 27 Tue or Thu only 7:45-8:15 am

AARP Driver Safety-Refresher Course

Need a little refresher course so you can 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 course within the last four years.*** You will learn better driving techniques and ways to spot and correct bad driving habits. You will save on auto insurance and help to maintain mobility and independence after completing this great course.

Fee: \$15 (AARP members; \$20 non members) –
1 Class session (check made payable to AARP)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In, Walk-In. On-line Registration is not available for this program.

For more info call: The City of Lake Forest at (949) 461-3450

Act#: 5514 Seniors Aug 7 Fri 8:30 am-1:00 pm

Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.** You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408, leave your name and phone number, and a staff member will return your call. If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.

Office on Aging Presents –

Healthier Living... Living Your Best Life!

Healthier Living, presented in collaboration with the Office on Aging, is an evidence-based self-management “six week” education program for people with chronic health conditions including, but not limited to, arthritis, diabetes, heart disease, and lung disease. The workshop covers topics such as:

- Techniques to deal with problems associated with living with a chronic health conditions
- How to exercise appropriately
- Appropriate use of medications
- How to communicate effectively with family, friends, and health care professionals
- Nutrition
- Goal-setting and action plans

Participants who took a *Healthier Living* workshop demonstrated significant improvements in exercise, the ability to do social and household activities, less depression, fear, and frustration about their health, reduction in symptoms like pain, and increased confidence in their ability to manage their chronic health condition. Caregivers welcome.

Fee: Free (6 week program –
Consecutive Mondays)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

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

For more info call:

The City of Lake Forest at 461-3450

Act#: 5494 Mon 10:30 am-1:00 pm

Adults/Seniors

Jul 13, 20, 27 and Aug 3, 10, 17

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. 855-8033
(formerly South County Senior Services)
- City of Lake Forest City Hall 461-3400
- Council on Aging 714-479-0107
- Disabled Housing Information. . . 800-510-2020
- Elder/Disabled Adult Abuse. . . . 800-451-5155
- HiCap Services 800-434-0222
- Human Services Information. 2-1-1
- Irvine Valley College/Emeritus 451-5555
- Meals on Wheels. 380-0155 ext.12
- Medicare Fraud Hotline. 800-447-8477
- OCTA (Transportation). 800-636-7433
- Office on Aging. 800-510-2020
- Orange Caregiver Resource Center 800-543-8312

EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. **Tickets that are purchased for City of Lake Forest Excursions are non-transferable.**

Rose Bowl Flea Market – Pasadena

A Flea Market like no other! The Rose Bowl Flea Market is known as the “world’s most unusual flea market.” Featuring over 2,500 vendors and 20,000 buyers each month, the Flea Market is celebrating over 45 years of continued success at the world famous Rose Bowl. If you come to shop or just browse, you will truly enjoy the experience. It has anything and everything your heart could ever desire all in one place! Shoes, clothes, furniture, jewelry, sunglasses, crafts, keepsakes, art, fabric, bikes, costumes, antiques, music, and vintage anything...just to name a few! Keep in mind, you will definitely get your exercise as you walk along aisles and aisles of treasures. Shop at your own speed. Bring a lunch or grab a bite there!

Fee: \$25 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 5516 Family/Adults/Seniors Jun 14 Sun 8:00 am-4:30 pm



Griffith Observatory & Early Dinner @ Home Restaurant-Los Angeles

Griffith Observatory has been the leader of public astronomy in Southern California and around the world since it opened in 1935. More people have looked through Griffith Observatory's telescope than any other telescope on Earth. With its spectacular Zeiss star projector, laser digital projection system, state-of-the-art aluminum dome, comfy seats, sound system, and theatrical lighting, the 290-seat Samuel Oschin Planetarium theater is the finest planetarium in the world. You will watch the movie "Centered in the Universe" which asks fundamental questions about our place in the Universe. Stunning full-dome video transports us back in time, from the Library of Alexandria, to Galileo's courtyard, to the world's most powerful telescopes in a quest for answers among the stars. Before you visit the Observatory, you will enjoy an early dinner at Home Restaurant. The menu choices are endless... choose from the breakfast menu, fresh salad menu, burgers, sandwiches, or entrees such as fish and chips, chicken parmigiana, pasta, steaks & so much more. The cost of the meals ranges from \$10 up to \$20+. You pay separately at the restaurant.

Fee: \$44 per person (Fee does not include price of meal)

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 5518 Families/Adults/Seniors Jul 29 Wed 1:15-11:30 pm

Getty Villa & Third Street Promenade- Pacific Palisades

Your day begins at the Third Street Promenade in Santa Monica, a three-block stretch of boulevard that is one of LA's most popular outdoor malls with 100's of stores for you to shop and grab a bite to eat before heading to the Getty Villa. Your afternoon will be filled with art, architecture, and gardens with private Architecture and Garden Tours. The Getty Villa is modeled after a first-century Roman country house, the Villa dei Papiri in Herculaneum, Italy. Fountains, arbors, reflecting ponds—the Villa's four tranquil gardens feature designs inspired by ancient Roman models and planted with species known from the ancient Mediterranean. The Getty Villa houses the J. Paul Getty Museum's collection of approximately 44,000 Greek, Roman, and Etruscan antiquities. Over 1,200 works are on view in 23 galleries devoted to the permanent collection, with five additional galleries for changing exhibitions. With objects dating from 6,500 B.C. to A.D. 400, the collection contains monumental sculptures as well as artifacts of everyday life.

Fee: \$35 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 5519 Adults/Seniors Aug 19 Wed 9:00 am-6:30 pm

SENIOR EMERITUS CLASSES through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

Registration For Senior Emeritus Classes Only

To register for the Emeritus Classes
the following options are available.

On-Line Registration log onto www.123getsmart.com

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select "Class Category" (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order...click on the class you want.)
- Click on the "Class Course Number" for the section you want
- Click the "Add" button
 - RETURNING STUDENTS ONLY: Enter your "Account number and Pin Number"
 - NEW STUDENTS ONLY: Proceed to click on "Create New Account." (your previous IVC Student Number and Pin Number do not work on this system)
 - Fill in all your personal contact information. (At this time you may also add other members of your family/household on this same account by clicking on the button "Add new family member" after you have completed the information for the primary contact.
 - The class will now be added. You can select under the "Client" column whom you would like registered in the course.
 - Choose the button to continue "Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

Phone Registration

Call 949-451-5555 Monday through Friday 9:00 am-5:00 pm

Mail form and payments to:

IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC: 949-451-5270

Fitness

It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$30

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8498 Seniors Apr 23-Jun 18 Thu 10:00-11:30 am

Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8489 Seniors May 12-Jul 28 Tue 12:30-2:00 pm

Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$30

Location: Lake Forest II Sun & Sail Club
(24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8517 Seniors Apr 21-Jun 16 Tue 10:00-11:30 am

Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20

Location: Lake Forest I Beach & Tennis Club
(22921 Ridge Route)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8465 Seniors May 26-Jul 14 Tue 2:00-3:30 pm

Tic#: 8466 Seniors May 28-Jul 16 Thu 2:00-3:30 pm

Tic#: 8467 Seniors Jul 21-Aug 11 Tue 2:00-3:30 pm

Tic#: 8468 Seniors Jul 23-Aug 13 Thu 2:00-3:30 pm

Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$38

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8534 Seniors Apr 29-Jul 15 Wed 1:00-2:30 pm

Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8522 Seniors May 27-Aug 12 Wed 9:00-10:30 am

Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Ping Yang tai chi.

Fee: \$25

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 8525 Seniors May 27-Aug 12 Wed 10:30 am-12:00 pm

PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

HOW TO REGISTER

Summer 2015 Registration Dates

Lake Forest Residents: Tuesday, May 12

Non-Residents: Tuesday, May 19

City of Lake Forest • Community Services Division
Program Registration Form

Approved only for use for registration forms.

PRIMARY CONTACT (responsible adult for registering persons and courses)

First Name _____ Sex Male Female
 Last Name _____
 Birthdate _____ City, State, Zip _____
 Home Phone _____ Work Phone () _____
 Emergency Contact _____ Emergency Phone () _____

OTHER FAMILY MEMBERS (living with primary contact) (select children, etc.)

Children's birthdates must be listed and completed in order to process registrations.

Child's Name	Birthdate	Sex
_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F

Activity Name _____ Fee _____

3 easy ways to register:

1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, May 12**.

Go on-line to <https://online.activecommunities.com/lfreconline> to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Classes or on the left hand side of the home page.



Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, 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).

2 MAIL-IN REGISTRATION

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

Mail to: City of Lake Forest, Attn: Program Registration,
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630



3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), or the Lake Forest Recreation Center (28000 Rancho Parkway), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall or the Recreation Center for programs.



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 \$25.00 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.

Questions on Registration? Call 461-3450





City of Lake Forest • Community Services Division

Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____ First Name _____ Male
 Female
 Birthday _____ (mm/dd/yy) Email _____
 Street Address _____ City, State, Zip _____
 Preferred Contact Phone Number () _____
 Emergency Contact _____ Emergency Phone () _____

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)
 Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(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 prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
<i>Please send a separate check for each activity</i>					Total Activity Fees

If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.

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).

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. Yes No
 I further agree to pay any and all costs incurred as a result of said treatment.
 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 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.
 _____ Date _____
 (Signature) Parent or Guardian must sign for those under 18 years of age

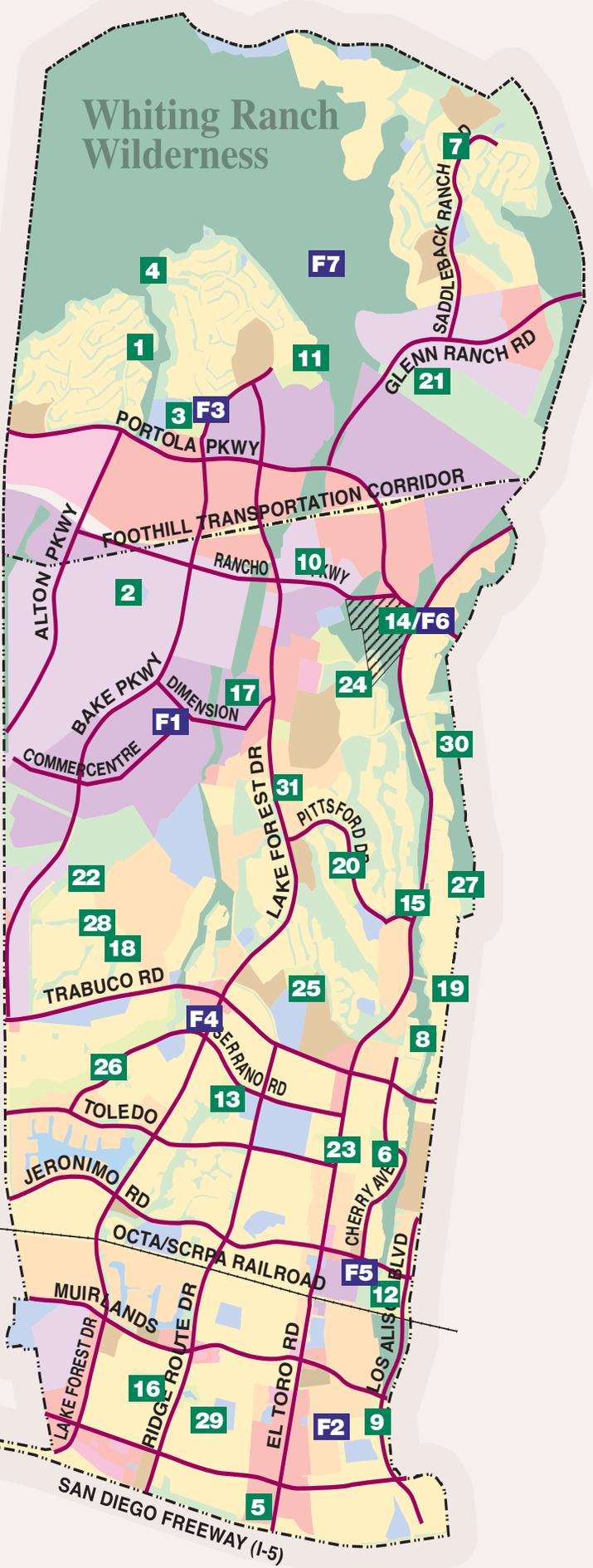
Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

Questions on Registration?
 Call 461-3450



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 _____ Initial/Date _____ Conf _____
 Credit Card Payments are not accepted at City Hall



CITY PARKS

	Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic	Playground	Restrooms	Soccer	Tennis Court	Walking Path
1 Alton Park 18992 Alton Parkway	2.3	4	1 ^{hc}				9 1 ^s	1				
2 Baker Ranch Community Park	8	2	1	1	1		2	1	1	1		
3 Borrego Park 26982 Cabriole	11	5	1 ^{fc}				11	1	1	1		1
4 Borrego Overlook Park 21 Viaggio Lane	1.6	3					5	1				
5 Cavanaugh Mini Park 23782 Cavanaugh Road	0.2		1 ^{hc}				1	1				
6 Cherry Park 22651 Cherry Avenue	4.5	3	1 ^{hc}				9 1 ^s	1				
7 Concourse Park	7	2	1 ^{hc}		1		4 2 ^s	2	1			1
8 Darrin Park 22461 Cherry Avenue	3.1	6	1 ^{hc}				11 1 ^s	1				
9 El Toro Park	10	2			1		7 1 ^s	1	1		2 ^L	
10 Etnies Skatepark of Lake Forest 20028 Lake Forest Drive	5.3						3		1			
11 Foothill Ranch Community Park 19422 Rue De Valore	15.5	2	1 ^{fc}				9	2	1	1	2	1
12 Heroes Park 25420 Jeronimo Road	12.4	1	4 ^L				2	1	2 ^L			
13 Lake Forest Park 24000 Serrano Road	2.3						1					
14 Lake Forest Sports Park/ Recreation Center	86	8	4	2	3	1	8	2	2	2		1
15 Montbury Park 21962 Montbury Drive	3.5	1					2					
16 Mountain View Park	5.3	2	1	1 ^{fc} 1 ^{hc}		1	9 1 ^s	2	1		2 ^L	
17 Nature Park 26215 Dimension Drive	4.5						7 1 ^s					1
18 Peachwood Park 21132 Peachwood	2.7						5 1 ^s	1				
19 Pebble Creek Park 26441 Pebble Creek Road	1.9						1	1				
20 Pittsford Park	10	2					8 1 ^s	2	1		2	1
21 Portola Hills Park (Future Site)												
22 Rancho Serrano Park 20842 Paseo Sombra	5.1	3					7		1			
23 Ranchwood Park 22500 Killy Street	1.9		1 ^{hc}				1					
24 Regency Park Regency Lane & Osterman Road	5									1		
25 Rimgate Park	5	1	1 ^{fc}				7 1 ^s	3	1		1	
26 Serrano Creek Park	44	3					13 1 ^s	1	1			1
27 Sundowner Park 22041 Sundowners Lane	0.8	1					2	1				
28 Tamarisk Park 22001 Tamarisk	11.2	1	1 ^{fc}				11	1	1			
29 Village Pond Park 23102 Ridge Route Drive	4.7						3					
30 Vintage Park 21000 Vintage Street	4.8	5	1 ^{fc} 1 ^{hc}				11	1				
31 Whispering Hills Park (Future Site)												

park shelter available for reservation
 • ^{fc} full court • ^L lights
 • ^{hc} half court • ^s shelter

OTHER FACILITIES

F1 City Hall /Community Center	25550 Commercentre #100	461-3400
F2 El Toro Library	24672 Raymond Way	855-8173
F3 Foothill Ranch Library	27002 Cabriole	855-8072
F4 Heritage Hill Historical Park	25151 Serrano Road	923-2230
F5 Lake Forest Golf	23308 Cherry Avenue	859-1455
F6 Sports Park/Recreation Center	28000 Rancho Parkway	273-6960
F7 Whiting Ranch Regional Park	Trabuco Canyon	923-2245

Friday, October 16 and
Saturday, October 17 • 6-10:30 pm

Haunt at Heritage Hill



Coming This Fall...

Check your Fall Leisure Times
at the end of July for more info!

Autumn Harvest Festival

Saturday, October 10 • 4-9 pm



Hallow's Eve Bowl Jam

Saturday, October 24
5-10 pm