

Recreation Programs Fall 2016

CITY OF LAKE FOREST

September, October, November

Leisure Times



Autumn Harvest Festival

Saturday, October 8
4-9 pm



LEISURE TIMES INDEX

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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
- Saddleback Emeritus
Registration 582-4835
- IVC Emeritus Registration . 451-5555
- SVUSD
Recreation768-0981, 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

Community Services Fall Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

The Community Services Department will be closed on the following holidays: **(No classes will be held on these dates.)**

- Monday, September 5 (Labor Day)
- Friday, November 11 (Veterans' Day)
- Thursday, November 24 (Thanksgiving Day)
- Friday, November 25 (in observance of Thanksgiving Holiday)

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of September, October, and November, City Hall is closed on the following Fridays:

- September 9, 23
- October 7, 21
- November 4, 11, 18, 25

For general questions regarding Community Services Programs on these days, visit the City website at www.lakeforestca.gov. You can also register for programs even on closed days. Visit our on-line registration at online.activecommunities.com/lfreconline.



CITY SPECIAL EVENTS



Haunt at Heritage Hill

Dare to be a part of the 9th annual Haunt at Heritage Hill, with a double dose of fright! The park will once again transform into a Haunted Adventure. This Halloween teen/ adult friendly event will include: The Haunted School House Fright Maze, and the scream zones including The Joker's Side Show Maze, the Zombie Apocalypse, and Riding Hood's Revenge, featuring more monsters than ever. Be sure to hit the dance floor with ghouls and goblins for our extreme DJ and light show. Don't be spooked by the Haunted Teen Dance & Costume Contest! Feel free to join in the fun and come dressed as your favorite character or in costume, but no masks please. Be the first in the know and get the inside scoop at facebook.com/LFhaunt. There will be special announcements and chances to win prizes. Be ready to have fun, be ready to be scared, be ready to laugh, be ready to scream, but please be ready...

Fee: \$8 per person

Location: Heritage Hill Historical Park (25151 Serrano Rd)

To Register: Pay at the door day of the event.

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

Ages 12+ (5th grade and older)	Oct 14	Fri	6-10:30 pm
	Oct 15	Sat	6-10:30 pm

Fall Registration Dates:

Tuesday, August 9
(Lake Forest Residents)

Tuesday, August 16
(Non-Residents)



Autumn Harvest Festival

Bring your family to a fun-filled adventure at the Autumn Harvest Festival held at the Heritage Hill Historical Park. The park will be transformed into a spooky Halloween festival. Enjoy the Indiana Jones Trick or Treat Stations, Under the Sea Adventure Maze, and the Haunted School House. Children of all ages can participate in ghoulish games, costume contest and mini pumpkin decorating zone. Dress in costume with your trick or treat bag and be ready to enjoy a spooktacular good time!

Fee: \$5 Adults & Children (games included)

Location: Heritage Hill Historical Park
(25151 Serrano Rd)

To Register: Pay at the door day of the event

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

All Ages Oct 8 Sat 4-9 pm

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 and beverages. Prizes will be given away...so what's stoppin' ya?

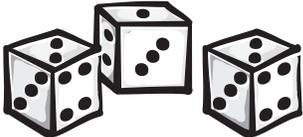
Fee: \$7 per person

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

Barcode#: 7114 Adults/Seniors Oct 7 Fri 7-9:30 pm



YOUTH

Kids' Factory - SVUSD

Kids' Factory is a drop-in recreation program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. All activities are held outdoors and are subject to cancellation due to unfavorable weather conditions. Check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11 am.

Instructor: SVUSD Staff

Fee: \$50/entire school year

Locations: Foothill, Gates, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada, Santiago

To Register: Please visit communityservices.svusd.org or register on-site by check or credit card. Registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981, press 1

Grades K-6

Sep 6-Jun 2

Mon-Fri

Times vary depending on school dismissal.



**Parks
Make
Life
Better!®**

TEEN ACTIVITIES & EXCURSIONS



Join us for the most fun and exciting afterschool program around... The Lounge! We have an X-Box One, movies, games, a computer lab, homework help and so much more. 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. The program runs Monday through Friday for the entire school year excluding school holidays.

In-person pre-registration is required for the upcoming 2016-2017 school year.

Fee: \$50 per school year

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

For more info call: 273-6960 or email mvillasenor@lakeforestca.gov

To Register: In person at the Lake Forest Recreation Center.

Barcode#:6646 Intermediate School 2016-2017 School Year Mon-Fri

"Last Fridays" Lounge Nights

Join us at the end of every month and celebrate Last Fridays! Give your parents a night off and celebrate good times with friends at the Recreation Center and Teen Lounge! There will be video games, dinner and snacks, movie screenings, music, activities and maybe even surprise guest entertainers! Cool prizes will also be raffled away! These will be Friday nights you won't want to miss! Discount is given to participants who pre-register.

Fee: \$5 per person per Friday – pre-registered
\$7 per person per Friday – at the door

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

For more Info Call: 273-6975 or email mvillasenor@lakeforestca.gov

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

Barcode#:6942	Teens 11-14	Sep 30 – Glow Night	Fri 6-9:30 pm
Barcode#:6943	Teens 11-14	Oct 28 – Costume Night	Fri 6-9:30 pm
Barcode#:6944	Teens 11-14	Nov 18 – Video Game Palooza	Fri 6-9:30 pm

Fall Events At A Glance



DATE	TIME	EVENT	LOCATION	FEE
Sat., Sep. 10	6-10 pm	Live Music Showcase	Etnies Skatepark of Lake Forest	\$5 entry fee
Wed., Sep. 14	10 am-12 pm	Senior Resource Fair	Lake Forest City Hall	Free to attend
Sat., Oct. 1	6-10 pm	Live Music Showcase	Etnies Skatepark of Lake Forest	\$5 entry fee
Sat., Sep. 17	11 am-3 pm	25th Anniversary Family Carnival	Lake Forest Recreation Center	Free to attend
Sat., Oct. 8	4-9 pm	Autumn Harvest Festival	Heritage Hill Historical Park	\$5 per person
Fri., Oct. 14 and Sat., Oct. 15	6-10:30 pm	Haunt at Heritage Hill	Heritage Hill Historical Park	\$8 per person
Sat., Oct. 22	5-10 pm	Hallow's Eve Bowl Jam	Etnies Skatepark of Lake Forest	\$20 entry fee
Sat., Oct. 29	7-9 pm	Special Needs Game Night	Lake Forest Recreation Center	Free to attend
Sat., Nov. 12	10 am-6 pm	Skate Street Contest	Etnies Skatepark of Lake Forest	\$20 entry fee

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



Save These Winter Dates!

❄️ **Northpole Calling**
December 6-8

❄️ **Breakfast and Brunch with Santa**
Saturday, December 3

❄️ **SnowFest**
Saturday, January 28, 2017

❄️ **Holiday Hoopla
Rockin' Winter Camp**
Week 1: December 19-23
Week 2: December 26-30

❄️ **Winter Break
Adventure Camp**
Week 1: December 19-23
Week 2: December 26-30



Knott's Scary Farm

Join us this year at Knott's Scary Farm for another year of the world's first, biggest and most famous theme park Halloween event! This is the original, in-your-face LIVE Halloween experience-- a 160-acre living scary movie filled with 12 chilling mazes, 6 hair-raising shows, 4 horrific scare zones and 1,000 monsters roaming the park. Trip includes dinner, admission to park, and transportation. Grab your friends and sign up for this fun frightening experience today!

Fee: \$65 – Resident
\$70 – Non-Resident

Location: Lake Forest Community Center
(28000 Rancho Parkway)

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

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

Barcode#:6941 11-16 yrs Oct 7 Fri 5:30 pm-12:30 am

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

Are you in middle school or high school and want to make a difference in your community? 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, volunteer for City events, and be a voice for your community. The committee meets twice a month and does service projects throughout the year. This prestigious group helps to give students real world experience and service hours for college applications. This is a year-long commitment volunteer group. Teens wishing to be a part of the group must attend a meeting and go through the application process that includes a registration packet and interview.

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

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

Fall Committee Meeting nights:

Teens	Sep 8	Thu	6-7 pm
Teens	Sep 21	Wed	6-7 pm
Teens	Oct 6	Thu	6-7 pm
Teens	Oct 19	Wed	6-7 pm
Teens	Nov 3	Thu	6-7 pm
Teens	Nov 16	Wed	6-7 pm
Teens	Dec 1	Thu	6-7 pm



LAKE FOREST SPORTS PARK AND RECREATION CENTER

The Lake Forest Sports Park & Recreation Center spreads to 27,000 square feet with a two hardwood floored basketball courts and two volleyball courts. Stop by our Open Gym times for a game of basketball and volleyball!



Basketball:

Monday-Friday: 10 am-1 pm
Monday: 6:30 pm-9:30 pm (30 & up)
Saturday: 2 pm-6 pm
Sunday: 2:30 pm-5:30 pm

All participants must be over the age of 14 or accompanied by a parent/guardian.

A photo I.D. is required each time a participant attends Open Gym activities.

No food or drink is allowed inside the gymnasium.

Basketballs and volleyballs can be rented out for the exchange on an I.D.

Volleyball:

Wednesday 6:30 pm-9:30 pm
Thursday 6:30 pm-9:30 pm
Saturday 6:30 pm-9:30 pm
Sunday 10 am-2 pm



Looking to connect with us? Follow us on these social media platforms:



facebook.com/lfsportspark



lakeforest_sportspark

Use **#Lakeforestsportspark** when posting your pictures and you could see your picture reposted on one of our social media platforms.

RECREATION CLASSES

Preschool Programs

Falling for Fall Preschool Class!

All the leaves are falling down: orange, yellow, red and brown! It's time to celebrate fall and all it has in store: pumpkins, acorns and leaves galore! Each class will feature a story, songs, crafts, games and a snack based on all things fall! Come join us for some fall fun! Parent Participation is required.

Instructor: City Staff

Fee: \$30 per person – Resident
\$35 per person – Non-Resident

Location: Lake Forest Community Center
(28000 Rancho Parkway)

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

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

Barcode#: 7049 2-5 yrs Sep 9-30 Fri 10-11 am



Winnie the Pooh and Friends Halloween Costume Party!

All the little ghosts, goblins, and pumpkins are invited to this spooktacular costume preschool party. There will be spooktastic songs, games, crafts, and a story – and don't forget the boo-licious treat! Come to this party ready to dance! Don't forget to dress up in your favorite costume. Parent Participation is required.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident

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

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

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

Barcode#: 7050 2-5 yrs Oct 28 Fri 10-11 am

American Heroes Preschool Party!

Here they come to save the day! It's time to say thank you to our American heroes who keep us safe! This class will be full of patriotic themed games, songs, crafts, stories and snack! Come dress as your favorite: superhero, firefighter, soldier, or police officer! Parent Participation is required.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident

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

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

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

Barcode#: 7051 2-5 yrs Nov 4 Fri 10-11 am

Gobble, Gobble! Friendsgiving Preschool Party!

Gobble, Gobble! It's turkey time! We're having a mini-Thanksgiving feast and we want you to come! This class will be full of turkey day themed games, songs, crafts, and stories! Don't miss our mini feast that will sure be a feast to be thankful for! Come join us as we celebrate what we are thankful for with friends! There is so much to be thankful for! Parent Participation is required.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident

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

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

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

Barcode#: 7053 2-5 yrs Nov 18 Fri 10-11 am

For your convenience, we now accept credit card payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park and Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.

Youth

Music Together

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

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$155 – Resident
\$160 – Non-Resident

(10-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$40 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

Barcode#: 6932 9 mos-4 yrs Sep 19-Nov 21 Mon 9:15-10 am
Barcode#: 6933 9 mos-4 yrs Sep 19-Nov 21 Mon 10:15-11 am
Barcode#: 6934 9 mos-4 yrs Sep 23-Dec 2 Fri 10:30-11:15 am
Barcode#: 6935 9 mos-4 yrs Sep 24-Nov 26 Sat 9:15-10 am

Do, Re, Mi Piano and Music

Music class encourages development of the whole child through music with instrument play, piano fingering and playing simple tunes, singing do, re, mi music notations and songs, rhythm and melodic patterns, props, puppets and creative movement. Parent participation required. Keyboards provided by the instructor.

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

Barcode#: 7055 2-5 yrs Sep 27-Nov 1 Tue 10:15-11 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: \$155 – Resident
\$160 – Non-Resident
(4-week sessions)

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

To Register: Online, Mail In, Walk-In

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

Barcode#: 6947 10 mos-3 yrs Aug 30-Sep 22 Tue & Thu 10-10:30 am
Barcode#: 6948 10 mos-3 yrs Aug 30-Sep 22 Tue & Thu 11-11:30 am
Barcode#: 6949 10 mos-3 yrs Sep 27-Oct 20 Tue & Thu 10-10:30 am
Barcode#: 6950 10 mos-3 yrs Sep 27-Oct 20 Tue & Thu 11-11:30 am
Barcode#: 6951 10 mos-3 yrs Oct 25-Nov 17 Tue & Thu 10-10:30 am
Barcode#: 6952 10 mos-3 yrs Oct 25-Nov 17 Tue & Thu 11-11:30 am

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: \$155 – Resident
\$160 – Non-Resident
(8 lessons)

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

To Register: Online, Mail In, Walk-In

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

BEGINNER 1 CLASSES

Barcode#: 6958 3-5 yrs Aug 30-Sep 22 Tue & Thu 9:30-10 am
Barcode#: 6959 3-5 yrs Aug 30-Sep 22 Tue & Thu 11:30 am-12 pm
Barcode#: 6960 3-5 yrs Sep 27-Oct 20 Tue & Thu 9:30-10 am
Barcode#: 6961 3-5 yrs Sep 27-Oct 20 Tue & Thu 11:30 am-12 pm
Barcode#: 6962 3-5 yrs Oct 25-Nov 17 Tue & Thu 9:30-10 am
Barcode#: 6963 3-5 yrs Oct 25-Nov 17 Tue & Thu 11:30 am-12 pm

BEGINNER 2 CLASSES

Barcode#: 6964 3-5 yrs Aug 30-Sep 22 Tue & Thu 10:30-11 am
Barcode#: 6965 3-5 yrs Aug 30-Sep 22 Tue & Thu 12-12:30 pm
Barcode#: 6966 3-5 yrs Sep 27-Oct 20 Tue & Thu 10:30-11 am
Barcode#: 6967 3-5 yrs Sep 27-Oct 20 Tue & Thu 12-12:30 pm
Barcode#: 6968 3-5 yrs Oct 25-Nov 17 Tue & Thu 10:30-11 am
Barcode#: 6969 3-5 yrs Oct 25-Nov 17 Tue & Thu 12-12:30 pm



Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 4 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.

Instructor: Us Too Center Staff

Fee: \$65 – Resident
\$70 – 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

Barcode#: 6970	1-3 yrs*	Sep 12-Oct 3	Mon	10-10:45 am
Barcode#: 6971	2.5-4 yrs**	Sep 12-Oct 3	Mon	11-11:45 am
Barcode#: 6972	1-3 yrs*	Sep 13-Oct 4	Tue	10-10:45 am
Barcode#: 6973	2.5-4 yrs**	Sep 13-Oct 4	Tue	11-11:45 am
Barcode#: 6974	1-3 yrs*	Sep 14-Oct 5	Wed	10-10:45 am
Barcode#: 6975	3-4 yrs	Sep 14-Oct 5	Wed	2-2:45 pm
Barcode#: 6976	1-3 yrs*	Oct 10-31	Mon	10-10:45 am
Barcode#: 6977	2.5-4 yrs**	Oct 10-31	Mon	11-11:45 am
Barcode#: 6978	1-3 yrs*	Oct 11-Nov 1	Tue	10-10:45 am
Barcode#: 6979	2.5-4 yrs**	Oct 11-Nov 1	Tue	11-11:45 am
Barcode#: 6980	1-3 yrs*	Oct 12-Nov 12	Wed	10-10:45 am
Barcode#: 6981	3-4 yrs	Oct 12-Nov 2	Wed	2-2:45 pm
Barcode#: 6982	1-3 yrs*	Nov 7-28	Mon	10-10:45 am
Barcode#: 6983	2.5-4 yrs**	Nov 7-28	Mon	11-11:45 am
Barcode#: 6984	1-3 yrs*	Nov 8-29	Tue	10-10:45 am
Barcode#: 6985	2.5-4 yrs**	Nov 8-29	Tue	11-11:45 am
Barcode#: 6986	1-3 yrs*	Nov 9-30	Wed	10-10:45 am
Barcode#: 6987	3-4 yrs	Nov 9-30	Wed	2-2:45 pm

*Mommy & Me classes: parent participation required

**Transition class: Kids advanced enough to not need parent participation

Junior Flame Gymnastics

This program is designed for girls and boys preparing to move from preschool classes into our Academy classes. This transition class places the emphasis on developing specific gymnastics skills through progressive activities: tumbling, vaulting, bars, balance beam, rings, p-bars, and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$52.50 – Resident \$70 – Resident
\$57.50 – Non-Resident \$75 – Non-Resident
(3-week sessions) (4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

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

Barcode#: 7071	5-6 yrs	Sep 12-26	Mon	6:30-7:25 pm
Barcode#: 7072	5-6 yrs	Sep 14-28	Wed	2:30-3:25 pm
Barcode#: 7073	5-6 yrs	Oct 3-24	Mon	6:30-7:25 pm
Barcode#: 7074	5-6 yrs	Oct 5-26	Wed	2:30-3:25 pm
Barcode#: 7075	5-6 yrs	Nov 7-28	Mon	6:30-7:25 pm
Barcode#: 7076	5-6 yrs	Nov 9-30	Wed	2:30-3:25 pm

Gymnastics - Girls Fire Academy

This program is structured to follow the guidelines set by USA Gymnastics and is achievement oriented in a fun and positive environment. Basic skills, progressions, strength and flexibility are included in our program. Instruction included on vault, bars, balance beam, floor exercise, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$67.50 – Resident \$90 – Resident
\$72.50 – Non-Resident \$95 – Non-Resident
(3-week sessions) (4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

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

Barcode#: 7077	7-17 yrs	Sep 12-26	Mon	6:30-8 pm
Barcode#: 7078	7-17 yrs	Sep 14-28	Wed	2-3:30 pm
Barcode#: 7079	7-17 yrs	Oct 3-24	Mon	6:30-8 pm
Barcode#: 7080	7-17 yrs	Oct 5-26	Wed	2-3:30 pm
Barcode#: 7081	7-17 yrs	Nov 7-28	Mon	6:30-8 pm
Barcode#: 7082	7-17 yrs	Nov 9-30	Wed	2-3:30 pm

Gymnastics- Boys Fire Academy

This program is focused on three elements: a fun positive environment, fundamental skill development basic motor-muscular development in coordination, strength and flexibility. By emphasizing your child's success, athletic confidence will develop for gymnastics and any other sport your son may later pursue. Instruction included on tumbling, vault, P-bars, high bar, rings, pommel horse, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$67.50 – Resident \$90 – Resident
\$72.50 – Non-Resident \$95 – Non-Resident
(3-week sessions) (4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

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

Barcode#: 7083	7-17 yrs	Sep 12-26	Mon	6:30-8 pm
Barcode#: 7084	7-17 yrs	Sep 14-28	Wed	2-3:30 pm
Barcode#: 7085	7-17 yrs	Oct 3-24	Mon	6:30-8 pm
Barcode#: 7086	7-17 yrs	Oct 5-26	Wed	2-3:30 pm
Barcode#: 7087	7-17 yrs	Nov 7-28	Mon	6:30-8 pm
Barcode#: 7088	7-17 yrs	Nov 9-30	Wed	2-3:30 pm

For your convenience, we now accept credit card payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park and Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.

Beginning Tumbling

Tumbling classes are designed for boys and girls wanting to concentrate on the tumbling aspects of gymnastics. The class is great for aspiring cheerleaders and dancers wanting to learn acro skills or those who just like to flip! Students will use the trampoline, tumble tramp and spring floor. Strength and flexibility training are also incorporated into the classes. Beginning tumbling emphasizes fundamentals.

Instructor: Wildfire Gymnastics Staff

Fee: \$52.50 – Resident \$87.50 – Resident
 \$57.50 – Non-Resident \$92.50 – Non-Resident
 (3-week sessions) (5-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

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

Barcode#: 7068 9-17 yrs Sep 10-24 Sat 11:30 am-12:30 pm

Barcode#: 7069 9-17 yrs Oct 1-29 Sat 11:30 am-12:30 pm

Barcode#: 7070 9-17 yrs Nov 5-19 Sat 11:30 am-12:30 pm

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 – Resident
 \$79 – 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

Barcode#: 7022 1½-3 yrs Sep 12-Oct 17 Mon 10:45-11:30 am

Barcode#: 7023 1½-3 yrs Oct 24-Dec 5 Mon 10:45-11:30 am

***No class 11/21**

Fall Registration Dates:

Tuesday, August 9
 (Lake Forest Residents)

Tuesday, August 16
 (Non-Residents)

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. Class also works on listening skills, coordination, balance, and musicality. Instructor provides tutus, crafts, wands and props! Optional holiday recital in December (must be enrolled in 12 weeks). Nominal costume fee applies. Visit www.ocdanceproductions.com for more information on class and recital.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
 \$79 – 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

Barcode#: 7019 3-5 yrs Sep 12-Oct 17 Mon 9-9:45 am

Barcode#: 7020 3-5 yrs Oct 24-Dec 5 Mon 9-9:45 am

***No class 11/21**

Preschool Ballet and Tap



Our littlest dancers will be introduced to the world of beginning tap, jazz and ballet movements and terminology while incorporating kinder-ready skills such as color and number recognition. Class also includes developing spatial awareness, rhythm and listening skills. Ballet and tap shoes required. Optional holiday recital in December must be enrolled in 12 weeks). Nominal costume fee applies. Visit www.ocdanceproductions.com for more information on class and recital.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
 \$79 – 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

Barcode#: 7025 3-5 yrs Sep 12-Oct 17 Mon 9:50-10:35 am

Barcode#: 7026 3-5 yrs Oct 24-Dec 5 Mon 9:50-10:35 am

***No class 11/21**





Ballet & Tap Combo

Dancers will dive into the world of beginning classical ballet and rhythmic tapping with the basic fundamentals of both dance forms. Ballet and tap shoes required. Performance for family and friends on the last day of class. Optional holiday recital in December must be enrolled in 12 weeks. Nominal costume fee applies.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – 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

Barcode#: 7066 3-6 yrs Sep 13-Oct 18 Tue 4:20-5:05 pm

Barcode#: 7067 3-6 yrs Oct 25-Dec 6 Tue 4:20-5:05 pm

***No class 11/22**

Ballet, Jazz & Tap Combo

Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping and beginning jazz dance. Ballet and tap shoes required. Performance for family and friends on the last day of class. Optional holiday recital in December must be enrolled in 12 weeks. Nominal costume fee applies.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – 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

Barcode#: 7027 3-6 yrs Sep 17-Oct 22 Sat 9:00-9:45 am

Barcode#: 7028 3-6 yrs Sep 17-Oct 22 Sat 9:50-10:35 am

Barcode#: 7029 3-6 yrs Oct 29-Dec 10 Sat 9:00-9:45 am

Barcode#: 7030 3-6 yrs Oct 29-Dec 10 Sat 9:50-10:35 am

***No class 11/26**

Classical Ballet Beginning

Class focuses on beginner ballet terminology, positions, and movements with an emphasis on self-discipline, alignment, grace and poise. Ballet shoes required. Performance for family and friends on the last day of class. (Optional holiday recital in December -must be enrolled in 12 weeks). Nominal costume fee applies.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – 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

Barcode#: 7031 4-6 yrs Sep 17-Oct 22 Sat 10:45-11:30 am

Barcode#: 7032 4-6 yrs Oct 29-Dec 10 Sat 10:45-11:30 am

***No class 11/26**

Pop Star Hip Hop

Dance like your favorite Pop Star! Participants will learn choreography and lyrics to popular artists, such as Taylor Swift, One Direction and Meghan Trainor. All dance choreography is jazz and hip hop based as well as clean, fun and age appropriate. By the end of this course, our pop star dancers will learn their own choreography tips and tools to put on their own show at home. Performance for family and friends on the last day of class. Optional holiday recital in December must be enrolled in 12 weeks. Nominal costume fee applies. Visit www.ocdanceproductions.com for more information on class and recital. Sneakers or jazz shoes required.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – 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

Barcode#: 7034 5-9 yrs Sep 13-Oct 18 Tue 5:10-5:55 pm

Barcode#: 7035 5-9 yrs Oct 25-Dec 6 Tue 5:10-5:55 pm

***No class 11/22**

Parent and Tot CLAY Time

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired.

Instructor: My Art Studio – Lucia Henry

Fee: \$75 – Resident
\$80 – 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

Barcode#: 7052 3-5 yrs Oct 17-Nov 14 Mon 2:30-3:15 pm



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: \$85 – Resident
\$90 – 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

Barcode#: 7054 6-12 yrs Oct 17-Nov 14 Mon 3:30-4:45 pm

Bionerds Human Body: We are Super!



Come and join this fun and hands-on biology workshop for kids! Learn about our amazing human body from your thumb, heart, eyes, lungs, to your sense of smell and many more. Your child will perform cool biology experiments and activities. Older children (8-12 yrs) will perform dissection, younger children (5-7yrs) will observe.

Instructor: Bionerds

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

Materials Fee: An additional material fee of \$30 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

Barcode#: 7093 5-12 yrs Aug 31-Oct 5 Wed 4-5 pm

Bionerds Insects: Bug me if you dare!



Come and join this fun and hands-on biology workshop for kids! Learn about the amazing bugs around us such as beetles, butterflies, fruit flies, micro-arthropods, ladybugs and crickets. Get up close and personal with live bugs using a microscope on some topics and perform cool biology experiments on the others. More info: admin@bionerdsllc.com

Instructor: Bionerds

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

Materials Fee: An additional material fee of \$30 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

Barcode#: 7094 5-12 yrs Aug 31-Oct 5 Wed 5:15-6:15 pm

Bionerds Marine Animals: Amazing Waterworld!



Come and join this fun and hands-on biology workshop for kids! Learn about many marine animals, from starfish, fish, clam, shrimp, and many more. Your child will perform cool biology experiments and activities. Older children (8-12 yrs) will perform dissection, younger children (5-7yrs) will observe.

Instructor: Bionerds

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

Materials Fee: An additional material fee of \$30 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

Barcode#: 7095 5-12 yrs Oct 19-Nov 30 Wed 4-5 pm
***No class 11/23**

Bionerds Microscopic World!



Come and join this fun and hands-on biology workshop for kids! Learn about the living organisms that are very small and some we can't even see with our own eyes: bacteria in the environment and food, protozoa, sea monkeys, yeast and planktons. Get up close and personal with live organisms using a microscope on some topics and perform cool biology experiments on the others. More info: admin@bionerdsllc.com

Instructor: Bionerds

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

Materials Fee: An additional material fee of \$30 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

Barcode#: 7096 5-12 yrs Oct 19-Nov 30 Wed 5:15-6:15 pm
***No class 11/23**

For your convenience, we now accept credit card payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park and Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.

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

Barcode#: 6988	3-5 yrs	Sep 19-Nov 7	Mon	3:30-4:30 pm
Barcode#: 6989	6-7 yrs	Sep 19-Nov 7	Mon	4:30-5:30 pm
Barcode#: 6990	8-12 yrs	Sep 19-Nov 7	Mon	5:30-6:30 pm
Barcode#: 6991	3-5 yrs	Sep 21-Nov 9	Wed	3:30-4:30 pm
Barcode#: 6992	6-7 yrs	Sep 21-Nov 9	Wed	4:30-5:30 pm
Barcode#: 6993	8-12 yrs	Sep 21-Nov 9	Wed	5:30-6:30 pm



Awesome Etiquette for Kids



Here's what you've been looking for! Find out how to MIND YOUR MANNERS in any social setting. Have fun with role play and learn and practice how to meet and greet at home, out and about and in other countries you may visit! Practice table manners, the art of pleasant conversation and how to avoid embarrassing situations. Certificate of completion and MIND YOUR MANNERS manual will be provided. Afternoon tea will be served at last class.

Instructor: Elisabeth Clark

Fee: \$70 – Resident
\$75 – Non-Resident
(5-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

Barcode#: 6994	7-12 yrs	Sep 10-Oct 8	Sat	1:45-3 pm
Barcode#: 6995	7-12 yrs	Oct 22-Nov 19	Sat	1:45-3 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

Barcode#: 6996	5-17 yrs	Sep 12-Oct 5	Mon & Wed	4:30-5:30 pm
Barcode#: 6997	5-17 yrs	Oct 10-Nov 2	Mon & Wed	4:30-5:30 pm
Barcode#: 6998	5-17 yrs	Nov 7-30	Mon & Wed	4:30-5:30 pm

Aikido for Self Defense – Kids

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. Kids' classes include open hand techniques, drills and games related to Aikido. Wear comfortable clothing. Uniforms are available for purchase. \$40 uniform material fee.

Instructor: Dale Eisenberg

Fee: \$80 – Resident
\$85 – 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

Barcode#: 6999	5-17 yrs	Aug 29-Sep 26	Mon/Wed	5:30-6:30 pm
			Sat	12-1 pm
Barcode#: 7000	5-17 yrs	Sep 28- Oct 24	Mon/Wed	5:30-6:30 pm
			Sat	12-1 pm
Barcode#: 7001	5-17 yrs	Oct 26- Nov 21	Mon/Wed	5:30-6:30 pm
			Sat	12-1 pm

*No class 9/5

UK International Soccer

Conducted by professional British coaches from UK International Soccer, this program is for players looking to develop their core soccer skills. UK International is renowned for providing innovative, challenging and exciting soccer programs with a goal of providing the best possible soccer experience. Weekly practices will focus on all aspects of technical development in a fun environment.

Instructor: UK International Soccer Staff

Fee: \$119 per participant – Resident
\$124 per participant – Non-Resident

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

Barcode#: 6925	3-4 years	Sep 12-Oct 24	Mon	3:30-4:30 pm
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Super Soccer Stars: Kick & Play: 12-24 Months

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: \$99 per participant – Resident
\$104 per participant – Non-Resident
(6-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

Barcode#: 6905 12-24 mos Sep 9-Oct 14 Fri 9:45-10:35 am
Barcode#: 6907 12-24 mos Oct 21-Dec 2* Fri 9:45-10:35 am
Barcode#: 6906 12-24 mos Sep 6-Oct 11 Tue 9:45-10:35 am
Barcode#: 6908 12-24 mos Oct 18-Nov 22 Tue 9:45-10:35 am
*No class on Nov 25

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: \$99 per participant – Resident
\$104 per participant – Non-Resident
(6-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

Barcode#: 6921 2-3 years Sep 9-Oct 14 Fri 9-9:40 am
Barcode#: 6922 2-3 years Oct 21-Dec 2* Fri 9-9:40 am
Barcode#: 6927 2-3 years Sep 10-Oct 15 Sat 9-9:40 am
Barcode#: 6928 2-3 years Oct 22-Dec 3** Sat 9-9:40 am
Barcode#: 6929 2-3 years Sep 6-Oct 11 Tue 9-9:40 am
Barcode#: 6930 2-3 years Oct 18-Nov 22 Tue 9-9:40 am
Barcode#: 6923 2-3 years Sep 6-Oct 11 Tue 2:30-3:10 pm
Barcode#: 6924 2-3 years Oct 18-Nov 22 Tue 2:30-3:10 pm

*No class Nov 25

**No class Nov 26

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: \$ \$99 per participant – Resident
\$104 per participant – Non-Resident
(6-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

Barcode#: 6909 3-young 4 years Sep 10-Oct 15 Sat 9:45-10:30 am
Barcode#: 6910 3-young 4 years Oct 22-Dec 3* Sat 9:45-10:30 am
Barcode#: 6911 3-young 4 years Sep 6-Oct 11 Tue 10:40-11:25 am
Barcode#: 6912 3-young 4 years Oct 18-Nov 22 Tue 10:40-11:25 am
Barcode#: 6913 3-young 4 years Sep 6-Oct 11 Tue 3:15-4 pm
Barcode#: 6914 3-young 4 years Oct 18-Nov 22 Tue 3:15-4 pm

*No class Nov 26

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: \$99 per participant – Resident
\$104 per participant – Non-Resident
(6-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

Barcode#: 6915 Older 4-5 years Sep 10-Oct 15 Sat 10:35-11:25 am
Barcode#: 6916 Older 4-5 years Oct 22-Dec 3* Sat 10:35-11:25 am
Barcode#: 6917 Older 4-5 years Sep 6-Oct 11 Tue 4:05-4:55 pm
Barcode#: 6918 Older 4-5 years Oct 18-Nov 22 Tue 4:05-4:55 pm

*No class Nov 26

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: \$99 per participant – Resident
\$104 per participant – Non-Resident
(6-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

Barcode#: 6919 Older 5-7 years Sep 10-Oct 15 Sat 11:30 am-12:30 pm
Barcode#: 6920 Older 5-7 years Oct 22-Dec 3* Sat 11:30 am-12:30 pm

*No class Nov 26





TriFyft 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: TriFyft 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

Barcode#: 7002 2-3 yrs Sep 17-Nov 5 Sat 11:30 am-12 pm

Barcode#: 7003 3-5 yrs Sep 17-Nov 5 Sat 12-12:45 pm



TriFyft 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: TriFyft 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

Barcode#: 7004 2-3 yrs Sep 17-Nov 5 Sat 10-10:30 am



TriFyft 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 TriFyft 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: TriFyft Sports Staff

Fee: \$69 per participant – Resident
\$74 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

Barcode#: 7005 2-3 yrs Sep 16-Oct 21 Fri 3:30-4 pm



TriFyft 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: TriFyft Sports Staff

Fee: \$69 per participant – Resident
\$74 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

Barcode#: 7006 2-3 yrs Sep 20-Oct 25 Tue 4:30-5 pm

Barcode#: 7007 3-5 yrs Sep 20-Oct 25 Tue 5-5:45 pm



TriFyft 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: TriFyft Sports Staff

Fee: \$69 per participant – Resident
\$74 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

Barcode#: 7008 3-4 yrs Sep 16-Oct 21 Fri 4-4:45 pm

Barcode#: 7009 5-6 yrs Sep 16-Oct 21 Fri 5-5:45 pm



TriFyft 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: TriFyft 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

Barcode#: 7010 3-5 yrs Sep 17-Nov 5 Sat 9-9:45 am

Barcode#: 7011 5-7 yrs Sep 17-Nov 5 Sat 10:30-11:15 am

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: \$59 – Resident
\$64 – 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

Barcode#: 7012 10 yrs-Adult Nov 17-Dec 8 Thu 6-7 pm
***No class 11/24**

Beginning Guitar

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

Instructor: Ron Gorman

Fee: \$89 – Resident
\$94 – 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

Barcode#: 7013 10 yrs-Adult Nov 17-Dec 8 Thu 7-8 pm
***No class 11/24**

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. **Participants should bring a self-addressed stamped envelope.** Please Note: EMSA stickers are no longer available for this class. (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
(28000 Rancho Parkway)

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

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

Barcode#: 7056 10-Adult Sep 17 Sat 3-5 pm
Barcode#: 7057 10-Adult Nov 5 Sat 3-5 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. **Participants should bring a self-addressed stamped envelope.** Please Note: This is not a Healthcare Provider level course. EMSA stickers are no longer available for this class. (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

Barcode#: 7059 10-Adult Sep 17 Sat 12:30-3 pm
Barcode#: 7058 10-Adult Nov 5 Sat 12:30-3 pm

Adult

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 winter 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

Barcode#: 6937 18 & up Aug 22-Oct 10* Mon 7:30-8:30 pm
Barcode#: 6938 18 & up Aug 24-Sep 28 Wed 7-8 pm
Barcode#: 6939 18 & up Oct 17-Nov 28* Mon 7:30-8:30 pm
Barcode#: 6940 18 & up Oct 5-Nov 9 Wed 7-8 pm
***No class 9/5, 9/12, 10/31**



Power Flow Yoga

A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mindful flow. Students will build strength, flexibility and concentration while cleansing the body and calming the mind. You can expect a great cardiovascular and strength-building workout combined with breath work set to upbeat music. Bring a yoga mat and a small towel. Appropriate for beginning to intermediate levels

Instructor: Inspire Yoga OC

Fee: \$110 – Resident
\$115 – 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

Barcode#: 7016 18 & up Sep 10-Nov 19 Sat 8:15-9:15 am

Barcode#: 7017 18 & up Sep 12-Nov 21 Mon 11:30 am-12:30 pm

***No class 10/8, 10/10**

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 www.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

Barcode#: 7033 18 & up Sep 12-Nov 28 Mon 6:30-7:30 pm

***No class 10/31,11/21**

Baby & Me Yoga



Bring balance to your new life as a parent , reduce anxiety and give yourself the gift of a restorative hour of yoga by practicing with your baby. You will be guided through poses for you and alternately for baby. This class is designed to deepen a connection to yourself as well as nourish and cultivate your bond with your child. Expect a very relaxing and playful atmosphere, incorporating some singing and chanting. Bring a yoga mat for yourself and a blanket for baby. Babies should be between 0 and 12 months.

Instructor: Inspire Yoga OC

Fee: \$66 - Resident
\$71 - 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

Barcode#: 7065 18 & up Sep 8-Oct 20 Thu 9:45-10:30 am

***No class 10/13**

Yin Yoga

A series of long-held, passive floor poses that mainly work the lower part of the body – hips, pelvis, inner thighs, lower spine – areas especially rich in connective tissues. Benefits include increase in circulation, improved flexibility, calms and balances the mind and body, stress and anxiety reduction, facial release, deeper relaxation, greater joint mobility, and meridian stimulation to bring balance to the organs. Bring a yoga mat. This class is appropriate for all skill levels and body types.

Instructor: Inspire Yoga OC

Fee: \$84 - Resident
\$89 - 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

Barcode#: 7045 18 & up Sep 6-Oct 18 Tue 7:45-8:45 pm

Barcode#: 7046 18 & up Sep 8-Oct 20 Thu 8:15-9:15 am

Barcode#: 7047 18 & up Sep 8-Oct 20 Thu 5:45-6:45 pm

Barcode#: 7048 18 & up Oct 25-Nov 29 Tue 7:45-8:45 pm

***No class 10/11, 10/13**

3

Three Ways to Register!

Online, Mail-In, Walk-In

Yoga in Nature!

This vinyasa style class is designed to help you develop a well-rounded foundation. You can also deepen your practice by working on proper alignment and building new postures into your existing practice. This class is for everyone! Come practice Yoga in Nature and receive the many benefits Yoga brings!

Instructor: Karli Wells

Fee: \$75 - Resident
\$80 - Non-Resident
(6-week session)

Location: Pittsford Park (21701 Pittsford Drive)

To Register: Online, Mail In, Walk-In

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

Barcode#: 7116 18 & up Sep 2-Oct 7 Fri 6:30-7:30 pm

Barcode#: 7117 18 & up Oct 14-Nov 18 Fri 6:30-7:30 pm

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

Barcode#: 7063 16 yrs and up Sep 24-Nov 19 Beg Sat 9-10 am

Barcode#: 7064 16 yrs and up Sep 24-Nov 19 Int Sat 10-11 am

Get Off Your Booty Camp

Get in shape "Boot camp style". Experience full-body workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility and get you to a healthier and stronger YOU. A results-driven conditioning program that focuses on developing lean, toned and healthy bodies, with the use of your own body weight and a variety of exercise equipment. This class is designed for all fitness levels. Work at your own pace while you push yourself to the next level. Bring your own mat and water. For more info please visit: www.Endeavourpt.com

Instructor: Maryam Stevenson

Fee: \$100 per participant - Resident
\$105 per participant - Non-Resident
(8-class sessions)

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

Barcode#: 7037 18 & up Sep 6-Sep 29 Tue & Thu 6:05-7 pm

Barcode#: 7038 18 & up Oct 4-Oct 27 Tue & Thu 6:05-7 pm

Barcode#: 7039 18 & up Nov 1-Nov 29 Tue & Thu 6:05-7 pm

*No class 11/29

Zumba® Gold

If you have taken a Zumba class but couldn't keep up with the fast-moving pace, or handle the impact of the regular version, you have to come and try Zumba® Gold! It is an introductory class, low impact, easy to do and lots of fun. This version of Zumba is gentler on the body, but you still get the full effect and flavor Zumba brings into the work-out. It is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and serious dose of awesomeness each time you leave class. **These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor.**

Instructor: Angie Velez

Fee: **Barcode#: 7041** 5-class package \$35 – Resident
\$40 – Non-Resident

Barcode#: 7042 10-class package \$60 – Resident
\$65 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: 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	10-11 am

Ballroom Dance Class

Take your dance partner in your arms and dance to the music that makes your feet want to move. You will learn a smooth dance like Fox Trot or Waltz, one Latin dance like Cha Cha or Rumba and that exciting Swing dance. A registered partner is required but no dance experience necessary. If you know those dances we will add material and styling to your dancing. Smooth soled shoes are best to wear.

Instructor: Carri Fox

Fee: \$70 - Resident
\$75 - 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

Barcode#: 7014 18 & up Sep 2-Nov 4 Fri 7-8 pm

Save
Time!



Register for our programs online at
online.activecommunities.com/lfreconline

Country Two Step



Country Two Step, often called the Texas two-step or simply the two-step, is a country western dance that is danced to country music. You will learn the fundamentals of Country Two Step which includes promenade basics, progressive basics, wraps and sweetheart positions.

Instructor: Diana Krivosheya

Fee: \$55 – Resident
\$60 – 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

Barcode#: 7043 18 & up Sep 2-30 Fri 4-5 pm
Barcode#: 7044 18 & up Oct 7-Nov 4 Fri 4-5 pm

Dog Manners Crash Course



Accomplish your training goals and address your dog's behavior problems (destructive chewing, jumping, nipping, barking, etc.) in just 4 weeks! Exercises include: sit and down on command, stay in sit or down position with distractions, come when called and walking on a leash without pulling. For all breeds of dogs ages 5 months or older. Large breeds accepted at 4 months. Please bring current vaccination records and \$5 materials/insurance fee to first meeting. Dogs attend all meetings. Please pre-register, and then call Dog Services at 714-532-3647 with your dog's name, breed, and age and an email address so the instructor may brief you prior to the first lesson.



"Scarlett" Lisack

Instructor: Dog Services Unlimited

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

Material Fee: \$5 material fee due at first class session includes training manual

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

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

Barcode#: 7097 Families Sep 10-Oct 1 Sat 9:30-10:45 am

Aikido for Self Defense – Adults

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: \$80 – Resident
\$85 – 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

Barcode#:7060 18 & up Aug 29- Sep 26 Mon,Wed & 6:30-7:30 pm
Sat 1- 2 pm
Barcode#:7061 18 & up Sep 28-Oct 24 Mon,Wed & 6:30-7:30 pm
Sat 1- 2 pm
Barcode#: 7062 18 & up Oct 26-Nov 21 Mon,Wed & 6:30-7:30 pm
Sat 1- 2 pm

***No class 9/5**

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

Barcode#: 7089 18 & up Sep 12-Nov 2 Mon & Wed 7-8 pm
Barcode#: 7090 18 & up Sep 13-Nov 3 Tue & Thu 6-7 pm

For your convenience, we now accept credit card payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park and Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.



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

Barcode#: 7091 18 & up Sep 12-Nov 2 Mon & Wed 6-7 pm
Barcode#: 7092 18 & up Sep 13-Nov 3 Tue & Thu 7-8 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 Fall programs too!



SPECIAL NEEDS

Special Needs Game Night!



Join us for a special evening of fun and games! We will play some of your favorite games such as Disney GuessWho, Giant Jenga, Battleship, and more! With Halloween right around the corner, we will also have a special spooky craft for you to create! Light refreshments will be served.

Fee: FREE

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

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

Barcode#: 6891 13 yrs-Adult Oct 29 Sat 7-9 pm

Special Needs Yoga



Sparks Yoga is adapted for children with special needs. Yoga sessions are centered around building a regulated nervous system, body awareness, and an improved ability to focus and concentrate. Through use of creative and FUN interactive games, stories, visualizations, and breathing techniques, students can also gain balance, flexibility, strength and coordination in this safe, non-competitive environment.

Instructor: Kelly Sparks

Fee: (Per each 4-week session) \$100 – Resident;
\$105 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

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

Barcode#: 6892 10-18 yrs Sep 6-27 Tue 4-4:45 pm
Barcode#: 6893 10-18 yrs Oct 4-25 Tue 4-4:45 pm
Barcode#: 6894 10-18 yrs Nov 1-22 Tue 4-4:45 pm

Music for Special Needs Children



Enjoyable music class for special needs children. The class is focused on nurturing children's innate musical abilities and enhancing important life skills, such as communication, cognitive and social skills, as well as introducing very basic concepts of music. Music activities include: singing, playing instruments, short musical stories, puppets and movement with props.

Instructor: Sophi Albert

Fee: \$110 – Resident
\$115 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

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

Barcode#: 7122 2-7 yrs Sep 27-Oct 18 Tue 9:30-10:10 am

Music for Special Needs Youth New

Enjoyable music class for special needs youth. The class is focused on nurturing innate musical abilities and enhancing important life skills, such as communication, cognitive and social skills, as well as introducing very basic concepts of music. Music activities include: singing, playing instruments, and movement with props.

Instructor: Sophi Albert

Fee: \$110 – Resident
\$115 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

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

Barcode#: 7123 8-18 yrs Sep 27-Oct 18 Tue 11:15 am-12 pm

Fitness For You!

Fitness for You is a special needs fitness class. Modified exercises encourage health benefits to all levels. Using just your own body weight, we will perform exercises such as jumping jacks and sit ups. This class is a great way to connect with others, while having fun and being healthy together! Exercises can be done at home with the help of a caregiver.

Instructor: Aileen Rose

Fee: (Per each 4-week session) \$100 – Resident
\$105 – Non-Resident

Location: Lake Forest City Hall (25550 Commercentre Dr)

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

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

Barcode#: 6869 12 & up Sep 12-Oct 3 Mon 4-5 pm

Barcode#: 6871 12 & up Oct 10-31 Mon 4-5 pm

Barcode#: 6872 12 & up Nov 7-28 Mon 4-5 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!

Instructor: Natalie Taguchi-Solorio, M.Ed, PPS, BCBA

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

Location: Autism Behavior Services, Inc., 23701 Birtcher Dr,
(949) 581-0100 or toll-free (855) 581-0100

To Register: Call to set up an appointment. Online registration is not available for this program.

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

Barcode#: 6896 2-19 yrs ongoing Mon-Sat varies

Swim Lessons for Children and Adults with Special Needs



SwimLabs offers lessons to swimmers of all abilities and ages. Our adult swim instructors are experienced in teaching special needs swimmers. With SwimLabs indoor facility, controlled environment, and world-class instructors, we provide lessons catered to your swimmer's needs and desires. **Group lessons are available as well.**

Instructor: SwimLabs Staff

Fees:

Private Lessons

30-min: \$50

4-pack: \$180

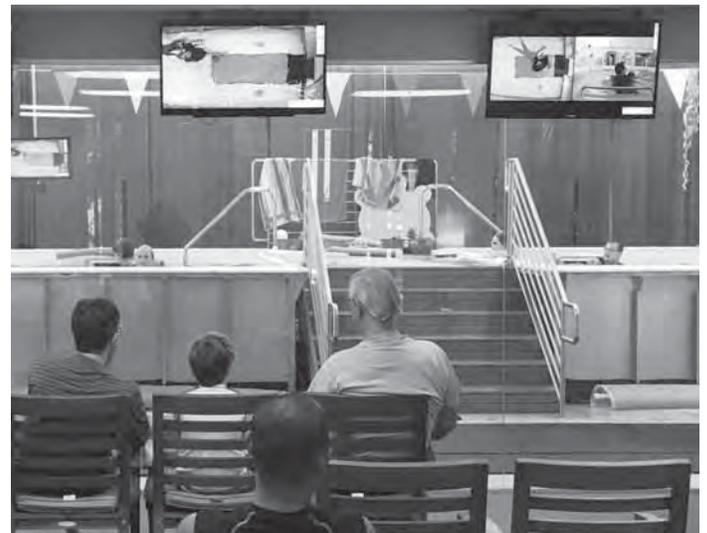
6-pack: \$255

10-pack: \$400

Location: SwimLabs, 20918 Bake Pkwy., Ste. 100

To Register and for more info call: The City of Lake Forest at 461-3450

Barcode#: 6897 Ages 1 to adult Ongoing varies



SwimLabs Indoor Swim School

Exercise and Social Skills

An exercise based social skills class for teens on the Autism spectrum. Activities include sharing age appropriate conversation, sharing with the group, playing basketball, volleyball, exposure to other sports and basic exercises.

Instructor: Us Too Staff

Fee: (per session): \$125 – Resident
\$130 – 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

Barcode#: 6899 12-18 yrs Sep 12- Oct 3 Mon 6-7 pm

Barcode#: 6900 12-18 yrs Nov 7-28 Mon 6-7 pm

Social Play Class

Enjoy a social based class where your child will participate in fun games, gymnastics, exercise circuits and a fun dance party at the end.

Instructor: Us Too Gymnastics Staff

Fee: (per session): \$100 – Resident
\$105 – 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

Barcode: 6902 10-18 yrs Sep 16- Oct 7 Fri 5-6 pm
Barcode: 6903 10-18 yrs Oct 21-Nov 11 Fri 5-6 pm

Gymnastics for Kids with Special Needs

Our gymnastics classes are specifically designed for children and teens with special needs (Autism, Down Syndrome, Cerebral Palsy, 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 3-6 students with 2 instructors. Please call to set up a free assessment and discuss placement and class dates and times. Make sure to mention the City to get our special price for Lake Forest residents only. This special pricing is available to new members only. This class also includes free open play for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm.

Instructor: Us Too Gymnastics Staff

Fee: \$105/month (Four 45-minute sessions) – Resident
\$110/month (Four 45-minute sessions) – 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

Barcode: 6904 10-18 yrs Ongoing Mon-Sat varies





Shooting Stars Basketball

This program is designed for special needs athletes or anyone who for whatever reason cannot participate in the SVUSD Boys' and Girls' Basketball league. Players will be grouped by ability to create competitive teams and provide any needed support. League stresses fun and participation. Registration includes jersey for all new players, practice & game meetings, picture day, team party & trophy. Volunteer Coaches and Teen Volunteers are welcome.

Ages: 1st Grade – Adult

Game Location: RSM Intermediate School Gym
21931 Alma Aldea,
Rancho Santa Margarita

For more information including start dates, please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com

What Is "TOPSoccer"?



TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes ages 4 to 30 with physical and mental disabilities.

TOPSoccer emphasizes development, training, and meaningful participation rather than competition. It's ALL about FUN!

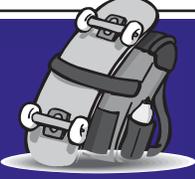
For more info, please contact:



Rick Trevers: Laguna Niguel Youth Soccer Association
Rick.Trevers@LNYSA.org

Sandy Castillo: scastillo@calsouth.com or visit calsouth.com/topsoccer

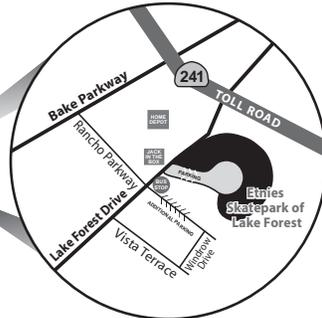
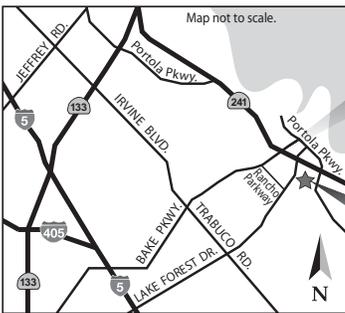
ETNIES SKATEPARK OF LAKE FOREST



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: The Skatepark is free for residents of Lake Forest. Non-resident fee is \$15 for the calendar year.

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 EtniesSkatepark.com. Also follow us on Facebook, Instagram, and Twitter. The website features interactive tours of the park, up to date news, links to the Skatepark social media pages, 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-Thursday	11:00 am – 9:00 pm
Friday	11:00 am – 10:00 pm
Saturday	10:00 am – 10:00 pm
Sunday	10:00 am – 9:00 pm

FALL HOLIDAY SCHEDULE

The park will be closed Thanksgiving Day, Thursday, November 24, 2016.

2016 Fall Classic Skate Contest Series

The Fall Classic contest series is going on its 13th year and this year promises to be the best yet. The Hallow's Eve Bowl Bash is a crowd favorite, great for skaters and spectators. It is the premiere bowl contest held at the Skatepark. The Fall Classic Street Contest will be our annual street contest with a new obstacle this year. Details will be available closer to the date of each contest at the Skatepark office or check EtniesSkatepark.com for more information. **Registration will take place the morning of each day at the park beginning at 9:00 am (3:00 pm for Bowl Event).**

Fee: \$20 entry fee per event

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

For more info call: The Skatepark at 916-5870

All Ages	Hallow's Eve Bowl Jam	Oct 22	Sat	5-10 pm
All Ages	Skate Street Contest	Nov 12	Sat	10 am-6 pm

Interested vendors wishing to have a booth at any event or sponsorship opportunities please email etnieskatepark@lakeforestca.gov or call (949) 916-5870



Live Music Showcase Fall 2016

The Etnies Skatepark of Lake Forest is proud to be the only all-ages venue for live music in South Orange County. Skate or enjoy the tunes in a safe environment. Bands like JFA, The Originalites, and many others have donated their time and energy to help raise money to support the Skatepark. Support your local Skatepark and enjoy a night of great tunes! Do you have a band interested in playing at the park? Send us a link to your music at etnieskatepark@lakeforestca.gov 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 (949) 916-5870 or visit etnieskatepark@lakeforestca.gov

All Ages	Sep 10	Sat	6-10 pm
All Ages	Oct 1	Sat	6-10 pm

Please note that skate camp participants will need a waiver filled out prior to entering the skatepark. Waivers will be good for the duration of the camp hours only. If the participant wants to use the skatepark outside of camp hours, the \$15 membership fee will need to be paid for non residents. Participants must provide skateboard, helmet, elbow/knee pads.

Birthday Parties at the Skatepark



Make your next party an Etnies Skatepark Skate Party! The Skatepark offers three very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates! Please note that **birthday party participants will need a waiver filled out prior to entering the Skatepark.** Waivers will be good for the duration of the party. If the participant wants to use the Skatepark outside of party hours, the \$15 membership fee will need to be paid for non-residents. Participants must provide skateboard, helmet, elbow/knee pads. Register online at etniesskatepark.com/165/Birthday-Parties

Party Package Details

- All packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block from 11:00 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.
- The grass area of the Skatepark is decorated and reserved for your party goers. This area includes popup tents, folding tables, and chairs which can accommodate 20 individuals comfortably.

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.

McTwist – \$375 Our premier package includes a Skatepark t-shirt for each participant, cupcakes, 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. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed toed shoes while filming inside the Skatepark. Each additional child will cost \$20 up to a maximum of 20 participants.

Kickflip – \$275 Our best value package includes cupcakes, 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. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed toed shoes while filming inside the Skatepark. Each additional child will cost \$10 up to a maximum of 20 participants.

Grind – \$175 Our most economical package includes, 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. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed toed shoes while filming inside the Skatepark. This package is designed for Parents who want to bring their own food, cake, décor, etc. Alcohol is not permitted. Each additional child will cost \$5 up to a maximum of 20.

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

To reserve your birthday party, please visit etniesskatepark.com/165/Birthday-Parties Parties are only confirmed when we receive the required security deposit. For more info call: The Skatepark at (949) 916-5870

Veterans Day Camp

Choose this Veterans Day to spend at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. The day of fun will include skateboard instruction, games, lunch, and a t shirt for the campers.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$40 per person Limited to 20 per session

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

Barcode#: 7156 5-17 yrs Nov 11 Fri 10 am-2 pm

Etnies Fall Skate Camp

Choose this Fall break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Lunch is catered 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 that 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. 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 supporting the Skatepark.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$120 per person Limited to 20 per session

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

Barcode#: 7143 5-17 yrs Nov 21-23 Mon-Wed 10 am-2 pm

Skatepark Safety/Etiquette Class

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

Instructor: Skatepark Staff

Fee: Free Limited 4 per session

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

To Register: Walk-in

For more info call: The Skatepark at 916-5870

Ages: 4 and up

Beginning Skateboard Lessons

Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of skateboarding, but lack the courage and know how? This is the class for you. 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 Skatepark. 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 in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$65 – 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 Skatepark at 916-5870

Barcode#: 7157	6 yrs and up	Sep 6-27	Tue	4-5 pm
Barcode#: 7158	6 yrs and up	Oct 4-25	Tue	4-5 pm
Barcode#: 7159	6 yrs and up	Nov 1-22	Tue	4-5 pm
Barcode#: 7160	6 yrs and up	Sep 3-24	Sat	9-10 am
Barcode#: 7161	6 yrs and up	Oct 1-22	Sat	9-10 am
Barcode#: 7162	6 yrs and up	Nov 5-26	Sat	9-10 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 basic skills but desire to improve. Skills covered in this class 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.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$65 – 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 (949) 461-3450

Barcode#: 7163	6 yrs and up	Sep 6-27	Tue	5-6 pm
Barcode#: 7164	6 yrs and up	Oct 4-25	Tue	5-6 pm
Barcode#: 7165	6 yrs and up	Nov 1-22	Tue	5-6 pm
Barcode#: 7166	6 yrs and up	Sep 3-24	Sat	10-11 am
Barcode#: 7167	6 yrs and up	Oct 1-22	Sat	10-11 am
Barcode#: 7168	6 yrs and up	Nov 5-26	Sat	10-11 am



Private Skateboard Lessons

One-on-one instruction from the basics to advanced techniques. Lessons are taught by experienced staff that specializes in teaching lessons catered to each individual. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. 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

Equipment needed: Skateboard, helmet, elbow/knee pads

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 is not available for this program.

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

SEPTEMBER

Barcode#: 7169	Sep-A	6 yrs and up	Sep 1	Thu	3 pm
Barcode#: 7169	Sep-B	6 yrs and up	Sep 1	Thu	4 pm
Barcode#: 7169	Sep-C	6 yrs and up	Sep 1	Thu	5 pm
Barcode#: 7169	Sep-D	6 yrs and up	Sep 1	Thu	6 pm
Barcode#: 7169	Sep-E	6 yrs and up	Sep 8	Thu	3 pm
Barcode#: 7169	Sep-F	6 yrs and up	Sep 8	Thu	4 pm
Barcode#: 7169	Sep-G	6 yrs and up	Sep 8	Thu	5 pm
Barcode#: 7169	Sep-H	6 yrs and up	Sep 8	Thu	6 pm
Barcode#: 7169	Sep-I	6 yrs and up	Sep 15	Thu	3 pm
Barcode#: 7169	Sep-J	6 yrs and up	Sep 15	Thu	4 pm
Barcode#: 7169	Sep-K	6 yrs and up	Sep 15	Thu	5 pm
Barcode#: 7169	Sep-L	6 yrs and up	Sep 15	Thu	6 pm
Barcode#: 7169	Sep-M	6 yrs and up	Sep 22	Thu	3 pm
Barcode#: 7169	Sep-N	6 yrs and up	Sep 22	Thu	4 pm
Barcode#: 7169	Sep-O	6 yrs and up	Sep 22	Thu	5 pm
Barcode#: 7169	Sep-P	6 yrs and up	Sep 22	Thu	6 pm
Barcode#: 7169	Sep-M	6 yrs and up	Sep 29	Thu	3 pm
Barcode#: 7169	Sep-N	6 yrs and up	Sep 29	Thu	4 pm
Barcode#: 7169	Sep-O	6 yrs and up	Sep 29	Thu	5 pm
Barcode#: 7169	Sep-P	6 yrs and up	Sep 29	Thu	6 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.

OCTOBER

Barcode#: 7169	Oct-A	6 yrs and up	Oct 6	Thu	3 pm
Barcode#: 7169	Oct -B	6 yrs and up	Oct 6	Thu	4 pm
Barcode#: 7169	Oct -C	6 yrs and up	Oct 6	Thu	5 pm
Barcode#: 7169	Oct -D	6 yrs and up	Oct 6	Thu	6 pm
Barcode#: 7169	Oct -E	6 yrs and up	Oct 13	Thu	3 pm
Barcode#: 7169	Oct -F	6 yrs and up	Oct 13	Thu	4 pm
Barcode#: 7169	Oct-G	6 yrs and up	Oct 13	Thu	5 pm
Barcode#: 7169	Oct-H	6 yrs and up	Oct 13	Thu	6 pm
Barcode#: 7169	Oct-I	6 yrs and up	Oct 20	Thu	3 pm
Barcode#: 7169	Oct-J	6 yrs and up	Oct 20	Thu	4 pm
Barcode#: 7169	Oct-K	6 yrs and up	Oct 15	Thu	5 pm
Barcode#: 7169	Oct-L	6 yrs and up	Oct 20	Thu	6 pm
Barcode#: 7169	Oct-M	6 yrs and up	Oct 27	Thu	3 pm
Barcode#: 7169	Oct-N	6 yrs and up	Oct 27	Thu	4 pm
Barcode#: 7169	Oct-O	6 yrs and up	Oct 27	Thu	5 pm
Barcode#: 7169	Oct-P	6 yrs and up	Oct 27	Thu	6 pm

NOVEMBER

Barcode#: 7169	Nov-A	6 yrs and up	Nov 3	Thu	3 pm
Barcode#: 7169	Nov-B	6 yrs and up	Nov 3	Thu	4 pm
Barcode#: 7169	Nov-C	6 yrs and up	Nov 3	Thu	5 pm
Barcode#: 7169	Nov-D	6 yrs and up	Nov 3	Thu	6 pm
Barcode#: 7169	Nov-E	6 yrs and up	Nov 10	Thu	3 pm
Barcode#: 7169	Nov-F	6 yrs and up	Nov 10	Thu	4 pm
Barcode#: 7169	Nov-G	6 yrs and up	Nov 10	Thu	5 pm
Barcode#: 7169	Nov-H	6 yrs and up	Nov 10	Thu	6 pm
Barcode#: 7169	Nov-I	6 yrs and up	Nov 17	Thu	3 pm
Barcode#: 7169	Nov-J	6 yrs and up	Nov 17	Thu	4 pm
Barcode#: 7169	Nov-K	6 yrs and up	Nov 17	Thu	5 pm
Barcode#: 7169	Nov-L	6 yrs and up	Nov 17	Thu	6 pm



COMMUNITY SERVICES

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 am-4 pm

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.

For more info call: Deputy Ramillano at 461-3545

Looking to Volunteer? Recently Retired? Lake Forest Police Services is currently interviewing.



Sheriff's Team of Active Retired Seniors (S.T.A.R.S.) supports our City by patrolling Schools, Parks, and Shopping Centers, performing Vacation Home Checks and Fire Watch, and assisting with Special Events.

For more info call: Deputy Ramillano at 461-3545

SENIOR PROGRAMS

Senior Scene - 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. This is a great place to meet new friends! No need to make a reservation for this great drop-in program. Participants must be 50+ years of age.

Fee: Free!

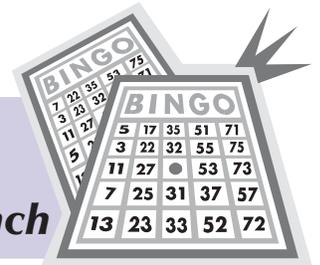
Location: Lake Forest Community Center (25550 Commercentre Dr)

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!

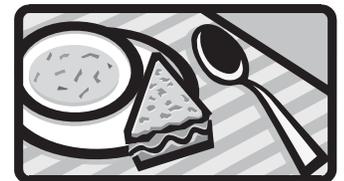
Seniors On-going Mon-Thu 10 am-2 pm

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



The Senior Scene Clubhouse will be closed Monday, September 5 and Thursday, November 24.

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...so be sure and tell your neighbors and friends! 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

Senior Scene Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



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.

Ping Pong



Dust off your paddles and join us for a friendly game of Ping Pong at the Senior Scene Clubhouse every Tuesday from 10 am – 1 pm **AND Wednesdays from 2:30 – 4:30 pm! (NEW!)**



Providing free and low-cost civil legal services to low-income persons, families, and seniors

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)

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 Oct 20 Thu 10:30 am-2:30 pm

Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice 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 am-2 pm
The Computer Lab will be closed from 11:30 am-2:30 pm on days classes are offered beginning Tuesday, 9/13 through 10/18 and Wednesday, 9/14 through 10/19.

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

Sep 15	Thu	9:30 am	Private Lucky by Melissa Guzzetta
Oct 20	Thu	9:30 am	The Elephant Whisperer by Lawrence Anthony
Nov 17	Thu	9:30 am	*The Boys in the Boat by Daniel James Brown

***Book will be provided at the October 20 meeting.**

HEAT WATCH

During the months of August-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 TRANSPORTATION, TWO WAYS TO GO!



1. Senior Scene Clubhouse Participants

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.



2. 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? We offer a transportation program 7-days a week/24 hours a day...including holidays.

=====*How it works!*=====

You must –

- Be a 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)
- Pre-Purchase Vouchers

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-transferrable and valid one year from date of purchase.

For additional information call (949) 461-3450.

Lake Forest Senior Advisory Board

In November 2016, three seats will become available to serve on the Senior Advisory Board. The City of Lake Forest Parks & Recreation Commission is looking for qualified candidates who are interested and passionate about future senior programs and senior center.

The Senior Advisory Board is appointed by and reports to the Parks & Recreation Commission. The Board consists of five members and will act in an advisory capacity to the Parks and Recreation Commission. Meetings are held six times per year. Each Board member's term limit is two years.

Qualifications for the Senior Advisory Board

- Lake Forest resident
- 50 years of age or older

Applications will be available on Monday, September 26 on the City's Website www.lakeforestca.gov/seniors and at the Senior Scene Clubhouse located at 25550 Commercentre Drive.

All applicants must submit an application to the Parks & Recreation Commission no later than Friday, October 28 by 5:00 pm. The Parks & Recreation Commission will conduct interviews on Thursday, November 17 at 7:00 PM.

12th Annual Senior Resource Fair & Vaccination Clinic

You don't want to miss the 12th Annual Senior Resource Fair! This is a fantastic opportunity for seniors, caregivers, and adults with parents living at home to get information on many of the health and wellness resources that are available. There will be many exhibits at which you will be able to get information on a wide array of products and services provided by the City, county, and other partnering agencies. Some of these benefits are free and/or low cost. A host of other vendors can provide helpful tips and information on their programs and how they can benefit you. Vendors will give free samples and all participants will be entered to win door prizes. Several free screenings, including thyroid, stroke, bone density, hearing tests and blood pressure checks.

The City of Lake Forest and Walgreens are partnering to offer free flu vaccinations to Medicare recipients and a minimal fee for non-recipients. Please bring your Medicare/Medical card. HMO and Kaiser members are not eligible for "free" vaccinations due to the carriers require recipients to obtain vaccinations through their offices.

Admission: FREE

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For More Info Call: The City of Lake Forest at 461-3450
Seniors Sep 14 Wed 10:00 am-12:00 pm

Fall Registration Dates:

Tuesday, August 9 (Lake Forest Residents)
Tuesday, August 16 (Non-Residents)

Thanksgiving Feast & Pumpkin Pie Eating Contest



Gobble – Gobble! What's that sound? It's that time of year to talk turkey! Better yet...let's eat some! Staff will serve you a "turkeylicious" meal with all the trimmings and a PUMPKIN PIE EATING CONTEST! It's more like eating your way through mounds of whipping cream to find a little pumpkin seed buried in the bottom of the plate. We don't want you to get "stuffed" on pumpkin pie before lunch! Bingo...are we playing Bingo? You bet your gizzards!

NOTE: Due to the popularity of the Thanksgiving luncheon, you may reserve two seats only. Reservations are mandatory. If you are unable to attend, please call and cancel your reservation. Lunch will be

served at noon. At 11:00 am participants who have not arrived for the luncheon will lose their seat to the first person on the waitlist unless you advise staff otherwise.

Fee: Free

Location: Lake Forest Senior Scene Clubhouse
(25550 Commercentre Dr)

To Register: Call 461-3450 or Walk-in to reserve your seat after 8 am on Tuesday, August 9. PLEASE DO NOT LEAVE RESERVATIONS ON THE VOICEMAIL. RESERVATIONS WILL NOT BE ACCEPTED VIA VOICEMAIL.

Non-residents can register beginning 8 am on Tuesday, Aug 16.

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

Barcode#: 7121 Seniors Nov 17 Thu 10:00 am-2:00 pm

Color Me Calm

This is the new rage...try this "art therapy" for adults. Color Me Calm is the newest way for adults to relax and unwind while coloring illustrations of repeated patterns. These patterns are known for its soothing properties to allow you to free yourself of the daily worries. During the class "Zen-like" music will be playing in the background as you relax and color on templates provided. No additional fees for supplies. **Please call 461-3408 to reserve your spot.**

Fee: FREE (6-week class)

Location: Lake Forest Senior Scene Clubhouse
(25550 Commercentre Dr)

Oct 10-Nov 14 Mon 12:30-1:30 pm
(No classes offered in the month of December)

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 85 Seniors Sep 8-Oct 13 Tue or Thu only 7:45-8:15 am
Session 86 Seniors Oct 27-Dec 8 Tue or Thu only 7:45-8:15 am

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)

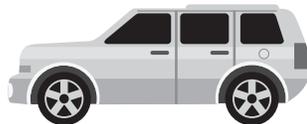
Location: Forest Lanes (22771 Centre Dr)

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

Seniors On-Going Fri 1-3:30 pm

AARP Driver Safety Course (2-day course)

Would you like to be more confident behind the wheel? Then we have a class for you!



This instructional class is for the mature driver (50+) 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. Must complete two-day course to receive certificate. **At time of registration, must provide AARP card.**

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

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In, Walk-In. No On-line Registration is available for this program.

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

Barcode#: 7171	Seniors	Oct 7	Fri	8:30 am-12:30 pm
		Oct 8	Sat	8:30 am-12:30 pm
Barcode#: 7172	Seniors	Nov 4	Fri	8:30 am-12:30 pm
		Nov 5	Sat	8:30 am-12:30 pm

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
- Non-Disabled Housing Information 714-480-2864
- 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

Medicare's Enrollment

Each year, you have a chance to make changes to your Medicare Advantage Plans (Part C) and Medicare Prescription Drug Coverage Plans (Part D) for the following year. The enrollment starts on Saturday, October 15 and ends Wednesday, December 7, 2016.

For additional information, visit the official Medicare website at www.medicare.gov or call 1-800-633-4227 or call 461-3408 and make an appointment with a HICAP counselor.

HICAP

Health Insurance Counseling and Advocacy Program

What is Medicare? When can I enroll? 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:

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

To Make an Appointment, Please Call (949) 461-3408 and Leave Your Name and Phone Number.

Appointments are available from 10 am-2 pm on the **second Tuesday** of the month: September 13, October 11 and November 8.

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.**

The excursions listed below are large City excursions (may accommodate up to 45 participants). Registration begins for these excursions for Lake Forest Residents on Tuesday, August 9 and Non-Residents on Tuesday, August 16. Registration for large City excursions is ongoing. Registration for senior mini-excursions (may accommodate up to 13 participants) is the first Wednesday of each month at noon, taking place in the Senior Scene Clubhouse.

Pechanga Resort & Casino – Temecula

Pechanga Resort & Casino is the largest casino floor in California (188,000 square feet) with over 3,000 state-of-the-art slots, video poker machines, 140 table games and BINGO. If you work up an appetite while playing, take the opportunity to enjoy lunch at the food court, 24-hour café, or feast at the phenomenal buffet. Upon arrival, each participant will receive a \$5 EZ Play gaming credit added to your Pechanga Club Card.

Fee: \$10 per person

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

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

Barcode#: 7118 Adults/Seniors Tue Sep 20 9:30 am-5:30 pm

Santa Anita Park

"A Day at the Races" – Arcadia

And they're off! Santa Anita Park is a thoroughbred racetrack that offers some of the prominent racing events in the United States. Your day at the races includes admission to the Clubhouse, racing program, handicapper to educate those who are new to the sport of racing, paddock tour (entailing, walking ring and post parade) and a gourmet buffet.

Fee: \$50 per person

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

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

Barcode#: 7119 Adults/Seniors Thu Oct 20 10:00 am-6:00 pm

Mission Inn Hotel Museum Tour & Festival of Lights – Riverside

Since 1992, a small holiday lighting ceremony has turned into the “crown jewel of holiday festivals” and is Number 1 Best Public Lights Display in the U.S. Upon your arrival a docent will lead you on a tour of the Mission Inn and wings within the Inn. Before the Festival of Lights ceremony participants will have an opportunity to shop and dine on scrumptious holiday food and drinks and enjoy the festive music.

Fee: \$45 per person

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

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

Barcode#: 7120 Adults/Seniors Tue Dec 6 11:30 am-7:30 pm

Senior Santa & Friends at the Senior Scene Clubhouse



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

* * * * ITEMS NEEDED: * * * *

- Blankets
- Gift cards (grocery stores, department stores, and pharmacies)
- New clothing
- Household appliances
- Nutritional supplements (e.g. Ensure, Glucerna)
- Medical equipment (walkers, canes, etc.).

**Beginning November 1 through
December 8, drop off your gift at
the Senior Scene Clubhouse between
10 am-2 pm, Monday-Thursday!**

SENIOR EMERITUS CLASSES through Saddleback College

Emeritus classes are offered for active seniors. The City of Lake Forest partners with Saddleback College's Emeritus Program to offer courses especially designed to meet the education and recreational interests of seniors.

Pre-registration is recommended for all classes.

All Senior Emeritus Classes through Saddleback College are FREE of charge.

Emeritus Main Office: 949-582-4835

Saddleback College Emeritus Institute Online

To view entire Registration Instructions, please visit saddleback.edu/uploads/emergitus/dponlineregistrations.pdf

- Log in to Mysite
 - Go to Saddleback.edu
 - Login and Password Box
- Go to Registration
 - Click My Classes and Register
- Update your information
 - Answer all questions with a red*
 - Important Social Security Number Information
- Register for Classes
 - Enter Class Ticket Number, then click: Add Class
- Finish
 - Registration Confirmation Screen: Lists all classes for which you registered.

Wearable Art (Saddleback College)

Design and construct a garment incorporating techniques such as applique, surface design, bobbin work, fabric manipulation, dimensional texture and collage. Designed for the older learner.

Instructor: M South

Location: CH-Lounge

**Tic#: 18195 – FASH 124x Seniors Aug 22-Dec 12 Mon 9-11:50 am
(No class Sep 5)**

Registration for all Senior Emeritus classes is done through Saddleback College and Irvine Valley College directly. City of Lake Forest registration methods DO NOT apply to Emeritus class registration.

Beginning Practical Spanish (Saddleback College)

Basic fundamentals of Spanish for the older adult. Includes reading, comprehension, speaking, and writing. Emphasis will be placed on development of conversational skills.

Instructor: M Duran DeMehranfard

Location: CH Activity Rm

Tic#: 18705 – SPAN 230x Seniors Aug 23-Dec 13 Tue 2-3:50 pm

Advanced Practical Spanish (Saddleback College)

Designed to develop fluency in Spanish. The emphasis is on expression and conversation in Spanish.

Instructor: M Duran DeMehranfard

Location: CH Activity Rm

Tic#: 18720 – SPAN 232x Seniors Aug 25-Dec 15 Thu 9-10:50 am

Current Issues in Government (Saddleback College)

Exploration of current issues and loads, environment, terrorism, and conflicts. Focuses on the impact of these events on the lives of older adults.

Instructor: Charles Wilbourn

Location: CH Lounge

**Tic#: 17730-PS214x Seniors Aug 25-Dec 15 Thu 10:30 am-12:20 pm
(No class Nov 24)**

Birds of the World (Saddleback College)

Includes bird ancestry, evolution, systematics, distribution, topography, behavior (song, territoriality, migration), and techniques of field identification of birds. Designed for older adults who wish to actively participate in a course outdoors. Includes field trips to local sites.

Instructor: Dr. V Leipzig

Location: Sports Park Mtg Rm 2

Tic#: 18290 – BIO 226x Seniors Aug 24-Dec 14 Wed 8:30-11:20 am

Beginning Chinese Brush Painting (Saddleback College)

Introduction to the techniques of Chinese Brush Painting including concepts in the design and composition of traditional subjects, mounting of completed paintings. Designed for the older learner.

Instructor: C Ho

Location: CH-CCB

**Tic#: 18340 – ART 55xa Seniors Aug 22 – Dec 12 Mon 9-11:50 am
(No class Sep 5)**

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 am-5 pm

Mail form and payments to:

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

Fax form to IVC: 949-451-5270

Computer Classes

Social Media Fundamentals (IVC)

Explore different social media outlets available on-line such as Facebook, Instagram, LinkedIn and Twitter. Learn how to create text and post picture, send and accept friend requests so you can stay in the loop with your family and friends.

Fee: \$15 per ticket number

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 80105	Seniors	Tue	Sep 13	12-1 pm
Tic#: 80106	Seniors	Tue	Sep 27	12-1 pm
Tic#: 80107	Seniors	Tue	Oct 18	12-1 pm

Facebook in Greater Depth (IVC)

In this class you will learn to upload videos, pictures and create photo albums on Facebook to share with your social media network. Access your account from your smart phone, and learn how to specify exactly who sees what on your account.

Fee: \$15 per ticket number

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 80108	Seniors	Tue	Sep 13	1-2 pm
Tic#: 80109	Seniors	Tue	Sep 27	1-2 pm
Tic#: 80110	Seniors	Tue	Oct 18	1-2 pm

Windows Photo Gallery (IVC)

You will learn to customize Windows so that it fits your style; change the desktop background and screensaver, pin programs you use most on the Taskbar and Start menu, and learn how to use the Recycle Bin to your advantage.

Fee: \$15 per ticket number

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 80111	Seniors	Wed	Sep 14	12-1 pm
Tic#: 80112	Seniors	Tue	Sep 20	12-1 pm
Tic#: 80113	Seniors	Wed	Oct 12	12-1 pm
Tic#: 80114	Seniors	Wed	Oct 19	12-1 pm

Windows Movie Maker (IVC)

Learn how to string together your photos to make a movie with Windows Live Movie Maker. You will also learn how to apply transitions and add music for your own special style.

Fee: \$15 per ticket number

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 80115	Seniors	Wed	Sep 14	1-2 pm
Tic#: 80116	Seniors	Tue	Sep 20	12-1 pm
Tic#: 80117	Seniors	Wed	Oct 12	1-2 pm
Tic#: 80118	Seniors	Wed	Oct 19	1-2 pm

Email Basics (IVC)

Use your Google email account to learn how to draft and save emails; format them to add your own special touch, how to forward and flag your emails, setting up contacts and sending/downloading attachments.

Fee: \$15 per ticket number

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 80119	Seniors	Wed	Sep 21	12-1 pm
Tic#: 80120	Seniors	Wed	Sep 28	12-1 pm
Tic#: 80121	Seniors	Tue	Oct 11	12-1 pm

Smart Phone and Computer Applications / "Apps" (IVC)

Learn how to get the most out of your smart phone, tablet and computer applications. This one hour class will walk you through the different functions of your smart phone, tablet and computer.

Fee: \$15 per ticket number

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 80122	Seniors	Wed	Sep 21	1-2 pm
Tic#: 80123	Seniors	Wed	Sep 28	1-2 pm
Tic#: 80124	Seniors	Tue	Oct 11	1-2 pm

Art Classes

Beading & Stringing (IVC)

Netting, Chevron, St. Petersburg, and Spiral Stitches. Most stitches can be made flat, tubular, and round. There will be some emphasis on stringing with wire and how to finish bead work. Discussions on beads, tools, and reading patterns and designing will be done throughout the course to help you understand more about working with beads. Students will be encouraged to create their own style and bring any beading supplies they own. A list of supplies will be given at the first class.

Fee: \$40

Location: Meeting Rm 1

Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 90070	Seniors	Thu	Sep 8-Dec 8	1-3 pm
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(No class on Nov 24)

Registration for all Senior Emeritus classes is done through Saddleback College and Irvine Valley College directly. City of Lake Forest registration methods DO NOT apply to Emeritus class registration.

IVC Classes continued

Fitness

Chinese Fan Boxing (IVC)

Fan boxing is a Chinese Kung Fu routine using a bamboo and cloth fan, held in the right hand. Learn techniques for handling and use of the fan; including strikes, blocks, jabs and deflections, as well as a short choreographed movement set. The bright colors and distinctive sharp sound as it snaps open makes Fan Boxing fun and exciting. Materials: Fans will be available to purchase from the instructor at \$15 each on the first day of instruction. Students already owning a fan may bring their own; however fans will be subject to inspection and approval by the instructor prior to use in the class.

Fee: \$40

Location: Activity Rm 2

Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 90310 Seniors Tue Sep 6-Nov 22 11 am-12 pm

It's Never Too Late Fitness (IVC)

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. Students will need to bring a mat or towel and small hand weights.

Fee: \$30

Location: Lake Forest Recreation Center
(28000 Rancho Pkwy) – Activities Room 1

**Tic#: 90105 Seniors Thu Sep 8-Dec 1 10-11:30 am
(No class on Nov 24)**

Dyna-bands Workout & Arthritis Exercise (IVC)

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)

Tic#: 90160 Seniors Tue Sep 6-Nov 22 12:30-2 pm

Pilates (IVC)

A non-impact exercise p that 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)

Tic#: 90225 Seniors Tue Sep 6-Nov 22 10-11:30 am

Aquatic Fitness Training (IVC)

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)

Tic#: 90195 Seniors Tue Aug 23-Oct 11 2-3:30 pm

Tic#: 90270 Seniors Thu Aug 25-Oct 13 2-3:30 pm

Tic#: 80270 Seniors Tue Oct 18-Dec 6 2-3:30 pm

Tic#: 80271 Seniors Thu Oct 20-Dec 15 2-3:30 pm

(No class on Nov 24)

Physical Fitness: Yoga (IVC)

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 allows students to build skills and increase their fitness level.

Fee: \$38

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 90165 Seniors Wed Sep 7-Nov 23 1-2:30 pm

Tai Chi Ch'uan (IVC)

Tai Chi Ch'uan, an ancient Chinese exercise that provides both mental physical health benefits. Improve balance, lower high blood pressure and increase vitality with tai chi! Learn tai chi movements, self-massage acupuncture and the philosophy of tai chi ch'uan.

Fee: \$25

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 90075 Seniors Wed Sep 7-Nov 23 9-10:30 am

Advanced Tai Chi Ch'uan (IVC)

This class is an advanced tai chi class for students GuangPing Yang tai chi.

Fee: \$25

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Tic#: 90330 Seniors Wed Sep 7-Nov 23 10:30 am-12 pm

HOW TO REGISTER

Fall 2016 Registration Dates
Lake Forest Residents: Tuesday, August 9
Non-Residents: Tuesday, August 16

The image shows a 'City of Lake Forest - Community Services Division Program Registration Form'. It includes fields for 'PRIMARY CONTACT' (Last Name, First Name, Email, City, State, Zip, Work Phone, Home Phone, Emergency Contact) and 'OTHER FAMILY MEMBERS' (Last Name, First Name, Birthdate, Sex, Activity Name). A note states: 'A form must be filled out for each registration form. Children's birthdates must be filled out completely in order to process registrations.'

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, August 9**.

Go on-line to <https://online.activecommunities.com/lfreonline> 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.



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.



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).

General Information

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

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.

Barcode #	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.

 (Signature) Parent or Guardian must sign for those under 18 years of age Date _____

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

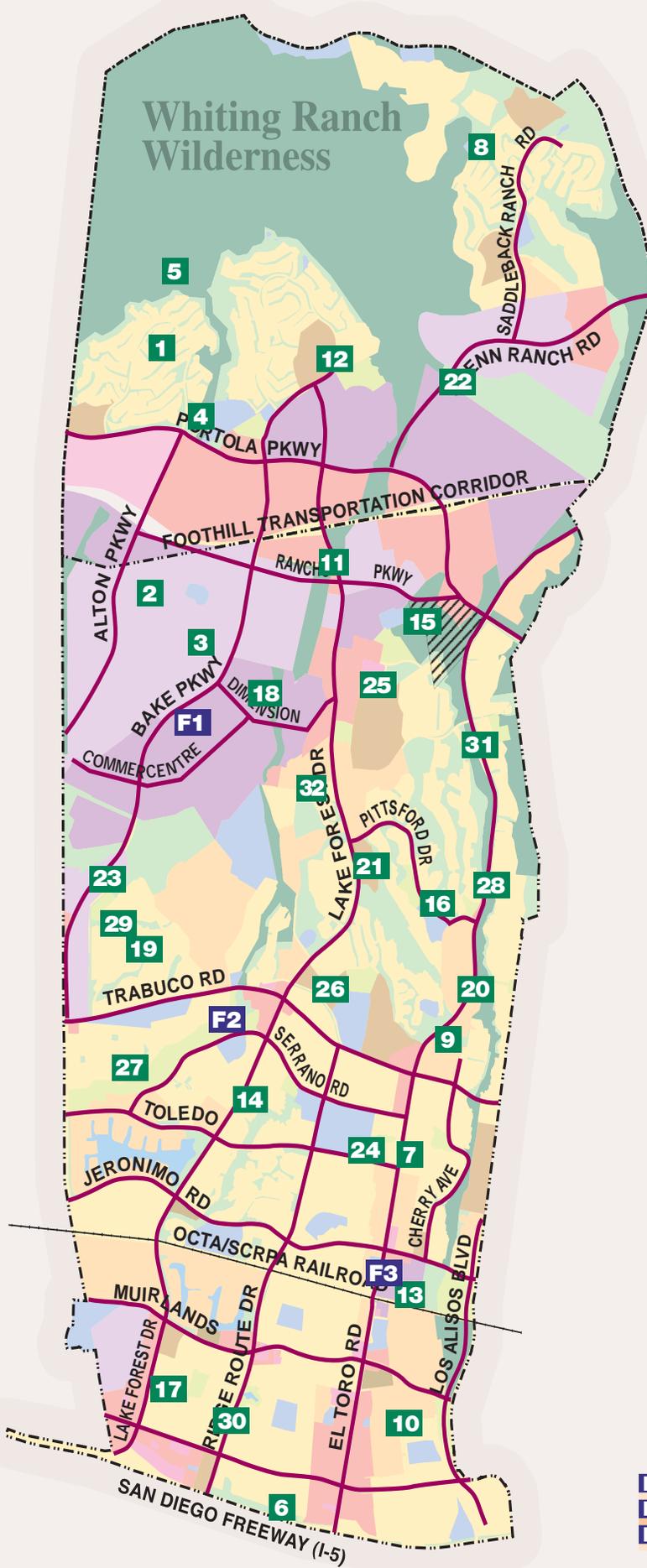
Questions on Registration?
 Call 461-3450



Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only	Payment Type _____	Paid By Check# _____	Paid By: Cash Amount _____	Credit Card _____	Initial/Date _____
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NOT FOR EMERITUS PROGRAM REGISTRATION



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 26380 Rancho Parkway	8	2	1	1	1		2	1	1	1		
3 Barker Ranch Dog Park 26500 Baffin Bay Drive	0.5											
4 Borrego Park 26982 Cabriole	11	5		1 ^{fc}			11	1	1	1		1
5 Borrego Overlook Park 21 Viaggio Lane	1.6	3					5	1				
6 Cavanaugh Mini Park 23782 Cavanaugh Road	0.2			1 ^{hc}			1	1				
7 Cherry Park 22651 Cherry Avenue	4.5	3		1 ^{hc}			9 1 ^s	1				
8 Concourse Park 18931 Saddleback Ranch Road	7	2		1 ^{hc}			1	4 2 ^s	2	1		1
9 Darrin Park 22461 Cherry Avenue	3.1	6		1 ^{hc}			11 1 ^s	1				
10 El Toro Park 23701 Los Alisos Boulevard	10	2					1	7 1 ^s	1	1		2 ^L
11 Etnies Skatepark of Lake Forest 20028 Lake Forest Drive	5.3						3	1				
12 Foothill Ranch Community Park 19422 Rue De Valore	15.5		2	1 ^{fc}			9	2	1	1	2	1
13 Heroes Park 25420 Jeronimo Road	12.4	1	4 ^L		1 ^L		2	1				
14 Lake Forest Park 24000 Serrano Road	2.3							1				
15 Lake Forest Sports Park/ Recreation Center 28000 Rancho Parkway	86	8	5 L	2 L	3 L	1	8 s	2	2	5 L		1
16 Montbury Park 21962 Montbury Drive	3.5	1					2					
17 Mountain View Park 24061 Dylan Street	5.3	2	1	1 ^{fc} 1 ^{hc}			1	9 1 ^s	2	1		2 ^L
18 Nature Park 26215 Dimension Drive	4.5						7 1 ^s					1
19 Peachwood Park 21132 Peachwood	2.7						5 1 ^s	1				
20 Pebble Creek Park 26441 Pebble Creek Road	1.9						1	1				
21 Pittsford Park 21701 Pittsford Drive	10	2					8 1 ^s	2	1		2	1
22 Portola Hills Park 28040 Glenn Ranch Road	5											
23 Rancho Serrano Park 20842 Paseo Sombra	5.1	3					7			1		
24 Ranchwood Park 22500 Killy Street	1.9			1 ^{hc}				1				
25 Regency Park Regency Lane & Osterman Road	5									1		
26 Ringgate Park 29772 Ringgate	5	1		1 ^{fc}			7 1 ^s	3	1		1	
27 Serrano Creek Park 25101 Serrano Road	44	3					13 1 ^s	1	1			1
28 Sundowner Park 22041 Sundowners Lane	0.8	1					2	1				
29 Tamarisk Park 22001 Tamarisk	11.2		1	1 ^{fc}			11	1	1			
30 Village Pond Park 23102 Ridge Route Drive	4.7						3					
31 Vintage Park 21000 Vintage Street	4.8	5		1 ^{fc} 1 ^{hc}			11	1				
32 Whispering Hills Park (Future Site)												

park shelter available for reservation
 gymnasium
 roller rinks

• ^{fc} full court • ^L lights
 • ^{hc} half court • ^s shelter

OTHER FACILITIES

F1 City Hall /Community Center	25550 Commercentre #100	461-3400
F2 Heritage Hill Historical Park	25151 Serrano Road	923-2230
F3 Lake Forest Golf	23308 Cherry Avenue	859-1455

25TH ANNIVERSARY

FAMILY CARNIVAL



SATURDAY, SEPTEMBER 17 · 11 AM- 3 PM

**Join us for this
fun-filled event to
celebrate our City's
25th Anniversary!**

**Live music from
Top 40 Country Band
Pickleback Shine
and The Rockabillys!**

**Food and Game Booths,
Family Activities including
an Inflatable Rock Wall and
a Pie and Watermelon
Eating Contest!**



**LAKE FOREST
SPORTS PARK COMMONS
28000 RANCHO PARKWAY
LAKE FOREST, CA 92630**

FOR MORE INFO CALL COMMUNITY SERVICES AT (949) 461-3450