

Recreation Programs Spring 2016

CITY OF LAKE FOREST

March, April, May

Leisure Times



Bunny Blast: "An Egg Wonderland": Saturday, March 19, 2016- see page 1



LEISURE TIMES INDEX

PAGE NUMBER

City Special Events 1-2

Youth 2

Teen Activities & Excursions 2-4

Spring Events At A Glance 3

Recreation Classes 5-19

Special Needs 19-21

Etnies Skatepark of Lake Forest 21-25

Community Services 25

Senior Programs 26-31

Need to Know Numbers! 30

Excursions 31-32

Senior Emeritus Classes 32-34

How to Register 35

Program Registration Form 36



Contact Information

City Hall 461-3400

- Community Services 461-3450
- Etnies Skatepark
of Lake Forest 916-5870
www.etnies skatepark of lake forest.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
Recreation 768-0981, press 3
- Building Inspection 461-3470
- City Clerk 461-3420
- City Council 461-3420
- City Manager's Office . . . 461-3410
- Community
Policing Center 461-3548
- Economic
Development 461-3567
- Employment Hotline 461-3418
- Fields Hotline 461-3595
- Graffiti Hotline 461-3583
- Public Works 461-3480

Front Cover Photo: John McGuire

Community Services Spring 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, May 30 (Memorial Day)

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 March, April, and May, City Hall is closed on the following Fridays:

- March 11, 25
- April 8, 22
- May 6, 20

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

Bunny Blast: "An Egg Wonderland" Saturday, March 19, 2016



Don't be late for a very important date! It is time for everyone's springtime favorite - Bunny Blast: "An Egg Wonderland"! Enjoy a fun filled event for the whole family with a day of activities including game booths, crafts, face painting, giant ferris wheel, petting zoo, pony rides, balloon artist and so much more! There will be entertainment for everyone with a Mardi Gras parade and DJ. Alice and her Wonderland friends will be there, too. Bring your camera to take pictures with Nectar, the Mad Hatter, the Cheshire Cat, the White Rabbit and Hoppy the Spring Bunny. Hop on down early to take part in all the fun!

Fee: Free (nominal fee for games, activities and food)

Location: El Toro Park (23701 Los Alisos Blvd)

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

Families	Mar 19	Sat	11 am-3 pm
-----------------	---------------	------------	-------------------

Rancho Days Fiesta at Heritage Hill Historical Park

Come explore the rich history of Orange County's Mexican Ranchos and Native American tribes! Experience the sights, sounds and smells of the past through music, dance, crafts, and hands-on demonstrations. Historic buildings, including the 1863 Serrano Adobe, will be open, courtesy of Amigos de la Colina Docents. Refreshments will be available for a nominal fee.

Fee: \$5 admission per person.

Children under the age of 3 are free.

Location: Heritage Hill Historical Park (25151 Serrano Rd)

Registration: Day of event registration only

For more info call: Heritage Hill Historical Park at 923-2230

More information about Heritage Hill Historical Park, as well as other OC Parks, is available at www.OCParks.com.

Families	May 1	Sun	11 am-3 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, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?



Fee: \$7 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)

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

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

Barcode#: 6517	Adults/Seniors	Mar 4	Fri	7-9:30 pm
-----------------------	-----------------------	--------------	------------	------------------

Barcode#: 6518	Adults/Seniors	May 6	Fri	7-9:30 pm
-----------------------	-----------------------	--------------	------------	------------------

25th Anniversary Celebration

Our 25th anniversary celebration will continue with an information booth at Bunny Blast, summer events such as softball and golf tournaments, a special musical 4th of July parade entry, and end-of-summer anniversary concert! Stay tuned and check your Summer 2016 Leisure Times for all the details.



9th Annual Aliso Creek Clean-Up Day

Help fight the battle against litter and debris with the City Of Lake Forest and Wal-Mart! Join other Lake Forest residents, community groups and City staff in removing litter from a portion of the Aliso Creek. We will supply the gloves, trash bags, reacher sticks, volunteer shirt, snacks and beverages. Meet at Cherry Avenue and Fernbank Street (south-west of Cherry Park). Park on Cherry Avenue. All volunteers such as service organizations, students, scout groups, Kiwins, teens and adults are welcome. Minors must be accompanied by an adult. All volunteers must sign a waiver form. Please wear appropriate footwear, sunscreen, and a hat.

Location: Cherry Ave and Fernbank St

For more information and to register call: The Recreation Center at 273-6960

5 yrs-adult May 14 Sat 9-11:30 am

YOUTH

Kids' Factory - SVUSD

Kids' Factory is a drop-in 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: \$25 per semester

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 14-Jun 10 Mon-Fri
Times vary depending on school dismissal.

Spring Breakout Camp

Camp will include games, skits, crafts, competitions and fun with friends. There will be two fun filled excursion days! The ratio of this camp will be eight kids to one staff member. Kids will need to bring their lunch every day. **Note: 6 year olds must be in 1st grade to attend camp.**

Instructor: Lake Forest Recreation Staff

Fee: \$129 per participant- Resident
 \$134 per participant- Non-Resident

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

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

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

Barcode#: 6207 6-10 yrs Mar 28-Apr 1 Mon-Fri 7:30 am-6 pm

TEEN ACTIVITIES & EXCURSIONS

THE Lounge

Join us for a fun and exciting afterschool program... The Lounge! We have movies, video games, a computer lab, homework help and more. Shuttle service is available. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times for all minimum days. The program runs Monday through Friday for the entire school year **In-person pre-registration is required for this program.** Registration for the 2016/2017 school year begins on May 10.

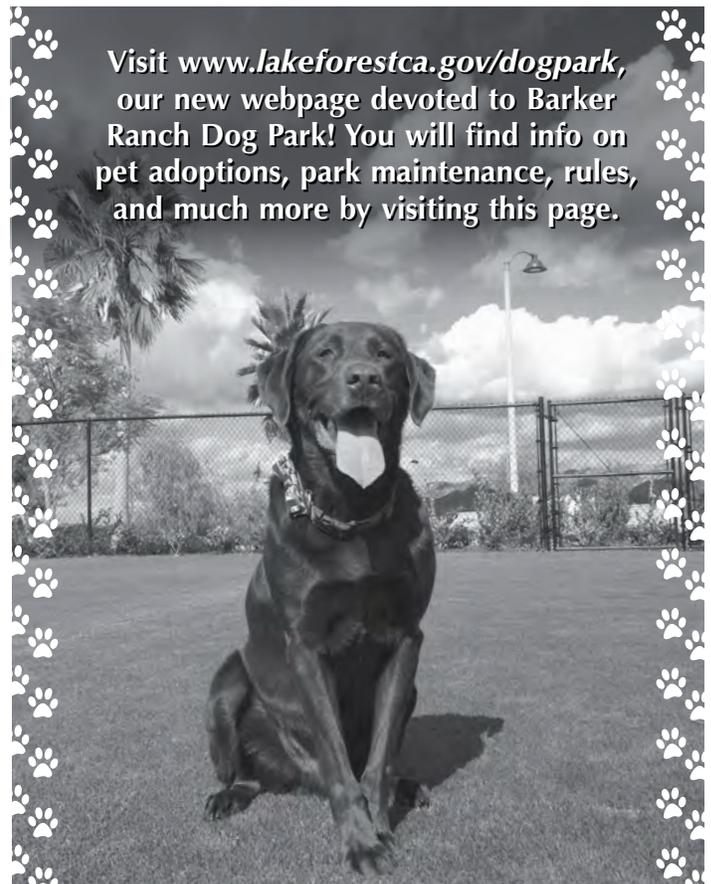
Fee: \$50 per school year

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

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

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

Grades 7-8 2015-2016 School Year Mon-Fri
(excluding school holidays)



Visit www.lakeforestca.gov/dogpark, our new webpage devoted to Barker Ranch Dog Park! You will find info on pet adoptions, park maintenance, rules, and much more by visiting this page.

Spring into Fun Camp

Attention all Intermediate School students! Take a week long break from school and experience fun amusement parks and attractions Southern California has to offer during the spring break! Sign up for this exciting camp where we'll be doing fun activities and games all week long! We'll also be going on two fun days of excursions! Our fee includes activities, trips, snacks, supplies and transportation. Don't wait! Sign up for this camp fast before you have to go back to school!

Instructor: Lake Forest Recreation Staff

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

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

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

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

Barcode#: 6294 11-14 yrs Mar 28-Apr 1 Mon-Fri 7:30 am-6 pm

"Last Fridays" Teen 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#: 6291	11-14 yrs	Mar 25	Fri	6-9:30 pm
Barcode#: 6292	11-14 yrs	Apr 29	Fri	6-9:30 pm
Barcode#: 6293	11-14 yrs	May 27	Fri	6-9:30 pm

Spring 2016 Events At A Glance

DATE	TIME	EVENT	LOCATION	FEE
Friday, March 11	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 per person
Saturday, March 19	11am-3 pm	 Bunny Blast: "An Egg Wonderland"	El Toro Park (23701 Los Alisos Blvd)	Free (nominal fee for games, activities and food)
Saturday, March 26	11am-1 pm	Etnies Egg-cellent Egg Hunt and Festival of Colors	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 for egg hunt, \$5 for unlimited jumper wristband
Saturday, April 9	9am-12 pm	 Special Needs Resource Fair	Pittsford Park (21701 Pittsford Dr)	Free
Sunday, May 1	11am-3 pm	Rancho Days Fiesta at Heritage Hill Historical Park	Heritage Hill Historical Park (25151 Serrano Rd)	\$5 per person; children under age 3 are free
Saturday, May 14	9-11:30 am	Aliso Creek Clean-Up Day	Cherry Ave and Fernbank St	Free to participate



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](https://www.facebook.com/LakeForestEvents)

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

Are you in middle school or high school and want to make a difference in your community? Do you wish there were more things to do in Lake Forest? Then get ACTIVE in your community and make it happen by joining the A.C.T. Let your voice be heard! Help plan teen activities and excursions, be a part of the LFteens.com webpage design group, volunteer for City events, and be a voice for your community. The committee meets twice a month 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 school year 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

Spring Committee Meeting nights:

Teens	Mar 3	Thu	6-7 pm
Teens	Mar 16	Wed	6-7 pm
Teens	Mar 31	Thu	6-7 pm
Teens	Apr 6	Wed	6-7 pm
Teens	Apr 21	Thu	6-7 pm
Teens	May 4	Wed	6-7 pm
Teens	May 19	Thu	6-7 pm
Teens	Jun 1	Wed	6-7 pm
Teens	Jun 16	Thu	6-7 pm

Finding the Right College Workshop



High school students can create their college options. This workshop will cover 25 ways NOT to choose a college, standardized test tips and how to avoid common mistakes. Financial Aid will be explained – Merit Aid vs Need-Based Aid, FAFSA, EFC and Profile. Find out what questions to ask a college. Parents are free with paid student and encouraged to attend.

Instructor: David Gurr

Fee: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

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#: 6399 14-18 yrs Mar 24 Thu 6-8:30 pm



We Now Have Public Wi-Fi our Sports Park & Recreation Center!

Playing the Financial Aid Game College Workshop



Learn how to save thousands of dollars on the cost of college. Free guide on completing the FAFSA and CSS Profile. Learn how to avoid common aid mistakes. Learn about Merit Aid vs Need-based Aid, EFC calculation and net price calculator. Parents are free with paid student and encouraged to attend.

Instructor: David Gurr

Fee: \$25 – Resident
\$30 -Non-Resident
(1-day workshop)

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#: 6400 14-18 yrs Apr 14 Thu 6-8:30 pm

Selective College Admissions Workshop



Learn the key factors desired by Elite colleges. Know the Top 12 strengths and experiences colleges look for in students. Learn strategies in building your ideal balanced college list. Discussion on UNNWR ranking methodology, early decision and early action. Review case studies and targeted approaches to essay building. Parents are free with paid student and encouraged to attend.

Instructor: David Gurr

Fee: \$25 – Resident
\$30 – Non-Resident
(1-day workshop)

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#: 6401 14-18 yrs May 12 Thu 6-8:30 pm

Save Time!



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

RECREATION CLASSES

Preschool Programs

Alice in Wonderland Tea Party!

Come have tea and cupcakes with Alice and all of her friends! Join us as we celebrate everybody's very merry un-birthday at this "Alice in Wonderland" themed preschool party! Alice will be there with some of her friends such as the Mad Hatter, the White Rabbit and the Cheshire Cat to join in all the fun. There will be games, songs, crafts, storytime and a snack! Parent participation is required for this popular program.



Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1 time workshop)

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#: 6203 2-5 yrs Mar 4 Fri 10-11 am

It's a Dinosaur Party!



Stomp on over for a roaring good time! Come to this dino-mite party! There will be dino-rific games, songs, and crafts. Come listen to the story of the good dinosaur and all his friends! We will finish the party chomping on a yummy snack! You'll have a roaring good time! Parent participation is required for this program.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1 time workshop)

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#: 6204 2-5 yrs Apr 8 Fri 10-11 am

Lilo & Stitch Luau Party!



Aloha! We're having a luau that is sure to be fun! Lilo and Stitch are waiting for you to come! This party will be a luau filled with fun games, songs, crafts and story time! Not to mention a yummy snack too! Come party with us--- we're all *ohana* here! *Ohana* means family and family means no one gets left behind! Hula on over for this great party! Parent participation is required for this program.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1 time workshop)

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#: 6205 2-5 yrs May 6 Fri 10-11 am

Youth

Zumbini™

Designed to let mom, dad or caregiver and your little one(s) 0 to 3 years old wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meet the magic of Zumba® in the ultimate bonding experience! Please RSVP to Raelyn.brachmann@ocsarts.net if you would like to attend a FREE demo class on Tuesday, Mar 8th at 10am!

Instructor: Raelyn Brachmann

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

Materials Fee: A \$35 fee payable to the instructor is required at first class meeting. Fee is for a brand new Zumbini™ Bundle which includes a songbook and two copies of the class music.

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#: 6386 6 mos-3 yrs Mar 15-May 3 Tue 10-10:45 am

Age Minimum And Maximum

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

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.



RSVP for Free DEMO class on March 28th at 9:15am and 4:30pm to 949-350-0985

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

Fee: \$150 – Resident
 \$155 – 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#:	6285	9 mos-4 yrs	Apr 4-Jun 13*	Mon	9:15-10 am
Barcode#:	6286	9 mos-4 yrs	Apr 4-Jun 13*	Mon	10:15-11 am
Barcode#:	6287	9 mos-4 yrs	Apr 4-Jun 13*	Mon	4:30-5:15 pm
Barcode#:	6284	9 mos-4 yrs	Apr 8-Jun 10	Fri	10:30-11:15 am
Barcode#:	6288	9 mos-4 yrs	Apr 9-Jun 11	Sat	9:15-10 am

*No class 5/30

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: \$110 – Resident
 \$115 – Non-Resident
 (4-week sessions)

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

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

To Register: Online, Mail In, Walk-In

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

Barcode#:	6427	10 mos-3 yrs	Mar 8-31	Tue & Thu	10-10:30 am
Barcode#:	6428	10 mos-3 yrs	Mar 8-31	Tue & Thu	11-11:30 am
Barcode#:	6429	10 mos-3 yrs	Apr 5-28	Tue & Thu	10-10:30 am
Barcode#:	6430	10 mos-3 yrs	Apr 5-28	Tue & Thu	11-11:30 am
Barcode#:	6431	10 mos-3 yrs	May 3-26	Tue & Thu	10-10:30 am
Barcode#:	6432	10 mos-3 yrs	May 3-26	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: \$110 – Resident
 \$115 – Non-Resident
 (8 lessons)

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

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

To Register: Online, Mail In, Walk-In

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

BEGINNER 1 CLASSES

Barcode#:	6473	3-5 yrs	Mar 8-31	Tue & Thu	9:30-10 am
Barcode#:	6474	3-5 yrs	Mar 8-31	Tue & Thu	11:30-12 pm
Barcode#:	6475	3-5 yrs	Apr 5-28	Tue & Thu	9:30-10 am
Barcode#:	6476	3-5 yrs	Apr 5-28	Tue & Thu	11:30-12 pm
Barcode#:	6477	3-5 yrs	May 3-26	Tue & Thu	9:30-10 am
Barcode#:	6478	3-5 yrs	May 3-26	Tue & Thu	11:30-12 pm

BEGINNER 2 CLASSES

Barcode#:	6481	3-5 yrs	Mar 8-31	Tue & Thu	10:30-11 am
Barcode#:	6482	3-5 yrs	Mar 8-31	Tue & Thu	12-12:30 pm
Barcode#:	6483	3-5 yrs	Apr 5-28	Tue & Thu	10:30-11 am
Barcode#:	6484	3-5 yrs	Apr 5-28	Tue & Thu	12-12:30 pm
Barcode#:	6485	3-5 yrs	May 3-26	Tue & Thu	10:30-11 am
Barcode#:	6486	3-5 yrs	May 3-26	Tue & Thu	12-12:30 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: \$90 – Resident
 \$95 – Non-Resident
 (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#:	6387	7-17 yrs	Mar 7-28	Mon	6:30-8 pm
Barcode#:	6388	7-17 yrs	Mar 9-30	Wed	2-3:30 pm
Barcode#:	6389	7-17 yrs	Apr 4-25	Mon	6:30-8 pm
Barcode#:	6390	7-17 yrs	Apr 6-27	Wed	2-3:30 pm
Barcode#:	6391	7-17 yrs	May 2-23	Mon	6:30-8 pm
Barcode#:	6392	7-17 yrs	May 4-25	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: \$90 – Resident
\$95 – Non-Resident
(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#: 6393	7-17 yrs	Mar 7-28	Mon	6:30-8 pm
Barcode#: 6394	7-17 yrs	Mar 9-30	Wed	2-3:30 pm
Barcode#: 6395	7-17 yrs	Apr 4-25	Mon	6:30-8 pm
Barcode#: 6396	7-17 yrs	Apr 6-27	Wed	2-3:30 pm
Barcode#: 6397	7-17 yrs	May 2-23	Mon	6:30-8 pm
Barcode#: 6398	7-17 yrs	May 4-25	Wed	2-3:30 pm

Beginning Tumbling

Class concentrates on the tumbling aspects of gymnastics. Students will use the trampoline, tumble tramp and spring floor. Strength and flexibility training are also incorporated into the classes. Emphasizes fundamentals such as handsprings, cartwheels, and round offs.

Instructor: Wildfire Gymnastics Staff

Fee: \$70 – Resident
\$75 – Non-Resident
(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#: 6489	7-17 yrs	Mar 7-Mar 28	Sat	11:30 am-12:30 pm
Barcode#: 6490	7-17 yrs	Mar 7-Mar 28	Sat	11:30 am-12:30 pm
Barcode#: 6491	7-17 yrs	Mar 7-Mar 28	Sat	11:30 am-12:30 pm

Spring Registration Dates:

Tuesday, February 9, Residents

Tuesday, February 16, Non-Residents

Pee Wee Gymnastics

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. 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#: 6260	1-3 yrs*	Mar 7-Mar 28	Mon	10-10:45 am
Barcode#: 6261	2.5-4 yrs**	Mar 7-Mar 28	Mon	11-11:45 am
Barcode#: 6262	5-7 yrs	Mar 7-Mar 28	Mon	5-5:45 pm
Barcode#: 6263	1-3 yrs*	Mar 8-Mar 29	Tue	10-10:45 am
Barcode#: 6264	2.5-4 yrs**	Mar 8-Mar 29	Tue	11-11:45 am
Barcode#: 6265	3-4 yrs	Mar 9-Mar 30	Wed	2-2:45 pm
Barcode#: 6266	4-6 yrs	Mar 10-Mar 31	Thu	2-2:45 pm
Barcode#: 6267	5-7 yrs	Mar 10-Mar 31	Thu	3-3:45 pm
Barcode#: 6268	1-3 yrs*	Apr 4-25	Mon	10-10:45 am
Barcode#: 6269	2.5-4 yrs**	Apr 4-25	Mon	11-11:45 am
Barcode#: 6270	5-7 yrs	Apr 4-25	Mon	5-5:45 pm
Barcode#: 6271	1-3 yrs*	Apr 5-26	Tue	10-10:45 am
Barcode#: 6272	2.5-4 yrs**	Apr 5-26	Tue	11-11:45 am
Barcode#: 6273	3-4 yrs	Apr 6-27	Wed	2-2:45 pm
Barcode#: 6274	4-6 yrs	Apr 7-28	Thu	2-2:45 pm
Barcode#: 6275	5-7 yrs	Apr 7-28	Thu	3-3:45 pm
Barcode#: 6278	1-3 yrs*	May 2-23	Mon	10-10:45 am
Barcode#: 6276	2.5-4 yrs**	May 2-23	Mon	11-11:45 am
Barcode#: 6277	5-7 yrs	May 2-23	Mon	5-5:45 pm
Barcode#: 6279	1-3 yrs*	May 3-24	Tue	10-10:45 am
Barcode#: 6280	2.5-4 yrs**	May 3-24	Tue	11-11:45 am
Barcode#: 6281	3-4 yrs	May 4-25	Wed	2-2:45 pm
Barcode#: 6282	4-6 yrs	May 5-26	Thu	2-2:45 pm
Barcode#: 6283	5-7 yrs	May 5-26	Thu	3-3:45 pm

* Mommy & Me classes: parent participation required

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

Age Minimum And Maximum

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



Parent & Me All-in-One Dance

Experience different genres of dance providing a proper foundation for future dance classes. Suitable for boys and girls. Parent participation required. Sneakers or dance shoes required. Visit www.ocdanceproductions.com for more info.

Instructor: OC Dance Productions Staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6334 1½-3 yrs Feb 27-Apr 16* Sat 10:45-11:30 am

Barcode#: 6335 1½-3 yrs Apr 23-Jun 11* Sat 10:45-11:30 am

*No class 4/2 & 5/28

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. SURPRISE visit from a familiar princess on the last day of class! Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-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#: 6336 1½-3 yrs Feb 29-Apr 18* Mon 11-11:45 am

Barcode#: 6337 1½-3 yrs Apr 25-Jun 13* Mon 11-11:45 am

*No class 3/28 & 5/30

Princess Ballet

This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Ballet shoes required. Performance for family and friends on the last day of class as well as a SURPRISE visit from a familiar princess! Visit www.ocdanceproductions.com for recommended attire and more info. Optional recital in June. Nominal costume fee applies. Must be enrolled in both Winter and Spring sessions to participate.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-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#: 6298 3-5 yrs Feb 29-Apr 18* Mon 9-9:45 am

Barcode#: 6299 3-5 yrs Apr 25-Jun 13* Mon 9-9:45 am

*No class 3/28 & 5/30

Princess Ballet Level II

This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info. Performance for family and friends on the last day of class as well as a SURPRISE visit from a familiar princess! Visit www.ocdanceproductions.com for recommended attire and more info. Optional recital in June. Nominal costume fee applies. Must be enrolled in both Winter and Spring sessions to participate.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-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#: 6339 3-5 yrs Feb 29-Apr 18* Mon 10-10:45 am

Barcode#: 6340 3-5 yrs Apr 25-Jun 13* Mon 10-10:45 am

*No class 3/28 & 5/30

Save Time! 

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





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. Visit www.ocdanceproductions.com for recommended attire and more info. Optional recital in June. Nominal costume fee applies. Must be enrolled in both Winter and Spring sessions to participate.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

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

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

Barcode#: 6341 3-6 yrs Feb 27-Apr 16* Sat 9:50-10:35 am
Barcode#: 6342 3-6 yrs Apr 23-Jun 11* Sat 9:50-10:35 am
***No class 4/2 & 5/28**

Ballet, Jazz & Tap Combo

Class includes developing spatial awareness, rhythm and listening skills. Ballet and tap shoes required. Optional recital in June. Nominal costume fee applies. Must be enrolled in both Winter and Spring sessions to participate.

Instructor: OC Dance Productions staff

Fee: \$94 – Resident
\$99 – Non-Resident
(8-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#: 6343 3-6 yrs Feb 23-Apr 19* Tue 4:20-5:05 pm
Barcode#: 6344 3-6 yrs Apr 26-Jun 14 Tue 4:20-5:05 pm
***No class 3/29**

Princess Academy

Learn the grace, poise and discipline of ballet technique, as well as princess etiquette. Basic ballet dance, tea party manners, etiquette will be shared. SURPRISE visit from a familiar princess on the last day of class! Optional recital in June. Nominal costume fee applies. Must be enrolled in both Winter and Spring sessions to participate.

Instructor: OC Dance Productions staff

Fee: \$84 – Resident
\$89 – Non-Resident
(7-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#: 6370 3-6 yrs Feb 27-Apr 16* Sat 9-9:45 am
Barcode#: 6371 3-6 yrs Apr 23-Jun 11* Sat 9-9:45 am
***No class 4/2 & 5/28**

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. Visit www.ocdanceproductions.com for more info. Optional recital in June. Nominal costume fee applies. Must be enrolled in both Winter and Spring sessions to participate.

Instructor: OC Dance Productions staff

Fee: \$94 – Resident
\$99 – Non-Resident
(8-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#: 6346 4-6 yrs Feb 23-Apr 19* Tue 3:30-4:15 pm
Barcode#: 6347 4-6 yrs Apr 26-Jun 14 Tue 3:30-4:15 pm
***No class 3/29**

Pop Star Hip Hop

Dance like your favorite Pop Star! All dance choreography is jazz and hip hop based as well as clean, fun and age appropriate. Dancers will learn their own choreography tips and tools to put on their own show at home. Sneakers or Jazz shoes required. Performance for family and friends on the last day of class. Visit www.ocdanceproductions.com for more info. Optional recital in June. Nominal costume fee applies. Must be enrolled in both Winter and Spring sessions to participate.

Instructor: OC Dance Productions staff

Fee: \$94- Resident
\$99- Non-Resident
(8-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#: 6348 5-9 yrs Feb 23-Apr 19* Tue 5:10-5:55 pm
Barcode#: 6349 5-9 yrs Apr 26-Jun 14 Tue 5:10-5:55 pm
***No class 3/29**

Spring Registration Dates:

Tuesday, February 9, Residents

Tuesday, February 16, Non-Residents



Pre-Glee

Your child will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. Class ends with a mini-recital, where your little one can feel what it is like to sing on a stage. Visit GotGlee.com for more info.

Instructor: Glee Music Academy Staff

Fee: \$49 – Resident
\$54 – Non-Resident
(4-week sessions)

Location: Glee Music Academy
(25 Spectrum Pointe Dr, Ste 406)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6242	4-6 yrs	Mar 3-24	Thu	3:30-4:20 pm
Barcode#: 6243	4-6 yrs	Mar 14-Apr 11	Mon	3:30-4:20 pm
Barcode#: 6244	4-6 yrs	Apr 7-28	Thu	3:30-4:20 pm
Barcode#: 6245	4-6 yrs	Apr 18-May 9	Mon	3:30-4:20 pm

Do, Re, Mi Piano, Music & Art

Class develops child’s creativity and imagination through music/piano activities and art every other week. Music and piano activities will include instrument play, piano/keyboard fingering and playing simple tunes, singing do, re, mi music notations songs, rhythm and melodic patterns, props, puppets and movement. Keyboards provided by instructor.

Instructor: Sophi Albert

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

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

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6241 2-5 yrs Mar 8-Apr 12 Tue 10-10:45 am

Parent & Tot CLAY Time

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 on first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6372 3-5 yrs Apr 6-May 4 Wed 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. Holiday projects for the seasons!

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 on first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6373 6-12 yrs Apr 6-May 4 Wed 3:30-4:45 pm

Culinary Kids Camp



Come mix, mash and mingle in the kitchen with us and make lots of zesty new friends in the process. From the oven to your tummy, you’ll be inspired to cook, create and collaborate in the kitchen. With the essential cooking skills you develop, you’ll be marinating your way through our sensational suppers and meaty menu masterpieces!

Instructor: Culinary Kids staff

Fee: \$175 – Resident
\$180 - Non-Resident
(5-day camp)

Materials Fee: An additional material fee of \$45 due to instructor on first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

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

Barcode#:6435 5-12 yrs Mar 28-Apr 1 Mon-Fri 1:30-4:30 pm

Tennis For Everyone ~ Youth

Participants will do it all, from drills to match play. 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#: 6402	3-5 yrs	Apr 4-May 23	Mon	3:30-4:30 pm
Barcode#: 6403	6-7 yrs	Apr 4-May 23	Mon	4:30-5:30 pm
Barcode#: 6404	8-12 yrs	Apr 4-May 23	Mon	5:30-6:30 pm
Barcode#: 6405	3-5 yrs	Apr 6-May 25	Wed	3:30-4:30 pm
Barcode#: 6406	6-7 yrs	Apr 6-May 25	Wed	4:30-5:30 pm
Barcode#: 6407	8-12 yrs	Apr 6-May 25	Wed	5:30-6:30 pm

Junior Tennis Camp

Tennis Camp makes learning basic strokes, shot placement, serves, volleys and strategies fun and easy for children. Bring a can of unopened balls and a racquet.

Instructor: Fabian Grassini Tennis & Sports Staff

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

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6408 7-14 yrs Mar 28-Apr 1 Mon-Fri 9 am-12 pm

Saturday Knit, Stitch and Create Club

Learn to knit, stitch and sew on the sewing machine. Each week make and take a project home which includes a knitted rabbit, a felted egg and chicken, and more!

Instructor: Elisabeth Clark

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

(5-week session)

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

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6289 7-16 yrs Mar 5-Apr 2 Sat 1:30-3 pm
Barcode#: 6290 7-16 yrs Apr 16-May 14 Sat 1:30-3 pm

Glee Club

Join Glee Club and learn to sing in one and two-part harmony. Teaching harmony at this young age will develop your ear and give yourself confidence in reading music. At Glee Music Academy our primary goal is to help you build confidence, become a talented musician, improve your voice, and offer leadership opportunities. Visit GotGlee.com for more info.

Instructor: Glee Music Academy Staff

Fee: \$49 – Resident
\$54 – Non-Resident
(4-week sessions)

Location: Glee Music Academy
(25 Spectrum Pointe Dr, Ste 406)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6248 7-12 yrs Mar 3-24 Thu 4:30-5:20 pm
Barcode#: 6249 7-12 yrs Mar 14-Apr 11 Mon 4:30-5:20 pm
Barcode#: 6250 7-12 yrs Apr 7-28 Thu 4:30-5:20 pm
Barcode#: 6251 7-12 yrs Apr 18-May 9 Mon 4:30-5:20 pm

Glee Team

Join Glee Team and perform in quarterly concerts on a beautiful stage. Our last few concerts have been at the 700-seater Nechita Center in the City of Orange. You will rehearse and perform as long as your songs are passed off. We find that this requires quite a bit of work at home since you only rehearse once at the studio during the week, but we promise it will be well worth the effort. Second and fourth Saturdays of each session are included. Visit GotGlee.com for more info.

Instructor: Glee Music Academy Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(4-week sessions)

Location: Glee Music Academy
(25 Spectrum Pointe Dr, Ste 406)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6254 9-17 yrs Mar 3-24 Thu 4:30-5:20 pm
Barcode#: 6255 9-17 yrs Mar 14-Apr 11 Mon 4:30-5:20 pm
Barcode#: 6256 9-17 yrs Apr 7-28 Thu 4:30-5:20 pm
Barcode#: 6257 9-17 yrs Apr 18-May 9 Mon 4:30-5:20 pm

Glee Jazz and Hip Hop Dance



Glee dance provides an intimate learning environment for beginning dancers because of its small class size. Work on basic jazz technique and choreography while working on dances to Glee songs for the May Glee show. Come and work hard while having fun. Our goal is to teach each dancer how to become a performer while dancing. Visit GotGlee.com for more info.

Instructor: Glee Music Academy Staff

Fee: \$49 – Resident
\$54 – Non-Resident
(4-week sessions)

Location: Glee Music Academy
(25 Spectrum Pointe Dr, Ste 406)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6258 8-13 yrs Mar 1-22 Tue 5-6 pm
Barcode#: 6259 8-13 yrs Apr 5-26 Tue 5-6 pm



Introduction to Robotics – Freeze Tag Challenge



Starting with a controller, robotic brain, and boxes full of structure pieces, your young engineers will build a robot to meet the new challenge, Freeze Tag. Using a pattern, they will build a chassis with sensors. Their robot will need to gather points in the game and avoid being tagged by other robots. The second half of the event, they will rethink their design, modify, and get creative. The event ends with a fun competition. Who can beat the challenge, and who can do it the most creatively? This class, including basic robot design and programming, is ideal for students wanting to join a competitive robotics team.

Instructor: MATHmania Robotics

Fee: \$75 – Resident
\$80 – 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#: 6384 8-14 yrs May 3- 24 Tue 4-5:30 pm

Robotics Challenge Night



Robots are coming to Lake Forest. Students will receive a challenge for the night, brainstorm a design, build, test and modify. The night ends with a fun competition. Who can beat the challenge, and who can do it most creatively? The Challenge in May is ... Mountain Climbers. Builders, in small group teams, will need to design a chassis to conquer all the obstacles. No experience necessary.

Instructor: MATHmania Robotics

Fee: \$35 – Resident
\$40 – Non-Resident
(one-time workshop)

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#: 6385 8-14 yrs May 20 Fri 5:30-8:30 pm

Shotokan Karate Do–Youth

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

Instructor: Tai Cigar

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

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6330 5-17 yrs Mar 7-30 Mon & Wed 4:30-5:30 pm

Barcode#: 6331 5-17 yrs Apr 4-27 Mon & Wed 4:30-5:30 pm

Barcode#: 6332 5-17 yrs May 2-25 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. Kid’s 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#: 6324 5-17 yrs Mar 7-Apr Mon,Wed & Sat 5:30-6:30 pm 12-1 pm

Barcode#: 6325 5-17 yrs Apr 4-30 Mon,Wed & Sat 5:30-6:30 pm 12-1 pm

Barcode#: 6326 5-17 yrs May 2-28 Mon,Wed & Sat 5:30-6:30 pm 12-1 pm

Lake Forest Sports Academy

Attention all future athletes! This academy will teach children basic to advanced techniques for several popular sports in this fun and exciting class. We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including: soccer, baseball, basketball and flag-football. All skill levels are welcome and our coach to camper ratio will be 5 to 1 so your child will receive plenty of individual instruction. This class includes a t-shirt, cold drinks and a personalized sports card! Space is limited so sign up today!

Instructor: Lake Forest Recreation Staff

Fee: \$50 per participant – Resident
\$55 per participant – Non-Resident
(5-week sessions)

Location: Lake Forest Sports Park
(28000 Rancho Parkway)

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

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

Barcode#: 6409 3-4 yrs Mar 11-Apr 8 Fri 2:15-3 pm

Barcode#: 6410 5-7 yrs Mar 11-Apr 8 Fri 3:15-4 pm

Barcode#: 6411 3-4 yrs Apr 22-May 20 Fri 2:15-3 pm

Barcode#: 6412 5-7 yrs Apr 22-May 20 Fri 3:15-4 pm

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



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it’s most convenient for you. Visit online.activecommunities.com/lfreonline and you’ll be on your way!



Playtime Adventure



Playtime Adventure is an activity program for children ages 3-4 that will help improve their physical motor-skills, providing a foundation for an active lifestyle and preparing them to participate in sports programs, particularly soccer! Created by experts in child development, in partnership with UK International Soccer, Playtime Adventure combines physical learning with fun and imagination. Each one hour class is a full adventure. To complete the adventure the child utilizes and develops specific motor skills. At the end of each class, once the child has found the lost soccer treasure, the child will receive a Soccer Treasure sticker that can be placed in the "Gold Space" on the corresponding page of the storybook. This fully illustrated storybook will include the adventures and motor skills guides so the adventures and skill development can therefore be replicated at home. The sequence of class and home participation continues until, skill by skill, all treasure is collected. And so, by the end of the Playtime Adventure program, the coloring of the Soccer Player is complete!

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#: 6231 3-6 yrs Apr 18-Jun 6* Mon 3:30-4:30 pm
Barcode#: 6232 3-6 yrs Apr 24-Jun 5 Sun 10-11 am
***No class 5/30**

UK International Soccer Program



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#: 6233 4-6 years Apr 24-Jun 5 Sun 10-11 am
Barcode#: 6234 7-8 years Apr 24-Jun 5 Sun 10-11 am

Once a course has started, online registration for that particular course will not be available. To join a class after the start date, please register in person at either City Hall or the Lake Forest Sports Park and Recreation Center.

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: \$82 per participant – Resident
\$87 per participant – Non-Resident
(5-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#: 6214 12-24 mos Apr 8-May 6 Fri 9:45-10:25 am
Barcode#: 6215 12-24 mos May 13-Jun 10 Fri 9:45-10:25 am

Super Soccer Stars: 2-3 Year Old

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

Instructor: Super Soccer Stars Staff

Fee: \$82 per participant – Resident
\$87 per participant – Non-Resident
(5 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#: 6218 2-3 years Apr 8-May 6 Fri 9-9:40 am
Barcode#: 6219 2-3 years May 13-Jun 10 Fri 9-9:40 am
Barcode#: 6220 2-3 years Apr 2-30 Sat 9-9:40 am
Barcode#: 6221 2-3 years May 7-Jun 11* Sat 9-9:40 am
***No class May 28**

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: \$82 per participant – Resident
\$87 per participant – Non-Resident
(5 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#: 6222 3-young 4 years Apr 2-30 Sat 9:45-10:30 am
Barcode#: 6223 3-young 4 years May 7-Jun 11* Sat 9:45-10:30 am
***No class May 28**

Super Soccer Stars: Older 4-5 Year Old

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

Instructor: Super Soccer Stars Staff

Fee: \$82 per participant – Resident
 \$87 per participant – Non-Resident
 (5-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#: 6224 Older 4-5 years Apr 2-30 Sat 10:35-11:25 am

Barcode#: 6225 Older 4-5 years May 7-Jun 11* Sat 10:35-11:25 am

*No class May 28

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: \$82 per participant – Resident
 \$87 per participant – Non-Resident
 (5-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#: 6226 Older 5-7 years Apr 2-30 Sat 11:30 am-12:30 pm

Barcode#: 6227 Older 5-7 years May 7-Jun 11* Sat 11:30 am-12:30 pm

*No class May 28



TRIFYTT SPORTS
 With the help of TriFyft Sports Staff, athletes learn new technique and tactics, including the benefits of sportsmanship, discipline, and teamwork. All classes are 8-week sessions, with fees \$99 for Residents, and \$104 for Non-Residents. Classes are held at Foothill Ranch Community Park (19422 Rue De Valore).

TriFyft Sports: Biddy Soccer League

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!

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

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

Barcode#: 6417 2-3 yrs Mar 26-May 14 Sat 11:30 am-12 pm

Barcode#: 6418 3-5 yrs Mar 26-May 14 Sat 12-12:45 pm

TriFyft Sports:

Parent and Me Multi-Sport

Beginning and advanced soccer, tee-ball and basketball players receive specific coaching techniques on skills and game situations through fun and safe games and drills.

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

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

Barcode#: 6419 2-3 yrs Mar 26-May 14 Sat 10-10:30 am

TriFyft Sports: Parent and Me Soccer

Parents will interact with their young ones while the students learn the basics of soccer. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere.

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

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

Barcode#: 6420 2-3 yrs Mar 25- May 13 Fri 5-5:30 pm

TriFyft Sports: Tee-Ball Skillz Clinic

Beginning and advanced tee-ball players receive specific coaching techniques on skills and game situations through fun and safe games and drills.

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

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

Barcode#: 6421 2-3 yrs Mar 22-May 10 Tue 5-5:30 pm

Barcode#: 6422 3-5 yrs Mar 22-May 10 Tue 5:30-6:15 pm

TriFyft Sports: Soccer Skillz Clinic

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.

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

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

Barcode#: 6423 3-4 yrs Mar 25- May 13 Fri 5:30-6:15 pm

Barcode#: 6424 5-6 yrs Mar 25- May 13 Fri 6:30-7:15 pm

TriFyft Sports: Multi-Sport Skillz Clinic

Beginning and advanced soccer, tee-ball and basketball players receive specific coaching techniques on skills and game situations through fun and safe games and drills.

Instructor: TriFyft Sports Staff

Fee: \$99 per participant – Resident
 \$104 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#: 6425 3-5 yrs Mar 26-May 14 Sat 9-9:45 am

Barcode#: 6426 5-7 yrs Mar 26-May 14 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: \$99 – Resident
\$104 – 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#: 6307 10 yrs-Adult Apr 23-May 21 Sat 1-2 pm

Beginning Guitar

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

Instructor: Ron Gorman

Fee: \$99 – Resident
\$104 – 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#: 6308 10 yrs-Adult Apr 23-May 21 Sat 2-3 pm

Basic First Aid

This American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **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#: 6303 10 yrs-Adult Apr 23 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#: 6301 10 yrs-Adult Apr 23 Sat 12:30-3 pm

Seriously Awesome Sitters

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

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

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

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

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6305 10 yrs-Adult Apr 23 Sat 10 am-5 pm

Three Ways to Register!
Online, Mail-In, Walk-In

Private Swim Lessons

These are 30-minute lessons in our unique current pools, which includes the use of video cameras and poolside TVs for instant video feedback. Call SwimLabs at 949-716-6370 to schedule lessons.

Instructor: SwimLabs staff

Fee: \$180 – Resident
 \$185 – Non-Resident
 (4 lessons)



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

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

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

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

Barcode#: 6493 Ages 1 to adult ongoing varies

Adult

Candlelight Yoga Flow

Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat.

Instructor: Devann Sheurman

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#: 6374 18 & up Feb 29-Apr 18* Mon 7:30-8:30 pm

Barcode#: 6375 18 & up Mar 23-Apr 27 Wed 7-8 pm

Barcode#: 6376 18 & up Apr 25-Jun 13* Mon 7:30-8:30 pm

Barcode#: 6377 18 & up May 4-Jun 15* Wed 7-8 pm

***No class 3/14, 3/16, 3/28, 5/30, 6/6, 6/8**

Power Flow Yoga

A fitness-based approach to Vinyasa style flow. Students will build strength, flexibility and concentration while cleansing the body and calming the mind. Bring a yoga mat and a small towel. Appropriate for beginning to intermediate levels.

Instructor: Inspire Yoga OC

Fee: \$132 – Resident
 \$137 – Non-Resident
 (12-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#: 6378 18 & up Mar 5-May 21 Sat 8:15-9:15 am

Barcode#: 6379 18 & up Mar 7-May 23 Mon 11:30 am-12:30 pm

Barcode#: 6380 18 & up Mar 8-May 24 Tue 8:30-9:30 am

Barcode#: 6381 18 & up Mar 9-May 25 Wed 11:30 am-12:30 pm

Cardio Yoga Booty Ballet

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

Instructor: OC Dance Productions Staff

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

Location: Lake Forest Recreation Center
 (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6333 18 & up Mar 7-May 16* Mon 6:30-7:30 pm

***No class 3/28**

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. Poses are held for 2-5 minutes. 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. Blocks and other props recommended at first meeting. 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#: 6382 18 & up Mar 8-May 24 Tue 6-7 pm

Barcode#: 6383 18 & up Mar 10-May 26 Thu 8:15-9:15 am

Tennis For Everyone ~ Adult

Class will work on 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#: 6519 16 yrs & up Apr 9-Jun 11 Beg Sat 9-10 am

Barcode#: 6520 16 yrs & up Apr 9-Jun 11 Int Sat 10-11 am

Get Golf Ready

Come learn how to take your golf game to the next level. Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Call (949) 859-1455 to make appointments for class sessions after you register.

Instructor: Lake Forest Golf and Practice Center staff

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

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

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

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

Barcode#: 6496 Adult ongoing varies



The Ultimate Boot Camp Class

Get in shape “Boot Camp Style”! Experience high intensity full-body workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility and get you to a healthier and stronger YOU! Our class is a results-driven conditioning program that focuses on developing lean, toned and healthy bodies, with the use of your own body weight, dumbbells, exercise bands, and more. This class is designed for all fitness levels. Bring your own mat and water. For more info please visit www.Endeavourpt.com

Instructor: Maryam Stevenson

Fee: \$162 per participant – Resident
 \$167 per participant-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#: 6322 18 & up Mar 1-Apr 7 Tue & Thu 6:45-7:40 pm
Barcode#: 6323 18 & up Apr 12-May 19 Tue & Thu 6:45-7:40 pm

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#: 6296** 5-class package \$35 – Resident
 \$40 – Non-Resident

Barcode#: 6297 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: \$62 – Resident
 \$67 – Non-Resident
 (8-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#: 6362 18 & up Mar 18-May 6 Fri 7-8 pm

SPRING REGISTRATION DATES:

Tuesday, February 9

Residents

Tuesday, February 16

Non-Residents



Belly Dance Level 1

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

Instructor: Tina Elkins

Fee: \$55 – Resident
 \$60 – Non-Resident
 (4-week session)
 \$65 – Resident
 \$70 – 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#: 6364 18 & up Mar 5-26 Sat 11:30 am-12:45 pm
Barcode#: 6365 18 & up Apr 2-30 Sat 11:30 am-12:45 pm
Barcode#: 6366 18 & up May 7-28 Sat 11:30 am-12:45 pm

Belly Dance Level 2

Learn to put it all together in belly dance combinations, layering, choreography and improvisation! Pre-requisite: Completion and comfort with Level 1

Instructor: Tina Elkins

Fee: \$55 – Resident
 \$60 – Non-Resident
 (4-week session)
 \$65 – Resident
 \$70 – 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#: 6367 18 & up Mar 5-26 Sat 1-2:15 pm
Barcode#: 6368 18 & up Apr 2-30 Sat 1-2:15 pm
Barcode#: 6369 18 & up May 7-28 Sat 1-2:15 pm

Dog Obedience

For dogs at least 4 months old, this class focuses on basic obedience and manners. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. **Do not bring dog to first class.** Owner must provide proof of vaccinations, training collar, and leash. Instructor: Debbie Perry

Fee: \$125 – Resident
 \$130 – Non-Resident
 (8-week session)

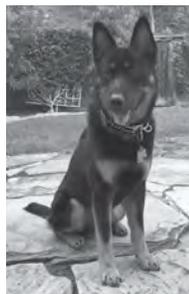
Material Fee: \$5 due to instructor at first class session

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

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

Barcode#: 6444 Families Mar 21-May 9 7-8 pm



"Bear" Hessing

Help, I'm Overwhelmed with Photos!

Are you overwhelmed with all your photos that are everywhere? Are you looking for simple solutions to help you? Come and learn ways to quickly organize your digital and printed photographs and how to store both formats safely. In class, you'll do a traditional scrapbook page and a digital scrapbook page to see the options you have to display your photos. Bring 6 printed photos and 6 digital photos and your laptop if you have one. Visit shareyourphotos.net for more information.

Instructor: Kim Martin

Fee: \$20 – Resident
 \$25 – Non-Resident
 (1-day workshop)

Material Fee: An additional \$5 material fee due to instructor includes scrapbook page material and photo organization box

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#: 6359 Adult Mar 10 Thu 7-9:30 pm
Barcode#: 6360 Adult Apr 14 Thu 7-9:30 pm
Barcode#: 6361 Adult May 12 Thu 7-9:30 pm

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#: 6327 18 & up Mar 7-Apr 2 Mon,Wed & Sat 1- 2 pm 6:30-7:30 pm
Barcode#: 6328 18 & up Apr 4-30 Mon,Wed & Sat 1- 2 pm 6:30-7:30 pm
Barcode#: 6329 18 & up May 2-28 Mon,Wed & Sat 1- 2 pm 6:30-7:30 pm

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

Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online.activecommunities.com/lfreonline and you'll be on your way!



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#: 6497 18 & up Mar 14-May 4 Mon & Wed 7-8 pm
Barcode#: 6498 18 & up Mar 15-May 5 Tue & Thu 6-7 pm

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

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

Instructor: Master Richard Tsim

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

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

To Register: Online, Mail In, Walk-In

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

Barcode#: 6499 18 & up Mar 14-May 2 Mon & Wed 6-7 pm
Barcode#: 6500 18 & up Mar 15-May 5 Tue & Thu 7-8 pm

Once a course has started, online registration for that particular course will not be available. To join a class after the start date, please register in person at either City Hall or the Lake Forest Sports Park and Recreation Center.

SPECIAL NEEDS

FREE Special Needs Resource Fair



This is a unique opportunity for families and caregivers to learn more about resources available to the special needs community. We will have several representatives providing a wealth of information and tips to benefit our special needs friends. There will be fun for the entire family, including refreshments, activities, and special guests!

Fee: Free admission

Location: Pittsford Park (21701 Pittsford Dr)

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

Families Apr 9 Sat 9 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 our 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: \$100 – Resident
\$105 – Non-Resident
(4-week sessions)

Location: Lake Forest Recreation Center
(28000 Rancho Pkwy)

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

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

Barcode#: 6413 12 & up Mar 7-28 Mon 4-5 pm
Barcode#: 6414 12 & up Apr 4-25 Mon 4-5 pm
Barcode#: 6415 12 & up May 2-23 Mon 4-5 pm

Swim Lessons for Children and Adults with Special Needs



With the use of pool-side TV monitors and video cameras, our ability to give students instant visual feedback during their lesson is invaluable.

Instructor: SwimLabs Staff

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

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

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

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

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

Barcode#: 6208 Ages 1 to adult ongoing varies

Us Too Gymnastics for Kids with Special Needs

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

Instructors: Us Too Center Staff

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

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

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

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

Barcode#: 6211 3-19 yrs Ongoing Mon-Sat varies

Social Play Class for Kids With Special Needs

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

Instructor: US Too Center Staff

Fee: \$100 per 4-week session – Resident
 \$105 per 4-week session – Non-Resident

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

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

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

Barcode#: 6238 10-18 yrs Mar 4-25 Fri 5-6 pm
Barcode#: 6239 10-18 yrs Apr 1-22 Fri 5-6 pm
Barcode#: 6240 10-18 yrs May 6-27 Fri 5-6 pm

Exercise and Social Skills for Teens

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.

Fee: \$125 per 4-week session – Resident
 \$130 per 4-week session – Non-Resident

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

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

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

Barcode#: 6235 12-18 yrs Mar 1-22 Tue 6:30-7:30 pm
Barcode#: 6236 12-18 yrs Apr 5-26 Tue 6:30-7:30 pm
Barcode#: 6237 12-18 yrs May 3-24 Tue 6:30-7:30 pm

Social Group for Children on the Autism Spectrum

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

Instructors: Rosa Patterson MS, BCBA and Intervention Staff

Fee: \$75 per 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: 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#: 6210 2-19 yrs ongoing Mon-Sat varies

Shooting Stars Basketball

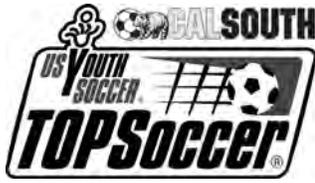
This program is designed for special needs athletes or anyone who for whatever reason cannot participate in the SVUSD Boys' and Girls' Basketball league. Players will be grouped by ability to create competitive teams and provide any needed support. League stresses fun and participation. Registration 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



Lake Forest Little League Challenger Baseball

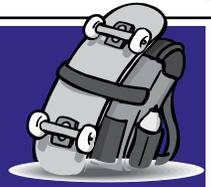


Challenger Baseball is a Little League program for boys and girls ages 6 to 18 with special needs.

- COST:** There is **NO** registration fee for Challenger players! LFL will cover the cost of a great team uniform, team photo, practice and field expenses.
- PRACTICES:** Friday afternoons at Foothill Ranch Community Park field, beginning in February 2016.
- GAMES:** Saturday mornings, February to June 2016. The last game is played on the field at Angel Stadium in Anaheim!

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

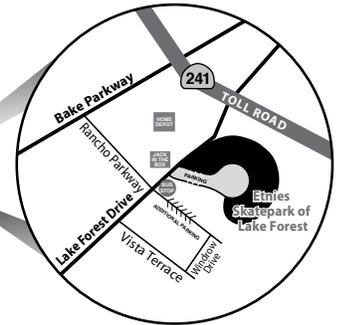
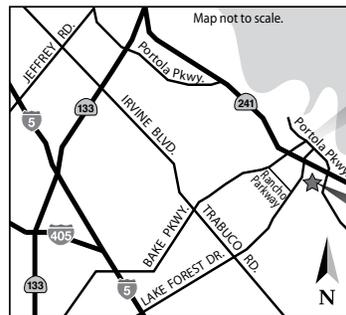
ETNIES SKATEPARK OF LAKE FOREST



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



Etnies Skatepark of Lake Forest
 2028 Lake Forest Drive
 Lake Forest, CA 92630



Come visit Lake Forest's own award winning, world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non-residents of Lake Forest must pay a nominal fee of \$15 for their annual membership. The membership is based on a calendar year, so it is good from January 1 to December 31.

Location: 2028 Lake Forest Dr. Phone: 949-916-5870

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

Visit the Skatepark website at www.EtniesSkatepark.com. The website has been redesigned and is a more user friendly interface. A Live HD Webcam link is available so you can check crowds and weather conditions. Make sure to follow the skatepark on Facebook, Twitter, Instagram, and Youtube for all the latest Skatepark news and events Use #etnieskatepark on your photos and we might use them on the official Etnies Skatepark Social Media feeds.

SKATE SESSIONS

Monday-Thursday	11 am – 9 pm
Friday	11 am – 10 pm
Saturday	10 am-10 pm
Sunday	10 am – 9 pm

SPRING 2016 HOLIDAY HOURS

The Skatepark will be open Sunday, March 27, 2016 from noon until dusk due to the holiday.

Band Nights at the Skatepark

This marks the ninth year of hosting all ages shows at the Skatepark. Past bands have included JFA, The Stitches, Smog town, McRad and a host of other great skate bands. Feel free to skate or watch from inside our viewing area. This is the only all ages venue for local music in South Orange County. Please check out EtniesSkatepark.com for latest show news, photos, and event flyers. Do you have a band that wants to play? Send us an email at etnieskatepark@lakeforestca.gov with a link to your website or music.

Fee: \$5 donation per person

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

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

All Ages Mar 11 Fri 6-10 pm



Etnies Egg-cellent Egg Hunt and Festival of Colors

It's springtime and time for the Skatepark to host its annual holiday egg hunt! Come and visit the Skateboarding Bunny, play in the jump houses, and participate in fun crafts. This is a family friendly event and great for the young ones! The Park will be closed to riding during this event so it will be safe for all to enjoy. Eggs will be hidden throughout the Skatepark and will have small prizes inside each one. Please bring your own basket as we may have limited supplies for the event. **The Egg Hunt starts at 11:15 am sharp so please don't be late or you will miss it!** Depending on overall turnout, participants may be limited in the amount of eggs they will be allowed to collect. There will be an opportunity to take photos with the bunny after the egg hunt. **The color blast will start at 12 pm so make sure you have clothes you don't mind being covered in colors!**

Fee: \$5 fee for egg hunt and \$5 fee for unlimited jumper wristband.

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

For more info call: The Skatepark at 916-5870

All Ages Mar 26 Sat 11 am-1 pm

After School Skate Club

Running during in-session school days, the after school skate club is a great way to improve skills and meet friends. The club is supervised by a Skatepark staff. Club members work on skills, have fun, and learn. **Please keep in mind this is an afterschool program and not skateboard lessons.** Drinks and snacks are provided during the club meet times.

Fee: \$20 per month (covers snacks and drinks)

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

To Register: Sign up at Skatepark Office or online

For more info call: The Skatepark at 916-5870

Barcode#: 6228 5-17 yrs Mar 1-31 Tue, Thu 3:30-6:30 pm

Barcode#: 6229 5-17 yrs Apr 5-28 Tue, Thu 3:30-6:30 pm

Barcode#: 6230 5-17 yrs May 3-31 Tue, Thu 3:30-6:30 pm

Spring Break Skate Camp

Learn the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. All campers receive a Createaskate.org board and pads that they will be able to design and ride during the week. Please make sure your camper does bring a skateboard to camp. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment, and lunch is catered daily.

Instructor: Skatepark Staff

Fee: \$195 per person. Limited to 10 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#: 6321 5-17 yrs Mar 28-Apr 1 Mon- Fri 10 am-2 pm

Barcode#: 6320 5-17 yrs Apr 4-8 Mon- Fri 10 am-2 pm

Memorial Day Skate Camp



Camp will include lunch and a t-shirt for the campers. Skateboard instruction, games, and a great way to spend the day off from school.

Instructor: Skatepark Staff

Fee: \$40 per person. Limited to 10 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#: 6458 5-17 yrs May 30 Mon 10 am-2 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. Loaner Helmets and Pads are available on a first come, first served basis, but additional skateboards are not available.

Birthday Parties at the Skatepark



Make your next birthday party an Etnies Skatepark skate party! The Skatepark offers three very popular birthday party packages for the best skateboard 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. Loaner Helmets and Pads are available on a first come, first served basis, but additional skateboards are not available.

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 (during the week from 11am-8 pm or on weekends from 11 am-8 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.
- Your party is in a private area, with great view of skatepark, on the grass hill. It is decorated and reserved for your partygoers. This area includes tables, chairs, and canopies.

Note: All park policies related to waivers and safety gear are to be followed for partygoers 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, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

Kickflip – \$275 Our best value package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

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. A film pass is also included for parents to film the party action inside the Skatepark facility. This package is designed for Parents who want to bring their own food, cake, décor, etc. This party is designed for 10 children. 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 email etniesskatepark@lakeforestca.gov or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Security deposit must be received one week prior to party date. Parties are only confirmed when we receive the required security deposit.

Beginning Skateboard Lessons

This class is designed for first time skateboarders to those just learning. We cover skateboard basics from stance, pushing, turning, and work our way to higher skills such as dropping in and ollies. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Great for making friends at the Skatepark who are at the same skill level. Full protective gear consisting of a helmet, elbow pads, and knee pads is required as well as a skateboard. 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. **All participants must have a valid skatepark membership.**

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

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

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

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

Barcode#: 6459	6 yrs and up	Mar 1-22	Tue	4-5 pm
Barcode#: 6460	6 yrs and up	Apr 5-26	Tue	4-5 pm
Barcode#: 6461	6 yrs and up	May 3-24	Tue	4-5 pm
Barcode#: 6462	6 yrs and up	Mar 5-26	Sat	9-10 am
Barcode#: 6463	6 yrs and up	Apr 2-23	Sat	9-10 am
Barcode#: 6464	6 yrs and up	May 7-28	Sat	9-10 am

Intermediate Skateboard Lessons

Is it time to graduate from the beginning skateboard class or you want to work on more advanced skills on your skateboard? If so it is time to move up to the intermediate lessons. This class is designed for riders who know the basics and are ready to go to the next level. Skills covered in this class are the art of Ollies, flip tricks, ledges, pools, vert, overall park usage and even help with contest skating. Full protective gear consisting of a helmet, elbow pads, and knee pads is required as well as a skateboard. A rider should be comfortable riding around the entire Skatepark prior to signing up for this class. **All participants must have a valid skatepark membership.**

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

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

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

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

Barcode#: 6465	6 yrs and up	Mar 1-22	Tue	5-6 pm
Barcode#: 6466	6 yrs and up	Apr 5-26	Tue	5-6 pm
Barcode#: 6467	6 yrs and up	May 3-24	Tue	5-6 pm
Barcode#: 6468	6 yrs and up	Mar 5-26	Sat	10-11 am
Barcode#: 6469	6 yrs and up	Apr 2-23	Sat	10-11 am
Barcode#: 6470	6 yrs and up	May 7-28	Sat	10-11 am

Private Skateboard Lessons

If you are just learning or an advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff who specialize in teaching lessons catered to each individual. If you sign up for the 4 weeks of private lessons, our instructors will set goals for you to reach and help you obtain them! 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. These lessons are great for all ages, including adults! We also offer drop in private lessons at the skatepark. These are available on a first come, first served basis. Give the Park a call at 916-5870 to see if we have instructors available then come on down and sign up. **All participants must have a valid skatepark membership.**

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes at \$140 per 4-lesson package. 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

MARCH

Barcode#: 6471	Mar-A	5 yrs and up	Mar 3	Thu	3 pm
Barcode#: 6471	Mar-B	5 yrs and up	Mar 3	Thu	4 pm
Barcode#: 6471	Mar-C	5 yrs and up	Mar 3	Thu	5 pm
Barcode#: 6471	Mar-D	5 yrs and up	Mar 3	Thu	6 pm
Barcode#: 6471	Mar-E	5 yrs and up	Mar 10	Thu	3 pm
Barcode#: 6471	Mar-F	5 yrs and up	Mar 10	Thu	4 pm
Barcode#: 6471	Mar-G	5 yrs and up	Mar 10	Thu	5 pm
Barcode#: 6471	Mar-H	5 yrs and up	Mar 10	Thu	6 pm
Barcode#: 6471	Mar-I	5 yrs and up	Mar 17	Thu	3 pm
Barcode#: 6471	Mar-J	5 yrs and up	Mar 17	Thu	4 pm
Barcode#: 6471	Mar-K	5 yrs and up	Mar 17	Thu	5 pm
Barcode#: 6471	Mar-L	5 yrs and up	Mar 17	Thu	6 pm
Barcode#: 6471	Mar-M	5 yrs and up	Mar 24	Thu	3 pm
Barcode#: 6471	Mar-N	5 yrs and up	Mar 24	Thu	4 pm
Barcode#: 6471	Mar-O	5 yrs and up	Mar 24	Thu	5 pm
Barcode#: 6471	Mar-P	5 yrs and up	Mar 24	Thu	6 pm
Barcode#: 6471	Mar-Q	5 yrs and up	Mar 31	Thu	3 pm
Barcode#: 6471	Mar-R	5 yrs and up	Mar 31	Thu	4 pm
Barcode#: 6471	Mar-S	5 yrs and up	Mar 31	Thu	5 pm
Barcode#: 6471	Mar-T	5 yrs and up	Mar 31	Thu	6 pm



APRIL

Barcode#: 6471	Apr-A	5 yrs and up	Apr 7	Thu	3 pm
Barcode#: 6471	Apr-B	5 yrs and up	Apr 7	Thu	4 pm
Barcode#: 6471	Apr-C	5 yrs and up	Apr 7	Thu	5 pm
Barcode#: 6471	Apr-D	5 yrs and up	Apr 7	Thu	6 pm
Barcode#: 6471	Apr-E	5 yrs and up	Apr 14	Thu	3 pm
Barcode#: 6471	Apr-F	5 yrs and up	Apr 14	Thu	4 pm
Barcode#: 6471	Apr-G	5 yrs and up	Apr 14	Thu	5 pm
Barcode#: 6471	Apr-H	5 yrs and up	Apr 14	Thu	6 pm
Barcode#: 6471	Apr-I	5 yrs and up	Apr 21	Thu	3 pm
Barcode#: 6471	Apr-J	5 yrs and up	Apr 21	Thu	4 pm
Barcode#: 6471	Apr-K	5 yrs and up	Apr 21	Thu	5 pm
Barcode#: 6471	Apr-L	5 yrs and up	Apr 21	Thu	6 pm
Barcode#: 6471	Apr-M	5 yrs and up	Apr 28	Thu	3 pm
Barcode#: 6471	Apr-N	5 yrs and up	Apr 28	Thu	4 pm
Barcode#: 6471	Apr-O	5 yrs and up	Apr 28	Thu	5 pm
Barcode#: 6471	Apr-P	5 yrs and up	Apr 28	Thu	6 pm

MAY

Barcode#: 6471	May-A	5 yrs and up	May 5	Thu	3 pm
Barcode#: 6471	May-B	5 yrs and up	May 5	Thu	4 pm
Barcode#: 6471	May-C	5 yrs and up	May 5	Thu	5 pm
Barcode#: 6471	May-D	5 yrs and up	May 5	Thu	6 pm
Barcode#: 6471	May-E	5 yrs and up	May 12	Thu	3 pm
Barcode#: 6471	May-F	5 yrs and up	May 12	Thu	4 pm
Barcode#: 6471	May-G	5 yrs and up	May 12	Thu	5 pm
Barcode#: 6471	May-H	5 yrs and up	May 12	Thu	6 pm
Barcode#: 6471	May-I	5 yrs and up	May 19	Thu	3 pm
Barcode#: 6471	May-J	5 yrs and up	May 19	Thu	4 pm
Barcode#: 6471	May-K	5 yrs and up	May 19	Thu	5 pm
Barcode#: 6471	May-L	5 yrs and up	May 19	Thu	6 pm
Barcode#: 6471	May-M	5 yrs and up	May 26	Thu	3 pm
Barcode#: 6471	May-N	5 yrs and up	May 26	Thu	4 pm
Barcode#: 6471	May-O	5 yrs and up	May 26	Thu	5 pm
Barcode#: 6471	May-P	5 yrs and up	May 26	Thu	6 pm

COMMUNITY SERVICES



GET SAFE Academy

The City and the Orange County Sheriff's Department has partnered with GET SAFE, an organization that teaches safety skills and awareness techniques to help kids keep their guard up. Next month, GET SAFE is coming to Lake Forest to offer a free hands-on interactive training to K-6 students!

The GET SAFE Academy curriculum focuses on the physical, mental, and emotional aspects designed to empower kids. Wearing their GET SAFE t-shirts and bracelets, students will hear some important safety and awareness information from experienced trainers, as well as engage in fun activities that help them learn and retain the information needed to avoid unsafe situations and protect themselves.

Fee: Free

Location: Lake Forest City Hall
(25550 Commercentre Drive)

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

For more info call: The City of Lake Forest Police Services at 461-3548

Barcode#: 6443 5 yrs-Adult May 11-Jun 1 Wed 6-8 pm



Skateboarding Lesson and Camp
Inclement Weather Policy

If a class is cancelled due to weather or other 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 at the next available date.

Missed Class Policy

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

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.

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 Clubhouse will be closed
Monday, May 30 (Memorial Day).

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 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.

LEGAL AID SOCIETY OF

ORANGE & COUNTY
COMMUNITY LEGAL SERVICES
OF SOUTHEAST LOS ANGELES COUNTY

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 through Thursday) from 9:00 am to 1:00 pm.

Seniors Apr 21 Thu 10:30 am-2:30 pm

Foot Peddlers Walking Club

Mondays 10:30 am

Take a one-mile walk around our Sports Park!

For more info call 461-3408

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. Beginning Monday, March 7 to April 11, the computer lab will be closed on Mondays due to AARP Tax preparation.**



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
(On Wednesdays, the lab opens at 11 am)



Crafty Crafters

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

Fee: Free!

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

Young At Heart ~ Lake Forest Seniors Reading Circle



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

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

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

Mar 17	Thu	9:30 am	<i>The Nightingale</i> by Kristin Hannah
Apr 21	Thu	9:30 am	<i>Quiet: The Power of Introverts in a World That Cannot Stop Talking</i> by Susan Cain
May 19	Thu	9:30 am	<i>Caleb's Crossing</i> by Geraldine Brooks

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 their soothing properties in allowing 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.

Fee: \$5 per person (6-week class)

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

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

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

Barcode#: 6416 Seniors Mar 7-Apr 11 Mon 12:30-1:30 pm



St. Patty's Celebration: "Green with Envy" Luncheon



C'mere all you lads and lassies and we'll have a grand ol' time at the Eleventh Annual St. Patty's celebration. You will feast on "No Blarney" Corned Beef & Cabbage, "No Blarney" punch and "No Blarney" sweets...There's "No Blarney" about it...you're going to have a great time! Just a reminder... don't forget to wear something GREEEN! At 11:00 am, the show will kick off the St. Patty's Day Celebration. **DUE TO LIMITED SEATING...RESERVATIONS ARE A MUST! Lake Forest residents may register on Tuesday, February 9 by calling 461-3450 or coming to the 2nd floor reception desk during normal business hours. Non-residents may register beginning Tuesday, February 16. Each registrant will be limited to reserving two seats only. Reservations left on our department voicemail will not be accepted.**

Fee: Free

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

For Reservations Call: The City of Lake Forest at 461-3450
Barcode#: 6351 Seniors Mar 17 Thu 10 am-2 pm

Please notify staff if you are unable to attend or if you are arriving late. At 10:30 am, reserved seating will be available to those on the waitlist.

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:

Eleventh Annual Excellence for Seniors Award Luncheon

The Excellence for Seniors Award Luncheon will honor volunteers who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The prestigious Jim Sax Award, along with other volunteer awards, will be presented to individuals who have made the largest impact on the City of Lake Forest's senior programs or facilities during 2015. The month of April is associated with a nationwide program that recognizes volunteers throughout the country. **DUE TO LIMITED SEATING... RESERVATIONS ARE A MUST!** Lake Forest residents may register on Tuesday, February 9 by calling 461-3450 or coming to the 2nd floor reception desk during normal business hours. Non-residents may register beginning Tuesday, February 16. Each registrant will be limited to reserving two seats only. Reservations left on our department voicemail will not be accepted.

Fee: Free

Location: Lake Forest Community Center
Community Rooms A/B
(25550 Commercentre Dr)

For Reservations Call: The City of Lake Forest at 461-3450
Barcode#: 6354 Seniors Apr 28 Thu 11:30 am-1 pm

Rock-a-hula Luau Dinner & Entertainment

"Rock-a-hula your lulu in Honolulu"...actually you'll be in Lake Forest but you'll think you're on the Big Island! We want all kane's & wahine's (that would be you) to dress in your favorite muumuu, grass skirt, or Hawaiian shirt. Sign up for an evening of tropical tunes, a scrumptious catered dinner, and entertainment by your favorite DJ...Michael McNeil. Now would be a good time to start working on your hula dancing skills! Space is limited, so make your reservations early!

Fee: \$10 per person

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

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

For more info call: The City of Lake Forest at 461-3450
Barcode#: 6352 Seniors Jun 3 Fri 4-7 pm



Ricardo Teano
2014 Jim Sax Award
Recipient



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.

- If you are a resident at Forest Gardens Mobile Home Park or Prothero Mobile Estates, check with your HOA for dates when taxi vouchers are sold at your mobile home park.



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.



Need to Know Numbers!



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

- AARP. 888-687-2277
- ACCESS (Reservations/Information) 877-628-2232
- ACCESS (Eligibility) 714-560-5956
- Age Well Senior Services, Inc. 855-8033
(formerly South County Senior Services)
- City of Lake Forest City Hall 461-3400
- Council on Aging 714-479-0107
- Disabled Housing Information. . . 800-510-2020
- Elder/Disabled Adult Abuse. 800-451-5155
- HiCap Services 800-434-0222
- Human Services Information. 2-1-1
- Irvine Valley College/Emeritus. 451-5555
- Meals on Wheels. 380-0155 ext.12
- Medicare Fraud Hotline. 800-447-8477
- OCTA (Transportation). 800-636-7433
- Office on Aging. 800-510-2020
- Orange Caregiver Resource Center 800-543-8312

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 – \$63;
Non-residents - \$78

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 81 Seniors Feb 25-Mar 31 Tue or Thu only 7:45-8:15 am

Session 82 Seniors Apr 14-May 26 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 Tax Aide-Get Free Tax Help

The City of Lake Forest and AARP are excited to offer this free tax preparation program to middle and low-income taxpayers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! It's as easy as 1-2-3! Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, and Estates).

Fee: Free

Location: Lake Forest Community Center
25550 Commercentre Drive, Lake Forest
(corner of Bake Parkway and Commercentre Drive)
in the Community Center's Activities Room.

**For an appointment call Monday, January 25:
The City of Lake Forest at 461-3408**

Mondays, 9:30 am-1:00 pm

- February 8, February 22, and February 29
(closed Feb 15 for Presidents' Day)
- March 7, March 14, March 21, and March 28
- April 4 and 11

What should you bring to your tax appointment?

- Copy of 2014 income tax returns
- 2015 W-2 forms from each employer
- 2015 Unemployment compensation statements
- 2015 SSA-1099 form if you were paid Social Security benefits
- 2015 All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, 1099R-Pension or annuity)
- All 2015 forms indicating federal income tax paid
- All 2015 receipts or cancelled checks if itemizing deductions

AARP Driver Safety Refresher Course

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

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

Location: Lake Forest Community Center
(25550 Commercentre Dr)

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

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

Barcode#: 6355 Seniors Mar 18 Fri 8:30 am-1 pm

Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

You can pick up a cell phone and a battery Monday through Thursday from 10 am-2 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call (949) 461-3408, leave your name and phone number, and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10 am to 2 pm.

Meals on Wheels Volunteers

Age Well Senior Services' **Meals on Wheels** program is in need of regular route drivers in Lake Forest. Volunteers are also needed to serve as on-call substitute drivers to fill in when regular drivers are unavailable.

Meals on Wheels volunteers serve on average 40-50 clients in Lake Forest bringing each person **3 meals a day** Monday through Friday allowing many of the City's older residents to remain happily independent in their homes knowing that this service is available, affordable and reliable.

Additionally, the Meals on Wheels program serves as a powerful socialization opportunity for seniors to help combat the loneliness and isolation that many experience, and as a tool to provide wellness checks on a most vulnerable population. Volunteers would deliver meals to homebound seniors between the hours of 11 am-1 pm one day per week, Monday through Friday.

For additional information, please call Valerie at (949) 855-8033.

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, February 9 and Non-Residents on Tuesday, February 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.

Dr. Phil Taping & Farmers' Market - Hollywood

Come see Dr. Phil live at Paramount Studios! In his 14th season, Dr. Phil McGraw has galvanized millions of people to "get real" about their own behavior and create more positive lives. The show has been making headlines and breaking records since its September launch in 2002. People Magazine named Dr. Phil one of the "Most Intriguing People in 2002," while Barbara Walters included Dr. Phil in her 2002 "Ten Most Fascinating People" special. This is your opportunity to be a part of the audience for a taping of Dr. Phil, where compelling stories and level-headed advice are always on tap. After the taping you will board the bus for a quick stop (one-hour) at Farmers' Market to grab a bite to eat before heading home. **Persons with special needs who require accommodations such as reserved wheelchair and companion seating must notify staff at time of registration so appropriate arrangements can be made.**

Fee: \$10

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

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

Barcode#: 6356 Adults/Seniors Mar 8 Tue 6:45 am-4:30 pm

San Diego Harbor Full Bay Tour and Lunch in La Jolla's Village Westfield UTC-San Diego



First time ever offered! Come and enjoy a 2-hour cruise on the San Diego Harbor Full Bay Tour. This deluxe bay tour takes you to see the Harbor, Shelter Islands, Point Loma, Cabrillo National Monument, North Island Naval Air Station, Coronado Bridge and much more! Vessels feature comfortable indoor & outside seating, pleasant sun decks as well as food and beverage from the galley below. Once your sea legs are back to normal, enjoy lunch and shopping on your own at La Jolla's open-air Westfield UTC entertainment destination!

Fee: \$57 per person

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

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

Barcode#: 6357 Adults/Seniors Apr 19 Tue 7:45 am-5 pm



Viejas Casino & Outlet Center- Alpine (San Diego County)

You don't have ringing in your ears...that's the sound of the slot machine bell ringing when you play on one of the 2,500 slots at the Viejas Casino. They have all your favorites like Wheel of Fortune, Megabucks, Pot O'Gold and more. And if you don't get enough Bingo at the Senior Scene Clubhouse, try the new "electronic touch pads" that make playing Bingo easier than ever. Enjoy playing Blackjack, Poker, Pai Gow and Baccarat, too! For those who want to break up the day, take a short walk across the driveway to the Outlet Center where you can shop at Bass, Izod, Lane Bryant, Eddie Bauer, Border's Books, Jones New York, and many more stores. You will receive a complimentary Casino Fun Book (discounts to the Viejas Outlet and 50% off at the buffet).

Fee: \$10 per person

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

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

Barcode#: 6358 Adults/Seniors May 11 Wed 9 am- 6 pm



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

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: Marla South

Location: CH-Activities Room

Tic#: 80050 – FASH 124x Seniors Jan 25-May 23 Mon 9-11:50 am

Beginning Chinese Brush Painting

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: Chris Ho

Location: CH-CCB

Tic#: 80060 – ART 55xa Seniors Jan 25-May 23 Mon 9-11:50 am

Beginning Practical Spanish

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

Instructor: Marcela Duran DeMehranfard

Location: CH Activity Rm

Tic#: 21035 – SPAN 230x Seniors Jan 19-May 17* Tue 2-3:50 pm
*No class March 22

Advanced Practical Spanish

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

Instructor: Marcela Duran DeMehranfard

Location: CH Activity Rm

Tic#: 23575 – SPAN 232x Seniors Jan 21-May 19* Thu 9-10:50 am
*No class March 24

Current Issues in Government

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#: 80075–PS214x Seniors Jan 21-May 19* Thu 10:30 am-12:20 pm
*No class March 24

Birds of the World

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. Vic Leipzig

Location: Sports Park Mtg Rm 2

Tic#: 20990 – BIO 226x Seniors Jan 20-May 18* Wed 8:30-11:20 am
*No class March 23



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

Chinese Fan Boxing

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 in their own; however fans do have basic structure that will need approval by the instructor prior to use in the class.

Fee: \$40

Location: Activity Rm 2

Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 9063 Seniors Tue Jan 19-Apr 19* 11 am-12 pm

***No class Feb 16, March 29**

Beading

Class will focus on beading, how to buy beads, tools, and materials. Students will learn about foundational structure, color and design, marketing and selling, and artistic sensibilities versus traditions and trends. This course encourages students to find their artistic voice. Students are encouraged to bring any beading supplies they currently own. A list of items to purchase will be given to the students after the first class.

Fee: \$40

Location: Meeting Rm 1

Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 9064 Seniors Thu Jan 7-May 5* 1-3 pm

***No class March 24, 31**

Fitness

It's Never Too Late Fitness

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

Fee: \$30

Location: Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 9014 Seniors Thu Jan 28-Apr 21* 10-11:30 am

***No class March 24**

Dyna Bands Workout & Arthritis Exercise

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

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 8998 Seniors Tue Feb 2-Apr 26* 12:30-2 pm

***No class March 22**

Pilates

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

Fee: \$30

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

Tic#: 9033 Seniors Tue Jan 19-Apr 12* 10-11:30 am

***No class March 22**

Aquatic Fitness Training

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

Fee: \$20

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

Tic#: 8967 Seniors Tue Jan 26-Mar 15 2-3:30 pm

Tic#: 8968 Seniors Thu Jan 28-Mar 17 2-3:30 pm

Physical Fitness: Yoga

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

Fee: \$38

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 9060 Seniors Wed Feb 3-Apr 27* 1-2:30 pm

***No class March 23**

Tai Chi Ch'uan

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

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 9040 Seniors Wed Feb 10-May 4* 9-10:30 am

***No class March 23**

Advanced Tai Chi Ch'uan

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

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 9041 Seniors Wed Feb 10-May 4* 10:30 am-12 pm

***No class March**

HOW TO REGISTER

Spring 2016 Registration Dates
Lake Forest Residents: Tuesday, February 9
Non-Residents: Tuesday, February 16

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, February 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.

Date _____

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

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

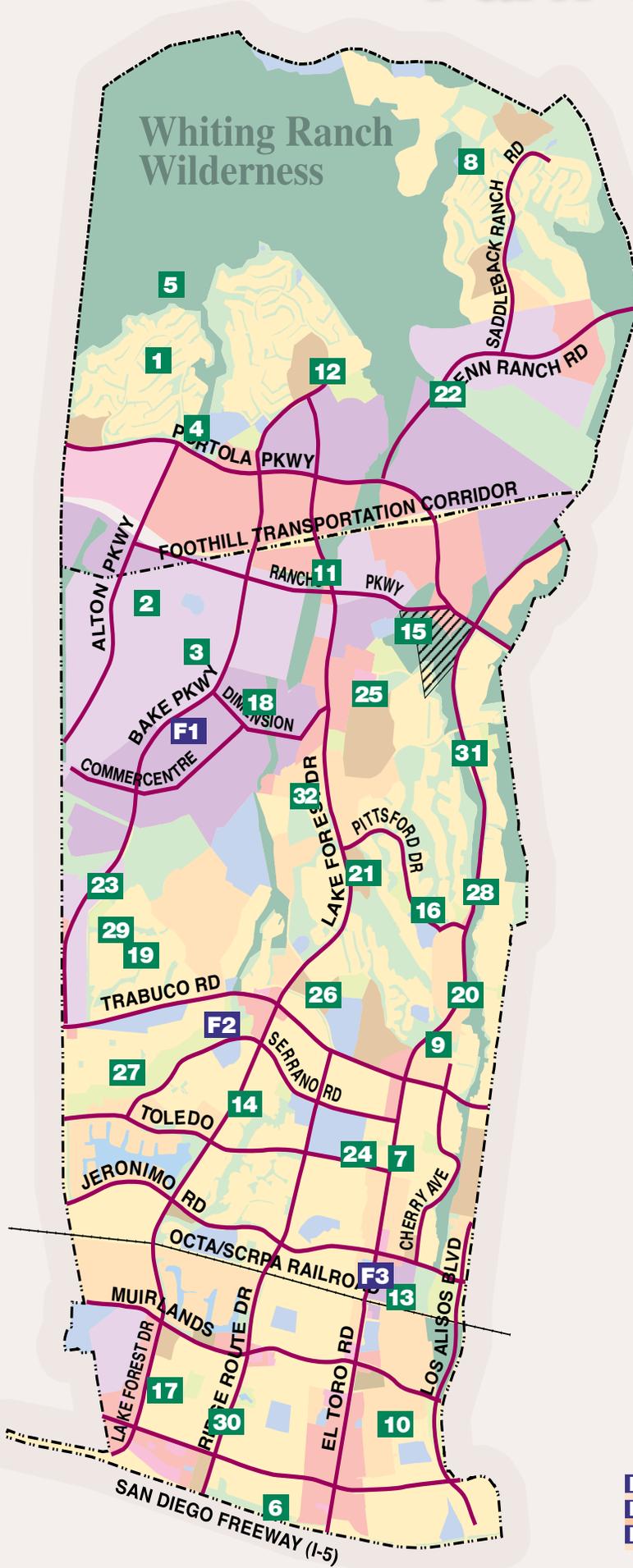
Questions on Registration?
Call 461-3450



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

Office Use Only Receipt# _____ Paid by Check# _____ Paid by Cash Amount _____ Initial/Date _____ Conf _____

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	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	7	2	1 _{hc}				1 4 2 2 s	1	2	1		1
9 Darrin Park 22461 Cherry Avenue	3.1	6	1 _{hc}				11 1 s	1				
10 El Toro Park	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	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	86	8	5	2	3	1	8 s	2	2	5	L	1
16 Montbury Park 21962 Montbury Drive	3.5	1					2					
17 Mountain View Park	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	10	2					8 1 s	2	1		2	1
22 Portola Hills Park (Future Site)	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 Ringate Park	5	1	1 _{fc}				7 1 s	3	1		1	
27 Serrano Creek Park	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

SUMMER CAMP PREVIEW



Lake Forest Sports Park Open House and FREE Concert featuring El Toro High School Band

Date: Saturday, May 21

Time: 2:30-5:30 pm

Come meet your summer camp staff and instructors!
Preview camp activities while enjoying a FREE concert
from El Toro High School!

The fun will include arts & crafts, face painter, balloon
artist, and more!



For a full listing of summer camps, check your Summer Leisure Times at the end of April.